

Healthy

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less healthy than meals you prepare.

- If you have freezer space, purchase frozen vegetables, which are fresher and often cheaper than canned vegetables.

- Purchase fresh fruits and vegetables when they are in season; they can be 2 or 3 times as much when purchased out of season.

- Prepare large batches (i.e. double batches) of favorite recipes and store in individual servings. You can then use these servings for lunches (for school or work) and other meals to avoid eating out.

- Don't always plan your meals around meats. Instead, let your main course be whole grains, such as rice, or beans, like bean soups and refried beans in wraps.

- Always try to eat leftovers – try using them in a new dish or with new flavors to spice up your menu.

- Try drinking water instead of sodas. Not only is it healthier, this can especial-

ly save money when you go out to eat.

- Many restaurants now have very large portion sizes for the entrée and dessert. Try sharing these dishes with someone and splitting the cost.

- If you have diabetes, instead of purchasing “diabetic” snacks, which are healthier but more expensive, choose low-calorie snacks.

For more information and other tools and tips for eating healthy on a budget, check out the US Department of Agriculture's Choose My Plate web site at <http://www.choosemyplate.gov/healthy-eating-on-budget.html>.

Do you need further information on this topic or resources in your area or have questions or comments about this article? Please call toll-free 1-877-530-1824. For more information about the Maya Angelou Center for Health Equity, please visit: <http://www.wake.edu/MACHE>.

Defects

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to specific defects.

Desrosiers and her team obtained the job histories of about 10,000 fathers with children with one or more birth defects born between 1997 and 2004, and the job histories of 4,000 fathers of children without birth defects. They then classified the fathers' jobs into 63 groups, based on what kinds of chemical and potential hazards they may be exposed to on the job. The study only looked at the fathers' job three months before conception and the first month of pregnancy, which is considered a critical period for susceptibility to damage passed on in the father's sperm.

The results show that almost one-third of jobs were not linked with a higher risk of birth defects in

infants. These jobs included healthcare professionals, dentists, firefighters, architects and designers, car assembly workers, fishermen, entertainers, smelters and foundry workers, stonemasons and glass blowers, painters, train drivers and maintenance engineers, soldiers and commercial divers.

However, certain jobs seemed to be associated with specific types of defects. Mouth, eyes and ears, gut, limbs and heart abnormalities were associated with artists; whereas cataracts, glaucoma and the absence of or insufficient eye tissue were associated with photographers and photo processors. Glaucoma and insufficient eye tissue were also associated with drivers, while gut abnormalities were linked to jobs such as landscaping and grounds work.



Photos by Layla Gurns

Participants sweat it out during the August Praise Kraze session.

Praise

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moves with hand-waving and other gesticulations associated with fervent prayer. The moves are set to high energy gospel music.

“We’re going to have a great time tonight,” Quire-McCloud, a married mother of four, told participants at the Aug. 23 Praise Kraze session. “No matter what happened today, we’re going count it all for the glory.”

Prior to the session, participants joined hands for a heartfelt prayer led by Quire-McCloud’s father, Rev. Christian Quire.

“The main reason we are here tonight is to lift up the name of Jesus,” Quire-McCloud said. “...The workout part, we’re going to get that, but I want to see women joyful. If this workout class can facilitate something and they can connect with that, I feel like the mission’s been accomplished.”

Quire-McCloud, an alumna of Appalachian State University, said she was inspired by participants in her weekly traditional Zumba classes, also held at the Miller Park Rec, to start Praise Kraze.

“What’s in you naturally comes out and people see that, so I would have people requesting prayers,” she said. “It’s truly a ministry.”

Tre McCloud, Quire-McCloud’s husband of 14 years, isn’t surprised that Praise Kraze has taken off. He



Precious Quire-McCloud and husband Tre pose with their children (counter-clockwise) Jamison, 3, Courtland, 9, Micah, 4 and Mackenzie, 7.

credits his wife’s infectious energy.

“What you see on stage is her 24/7. She’s singing, she’s dancing all the time,” related the AT&T employee. “... That’s the kind of life she always wants to bring to the Praise Kraze classes. Whatever’s burdening the participants, she wants them to leave it at the door.”

McCloud, who is working on a fitness instructor certification so that he can also lead Praise Kraze classes, said workout is just the medicine that many need in times like these.

“We just want to get everybody moving in the Spirit. We want them to feel better after they leave,” he stated. “...We think some-

thing like this is what the city needs, what the state needs, what the country needs. Praise delivers, and she was born to do it.”

Winifred “Winnie” Giddings, a professional life coach and Quire-McCloud’s first cousin, had high praise for the workout after experiencing it for the first time last week.

“It’s awesome,” declared Giddings, owner of Perception Matters Coaching. “I like it because it’s freedom to worship and be who you are...That’s the beauty, when everybody can come together – male and female – and celebrate God.”

Giddings, 50, takes Zumba classes several times a week and said her Praise Kraze session was a welcome break from the norm.

Proceeds from the classes, which cost \$5 per person, will be designated for different charities as time goes on, Quire-McCloud said. She is already accepting offers to bring the program to churches and other organizations, and hopes to begin training other instructors soon.

“The vision that I see is it has to be bigger than me,” commented the 39 year-old. “I want to keep uniting people.”

The next session of Praise Kraze will be held at Miller Park Recreation Center on Thursday, Sept. 27 at 6 p.m. For more information, visit www.praisekraze.com call 336-251-7626 or find Praise Kraze on Facebook.

Forsyth County Public Library

LIBRARY PAGE

Updated listing of all Library News & Events: www.forsythlibrary.org

Get on the same page with Isabel Wilkerson

The Warmth of Other Suns takes a look at the lives, and journey, of three people in one of the largest migrations of people in American History. The book chronicles their hopes and dreams as well as the burdens they encountered along the way. Complete *On the Same Page* programming available at www.forsythlibrary.org

The *On the Same Page* book selection was inspired by Romare Bearden: A Black Odyssey, a Smithsonian exhibition of collages and other works inspired by Homer's classical epics that launches its national tour at Reynolda House Museum of American Art. The tale of the traveler's search for home was a theme that occupied Bearden, a Charlotte native whose family was part of the Great Migration. A Black Odyssey opens at Reynolda House October 13th.

Isabel Wilkerson is Coming to Town for Two Appearances.

Sunday, October 21st at 3 pm
Reynolda House Museum of American Art
Lecture: Isabel Wilkerson: Bearden and the Great Migration
(Admission is free)

Monday, October 22nd at 10 am
Central Library
Isabel Wilkerson discusses her book
The Warmth of Other Suns

Romare Bearden, Home to Ithaca, 1977, Collage, Courtesy Mount Holyoke College Art Museum, South Hadley, Massachusetts. Gift of the estate of Eileen Paradis Barber (Class of 1929)

Organized by the Smithsonian, the Romare Bearden Foundation and Estate and DC Moore Gallery, and supported by the Stavros Niarchos Foundation

Daniel Wallace kicks off *On the Same Page* at Bookmarks Festival of Books with a discussion of his novel *Big Fish: A Novel of Mythic Proportions*. Artworks Gallery Stage, 564 N. Trade St. @ 3:30 pm. Presented by the Library and Bookmarks Festival of Books.

For a complete listing of all *On the Same Page* events visit www.forsythlibrary.org

Central Library 703-2665
Adult Outreach: 703-2903
Children's Outreach: 703-2950
Spanish-speaking Services: 703-2907
Malloy/Jordan East Winston Heritage Center: 703-2950

YOUTH MINI LIBRARIES:
Best Choice Center
Salvation Army Boys and Girls Club

Locations:
Carver School Road: 703-2910
Clemmons: 703-2920
Kernersville: 703-2930
Lewisville: 703-2940
Reynolds: 703-2960
Rural Hall: 703-2970
Southside: 703-2980
Walkertown: 703-2990

Coming to Central Library September 13th

Zane

Bestselling New York Times author **Zane** is coming to Central. September 13th @ 6:30 pm. A large crowd is expected for this event. Reservations are recommended but not required. (703-3050)

Zane

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