

Helping Forsyth County make the 'mooove' to better health



Martha Holmes, Title I reading teacher at J.D. Diggs Elementary, and Jessica Self, Behealthy School Kids Program, Forsyth County Department of Public Health (in milk carton).

BY JESSICA SELF AND SUZI RIFE
SPECIAL TO THE CHRONICLE

A chorus of "moos" could be heard around the cafeterias of 14 elementary schools in Forsyth County over the last couple of months.

A health educator, dressed in a cow costume, spoke with students about the importance of drinking low-fat milk. A nutritionist and health educator brought teaching models of a bone and artery by each table to promote discussion of why we need calcium for strong bones and the need to reduce the amount of fat in our daily diet. This event was part of the 1% or Less Milk campaign sponsored by the Behealthy School Kids Program, a collaboration between the Forsyth County Department of Public Health and the Winston-Salem/Forsyth County Schools Child Nutrition Department.

Each school had a week-long

educational effort to encourage its students, teachers/staff and families to make the switch from whole milk to 1 percent or skim milk to lower the amount of saturated fat in their diet. Saturated fat is highly linked to heart disease, the leading cause of death in the United States. Whole and 2 percent milk are major sources of fat in the American diet, containing two to three times the amount of fat as 1 percent or skim milk.

The milk selection at most schools includes whole, 1 percent plain, 1 percent chocolate and 1 percent strawberry. The Behealthy School Kids 1% or Less Campaign was a tremendous success. Many of the students and their families pledged to drink 1% or skim milk during the campaign. The greatest increases in 1 percent milk consumption were at Prince Abraham Elementary (24 percent increase) and Jefferson Diggs Elementary (23 percent increase).

The Behealthy School Kids program provides an opportunity for children and their families to receive additional nutritional guidance and education that will empower them to make life-long, healthful decisions without intruding on instructional time.

The next major event taking place at the school will begin in August, focusing on eating five or more servings of fruits and vegetables every day.

For more information about the program, call 722-2436 extension 3869 or extension 3751.

NCSA

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to classical dance through financial support of its study, performance and appreciation. The foundation is based in Chicago.

An arts conservatory of international renown, the N.C. School of the Arts was the first state-supported, residential school of its kind in the world. Established by the N.C. General Assembly in 1963, NCSA became part of the University of North Carolina in 1972. Students

from middle school through graduate school train for careers in the arts in five professional schools: dance, design and production (including a visual arts program), drama, film-making, and music. Alumni of the dance school include Gillian Murphy, soloist with American Ballet Theatre; Katita Waldo, principal dancer with San Francisco Ballet; Peter Pucci, choreographer and founder of Peter Pucci Plus Dancers; and Mark Dendy, choreographer and founder of Dendy Dance and Theater.

Air cancer risk in Forsyth County 50 percent higher for people of color

SPECIAL TO THE CHRONICLE

NEW YORK - People of color in Forsyth County face a 50 percent higher estimated risk of cancer from hazardous air pollutants in their neighborhoods than white people, analysis by Environmental Defense on its www.Scorecard.org Web site shows.

The data are part of a new information service on environmental justice, launched April 18, which provides comparative analysis on environmental conditions, as they're distributed across different demographic groups, for every area of the United States. The specific environmental justice report for Forsyth County is available online at:

http://www.scorecard.org/community/ej_summary.tcl?fips_county_code=37067

"This access to comparative data in a single place is an important breakthrough for the environmental justice movement," said Gerald Torres, a law professor at the University of Texas and former U.S. Justice Department official. "For the public at large, it will make it possible to see differentials in environmental burdens in our society, not just where those problems are already obvious but place by place throughout the country."

"Environmental justice is important, sensitive, and hard to measure," said Environmental Defense

senior attorney David Roe. "We are putting the best measurement data we can find out into public view, so people can see a local picture no matter where they live." The new service, launched April 18 in English and Spanish, represents the first time local-level environmental data have been systematically analyzed across the country to show the differences experienced by different demographic groups (such as people of color, low-income families, etc.).

"These are first-cut data only," Roe cautioned. "The best numbers available today are very far from being perfect measures of the environmental burdens that different people experience - and of course numbers can't tell the whole environ-

mental justice story. But systematic data on the 'where' and 'how much' of unequal environmental conditions, even if imperfect, will help focus attention and set priorities in this critical area of public policy."

The www.Scorecard.org site now offers statistics on how four environmental burdens are experienced by seven different demographic groups, in every U.S. county. The four measurements are: local releases of toxic chemicals (as reported under the Toxics Release Inventory); local cancer risks from hazardous air pollutants (estimated from detailed U.S. Environmental Protection Agency exposure data); proximity to Superfund sites; and proximity to stationary sources of criteria air pollutants.

Music

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say the recent drop in shared files shows that their filtering efforts are working.

While the recording industry has argued that trading music on Napster hurts record sales, the spike in downloading hasn't affected the Tower Records store on Pennsylvania Avenue in Washington, blocks from the White House.

"Sales have been very strong. People are still coming in for whole records," said general manager Mike Redmond, adding that "every now and again" a music downloader comes in asking for a whole CD.

But Rainie said that the recording companies may still have a valid

point about piracy.

"A year ago, a significant number of people said they don't care about copyright protection," Rainie said. "For some people, they sample the music and go out and buy it. But for a lot of people, they don't go out and buy it."

Rainie said his group plans to do another poll about Americans' attitudes toward copyright soon. He said last year's study showed that 69 percent of Internet users who download music get the files for free, and "the vast majority" say they do not frequently purchase the downloaded music later.

The recording industry's trade group did not return calls for comment on the study.

The number of songs on Napster may drop even more after the

addition of a recently announced technology that filters out songs based on their sounds, not their titles. The recording industry won an injunction to stop Napster from permitting the transfer of copyright songs on its network, and the company has struggled with ways to stop piracy.

More older Internet users are downloading music, according to the report. Fifteen percent of Internet users over 50 said they have gotten tunes from the Internet, up from 9 percent in July.

"It's always been the case that this wasn't just for people under 30," Rainie said. "There are a lot of music files that people who are 50 and over grew up with."

Still, it is largely a young person's activity. Just over half of adult Inter-

net users under 30 and three-quarters of boys aged 15 to 17 said they download songs from the Internet.

fortable with exploring the many aspects of her sexuality. This album is very well-rounded. It has its high and low points about relationships, friendships and love. Maybe this album could be dubbed another chapter in her life, but for the first time, I think it's OK to say that many people, especially women, can relate to the songs on this album.

Janet is a gifted artist who is sexy and sultry as well as a dance phenomenon who has taken the world by storm. But take a listen to this album and you'll love her even more and realize that when she is cut, she bleeds too, just like the rest of us. So go on and add "All For You" to your collection of CDs. It's one of those albums that can be labeled, "for any mood."

Janet

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definitely let you know that Janet isn't little "Penny" anymore. She talks about everything from letting her imagination run wild due to missing her lover to all the things she would do to him once he returns. No need to give away any more details, but just that she is definitely com-

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