

Cards

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designs for the Food Bank's second annual holiday card fundraiser.

"It's a great way to get the kids energized about something they can do," said Food Bank Executive Director Clyde Fitzgerald. "It's important for them to feel a part of helping other people."

The cards sell for \$20 a pack of eight, or for a suggested donation of \$10 per card, the Food Bank will address the cards and mail them to recipients with a note that a donation was made to Second Harvest in his or her honor.

Proceeds from card sales will benefit childhood hunger programs. Just as important, says Fitzgerald, is the program's ability to raise awareness in the community about the problem of hunger.

"It's a very significant program," said Fitzgerald.

In its inaugural year, the holiday card program raised more than \$36,000, which translates into 252,000 hot meals for children at Kids Cafes, which seek to alleviate childhood hunger by providing free, hot meals and tutoring sessions several times a week to kids in designated community locations. Second Harvest opened its first cafe in the area a decade ago with a grant from the Kate B. Reynolds Foundation.

"We're serving over 1,100 children three hot meals each week," reported Daisy Rodriguez, director of Childhood Hunger Programs for the Food Bank. "...We're excited about that."

Eleven year-old Cory Garner's festive design depicted some of the holiday season's most beloved characters - Santa Claus and Rudolph the Red-Nosed Reindeer - standing before a



Cory Garner (center) with his grandmother, Cora Garner, and brother, Christian Garner.



Paula Spring (second from left) with her mother, Edith Ortega (far left), sister, Nicole Spring, and Kids Cafe Director Connie Garceau.

snowy slope, along with a snowman and a polar bear. Cory, a sixth grader at Mendenhall Middle School in Greensboro, said his love of art and the holiday season were his chief inspirations for entering the contest.

"I think I'm a very great artist, and I think it'll help North Carolina," related Cory, a participant of the Kids Cafe at Greensboro's Sanctuary Deliverance Church. "I feel very proud of myself."

Paula Spring, a fifth grader at Northwood Elementary School in High Point, drew a small girl standing in the front yard of her house with her stuffed rabbit as Santa Claus sends a cascade of gifts down from his sleigh.

Paula is the second youth from High Point's West End Ministries Kids Cafe to win the contest in as many years, according to West End Ministries Cafe Director

Connie Garceau, who said the feeding program has been invaluable to the 50 students that eat at the center.

"Some of them don't get an afternoon meal if we don't have the Kids Cafe, so it's very important," she said.

Paula said she was surprised and honored to have been selected as a winner.

"I was really excited," related the 11 year-old with a shy smile. "...I'm really happy I could help."

The Food Bank has seen an increase of 50,000 clients since January, Fitzgerald says, and the 18-county area the organization serves has seen the greatest increase in need for food assistance in the state. Statewide, childhood hunger rates are among the highest in the nation, he added.

"The greatest asset we have is our children," he declared. "...They are our future, and if we don't take



From top: the cards of Alex, Cory, Paula and Tamarie.

care of them at an early age, they will always be a step behind."

For more information about the Gift Outside the Box program or to place an order, contact Debbie Clark 336-784-5770 or dclark@secondharvest.org or visit www.hungerwnc.org.

Eating

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One very important part of eating healthy during the holidays is portion control. Simply put, this means being careful about the amounts of foods that you eat. While it is certainly true that the foods that you eat are important to being healthy, it's also important to watch the amounts of the foods you eat to keep the weight down. Here are some helpful tips to try to help with portion control during the holidays:

• Use your hand as a guide for measuring how much of a food you should eat. According to the American Heart Association, you can use the following

guides just by using your hands:

- your fist = the size of one cup of fruit, salad, or casseroles;

- your cupped hand = 1/2 cup of pasta, rice, beans, potatoes, cooked vegetables, pudding, or ice cream;

- the palm of your hand = 3 ounces of beef, pork, poultry or fish;

- your thumb = one tablespoon of salad dressing, peanut butter, sour cream or cream cheese; and

- the tip of your thumb = one teaspoon of butter, margarine, mayonnaise or oil.

• Use your plate to determine what foods to eat and how much. Try not to use the largest plate available when you are eating a meal, and reserve half of your plate

for fruits and vegetables.

Eating "family style" can get our portions out of whack. When eating meals, have the food dished out on to your plate from whatever the food was cooked in, and try to avoid going back for second helpings.

• If you focus on socializing or other fun activities during holiday gatherings, you might be less inclined to overeat.

• You will also be more likely to eat slowly, which can bring on the feeling of being full earlier. If you go to a restaurant for a holiday gathering, ask for a half-portion of your entrée, or share an entrée with someone.

• Lower your temptation level by eating a meal before you go to a party where you

know there will be plenty of unhealthy foods around.

The holidays should be a time of joy and celebration. With these tips, you can also make your holidays healthier.

- Contribution by Dr. Ronny Bell, Director, Maya Angelou Center for Health Equity

Do you need further information or have questions or comments about this article? Please call toll-free 1-877-530-1824. Or, for more information about the Maya Angelou Center for Health Equity please visit our website: <http://www.wfubmc.edu/MA CHE>.

Book

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retake state control. The incident would signal the demise of black populism in North Carolina, and soon, across the region.

A frequent commentator in the national media, with political analysis offered on CNN and NPR, among other networks, Ali sees similarities between the Democratic Party's virtual monopoly in

the South during the late 19th Century and the dominance of the Democratic and Republican parties in the nation today. In both cases, entrenched parties have blocked important reforms, he says.

"It's been the outsiders, the independents, who have been at the forefront of critical changes in



Dr. Kelley

American history, from the abolition of slavery to labor rights, from women's right to vote to civil rights. All of these things came from outside forces, independents and third parties, until they were co-opted by the parties in power."

Ali, a former Fulbright scholar with research awards

Awards

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chaired The Arts Council's Marketing Committee and spearheaded the effort to create the regional event information web site, CityoftheArts.com that has become a national model.

"This woman can accomplish the impossible!" Lindsay said. "She is a true leader and an inspiration."

Maxner, who teaches at the University of North Carolina School of the Arts, is active in many arts outreach programs for the young and mentally and physically challenged.

He is the co-founder and artistic director of Open Dream Ensemble; has collaborated on projects with the Enrichment Center, the arts-based day program for

developmentally disabled adults; and has taken high school drama students into the Arts Based Elementary School and the Winston-Salem Children's Museum to do improvisation and theatre game workshops.

He teaches workshops at the Special Children's School and Paisley Magnet School. Through the ARCH project at Brenner's Children's Hospital, Maxner trains high school students to go into the hospital and entertain and connect with young patients.

Sue Henderson presented the award to Maxner, whom she described as "out there in the trenches working with the underprivileged, sick and challenged, as well as the exceptionally gifted students he has the pleasure to mentor."

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