

Fighting diabetes the Marcos way

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Hernandez's career. He said it's easier to record now as opposed to being 30 pounds heavier.

"You have more breath, more lung expansion and you're not easily fatigued," he said. "And you sound different."

As a part of his tour in support of his national debut CD

"C About Me," Hernandez talks to kids about staying active and healthy.

"This tour is really for the betterment of kids out there to let them know it's all right to sit around and 'chillax' but you really have to find your verb," he said.

The flip side of being inactive is developing diseases like diabetes, heart disease

and stroke.

According to the CDC, diabetes now affects nearly 21 million Americans - or seven percent of the U.S. population - and more than 6 million of those people do not know they have diabetes.

"Diabetes is a leading cause of adult blindness, lower-limb amputation, kidney disease

and nerve damage. Two-thirds of people with diabetes die from a heart attack or stroke," said Vinicor.

November is National Diabetes Month. For more information about the disease, visit www.cdc.gov/diabetes.

For more information about Hernandez and his music, visit www.marcosonline.com.

Detroit mayor's lynching ad sparks criticism

Continued from page 1B and reject it."

The ad, which appeared Wednesday in the Michigan Chronicle under the headline "Lynching is Still Legal in America," claims the media has targeted Kilpatrick and failed to examine Hendrix's tenure as deputy mayor.

It also describes recent examples of racism in the Detroit area, including hate crimes in the mostly white suburbs.

Detroit is about 80 percent black, and both candidates for mayor are black. But race and the issue of how much the city should cooperate with the surrounding suburbs have come up repeatedly in the campaign.

Sam Logan, the newspaper's publisher, said he wasn't aware of the ad until after it appeared in print, and that the paper "does not condone" the images.

The co-publisher of The

Michigan Citizen, another community newspaper that ran a similar ad, defended it, saying it highlighted issues that need to be examined.

"I have not got one call from a subscriber or a reader who complained about that ad," Catherine Kelly said. "Not one letter or e-mail."

Kilpatrick has implied that the media is out to get him with scrutiny over his use of a city credit card on out-of-town

travel and a city lease of a luxury sport utility vehicle for his family. In May, his father apologized after comparing the media's treatment of his son to Nazi propaganda.

Hendrix, 55, has been leading Kilpatrick, 35, in polls ahead of the Nov. 8 general election.

On the Net:

Kwame Kilpatrick:
[/www.ci.detroit.mi.us/mayor](http://www.ci.detroit.mi.us/mayor)

Freman Hendrix:
www.fremanhendrix.com

Advice on lactose questioned by experts

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Lactase breaks down milk sugar so it can be absorbed into the blood.

When there's not enough lactase, undigested lactose travels to the large intestine where it draws water (which can cause bloating and diarrhea) and bacteria (which can cause flatulence).

Worldwide, most people are unable to produce large amounts of lactase. It's mainly northern Europeans and a few populations in Africa who developed the genetic mutation that allows them to comfortably consume milk after childhood, experts say.

The prevalence of lactose intolerance probably hasn't gotten a lot of attention because many policy makers and media members are Caucasian and don't think of it as a common problem, said Dr. Hetal Karsan, a specialist at Atlanta's Emory University.

"It's Caucasian bias," said Karsan, a gastroenterologist who was born in India and is lactose-intolerant.

Late last year, the National Medical Association, comprising black physicians, issued a special report - funded by the National Dairy Council - on the role of dairy in the diet of blacks.

It cited unpublished research that concluded only 49 percent of blacks report ever feeling discomfort after eating dairy. It said 44 percent of black adults say they eat one or more servings of dairy each day and that blacks get only 66 percent of the daily recommended amounts of calcium.

The medical group recommended blacks consume three to four servings a day of low-fat milk, cheese and/or yogurt - more than the three servings the government recommends for the general public.

The group felt that the higher recommendation might go further in getting blacks to meet minimum guidelines, said Dr. Winston Price, a New York pediatrician who was one of the study's co-authors.

Price said the report was spurred by recent research that suggests dairy products help reduce the risk of high blood pressure and other chronic diseases in blacks.

However, an executive with the dairy council said that group approached the doctors' association with the idea.

Public-private partnerships are necessary to get out important public health messages, said the official, Greg

Miller. He wouldn't say how much money the group gave the doctors' association.

"It's really outrageous that a medical association would take money from an industry group and then give out medical advice contrary to well-understood scientific evidence," said Dan Kinburn, a lawyer for the Physicians Committee for Responsible Medicine, the vegetarian group that sued to try to force

warning labels on milk cartons.

Price insisted the dairy council funding didn't influence the health recommendations.

The U.S. Department of Agriculture this year revised the nation's food pyramid and provided a Web site - <http://www.mypyramid.gov> - which allows individuals to get specially tailored dietary guidelines.

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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

VOTE

For These Candidates On Nov. 8, 2005
In The General Election

Mayor

City Council

City Council at Large

School Board

BC
Black Political Caucus of Charlotte Mecklenburg
Danielle Beas Obiorah
Chairperson

The City Council determines important neighborhood issues such as:

- Zoning
- Neighborhood Improvement
- Police and Safety Issues

These school board members make important decisions about the future of our children including:

- Choosing The New Superintendent
- How To Spend Bond Money
- Student Assignment

The Black Political Caucus Charlotte Mecklenburg has questioned, interviewed and endorsed these candidates.

Paid for by The Black Political Caucus of Charlotte Mecklenburg

Craig Medans
Donald Lockman
District 7

Darrell Bonapart
Susan Burgess
David Erdman
Anthony Fox

Rhonda Lannon
District 1
Velma Leake
District 2
Dwayne Collins
District 3
Peter Sidebottom
District 4

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