

# Civil rights students reunion

THE ASSOCIATED PRESS

ATLANTA — Forty years ago, when college students were recruited to come South to help register black voters, the volunteers stuck together for their own safety.

Last weekend, a dozen of them gathered again — this time to remember.

Now grayer and heavier, they came from places like New York, California and Illinois to remember that summer of hope and resistance. Their memories of canvassing slices of the Deep South have always stayed with them, they said.

"For 20 years, I was enraged. It showed me the country I didn't know exist-

ed," said Dick Reavis, 59, a former volunteer who is now an English professor at North Carolina State University.

Reavis was one of about 500 college students recruited by the Southern Christian Leadership Conference and the late civil rights leader Hosea Williams.

The decision to bring in Northerners proved pivotal in the civil rights struggle. Where some native blacks had battled segregation for decades in obscurity, the mostly white college students attracted media attention and the nation's outrage when they were attacked for trying to help black Southerners vote.

"Most of you were taking your lives in your hands by associating with us," former U.N. Ambassador Andrew Young told the volunteers.

"It made us truly a national movement when the students came," he said. "Their parents had to learn about the South."

The reunion rang with extra poignancy in the aftermath of the conviction of Edgar Ray Killen, the 80-year-old Ku Klux Klansman who was found guilty two weeks ago of orchestrating the 1964 Mississippi slayings of three civil rights workers, James Chaney, Michael Schwerner and Andrew Goodman.

During those days, the rules were simple, said Judith Van Allen, the daughter of a Sacramento, Calif., pharmacist who was a graduate student when she spent her summer in Georgia's Taliaferro County.

The volunteers had to get as many black people as possible to understand the legal rights they had. But they also watched their backs because their presence was resented by those in power, she said.

"We stayed away from the white people," said 64-year-old Van Allen, who is white and now senior fellow at the Institute for the African Development at Cornell University in New York.

## Make a point to stick to diet while on vacation

THE ASSOCIATED PRESS

NEW ORLEANS — Hearing the words "travel" and "diet" in the same sentence makes five out of seven tourists in this city of sumptuous restaurants burst out laughing, an utterly unscientific survey finds.

Those include Deborah Gray. "We eat whatever. We try to diet before we come. It doesn't work," said Gray, a social worker from Chicago who was heading into a T-shirt shop on Bourbon Street.

Nevertheless, an hour up the road in Baton Rouge, the Pennington Biomedical Research Center has come up with a list of 10 tips for not blowing your diet while on vacation.

There aren't any hard figures, but the number of people following diets is considerably smaller than the number who ought to and the number who follow diets on vacation is tiny, said Katherine Lastor, a research dietitian at Pennington, a campus of Louisiana State University.

It really isn't any more difficult to diet on the road than at home, Lastor said, but people say, "It's not realistic for me to do that and I'm just going to eat whatever." If they would just plan ahead, it would be a lot easier than they think it would be.

In the Garden District,

Helen Causey of St. Gabriel, near Baton Rouge, was taking occasional sips from her bright blue (to match the restaurant's turquoise paint) 25-cent Commander's Palace Martini while her husband and sons finished their crab and corn soup.

"Lots of cream in this," said Andrew, who just finished his third year at LSU's medical school in New Orleans.

His mother had ordered the "Good and Hearty" lunch entree du jour—on this day, seared fish with roasted oyster mushrooms, local Creole tomatoes, grilled sweet onions and summer greens with a truffle-citrus vinaigrette.

She said she always checks for healthy entrees. "If it's something really good — the ingredients really appeal to me — I'll order the good, heart-healthy choice. If not ...," she shrugged.

Which brings us to Tip No. 2: "Understand the menu. ... Ask questions." Watch out for adjectives like: fried, buttery, au gratin, etouffe, sauteed, creamy, breaded. Inquire about sauces and toppings; ask for food grilled without basting and for sauces not based on oil or butter.

"Just for your information, that was not approved by Weight Watchers," Gisela Smith, a toned and slender Californian, joked to a worker as she left La Madeleine, a

pastry shop on Jackson Square.

She'd had puff pastry filled with chicken in an "incredible mushroom cream sauce."

"But I had a vegetarian omelet this morning, made with egg whites," said Smith, of Healdsburg, Calif. She and her husband, Andy, are taking an eight-week cross-country RV trip with their children, Kirsten, 11, and Eric, 13. Breakfast had been at Denny's.

Which bring us to Tips No. 1 - "Plan ahead. Scope out your dining options"— and No. 3 - "Think 'outside of the box ... Many fast food places have added healthy options for main meals and even offer fruit as a side dish."

And one tip not mentioned: If you eat carefully at other meals, you get room to, ah, fudge.

The Pennington folks do note a flip-side in No. 8: If you eat more than you plan, thinking of it as a catastrophe "will only set you up for failure. Get back on track at your very next meal."

Tip No. 9 isn't a problem on this trip for Smith: "Plan pleasures other than food or drink and incorporate increased physical activity into your summer plans."

She decided to celebrate her 45th birthday by running her first marathon in October and began training 10 weeks

The Charlotte Post



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## People living longer with HIV

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People living longer with HIV, but experts worry about number of new cases

The Associated Press

GARY, Ind. —When Gloria Manamela learned she was infected with HIV, she figured she only had five years to live. She was a mother of two, pregnant with her third child. She was trying to reconcile with her husband, from whom she was separated when she contracted the virus. "I was devastated," Manamela said.

That was 11 years ago.

Manamela represents both the good and the bad news of HIV treatment and prevention.

Those with the virus that causes AIDS are living longer. But the rates —especially in Northwest Indiana's minority population — aren't declining despite 20 years of education about what prevents the illness' spread.

One in 2,900 Lake County residents are either HIV infected or have fully developed AIDS. Blacks and Hispanics comprise nearly 70 percent of HIV cases in Lake County.

A study released by the national Centers for Disease Control shows for the first time since the 1980s more than 1 million people in the United States are infected with HIV.

"The jump reflects the role of medicines that have allowed people infected with the virus to live longer," said Ronald Valdiserri, deputy director of the CDC's National Center for HIV, STD and TB Prevention.

Reaching the 1 million mark is "a sign of both victory and failure," said Terje

Anderson, executive director of the National Association of People Living With AIDS.

"Part of the reason the number is so big is we're not dying as before," Anderson said. "But the other problem is we have not made a significant dent in new infections."

The CDC had hoped by 2005 that the estimated 40,000 new infections that have occurred every year since the 1990s would be cut in half.

According to new data, the goal was not met.

Recent outbreaks of HIV and sexually transmitted diseases in major cities around the country hint that new infections may be as high as 60,000 cases a year, according to Carlos del Rio, an Emory University professor of medicine.

In Northwest Indiana, the rate of new infections has remained fairly constant.

In Lake County, 28 new cases of HIV were reported in 2001 and 26 new cases in 2004. In Porter County, three new cases were reported in 2001 and four new cases in 2004.

According to the Indiana State Department of Health, 798 residents in Lake County were living with HIV as of March this year, and 99 in Porter County were living with the disease.

John Afanador, HIV counselor for the Lake County Health Department, said people aren't viewing HIV as a big risk anymore.

"They view it as something like diabetes—it can be managed," he said.

Manamela, now the mother of a healthy HIV-negative 10-year-old and engaged to an HIV-negative man, has got-

ten her HIV infection under control with medication.

"I choose not to be sick," she said.

Anthony Gillespie, executive director of Gary-based Brothers Uplifting Brothers, an HIV service provider, agrees the perception of HIV not being a death sentence is causing an increase in new infections. But lack of educational funding is a big factor, too, he said.

According to Gillespie, lack of support for community-based advocacy programs has hurt the smaller organizations that have better luck influencing certain groups of people.

The Centers for Disease Control has placed a priority on funding larger organizations, Gillespie said. But in certain minority communities, people tend to trust the smaller community-based organizations made up of their peers. The larger groups have not been as effective, he said.

Karen Lain, HIV/STD coordinator for the Porter County Health Department, thinks the failure to cut new infections is partly to blame on people not getting tested.

"If they don't know they have it, they continue to pass it," Lain said.

Most people wouldn't guess by looking at her that Manamela is HIV positive. She said that works to her advantage when she gives talks to local high school students.

Early detection is what saved her, she said.

"HIV can be in your body for so long and by the time you realize it ... at some point, it's too late (for treatment)," she said.