

Durham partners focus on financial savings for youth

BY JULIE WELLS
 DURHAM PARTNERSHIP FOR YOUTH

“Low- and moderate-income children with college savings of just \$500 or less are three times more likely to enroll in college and four times more likely to graduate.”

This insight is from research out of the University of Kansas that the Corporation for Enterprise Development, an organization working to ease the

impact of poverty, came to a conclusion on.

In 2013, CFED, which has East Coast offices based in Durham, started asking communities to think more deeply about children’s savings accounts. Saving accounts for children isn’t a new concept — parents and grandparents from median to high-income levels often make this a priority for children. The middle class is

told to start saving for college early and frequently generational wealth is passed down to help young people get the education they will need to secure financial futures.

This is rarely the case for students living in homes where financial wealth is nonexistent. For students without financial resources, paying for college has become even more difficult in recent years. Col-

lege tuition rates are rising faster than inflation while state investments in higher education are shrinking as federal programs to offset college costs disappear. In response, a group of Durham citizens, non-profits and financial institutions are creating ways to ensure that the most vulnerable students have access to education and financial stability.

SEE YOUTH/PAGE 4

Taking charge of diabetes

BY AUBREY DELANEY
 AND CHASITY NEWKIRK
 PARTNERSHIP FOR A HEALTHY
 DURHAM OBESITY AND
 CHRONIC ILLNESS COMMITTEE

Many people live in denial about diabetes or choose not to take action, but Durham resident Nancy Austin is different.

By attending classes such as Living Healthy with Diabetes, and receiving assistance from the Durham Diabetes Coalition, Austin is taking control. Diagnosed with type 2 diabetes 15 years ago, she has taken steps to lower her HbA1C level (a measure of blood glucose over a period of two to three months) and improve her health.

“Diabetes will always be part of my life, but I have learned to change my lifestyle to still enjoy life,” says Austin. “I eat more vegetables [with carbs in moderation] and exercise regularly.”

She’s spot-on.

Watching portion sizes, particularly with carbohydrates is important for people with diabetes. Austin also walks 45 minutes every day in her neighborhood or at Duke University’s East Campus. She even walks in the rain if it’s not too heavy.

Type 2 diabetes is a growing concern across the country, particularly in Durham. Many people with type 2 diabetes find it challenging to manage properly, often leading to major complications such as heart disease, nerve damage, vision loss and other health problems.

In Durham County, diabetes is the fifth leading cause of death with nearly 10 percent of adults in the county living with diabetes. To combat this alarming statistic, the Durham Diabetes Coalition is working to help reduce injury and death from type 2 diabetes.

The Durham Diabetes Coalition is a partnership among the Durham County Department of Public Health, Duke University, the University of Michigan Center for Geospatial Medicine, Durham health and community organizations, faith-based groups, local government and community members. They

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SEE DIABETES/PAGE 4

TREASURES OF THE DURHAM COUNTY LIBRARY’S NORTH CAROLINA COLLECTION



Courtesy North Carolina Collection, Durham County Library

A jam-packed downtown Durham street is seen during the Christmas season in the 1950s, possibly during the Christmas parade.

New Durham photographs available through Durham County Library catalog

BY LYNN RICHARDSON
 DURHAM COUNTY LIBRARY

N.C. Collection staff are proud to announce that nearly 1,000 new photos, donated by many different people and organizations, have recently been made available online for your viewing pleasure.

Photos are the most popular items in the North Carolina Collection. People love to browse them, and many request copies to hang in their offices, use in research papers, illustrate book and journal articles, display in exhibits, include in documentary films and for many other uses.

November 2015 — pictures from the Durham Historic Photographic Archives and other online photo exhibits were viewed 15,963 times.

These new additions include photos of houses, downtown Durham street scenes, the implosion of the Washington Duke Hotel, and churches. Many shots of people are also featured, including the Gorman, Twaddell and Rochelle families; pictures of quilters; Southern Conservatory of Music students and faculty and students in local schools.

How to view the photos

You will not view these

ABOUT THE COLLECTION

Each month, this column features Durham-history-related items that have been donated to the North Carolina Collection. This month, it’s a large number of photographs that have recently been made available online. These treasures are available to you for your research and enjoyment. For a full list of photos, papers and other items available, go to this link: <http://durhamcountylibrary.org/ncc/> or check the library catalog for books and manuscript materials. Questions? Contact librarian Lynn Richardson, lrichard@dconnc.gov, 919 560-0171.

photos through the North Carolina Collection website, as has been the case in the past, but through the library catalog. Here are examples of several ways to search for them:

To find photos on a particular subject, go to www.DurhamCountyLibrary.org and enter keywords for the subject you’re interested in.

SEE CATALOG/PAGE 5

Start planning for summer fun at Museum of Life and Science

BY LESLIE PEPPLE
 MUSEUM OF LIFE AND SCIENCE

DURHAM — Winter weather might be in full force outside, but summer has arrived at the Museum of Life and Science. Summer camp, that is! Sale for the Museum’s popular hands-on summer science camp started on Jan. 27 for Museum members and will start Feb. 10 or the general public.

Wondering what Museum Summer Camp is all about? Summer Camp Program Man-

ager Katie Weeks fills us in on the details.

What types of activities do summer campers do?

Our camp days are filled with fun, hands-on exploration of everything under the sun, from tiny museum critters to robotic interstellar

space exploration! Every day offers a variety of hands-on activities based around each camp’s theme. We know busy minds come with lots of energy, so we design our curricula with a variety of activities that include both structured,

SEE FUN/PAGE 2

Museum summer camps embrace a style of hands-on learning that explores science and the natural world—using Museum exhibits, interactive experiments, animals, art and more.

Submitted photo



YOUR COMMUNITY



Submitted photos

The Bennehan House at Historic Stagville (left) and one of the slave cabins at Horton Grove are pictured.

Stagville, Morehead Planetarium to honor Black History Month

BY STEPHANIE COBERT
HISTORIC STAGVILLE
STATE HISTORIC SITE

Join Historic Stagville and Morehead Planetarium as we recognize Black History Month with “Stagville Under the Stars.” This popular program features African folktales about the night sky as well as stargazing through the planetarium’s telescopes. This event, which will take place Feb. 19, is perfect for children and families.

Historic Stagville is very different from other historic house museums and plantation sites. The interpretation does not shy away from addressing slavery and its place in American society. At its peak, the plantation spread out over 30,000

acres (47 square miles) and over 900 enslaved people lived and worked on the lands.

Although none of the enslaved men and women at Stagville came directly from Africa, they still passed along traditions from the continent. For example, archaeologists found a cowry shell during a survey of the historic structures. Since these types of shells are only found in West Africa, it is possible that it was kept as a family heirloom and passed down through the generations. The African-American inhabitants of Stagville may also have been familiar with the folktales that will be told during “Stagville Under the Stars.”

ABOUT THE SITES

Durham County is the only county in North Carolina that has three N.C. State Historic Sites so close together. From the Antebellum Era through the Civil War to the founding of Durham, a visit to each site will educate and inspire you to learn more about North Carolina’s story.

All sites are open from Tuesday through Saturday from 9:00 to 5:00. For more information and tips on planning your visit, feel free to call or look online.

Historic Stagville: 919-620-0120 www.stagville.org

Bennett Place State Historic Site: 919-383-4345

www.bennettplacehistoricsite.com

Duke Homestead: 919-477-5498 www.dukehomestead.org

The Division of State Historic Sites is a part of the N.C. Department of Natural and Cultural Resources.

Although February serves as Black History Month, Historic Stagville honors the contributions of African Americans every day, all year long. “Stagville Under the Stars” highlights the relationship between Stagville and other institutions in the Triangle area.

ABOUT THE PARTNERSHIP

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 upcoming Durham Diabetes Coalition and other health-related activities, or to get involved with the Partnership, visit www.healthydurham.org, or call 560-7833.

DIABETES

FROM THE FRONT PAGE

work together to improve the health outcomes and quality of life for Durham County adults living with type 2 diabetes and those who have type 2 diabetes but are not yet diagnosed.

Living Healthy with Diabetes, spearheaded by the Durham County Department of Public Health, is a free diabetes self-management pro-

gram. The program aims to help participants learn about nutrition, exercise, the importance of communicating with doctors, and using medications wisely. Participants make weekly action plans and assist each other with problem-solving in their self-management care. Promoting Living Healthy with Diabetes classes and additional community programs that address chronic disease are the work of the Obesity and Chronic Ill-



Submitted photo

Durham County Department of Public Health and Durham Diabetes Coalition staff members Aubrey Delaney (left) and Crystal Dixon review guidelines for diabetes self-management class.

ness committee of the Partnership for a Healthy Durham.

In addition to facilitating diabetes and chronic disease self-management classes, the Durham Diabetes Coalition sponsors support groups and offers

presentations and workshops around the county to reach those living with diabetes. Please visit www.durhamdiabetescollection.org to learn more about activities and to register for free classes and workshops.

YOUTH

FROM THE FRONT PAGE

“Behaviors and thought processes are formed during our youth that influence our lives as adults,” said Tolulope Omokaiye of EVOLVE Mentoring, a local non-profit focusing on teaching young adults financial literacy while fostering a positive relationship with money.

“Often times our relationship with money comes from our upbringing and parental influences, but if their parents don’t know how to save money most likely they [children] won’t either,” she said.

EVOLVE found two partners in Durham last year that also cared deeply about youth and financial literacy and savings issues.

Partners for Youth Opportunity (PYO) inherited a job program for youth through a nonprofit merger. Part of that program included 20 percent savings being withheld from students’ checks and given back at the end of the one-year program. PYO wanted to



Submitted photos

Above: PYO student learns how to fill out direct deposit form. Above right: PYO students open accounts with the help of the Latino Community Credit Union and EVOLVE Mentoring.

expand this model to include financial literacy and a savings account that could be matched at the time of high school graduation, specifically for the purpose of funding post secondary education.

It is a much needed community service, said Dosali Reed-Bandeled, PYO’s academic coordinator.

“We help our students find scholarships and fill out FAFSA forms for federal aid but it’s important to PYO staff that our

students learn the value of how their ability to save can offer them more opportunities in life,” Reed-Bandeled said.

The local Latino Community Credit Union helped to complete the initiative by providing checking and savings accounts to all working PYO students.

Silvia Rincón, LCCU’s director of communications and service, said the credit union is pleased with the outcomes of its partnership with PYO and EVOLVE.



“We were able to provide financial services to more than 25 teenagers,” said Rincón. “They have done an outstanding job managing their accounts and saving for their futures. We look forward to May when those who qualify for the savings matching program [provided by LCCU] will be able to open a certificate of deposit and watch their money grow.”

Steve Schewel, Durham city councilman, is advocating for student savings as well, but beginning in kindergarten.

“The mayor put out a challenge for the community to come together to reduce poverty in one of the most impoverished neighborhoods in East Durham,” Schewel said. As a part of this effort,

Farmer Foodshare: Addressing hunger and improving how we give

BY JENNY ELANDER
DURHAM FARMERS’ MARKET

D U R H A M

Sitting in Café Driade one afternoon back in 2009, I chatted with Margaret Gifford, the founder of Farmer Foodshare. I remember her contagious energy and passion for improving a system of hunger relief that returned little support to those who grow our food.

Before Farmer Foodshare, after-market gleanings was the standard procedure for collecting any leftover produce that farmers either wished to donate or knew wouldn’t make it until the next week. The option of giving it away and knowing that it was headed towards someone who was experiencing hunger was a much better option than feeding it to the compost.

Fighting against the taboos surrounding the issue of hunger relief, the person sitting across the table from me knew it could be better, and knew there could be a third option aside from the standard decision between giving it away or adding it to the compost pile.

The better was option was finding a way to financially support the farmer in this loop. In an effort to find a way to accomplish this goal, the Donation Station was born. The season I had the opportunity to be involved, there were a handful of these Donation Stations taking shape at established farmers’ markets around the Triangle. Knowing little about working for a nonprofit, I jumped on board to help coordinate the volunteers who staffed the Donation Stations. With a small band of hardy volunteers, we shivered through the first winter, helping

to root the Donation Station at the market.

Presently, there are 24 Donation Stations in North Carolina, and we are proud to host one at the Durham Farmers’ Market. The Donation Station, located right beside the T-shirt/information table at the market, collects donations from market shoppers in the form of fresh food or in cash. With the cash donations, volunteers walk around to purchase (at full cost) fresh food from vendors that will be taken to a local partner organization that addresses hunger relief. In Durham, the partner organizations are El Vinculo Hispano, Reality Ministries, Iglesia Emmanuel and Urban Ministries.

This model is as simple as it is brilliant, which in combination makes it no surprise that the Donation Stations have remained successful since their start in 2009. Farmer Foodshare has raised more than 100 tons of food in North Carolina this way, and also has developed a small-scale food hub Pop Market, based in Durham.

We are thankful to have had the support of the Farmer Foodshare staff and volunteers who run the Durham Farmer’s Market Donation Station for the last six years, and who have given so much back to our farmers and community members alike. For more information, please visit the Farmer Foodshare booth at the market or visit the website at: www.farmerfoodshare.org.

Jenny Elander is market manager at the Durham Farmers’ Market, open 10 a.m. to noon Saturdays at 501 Foster St. in downtown Durham. info@durhamfarmersmarket.com.

the City launched “Durham Kids Save” to create matched children’s savings accounts for students at Y.E. Smith Elementary.

“We believe in the power of savings for future education,” he said.

Focusing on savings attaches Durham to a national body of research. Last week, the CFED released its new Assets & Opportunity Scorecard, examining how citizens are doing in their quest to seize economic opportunity and what states are doing to help them get ahead. By focusing on financial literacy and savings with our most vulnerable youth, Durham partners can begin to help residents find economic opportunity and stability.

Julie Wells is executive director of Partners for Youth Opportunity. Its mission is to partner with the community to provide Durham youth with opportunities to connect, develop, and contribute through mentoring, employment and educational support. For more information, visit its website at <http://pyopportunity.org/>.