

Charlotte: Carolinas swing scene

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who swing have a hard time finding other blacks that do it as well.

On The Swingers Board, a website where people post anonymously about the lifestyle, a few blacks expressed feeling like "the flavor of the month."

A user with the screen name "Sweetdevil" said, "As a Black professional couple, we too have felt and dealt with being the flavor of the month, being a fantasy for all the wrong reasons, and not seeing many black couples at dances. Also, we have to deal with people telling us that

they are not prejudiced, but they do not swing with Black people. Give me a break! If you do not swing with a Black couple, then why say it, when we were not interested anyway?"

On Blackswingersclub.com, which calls itself a dating website for modern people, there are at least 462 profiles of people from North Carolina. The site also lists a calendar where swingers can find different parties in their areas. Most of the sections on the site require viewers to be members.

Sexuality isn't a topic always discussed in the black

community and when it is discussed, it's often from a historical and biblical standpoint.

"Can the sexuality of African-Americans be properly conveyed without relating the ramifications of the rage that contemporary blacks have inherited from their ancestors? Is this rage played out in the communities' sexuality? Today, there is a move in the black church. Its genesis is with blacks who regard themselves scholars or intellectuals. Their goal is to rid the church of all the traditional biblical views of sexuality. They deduced that the

Bible is an unfit source of information regarding the sexuality of human beings. They want blacks to throw away their cloaks of ignorance, but to do this, blacks must agree with them relating to the futility of Scripture in matters of sexuality. All blacks must become skeptics and doubters. Intellectuals proclaim from their lofty places that there is no sexual sin," writes Vanderbilt University researcher Endora L. Harris.

Like it or not, swinging is a part of black culture. "It's a lot of swinging in the black community," said Ferguson.



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Type 2 diabetes can be controlled

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disease, renal (kidney) insufficiency, and visual problems.

The focus of this first visit should be controlling symptoms, if present, and education about diabetes. All patients should be offered nutrition, exercise, and weight loss advice. Patients should also be given advice, if necessary, about quitting smoking and reducing alcohol consumption. Since there is so much education that needs to take place, it is extremely helpful to go to diabetes education classes where there are nutritionists and certified diabetes educators (CDEs) who can help you better understand diabetes, as well as how to take your medicines, eat properly, test your blood sugar, and exercise.

Long-term management
After the initial visit, frequent visits or contact may be needed at first, but then at

least four visits per year (about once every 3 months) are recommended. At each visit the physician and patient should review progress on glycemic control. The HbA1c should be checked 2-4 times per year.

To prevent complications such as heart disease and stroke, it is particularly important to control blood pressure if you have diabetes. It should be checked at each visit, and the blood pressure goal is less than 130/80 mmHg. You should have your cholesterol tested once a year, perhaps more if you are on a cholesterol-lowering drug. The goal for the LDL-Cholesterol level (bad cholesterol) is below 100mg/dL if you have diabetes (and even lower, 70 mg/dL, if you have heart disease).

At each visit it is recommended that the patient is weighed. The doctor should also check their legs and feet

for diabetes-related complications, including peripheral neuropathy (loss of sensation) and peripheral vascular disease (poor blood flow). Your doctor should also refer you to an ophthalmologist (eye doctor) for a complete, dilated eye examination.

Seeing your healthcare providers regularly, making recommended lifestyle changes, and following the medical regimen that has been prescribed can help you control diabetes and avoid the many complications of this disease. In our next diabetes column we will discuss the types of medications used to treat this disease. Remember: Knowledge is power, but it is what you do with it that makes all the difference.

Contribution by Alain Bertoni, MD, MPH, and Melicia Whitt-Glover, Ph.D.

For more information about the Maya Angelou Research Center

on Minority Health, visit www.wfubmc.edu/minorityhealth. Or, for health information call (336) 713-7578.

Talking can pay health dividends

By Lorinda M. Bullock
NATIONAL NEWSPAPER
PUBLISHERS ASSOCIATION

DETROIT — Talk may be cheap, but it can produce a wealth of health improvements if mothers do more of it with their daughters, according to a prominent medical researcher.

"If the mother-daughter communication is open and free-flowing, then the woman will feel comfortable speaking with her physician about these same types of intimate issues which will allow in turn the physician to give that woman more comprehensive care," said Lari Warren-Jeanpere, a research associate for the Department of Psychiatry and Behavioral Neurosciences at the Wayne State University School of Medicine.

She made that observation during a health disparity panel discussion here at the National Newspaper Publishers Association's 66th annual national convention. Jeanpere studied 17 black mother/daughter pairs and found that many of them have delayed medical treatment because of poor experiences with doctors who have

had lumped them into the group she calls the "Jezebel, freak, welfare queen and the babies mamma."

The researcher also said the respondents often felt uncomfortable when their doctors asked about their marital status when seeking gynecological treatment. "They automatically think we're sleeping around with any and everybody," Jeanpere said, quoting one of her patients.

But Jeanpere urged black women to be assertive and let their doctors know they feel uncomfortable.

"Marital status and sexual behavior shouldn't be a factor," Jeanpere said.

While most of her participants came from the Black middle class, Jeanpere said, she believes stereotyping by physicians knows no class boundaries.

In Jeanpere's recent study, participants ranged from ages 20-82. The researcher said one of the most startling findings was that older and younger generations of Black women share the same experiences of being stereotyped while getting medical treatment and in some cases have been automatically diag-

needed for sexually transmitted diseases when they only had urinary tract infections.

"Over 40 years, there was no difference in the way women were treated stereotype-wise," Jeanpere stated.

She said helping women helps the black community.

"If we're able to elevate African American women to utilize these services, then that would serve to improve the health of the African-American community," she explained.

Tony Means, president of Rx Fulfillment, a supplier of medical and pharmaceutical services, outlined a program to offer medical assistance in neighborhoods where people live.

"Our clinics are doing what we can to make it affordable. We are locating these clinics in Wal-Marts that are in urban areas," he said.

Wal-Mart plans to open small, affordable medical clinics in its superstores over the next year, Means said.

"In working with Wal-Mart, they've realized that their audience, in many cases, look like us and the access to healthcare is very important to them," he said.

Summer cheese, recipe ease

By Cheris F. Hodges
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Cheese has many uses and this summer Cabot Cheese has some unique recipes for summer entertaining:

• Black Bean Cheddar Crisps

These yummy hot appetizers are ready to serve in less than 10 minutes. Opt for the chili powder if you prefer less heat.

Makes 2 dozen

3/4 cup rinsed and drained black beans

1 1/2 teaspoons fresh lime juice

1/4 teaspoon ground cumin

Salt to taste

1/2 cup frozen corn kernels, thawed

1 tablespoon chopped fresh cilantro

2 dozen onion or garlic brown rice crackers

1 ounce Cabot 50% Light Cheddar, finely grated

Ground chipotle pepper or mild chili powder to taste

1. In small bowl, mash together beans, lime juice and cumin into coarse puree with fork. Season with salt. In another small bowl, stir together corn and cilantro.

2. Spread each cracker with 1 teaspoon bean mixture and top with 1/2 teaspoon corn mixture. Set on a microwave-safe plate and top

each with 1 teaspoon of cheese and a sprinkle of chipotle pepper or chili powder.

3. Microwave in batches, just until cheese is melted.

• Cheddar Corn Dip

Makes about 5 cups

2 (11-ounce) cans Mexican-style corn, drained

1 cup Cabot Sour Cream

1 cup mayonnaise

3 green onions, thinly sliced

1 (4-ounce) can chopped green chilies

3 large fresh jalapeño peppers, seeded and minced

3/4 teaspoon seasoned salt or Cajun seasoning, or more to taste

1/4 teaspoon ground black pepper

1 cup grated Cabot Chipotle Cheddar

1. In medium bowl, combine corn, sour cream, mayonnaise, green onions, chilies and peppers; mix together well. Stir in seasoned salt or Cajun seasoning and black pepper; taste mixture, adding more if desired. Stir in cheese.

2. Cover with plastic wrap and refrigerate for at least 4 hours or overnight. Serve with tortilla chips.

Check out the Cabot web site to find out what's the best cheese to have with your white and red wines.

www.cabotcheese.com

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Don't Just Let Life Happen

Most of us at some time or another have had dreams for our lives. This was especially true when we were children. When we were young the sky was the limit. There was not anything that we thought we could not do or become.

We dreamed of having success. Being successful seemed like such a natural part of living. But then along the way, we began to hear the voices from those who were so important to us tell us that our dreams were unrealistic and unreasonable. We were told to think in more practical terms.

Many of us believed the voices that told us that our dreams were impossible. Consequently, we began to settle for whatever life seemed to be willing to throw our way. We began to let life just happen to us rather than creating a life for ourselves that we had dreamed of having.

Your life does not have to be that way. You can still dream! Think about what you want everyday and go after it. You will be amazed at just how much you can make come true. Whatever we think about, that is what we become.

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