

Program raises access to healthy foods

Durham Double Bucks boosts customers' SNAP benefits at markets

PARTNERSHIP FOR A HEALTHY DURHAM

Saturday mornings often mean a trip to a farmers' market. It's a chance to taste the freshest tomatoes, meet farmers, teach children healthy habits and socialize with neighbors.

But until two years ago, the markets were not accessible for the nearly 45,000 Durham residents who purchase their food with Supplemental Nutrition Assistance Program (SNAP), formerly known as food stamps.

In 2014, Durham Farmers' Market and South Durham Farmers' Market started

accepting SNAP. They realized the cost of locally grown produce might remain a barrier to shopping at the markets, so they started Double Bucks programs. Double Bucks allows customers to double their SNAP benefit up to \$10 every time they visit the markets, turning \$10 in

SNAP into \$20 to spend at the market.

Since that time, more than 500 people have purchased more than \$27,000 of locally produced food using SNAP and Double Bucks. "For me Double Bucks is really important. It helps me afford to eat healthier," said a mother of two children shopping with Double Bucks at Durham Farmers' Market.

The benefits of eating fruits and vegetables are widely known and include a

reduction in the risks for diabetes, heart disease, obesity, and certain cancers. Despite the benefits, only one in five adults living in Durham eat the recommended five fruits and vegetables a day, according to the 2014 Durham County Community Health Assessment. That number is reduced to fewer than one in 10 adults living in households that make less than \$50,000 annually.

SEE **DOUBLE/PAGE 5**

Tree removal in Durham

Making the final cut is tough

BY ALEX JOHNSON
 CITY OF DURHAM

As April greets us with its annual shower of pollen, I find it hard to keep my eyes on the road. They roam skyward to evaluate the emergence of leaves, evidence of a healthy "bud break." This can be obscured by the annual feeding of cankerworms, but healthy trees, even after being completely stripped, will "re-leaf." For unhealthy trees it's another story.

Deciduous trees go through an annual cycle of leaf drop, dormancy and new buds expanding into twigs and leaves. The process runs on carbohydrates and sugars, drawn out of specialized storage cells and distributed through a network of vessels as sap. The way that these interconnected system of buds, vessels and cells behave is a key indicator of a tree's overall health. When flow is compromised by disease or damage, if stores are depleted through generating defensive compounds or



Submitted photos

Left: Cankerworm feeding may account for this tree's appearance, but future inspection may rule it out. **Right:** This declining silver maple is slowly losing its top branches and is compensating by growing lower leaves.

SEE **TREE/PAGE 5**

SOCIAL SERVICES TODAY

Each of us plays a part in preventing child abuse

D U R H A M
 Since April is National Child Abuse Prevention Month, this month's column is written as an invitation to each of you to play a part in preventing child sexual abuse.

Child Protective Services (CPS) of the Department of Social Services is a legally mandated service whose purpose is to protect children from abuse (sexual, physical or emotional), neglect and dependency as defined in state law. I invite the



MICHAEL A. BECKETTS
 SOCIAL SERVICES TODAY

community to join with me in working toward minimizing the number of children who are abused so that there are fewer children who need to be referred to CPS.

The more prevention we have, the fewer children who end up harmed. And with fewer children sexually abused, we can mitigate the associated lifelong trauma and allow children to have better outcomes as adults.

SEE **ABUSE/PAGE 6**

OUT OF THE BOX

From pulp to pixels, digitizing the Duke Chronicle

BY JESSICA SERRAO AND MOLLY BRAGG
 DUKE UNIVERSITY LIBRARIES

In a quiet corner of the lower level of Duke University Libraries, 84 years — or 63,000 pages — of Duke's student newspaper, the Chronicle, have been passing through the not-so-quiet process of digitization. Issues from 1959-1989 are available online now, and 1905-1959 will be published later this year. Along the way, the Chronicle project required specialized equipment, expertise and no small amount of coordination and collaboration.

Duke University Libraries' Digital Production Center (or DPC) manages Chronicle digitization in partnership

with the University Archives, part of the David M. Rubenstein Rare Book and Manuscript Library. From beginning to end, the Chronicle project relied on contributions from several other departments within the library. Digitization may seem straightforward to many — place an item on a scanner and press scan, for goodness sake — but the process begins well before any machines are turned on and ends long after a page is scanned.

The first step is pulling newspapers and routing them to the Conservation Services Department to ensure that materials are stable enough to withstand

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YOUR COMMUNITY

Making moments that last a lifetime

BY JULIELLEN SIMPSON-VOS
GIRLS ON THE RUN OF THE TRIANGLE

There are some moments in life that are so incredibly special, moments you know won't ever be repeated, where you just wish someone was there with a camera to capture it all. Mary Blake and Margaret Nobles had one of those moments at last year's Quintiles Girls on the Run Spring 5k.

Luckily for them, there just happened to be a photographer standing there to capture it.

Mary Blake Nobles, at the time a 5th-grade student on the Wakefield Elementary Girls on the Run (GOTR) team, and her mother, Margaret, registered to complete the end-of-season 5k together. Mary Blake had just completed 12 weeks of Girls on the Run (GOTR), a non-profit physical activity, positive youth development afterschool program designed to empower girls to recognize their limitless potential. The program had prepared Mary Blake to com-



Submitted photo

Mary Blake Nobles and her mom, Margaret, celebrate their strong finish at the Quintiles Girls on the Run Spring 5k. The 14th Annual Quintiles GOTR Spring 5k will be held at 10 a.m. Saturday, April 16, at the American Tobacco Campus. For more information, please visit www.gotr5krun.com.

plete the 3.1-mile event. "GOTR taught me to pace myself so I was able to run the whole thing! That was a really big accomplishment for me."

As a "non-runner," Mary Blake's mom, Margaret, who served as her daughter's running buddy at the 5k, felt the need to walk the last half mile. She said Mary Blake was willing to slow down to stay with her mom, but Margaret told her to keep going and run her race. "She ran the whole thing and never walked once! I was

just so, so proud of her for setting and realizing that goal. When I found her at the finish line, I just had to give her a huge hug!"

And this moment was made. The moment isn't the only thing that has stuck with Mary Blake and Margaret about Girls on the Run. "GOTR taught me so many valuable lessons such as respecting others, having confidence, encouraging people, and so much more. From now on I will always use those lessons in life and teach them

to others," said Mary Blake. Her mom would agree, "Beyond physical fitness, girls learn to set and achieve goals, teamwork, leadership, and positive attitude. GOTR grows girls' confidence in themselves and gives them the tools to support and encourage each other. Girls who build each other up grow into women who do the same, and that is so important."

The 14th Quintiles GOTR Spring 5k will be held this Saturday, April 16, at 10 a.m. at the American Tobacco campus. The event expects to host more than 2,000 participants, many of them young girls and families experiencing the joy of crossing a finish line for the very first time. Girls on the Run invites the entire community to join in this experience and make a moment like this of your very own.

To register or for more information about Girls on the Run, visit www.gotr5krun.com.

Juliellen Simpson-Vos is executive director of Girls on the Run of the Triangle.



Submitted photo

Tracy Lafleur (left) is shown with Heeks Farms and Patrice Carr, Durham County Department of Public Health nutritionist, at the Durham Farmers' Market.

ABOUT THE PROGRAM

If you receive SNAP and would like to participate, bring your EBT card to the information desk at each market and mention "Double Bucks." You will get double your money to spend at the market (up to \$10). It's that easy!

Please spread the word about Double Bucks. The program allows people to double SNAP up to \$10 every time they shop at Durham Farmers' Market and South Durham Farmers' Market.

Durham Farmers' Market

Durham Central Park
501 Foster St
#4 Bus, Bull City Connector
Saturdays 8 a.m.-noon
Wednesdays 3:30-6:30 p.m.

www.durhamfarmersmarket.com

South Durham Farmers' Market

Greenwood Commons Shopping Center
5410 NC Highway 55
#14 Bus
Saturdays 8 a.m.-noon
www.southdurhamfarmersmarket.org

TREE

FROM THE FRONT PAGE

re-growing lost tissue, or if buds are damaged by pollution, predation or disease, the whole system can either simply collapse, or reveal often irreversible decline — especially in older trees.

What we look for, after the cankerworms have finished, are mature trees whose leafy crowns lack depth and density. The most telling factor is the absence of leaves along the outer margin of the crown. Consistent "tip dieback" is an indicator that vascular conductivity is compromised, that the sap isn't flowing due to breaks or plugs in the long system of vessels that connect root to shoot. The longer the distance from root to shoot, the greater the pressure needed to pull sap, and the greater the vulnerability to disruption.

A tree has a biological imperative to shade its competition by being the first tree to reach the sun and to fully exploit the opening. If a tree is in that dominant position and is allowing sunlight to filter through big gaps, or is activating so-called "adventitious" buds lower down on the column, then it is in trouble.

Leaves are the organs which drive photosynthesis. Without them, the limbs that they are attached to can no longer sustain themselves and wall off decay, or produce defensive compounds against pathogens. Compromised limbs that can't regenerate lost leaves will succumb to wind and gravity, and shed large branches. We have to anticipate this and take corrective measures.

Sometimes these measures involve removing whole trees. This happens when the symptoms of decline eclipse the tree's abil-



Submitted photo

This relatively young sawtooth oak is showing classic symptoms of tip dieback.

ity to respond with new growth while maintaining the bulk of its remaining systems. Trees are made up of live and dead tissue in relative ratios. Young trees are mostly made up of live, "source" cells (they generate sugars and new growth). Old trees are mostly made up of dead "sink" tissue (net consumers of resources) with a thin shell of live cells. Old trees allocate resources on the basis of maintaining systems and repro-

ducing. Young trees allocate resources mostly towards growing bigger. Decline in old trees is evidenced by the size and distribution of past wounds or pruning cuts and the limited extent of subsequent regrowth and by evidence of pathogens and parasites that the tree can't effectively defend against.

The dedicated staff in the urban forestry division derives no joy from culling out those trees that have moved from the "asset" column

of the proverbial ledger to the "liability" side, but it's up to us to make the call. It is understood that Durham's City trees are a community asset, owned collectively by Durham's citizens and managed by their employees, and we are always happy to take the time to discuss the decision-making process.

Alex Johnson is urban forestry manager in the City of Durham's General Services Department.

DOUBLE

FROM THE FRONT PAGE

The benefits of Double Bucks go beyond increasing access and consumption of fresh produce. It is also an extra revenue source for local farmers and this, in turn, benefits the local economy. According to one study, one dollar spent at a local farmers' market can generate up to \$2.80 for the community's economy.

Farmers' markets throughout the country are running programs such as Double Bucks with great success. Recently, grocery stores and mobile markets started similar incentive programs. Last fall, Grocers on Wheels, a mobile fruit and vegetable vendor, partnered with the Partnership for a Healthy Durham to pilot Double Bucks at three senior communities in Durham. The program has increased access to fruits and vegetables to many seniors at these sites.

The Partnership for a Healthy Durham's Obesity and Chronic Illness subcommittee's action plan includes increasing access to healthy

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foods. The committee applauds the efforts of the markets. They have worked tirelessly to raise money to fund Double Bucks through small grants, individual sponsorships, and in-kind support from partner organizations. With so much success and momentum on a small scale, just think of the impact these programs could have with deserved support from our city, state and federal budgets.

The Partnership for a Healthy Durham is a community coalition that works closely with the Durham County Department of Public Health to identify the greatest health needs in the county and then forms action teams to address those needs. For more information on Double Bucks or to get involved with the Partnership, visit www.healthydurham.org or call 560-7833.

"I'll give you the tools, you give me the effort and together we can overcome obesity!"

Dr. Simonds



Before

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- Jackie



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