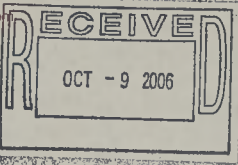


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Section



LIFE

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IN RELIGION

A local church reopens after a freak fire shut it down two years ago.

Take bite of the world

By Herbert L. White

herb.white@thecharlottepost.com

Try a taste of the old country today, or maybe some new ones.

Cuisine from a couple dozen international restaurants will be featured in the fourth annual Taste of the World in East Charlotte. The festivities get underway at 5 p.m. with entertainment and registration at the opening reception at Charlotte Museum of History. The restaurant showcase closes at 9:30 p.m. with a dessert reception at the VanLandingham Estate. Tickets are \$40 and can be purchased with a credit card, check or money order. Log on to www.charlotteeast.com to download a faxable ticket order form. You can also call Carol Walton at the Simmons YMCA at (704) 716-6619.

The lineup of restaurants and menus run the gamut from Chuuka (Asian) to Mama's Caribbean Grill (Jamaican) to Charleston House (soul food) and Thai House (Thai, of course). "These restaurant owners are proud to share their cultures through food," said Nini Bautista, president of the Carolinas Asian-American Chamber of Commerce, one of Taste's coordinators. "Each dish is served authentically and seasoned with cultural pride. Time and time again, our Taste diners tell us they had no idea the culinary diversity that exists in East Charlotte."



On the Net:

Eastland Area Strategies Team
www.charlotteeast.com
Carolinas Asian-American
Chamber of Commerce
www.caacc.com

Rapper Run, wife suffer loss of baby

THE ASSOCIATED PRESS

RIDGEWOOD, New Jersey — A daughter born to rap pioneer Joseph "Rev. Run" Simmons and his wife, Justine, died shortly after delivery last week, an MTV spokesman said Wednesday.

Simmons issued a statement through the network, which airs his reality show, "Run's House," saying his wife "is doing fine." He thanked his supporters for their prayers and condolences.

"On Sept. 26, 2006, Victoria Anne Simmons for some unknown reason chose to come early and unfortunately did not survive," his statement said. "We must accept whatever is there and once you accept unconditionally, then everything is beautiful. Every pain has a justifying effect. So whatever comes your way, just be thankful. We see life in death and believe in the celebration of life in death."

The baby was delivered at Valley Hospital in Ridgewood, according to MTV spokesman Graham James.

Simmons, brother of hip-hop mogul Russell Simmons, has five children. He was a founding member of pioneering rap group Run-DMC.



FILE PHOTO

A time for awareness

By Cheris F. Hodges

cheris.hodges@thecharlottepost.com

October is the month of awareness.

Breast cancer and domestic violence are in the spotlight this month.

In North Carolina, 62 women, children and men were murdered in domestic violence-related homicides in 2003, and the state ranks 16th among states for the number of women murdered by men.

So far this year there have been five domestic violence deaths in Mecklenburg County, according to the Mecklenburg County Women's Commission. Battering is extremely common, according to the commission. One-third to one-half of all women in the U.S. will be assaulted by an intimate partner. Though women batter men, 95 percent of domestic violence cases are men assaulting women.

Among men who batter women, 70 percent sexually or physically abuse their children.

Domestic violence, according to the Utah State Department of Human Services, is not only physical and sexual violence but also psychological. Psychological violence means

intense and repetitive degradation, creating isolation and controlling the actions or behaviors of the spouse through intimidation or manipulation detrimental to the individual.

• October is also Breast Cancer Awareness month. Essence magazine offers five tips for African American women to fight breast cancer in its October issue.

"Never take a 'wait and see' approach," the article titled "What Black Woman Can Do to Fight Breast Cancer" states. "Breast cancer experts all agree: It's crucial for you to be proactive if you notice a change in your breasts."

Lending support to a friend or relative who has been diagnosed is also important.

Recognizing your risk of developing breast cancer is also important. Black women under age 50 are twice as likely as whites to develop more aggressive forms of breast cancer, according to the article.

Get to know your breasts through self-examination. "Some women have found cancerous lumps through the process," the Essence article states.

The People's Clinic

THE JOHN ROSEBUD FEDERSON CENTER
ON THURSDAY STREET



Wake Forest University Baptist
MEDICAL CENTER

Post-traumatic stress disorder

In the aftermath of Hurricane Katrina, we hear a lot about folks who have lost their lives, their homes, and everything they own. There is a more silent consequence of this disaster, too: a lot of people are also suffering from post-traumatic stress disorder. Minority children affected by the hurricane are especially prone to this condition.

Post-traumatic stress disorder, or PTSD, has a prevalence of about 9 to 12 percent in the general population; however, this condition is often underdiagnosed in the African American community, and African Americans are less likely to receive treatment for it. PTSD is a type of anxiety disorder that can arise as a result of a person's experience with a significant trauma, such as war, accidents, assault, or other disasters.

What are the symptoms of PTSD? PTSD can manifest in a variety of ways. Its symptoms often appear within weeks of the traumatic event and may persist for days, months, or even years. These symptoms may be frightening and disabling, affecting all aspects of a person's life.

Victims of PTSD often experience panic attacks—sudden feelings of extreme anxiety during which their heart rate increases and breathing becomes more rapid (hyperventilation). During panic attacks, it is common for the person to feel as if he and she were dying or losing control, or even to feel dizzy or unsteady. They usually last only a few minutes, but they can last for 20 minutes or more.

A person with PTSD often experiences flashbacks, or vivid recollections of the traumatic event, eliciting severe emotional stress that can often result in further injury. He or she may momentarily lose touch with reality, reliving that event in their minds. During the flashback, the person experiences the same sort of fear, anxiety, and horror that he or she felt during the actual event. The distress the experience produces can often leave the person feeling numb and detached from others. It may prove difficult to express normal, everyday emotions and feelings toward other people, so people with PTSD often cut themselves off from the rest of the world. Many of these individuals also turn to alcohol or drugs to numb their pain.

This psychological distress can also result in other anxiety-related symptoms. For example, the person may have difficulty sleeping due to feelings of restlessness or even recurrent nightmares. Feelings of irritability, anger, or guilt—especially survivor's guilt—can interrupt normal functioning and have a negative impact on one's well-being. The person may feel especially vulnerable and possibly paranoid, fearing that his or her life might be in danger. Moreover, difficulty concentrating and remembering things like simple words may interfere with one's ability to function at his or her job. Finally, the person may develop suicidal thoughts and could potentially act on those feelings.

Who is at risk for developing PTSD?

Anyone who is involved with a traumatic event, either personally or as a witness, can develop PTSD. For example, a first-aid worker responding to a bad accident may be so psychologically affected by the experience that he or she experiences PTSD. Females seem to be especially vulnerable to the condition, as do people who have other psychological illnesses or a family history of mental disorders. People who have had traumatic events in their own lives, such as recently losing a loved one, may also have a greater likelihood of developing PTSD after seeing or being involved in another tragedy.

Real women declare fall's look is full of winners



THE ASSOCIATED PRESS

The fashion gods declared there would be radically new fall trends—skinny pants, dresses, round-toe shoes, chunky sweaters and big belts—and then pushed their point by putting those looks all over magazines and catalogs, and on the bodies of celebrities.

So, were they preaching to the choir, or to a fashion flock not quite ready to convert after years of wearing (and loving) their boot-leg jeans, pointy-toe boots and cropped jackets?

The Associated Press checked in with seemingly style savvy women on the streets of three cities—New York, Chicago and Los Angeles—to see what new

fall looks they've bought into. We asked national chains Gap and J.Crew, as well as some local boutique owners and style-watchers, if shoppers have made the switch.

Generally speaking, the answer is yes. Or at least, they're working on it.

"I don't think designers are offering that much that's ridiculous these days," said Stacy Wallace-Albert, a Chicago-based style editor and founder of the-fashioneditor.com.

What appeals easily and immediately: Layered looks that allow for variety, and forgiving pieces like dresses and wide belts. What seems to be catching on but isn't for everyone just yet.

That lean leg look created by skinny pants and leggings, and reminiscent of the 1980s.

"If you remember wearing it, you're probably too old to wear it again," Elizabeth Crowley, 40, a video producer and director in Chicago, said with a laugh. "Those little elfin boots—I just don't think it's flattering. It cuts your leg right at a bad place."

Wallace-Albert seconds that thought when it comes to skinny pants.

"It's just too hard for most people to wear. If you have any sort of a bottom whatsoever, you should not be wearing that super skinny jean," she said.

Which isn't to say many

Please see REAL/3B

Please see PTSD/3B