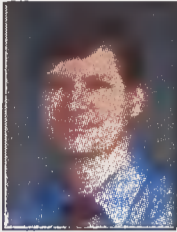


HEALTH & WELLNESS

Healthbeat

Loeser earns \$1.9 million award

Dr. Richard F. Loeser Jr., section chief of molecular medicine and professor of internal medicine at Wake Forest Baptist Medical Center, has earned a prestigious MERIT grant award from the National Institutes of Health (NIH) worth nearly \$1.9 million.



Loeser

Loeser, who is the Dorothy Rhine and Willard Duke Kimbrell Professor of Arthritis and Rheumatology, received the award from the NIH's National Institute for Arthritis and Musculoskeletal and Skin Diseases. The funding, which totals \$1,896,203, will be applied to Loeser's research in osteoarthritis. It will provide for five years of research funding, with the potential for three to five years of additional funding.

MERIT stands for Method to Extend Research in Time, and the awards are presented to a few outstanding researchers to recognize their "consistent and excellent contributions to scientific knowledge." The grants support "investigators whose research competence and productivity are distinctly superior and who are highly likely to continue to perform in an outstanding manner," according to the NIH web site.

Loeser said the grant will advance basic research in osteoarthritis, specifically the research project "Integrin Function in Cartilage." He called the work a team effort that includes co-investigators Cristina Furdul, Ph.D., associate professor of molecular medicine; Leslie Poole, Ph.D., professor of biochemistry; and Michael Callahan, Ph.D., associate professor of orthopaedics.

Godfather of green building movement to speak in Triad

Jerry Yudelson, who is known as the Godfather of Green, will be the keynote speaker on Sept. 13 at the Sixth Annual Event of the Piedmont Triad Chapter of the U.S. Green Building Council (PTNCUSGBC).

An internationally renowned speaker, Yudelson is one of the founding members of the USGBC, the organization that created the Leadership in Energy and Environmental Design (LEED) rating systems for the design, construction and operation of high performance green buildings and neighborhoods. Yudelson also has written 12 books about green building, including "The Green Building Revolution" and "Choosing Green: The Home Buyer's Guide to Good Green Homes."



Yudelson

One of the world's foremost experts on green building, Yudelson not only receives rave reviews for the breadth and depth of his knowledge, but also for his presentation style. Audience members consistently describe his workshops and keynote addresses as dynamic, humorous, engaging, motivating and inspiring. Yudelson's topic for the September 13 event is "The Performance of Sustainably Designed Buildings" and is based on his forthcoming book, "The World's Greenest Buildings."

Doors will open at 5:30 p.m. at the Proximity Hotel in Greensboro. Networking and heavy hors d'oeuvres will precede Yudelson's talk. Tickets, available online at the Chapter's Web site, <http://www.usgbc-ptnc.org/events/registration-for-jerry-yudelson>, are \$26 for USGBC, ASHRAE and AIA members, \$50 for non-members and \$20 for students.

KWSB receives grants

Keep Winston-Salem Beautiful has received a \$10,000 "Think Green" grant from Waste Management to support the 2012 Community Roots Day on Oct. 27. Keep Winston-Salem Beautiful will use the grant to defray the cost of buying trees and shrubs that will be planted along New Walkertown Road and the Newell/Massey Greenway.

Waste Management awarded the merit-based Think Green grants to affiliates of Keep America Beautiful to support programs that increase local recycling efforts, expand public environmental education, or enhance local beautification and community greening initiatives.



Stilphen

Ten grants were awarded, said Barry Caldwell, the chief communications officer for Waste Management and a past chairman of the Keep America Beautiful board of directors.

Keep Winston-Salem Beautiful has also received a \$5,000 grant from the Lowe's Charitable and Educational Foundation to support Community Roots Day, said George M. Stilphen, the executive director of Keep Winston-Salem Beautiful.

"This additional funding is important since this is the 20th anniversary of Roots Day and we want to make a real impact on the community," Stilphen said. Community Roots Day is a collaborative effort for Keep Winston-Salem Beautiful, the Community Appearance Commission and the city's Vegetation Management Department.

For more information or to volunteer online for Community Roots Day, go to www.kwsb.cityofws.org and click on the Events Link.

Cancer, other setbacks not keeping WSSU's Bryant from his dreams

CHRONICLE STAFF REPORT

Winston-Salem State University junior Keith Bryant has faced more adversities in his first 22 years than most people face in a lifetime.

When he was 13, an unusual pain in his left ankle led to a diagnosis of stage three non-Hodgkin's B-cell lymphoma.

Bryant was given a 50-50 chance of even living through the chemotherapy treatments.

For the first few weeks of the chemotherapy, Bryant was very sick and scared of dying.

"He was asking questions about death," recalled his mother, Anita Humphries. "He was thinking he wasn't going to live."

But Bryant, ashamed of the anxiety he was causing his mother, changed his outlook and decided that cancer was no match for them. One day he just told his mother: "We can do this, momma!"

The chemo was a success and it shrank the tumor to the size of a dime and Bryant has been in remission for five years now. But, the illness managed to change other parts of his life. Prior to the cancer, Bryant said he considered himself to be a "bad boy" because he got in fights at school and didn't care about grades.

"Then I realized 'Hey, life is too short to be so bad,'" Bryant said. "So, I started focusing more on school."



WSSU Photo

Keith Bryant poses with a ROTC guidon.

See Bryant on A5

Study: Dads' line of work linked to birth defects

SPECIAL TO THE CHRONICLE

Historically, women have been the focus of attention when it comes to prenatal care – but now researchers are taking a look at fathers-to-be. In a new study published recently in *Occupational and Environmental Medicine*, researchers at the University of North Carolina at Chapel Hill found that certain jobs held by men before they conceive a child may increase the risk of various birth defects.

The study, led by Dr. Tania Desrosiers of the UNC Gillings School of Global Public Health, is based on data from the ongoing U.S. National Birth Defects Prevention Study, which is investigating a

range of potential risk factors for major birth defects in the largest population-based study of birth defects in the United States.

"The causes of most birth defects continue to elude researchers, yet birth defects are a leading cause of infant mortality and developmental disabilities in the U.S.," said Desrosiers. "We could stand to pay more attention to potential risk factors among fathers-to-be."

Previous research has linked certain jobs to a general increase in the risk of birth defects, but this is the most extensive study to date that looks at this number of jobs and this number of birth defects, and parses apart which jobs are linked



Stock Photo

Landscaping is a profession found to be linked to increased birth defects.

See Defects on A6

Shimmy Shimmy

Submitted Photo
Members of Torque Tribal Fusion Bellydance, which is based out of Greensboro's Twisted Dance Studios, will headline the 4th Annual Project Shimmy dance showcase on Saturday, Sept. 8 at 7:30 p.m. at Greensboro College's Gail Bower Huggins Auditorium. The event is a fundraiser for the Triad Health Project, which provides practical and emotional support to individuals infected with and affected by HIV/AIDS. For tickets and/or other info, go to www.twisted-dance.com/shimmy.html.



See Healthy on A6

Local residents again asked to 'Step Up'

SPECIAL TO THE CHRONICLE

The Forsyth County Public Health Department is hosting a Sunday Fun Day event on Sunday, Sept. 16 to promote its annual exercise program, Step Up Forsyth.

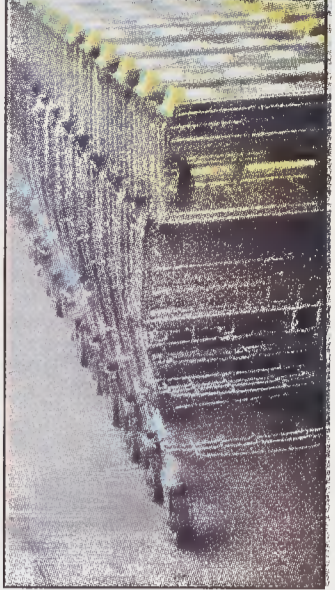
The event will take place on the Brushy Fork Greenway, part of the Newell/Massey Greenway off of Big House Gains Boulevard, from 2:30 – 4:30 p.m.

The event will offer a variety of physical activity stations – such as hula hooping, relay races, jump rope, parachute games and skip-its – as well as informational booths discussing local greenways, animal adoption, cancer prevention, child health and safety, nutrition, physical activity and much more. There will be a table to register for Step Up Forsyth, opportunities for team pictures, as well as prizes and give-aways.

Step Up Forsyth is in its ninth year. The program will run for eight weeks – Sept. 16 through Nov. 10 – and will encourage participants to complete at least 30 minutes of physical activity, five days a week. Participants are asked to record their physical activity to turn in at the end of the program.

This year, the Forsyth County Department of Public Health will also focus on supporting locally-grown foods by asking participants to support the 10% campaign. Hosted by the North Carolina Cooperative Extension, the campaign asks participants to spend at least 10% of their existing food dollars on locally-grown foods as a way to support the state's economy, the environment and the public's health.

Also, the local elementary school that has the greatest participation in the program, will receive \$400 in PE equipment.



Healthy Eating on a Budget

Many people and families in the United States are still feeling the crunch from the current economic recession. More people these days are interested in eating healthy, either to lose or maintain their weight, or to prevent or manage a chronic disease like diabetes, high blood pressure, or high cholesterol. In addition, many of us are working

to find ways we can take care of our health and our shrinking budgets at the same time. Yet, there are many ways in which we can maintain and even improve our health, without spending a lot. Here are some helpful tips for eating healthy and watching your pennies.

- Plan your trips to the grocery store. Making a list before you go and sticking to your list will help you avoid "impulse" buying, which often means picking up unhealthy foods.

- Include meals like stews and casseroles, which can stretch ingredients into several portions.

- Avoid going to the grocery store hungry, which can also lead to unwise purchases. Even eating a small snack can be helpful.

- Get the best price! Use coupons as much as possible, either from the newspaper or from free web sites. Look for grocery store sales, such as "triple value coupons." Ask about a loyalty card for extra savings. Plan your food menus ahead of time and plan around these weekly sales.

- Locate the "Unit Price" on the shelf below the product. Use it to compare different sizes and different brands to see which one is the most economical.

- Buy generic brand or "store brand" items rather than popular brand items. Often times, the quality is the same and includes the same ingredients.

- Buying foods in bulk is almost always cheaper; items in individual servings are usually the most expensive. Make sure that you can store, freeze or prepare these foods before they go bad.

- Avoid convenience foods, like frozen dinners and "instant" foods, which will cost you more than making them on your own, and likely be