

Campaign ask parents to open up

Continued from page 1B
ers give often disturbing details about the state of young people.

Dr. Robert Durant of Wake Forest University Baptist Medical Center said while the numbers of underage people drinking and carrying concealed weapons to schools are down, they are still not good enough.

"The numbers are still higher than they ought to be," said Durant, who also cited a recent study that showed that at least half of all teens have engaged in sex at least one time.

Toney said that 49 young people become pregnant each day in North Carolina. Last year in Forsyth County, 163

high school students were pregnant.

Addie Hymes said that parents who expect teachers and principals to provide their children with a moral core should think again. Hymes, the parental involvement coordinator for the city-county school system, said it is schools' job to educate children, not raise them.

Hymes said when parents are silent, their kids suffer. She pointed to the system's dropout rate as another example of parents not having an open line of communication with their children.

"If we can keep them in school, we won't have all of the problems we are having," she said.

Cholesterol levels drop in older Americans

Continued from page 1B
statins in the water supply, cardiovascular disease would still be the leading cause of death in America," Nissen said.

Average levels of HDL cholesterol, the good kind that helps remove fats from blood, remained mostly stable during the study. Researchers increasingly believe that boosting HDL levels — and not just lowering LDL cholesterol — is a key to preventing cardiovascular disease.

Physical activity and losing weight can boost HDL levels, and Eckel said lifestyle changes "need more attention."

Drug companies also are racing to create HDL-boosting medication.

A separate report this week from Quest Diagnostics Inc., a leading provider of diagnostic testing, found more recent declines. Between 2001 and the end of 2004, average LDL levels fell from 123.7 to 111.7 in U.S. adults 20 and older under a doctor's care. The largest declines were in adults 70 and older.

The report is based on nearly 80 million test results reported by Quest labs nationwide.

Clifford Johnson, a researcher with the Centers for Disease Control and Prevention and senior author

of the JAMA study, called the government figures a glimmer of good news, although cholesterol levels were mostly unchanged in adults under 50.

Cleeman said a slight reduction in Americans' consumption of saturated fat probably contributed to the LDL cholesterol declines.

Annual deaths from heart disease in the United States dropped from nearly 800,000 in the late 1980s to about 650,000 in 2002. Cleeman said falling cholesterol levels may have contributed to that decline. Still, cardiovascular disease remains the nation's No. 1 killer.

Notable declines in LDL

cholesterol levels were observed between 1976 and 2002, when average levels dropped from 138 to 123 in all adults. Again, the largest declines were in men over 60 and women over 50. Government guidelines set the upper limit at 130 for people at average risk for heart disease.

On the Net:
JAMA: <http://jama.ama-assn.org>
National Cholesterol Education Program: www.nhlbi.nih.gov/about/ncpep

Kick the nicotine habit for faster bone healing

Continued from page 1B

time to jump into those cellular docking sites. Hence Zuscik's theory that this is a window during which smokers should heal more like nonsmokers if only they could

abstain.

It will take a few years of additional animal research before that theory can be tested in smokers, he says, although there's no down side to people trying to kick the

habit in hopes it will help heal their bones.

Indeed, there's some indirect evidence that quitting helps: In 2000, Kentucky researchers reviewed the medical records of 357 spinal

fusion patients. About three-quarters of both nonsmokers and those who kicked the habit while healing recovered well enough to return to work, compared with just half of the smokers.

Voice for AIDS among black Americans dies

THE ASSOCIATED PRESS

NEW YORK — LeRoy Whitfield, a writer who focused on the battle against AIDS among black Americans, died after living 15 years with the HIV virus — while refusing to take medication. He was 36.

Whitfield, a contributor to Vibe magazine, died Sunday at a Manhattan hospital from complications related to AIDS.

"He was unusually committed to exposing the truth about AIDS in the black community, and he was unafraid to challenge conventional wisdom," Keith Boykin, a commentator on race and sexual orientation, wrote on his Web site.

One convention Whitfield challenged after being diagnosed with HIV in 1990 was the use of antiretroviral drugs, whose possible side effects range from fatigue and nausea to blurred vision.

But toward the end of his life, he expressed doubts about his decision.

"My T-cell count has plummeted to 40, a dangerously

all-time low, and my viral load has spiked to 230,000. I've argued against taking meds for so many years that now, with my numbers stacked against me, I find it hard to stop," he wrote in the August issue of HIV Plus magazine. "I keep weighing potential side effects against the ill alternative — opportunistic infections — and I can't decide which is worse to my mind. I just can't decide."

Whitfield used his personal experience — including relationships with both men and women — as a prism on the larger issues surrounding the disease.

He linked AIDS among blacks with public housing, poverty and violence, which he said contributed to the rise of HIV in the black community. However, he debunked the notion voiced in some circles that AIDS was a white conspiracy to spread the disease among blacks.

"Widespread violence, for example, is not a reality in upscale gay communities. Gay white men do not overpopulate public housing. Gay communities have no short-

age of HIV services nearby," he wrote in the September 1997 issue of Positively Aware magazine. "AIDS is the gripping issue of the gay community. For African Americans, it's the atrocity du jour."

According to the 2000 Census, blacks make up 12 percent of the U.S. population. However, they have accounted for 40 percent of the 929,985 estimated AIDS cases diagnosed since the first ones were reported in 1981 by the federal Centers for Disease Control.

A Chicago native whom Boykin remembers as a man with "beautiful locks" and "an infectious smile," Whitfield attended the University of Chicago and the city's DePaul University, then worked as an associate editor at the Chicago-based Positively Aware and as a community educator for Positive Voice, an AIDS awareness organization.

He moved to New York in 2000, contributing to Vibe and becoming a senior editor at POZ, a magazine aimed at HIV-positive people.

Highway widening could cover historical area

THE ASSOCIATED PRESS

BEAUFORT, S.C. — Some historians and archaeologists worry that widening U.S. Highway 17 in rural Beaufort County will destroy or cover up significant Civil War artifacts and building sites.

Archaeologists hired by the state Transportation Department to probe the area before the highway have found remains they think show the location of a Combahee River ferry crossing used in a Civil War raid led by famed abolitionist Harriet Tubman. An earlier study also found an old black cemetery in the area.

But in the recent search uncovered artifacts from a house or tavern near the ferry crossing where Tubman and black Union soldiers surprised local plantation owners in the 1863 raid. More than 700 slaves from plantations in Colleton and Beaufort counties were freed in what is widely considered the first raid in U.S. history to be led by a woman.

Tubman is best known for escaping slavery and helping others to do the same along

the famed Underground Railroad, made up of safe houses and secret passages. But no single act in Tubman's life would free more people than the Combahee raid.

"It has significance for African-American history, women's history, military history," said historian Jason Ellerbee with Brockington and Associates, the private firm working on the site. "In this one night, (Tubman) freed over 700 slaves. This hits so close to home."

In the raid, Tubman, who had been sent to Beaufort by Massachusetts Gov. John Andrew in 1862 to work as a spy, gathered the information for the raid.

She had met local blacks who knew the area well and got word to slaves on nearby plantations to run to the river when they heard Union gunboats blasted their horns.

When the boats arrived and slaves came to the river, Tubman ushered them on board the Union boats and sang to them during their flight.

"It was completely personal to her," said Kate Clifford

Larson, who wrote a Tubman biography, "Bound for the Promised Land." "She had grown up in a violent culture and knew that it was life or death."

Union reports put the number of freed slaves at 725; Tubman said it was 756.

Brockington's historians say the site should be protected with a historical designation.

U.S. Rep. James Clyburn, D-S.C., whose congressional district includes a Confederate earthworks on the Colleton County side of the Combahee, wants the area to be included in a proposed Gullah-Geechie history corridor.

The area also includes a cemetery where two black soldiers whose regiment participated in Tubman's raid are buried.

Still, residents and politicians say U.S. 17 needs to be widened. Thirty-four people have died and hundreds have been injured on the stretch of road since 1997.

"It's one thing to say, 'Let's just leave this area alone and never touch it,'" Clyburn

said. "But it's another to do the work, retrieve the artifacts and put them on display. I think there is a win-win."

Please see HIGHWAY/3B

Inflation Protection

Protect your savings from the ups and downs of inflation with the new Series I Bond from the U.S. Treasury.

And I Bonds are available at most financial institutions. Call 1-800-4US BOND for more information.


1-800-4US BOND
www.savingsbonds.gov
A public service of this publication

Health Watch



General Dentistry

2 Convenient Locations to Serve You!

Spurgeon W. Webber Jr., D.D.S., P.A. & Associates
2120 Keller Avenue
Charlotte, North Carolina 28216
704-392-9357

Spurgeon W. Webber III, D.D.S., P.A. & Associates
518 East Boulevard
Charlotte, North Carolina 28203
704-332-5848

AMERICARE HEALTH

AmeriCare Health "Sugar Creek" Medical Center

"Grand Opening"

Saturday, November 5th

"A New 3 Million Dollar Facility"
(across the street from Mayfield Memorial Baptist Church)

"On The Plaza" • 704-535-0400

1805 Milton Road • Charlotte, NC 28215

"At The Park" • 704-399-2677

6023 Beatties Ford Road • Charlotte, NC 28216

Visit AmeriCare at either location
For All Family Healthcare Needs
- Accepting New Patients -
"Appointments Not Necessary"

Treating "All" Katrina Victims
"FREE" of charge
with proper identification

Dr. Fidelis Edosomwan

Comprehensive Healthcare You Need and Deserve:
State-of-the Art Pediatrics • Urgent Care • Internal Medicine
Minor Trauma • Industrial Medicine • Diagnostic Center
Open Mon-Fri, 9am-7pm, Sat. 9am-5pm

"For I will restore health unto thee, and I will heal thy wounds, saith the Lord." - Jeremiah 30: 17

Do you have type 2 diabetes?

If so, you may be eligible to participate in a study of an investigational new drug and receive free diabetes medications for one year.

To participate, you must:

- Be between 35 and 80 years of age
- Be on two or more oral diabetes medications for at least the past three months
- Not currently use insulin to treat diabetes
- Not smoke
- Not have a history of asthma

If selected, you will receive study-related medical care, study medication, laboratory work and evaluations, glucose monitoring supplies and diabetic and nutritional counseling, all at no cost.

To learn if you are eligible, contact the Center for Cardiovascular Health at 704-446-1817 or 704-446-1588.



Carolinas Medical Center
Center for Cardiovascular Health