

B Section

LIFE



IN RELIGION Men Standing For Christ in concert at CPCC. 6B

Wayward luggage the biggest nuisance

By Erica Singleton FOR THE CHARLOTTE POST

Travelers all over the area are gearing up and planning for their summer vacations. It's not likely they are planning to have their luggage lost, but chances are some of them will. In 2005 alone, 30 million bags failed to arrive at their destination on time, worldwide...

Susan Foster, an avid traveler and author of "Smart Packing for Today's Traveler," suggests 10 ways to avoid or survive misplaced baggage.

1. ID tags

Start by using a sturdy ID tag with a durable strap on each bag. "Those little paper tags they give at the airport are for emergencies only," explained Foster...

2. Travel itinerary

An additional suggestion is to include your identification information inside the bag. This is especially important if the outside tag is removed or lost en route...

3. Make your bags distinctive

"I see people pick up the wrong bag all the time," Foster continued. "They look at it and say 'oh this isn't mine.' The smart thing to do is mark your bag in a relatively obnoxious and visible way..."

4. Photo verification

A picture is worth a thousand words, and in the panicked state of losing luggage, many people can't remember the brand or are very vague about the color and size of their bags...

5. The Early bird...

Please see LOST/5B

Risky propositions

STDs among teens on the rise as sexual behaviors change



THE STOCK MARKET

By Cheris F. Hodges thecharlottepost.com

What some teens may not consider sex could be the reason why they are getting some sexually transmitted diseases.

According to a report from the National STD Prevention Conference, over the last 10 years, there has been a significant increase in the proportion of teens

and young adults engaging in oral and anal sex.

Dr. Emily Erbeling from John Hopkins School Bay View Medical Center in Baltimore told Reuters Health that national surveys show that "oral sex may be a behavior that teenagers are increasingly participating in..."

reported having oral sex and many have not had intercourse."

Though self-reported anal sex is less common than oral sex, it rose over the study period from 3 percent to 5.5 percent in young women.

When teens participate in this behavior, according to Erbeling's report, the transmission of STDs will not be detected in a urine test.

Please see TEEN /4B

Cosby challenges graduates to take charge

THE ASSOCIATED PRESS

ATLANTA—Bill Cosby challenged Spelman College's graduates "to take charge" Sunday, adding those leaving the historically black college for women have no choice but to lead.

"You have to know that it is time for you all to take charge," Cosby said. "You have to seriously see yourselves not as the old women where the men stood in front and you all stood

behind, because the men, most of them are in prison."



Cosby

Added Cosby: "It is time for you to pick up the pace and lead because the men are not there and every one of you young women know it."

In 1987 Cosby and his wife, Camille, gave a \$20

million gift to Spelman, which is celebrating its 125th anniversary this year. The Camille Olivia Hanks Cosby Academic Center on the campus opened in 1996.

Cosby said when a Spelman graduate in the 500-member class of 2006 accepted her diploma "there's no time for you to fool around anymore."

"You've got to because our race depends upon you and

your sisters graduating all across the United States to realize that what's left is you," he said.

In his current "A Call Out with Cosby" speaking tour, he has emphasized the need for proper parenting and education as self-help answers for low-income, urban families.

In an interview with The Associated Press before his commencement speech,

Please see COSBY/4B

'Boomerang' kids pose challenges at home

By Cheris F. Hodges thecharlottepost.com

Once upon a time, college graduation meant entering the real world armed with a new career and that first apartment.

These days, 48 percent of college graduates find themselves returning where it all started—their parents' house, according to a MonsterTrak survey. And it isn't just the new

graduates that are going home. That same survey says 44 percent of the class of 2005 is still kicking it at Mom's crib.

This is why they are called the "Boomerang Generation."

Recent Johnson C. Smith University graduate Charita Young moved back to her parents' house in South Carolina, but doesn't plan to be there long. In the fall she's off to Savannah,

Georgia to get a graduate degree.

"I just wanted a break," Young said about moving home.

But all grads don't have that plan, according to Elina Furman, author of "Boomerang Nation: How to Survive Living With Your Parents the Second Time Around."

"While some boomerangers manage to avoid the pitfalls of moving

back home again, many don't adequately prepare themselves for the practical, economic and emotional realities of moving back in with mom and dad," she said.

For one thing, mom's house isn't a frat house. This is something Young already knows. Though she doesn't have a curfew like she did in high school, she said "I can't disrespect my

See BOMMERANG/5B

Yadkin Wine Festival showcases N.C.'s best

By Erica Singleton FOR THE CHARLOTTE POST

Not a big race fan, no problem, there is another state tradition you can enjoy this weekend, and that is a pit crew. North Carolina isn't just the birthplace of NASCAR, it's also the home of our nation's first cultivated wine grape—the scuppernon. Just an hour North on I-77, the Yadkin Valley Wine Festival features award-winning world class wines from 20 wineries based in the Carolinas. Never heard of them? You will.

The Yadkin Valley is the only designated area in

North Carolina for wine growing. After a two-year study, the U.S. government designated the area conducive to growing good wine-making grapes. The Yadkin Valley Appellation (not to be mistaken with Appalachian) is only about five to seven years old, however, wine growing in this area is not new.

Jack and Lillian Kroustalis of Westend Vineyards, in Lewisville, are the pioneers who have been at it since 1972. The area has really blossomed in the last 10 years, adding Raffaldini Vineyards, RagApple Lassie

and Chatham Hill Winery, to name a few.

The rich, rocky soil is one of the things that make it so good for wine growing. Wine enthusiasts will tell you that grapes like to be stressed. And as president of the Yadkin Valley Chamber of Commerce, Teresa Osborne explains, the region still has its problems. "The humidity is higher than usual for grape growing," said Osborne, "but they've found a way to overcome it."

And overcome they have.

The soil, and weather are most similar to the conditions of the Burgundy region of France, and the wines show it.

"The festival originated as a way to expose the public to the fine wines being grown in the area," explained Y V W F Committee Chair Joe Walker. Each year the festival has gotten a bit more popular, with more wines featured. To be featured in the festival, wines must all originate in some manner.

See YADKIN/5B



The People's Clinic THE MAYA ANGELOU RESEARCH CENTER ON MINORITY HEALTH

A breath of fresh air

Asthma is the most common chronic disorder among children in the United States, affecting approximately 1 out of every 20. Although African-Americans are only 12.7 percent of the U.S. population, 26 percent of all asthma deaths occur within this population. Overall, African-Americans are three times more likely than whites to die from an asthma episode.

What exactly is asthma? Asthma is an inflammatory disease that affects the inside walls of the airways carrying air in and out of the lungs such that they become swollen. In response to an environmental trigger, the airways become so narrow that they are unable to move air adequately. Certain environmental factors, such as cigarette smoke or pollen, can trigger this inflammatory response. There is no cure for asthma, but there are medications that can control it and help prevent serious or life-threatening episodes from occurring.

What are the symptoms of asthma?

The most common symptoms are wheezing (a whistling sound when breathing), chest tightness, and trouble breathing (including faster or noisier breathing). It is important to recognize that a very subtle, early symptom of asthma is a recurring cough.

To diagnose asthma, your doctor may order pulmonary function tests, which measure air speed, air flow, and lung capacity. The results will be lower than normal if airways are inflamed and narrow, as is the case with asthma. As part of the evaluation, the doctor may administer medication that helps open the airways to see if it changes or improves the test results.

How is asthma treated? After receiving a diagnosis of asthma, it is important that your doctor determine the right medication regimen, follow-up schedule, and education about the illness. To prevent recurrent episodes, you can also learn about other things that can keep asthma under control. After all, the more you know about your disease, the better!

Regular visits with a physician are required, but it is also currently recommended that all people with moderate to severe asthma monitor their air flow at home with a device called a peak flow meter. Daily monitoring is helpful for detecting early changes in disease status and response to treatment. The healthcare provider will give you instructions on the proper use of the peak flow meter.

Medications are used to prevent and control asthma symptoms and to reverse air flow obstructions. We will address the specifics of drug therapy in a future asthma column.

Can asthma attacks be prevented?

Yes! In addition to taking medication, it is important to identify triggers that precipitate asthma attacks. Typical triggers include smoking, animal dander, dust, roaches, mold, and pollen. This information may help you avoid situations in the future that may cause an asthma exacerbation.

Asthma can be deadly if you are not prepared and if it is not managed properly. If you or your loved ones are experiencing symptoms, take control of your health by getting an evaluation today! Remember, knowledge is

Please see ASTHMA/4B