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Section

LIFE



IN RELIGION
From R&B to gospel, singer Dave Hollister says he has a new message.

M.L. King's alma mater welcomes papers home

THE ASSOCIATED PRESS

ATLANTA — The Rev. Martin Luther King Jr.'s 78th birthday in January will feature a gift to the city: the first public viewing of more than 10,000 of his documents, notes and other personal items.

Pieces of the King Collection—from a term paper he wrote as a student at Atlanta's Morehouse College to a draft of his "I Have A Dream" speech—will be on display at the Atlanta History Center.

This summer, Mayor Shirley Franklin led the effort to acquire the papers from New York-based Sotheby's auction house, which had planned a public sale.

"The Martin Luther King Jr. Collection is home," a beaming Franklin said Monday.

The collection includes handwritten versions of King's "Letter from a Birmingham Jail," his famous "I Have a Dream" speech, delivered at the 1963 March on Washington, and his acceptance speech for the 1964 Nobel Peace Prize.

After years in the basement of the King family home, the documents, books, and other items in the collection were moved to Sotheby's nearly a decade ago. Sotheby's tried to sell the collection, but previous negotiations fell through. It put them back on the market after King's widow, Coretta Scott King, died in February.

The mayor pulled off the 11th-hour deal to buy the papers in June for \$32 million with the

Please see ATLANTA/3B



From charms to crystals: Cell phones becoming a part of fashion

THE ASSOCIATED PRESS

COLUMBUS, Ohio—For Denise Albert, choosing a cell phone has nothing to do with ring tones, instant messages or megapixels.

"To me, it's what it looks like," said Albert, a 53-year-old campaign fundraiser from suburban Powell. "I want a good design. Period."

Albert represents a fashion trend marketers are tapping into as they offer mobile phones with sleeker designs and in more colors, such as blue and pink, and accessories ranging from charms and stickers to crystals and tiny designer purses. While some accessories are for necessity—such as in-car chargers—others are for personalization.

"Where we had A or B, now we have A through Z," said Neil Strother, research director for mobile devices at The NPD Group market research firm.

Cell phone accessories—from decorations, to holsters to handsfree devices—bring in \$1 billion a year at the retail level in the U.S. and the market is growing 10 percent to 15 percent annually, said Roger Entner, a Boston-based analyst with the market research firm

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ASSOCIATED PRESS

South African cowboys have swagger and courage, even if skills are lacking

THE ASSOCIATED PRESS

RAYTON, South Africa — The cowboys had the swagger even if they lacked the skills. Broncos bolted more than they bucked and the bulls, well, one turned out to be a cow.

It was rodeo South African style with boerwors (sausage), bakkiens (pickups), jodhpurs, English riding saddles and rugby on the car radio. But what the Afrikaner farm boys lacked in rodeo experience they made up for with courage, determination and enthusiasm.

"It is a lekker sport," said Markus Smit, a 26-year-old electrician and now part-time bull rider, using the Afrikaner word for really cool.

Smit, unlike most of the other riders, stayed on his bull the required eight seconds before dropping unceremoniously into the dirt and earning a cheer from the audience of several

hundred curious if not bewildered people. Unless, of course the yell, was for a rugby score on the radio.

Koos Dippenaar, the rodeo organizer and former rider, said he wants to make rodeo a big sport in South Africa and plans to hold one the last Saturday of every month at his hard-scrabble arena of sticks, wire and dust in the rolling and rocky hills just east of Pretoria.

An American flag flies proudly over the arena, but then so again does the South African flag and for some curious reason the Australian.

Loud speakers blared songs by Willie Nelson and Garth Brooks. When they weren't singing, the announcer played recordings by Afrikaner country and western singer Jerome Alden, who also, when he wasn't rid-

Please see S. AFRICAN/2B

Good chocolate: It's all in the numbers

THE ASSOCIATED PRESS

Chocolate used to be straightforward—dark or milk, sweet, semisweet and bittersweet.

But today, sorting out which bar belongs in your brownies can seem more like selecting a grade of gasoline than baking up a batch of Grandma's best. Will it be 47 percent cacao, 61 percent or 73 percent? How about ultra-pure 99 percent?

And what the heck is cacao, anyway?

With little fanfare, American chocolate companies have begun labeling their bars according to

cacao (pronounced KA-cow) content, that sinful blend of cocoa solids and cocoa butter that combine to make chocolate—and make it so irresistible.

Already common in Europe, this system brings to the industry a uniformity praised by bakers and chocolate experts. But they also worry that too few people understand it and are being misled by marketers pushing bigger-is-better attitudes.

"Too much emphasis is being placed on the number," says Robert Steinberg, cofounder of Berkeley, Calif.-based Scharffen Berger Chocolate Maker, one of

the nation's leading premium chocolate companies and an early adopter of cacao labeling.

"It's as if people are saying the higher the number, the better the chocolate. There are so many factors that go into quality in chocolate that it's really misleading to just say, 'Oh, I have an 80 percent chocolate.' That's better than a 70 percent chocolate."

So here's a guide to what cacao labeling can and can't tell you, and what it means for the home cook.

Most chocolate is a simple confection, a blend of cacao products

Please see ALL/4B



Adult asthma

African Americans are disproportionately affected by asthma, resulting in higher rates of hospital use, disability, and death from this disease than any other racial or ethnic group. African Americans are more likely to be diagnosed with asthma, three-times as likely to be hospitalized and four-times as likely to visit the emergency department for asthma-related complications compared to whites. A number of factors may contribute to these staggering statistics, including: high levels of exposure to environmental allergens, tobacco smoke, and pollutants; a lack of resources and/or social support to manage the disease effectively on a long-term basis; lack of access to quality medical care, including preventive therapy.

Since the 1980s, medical advances have resulted in new medications that provide greater asthma control. Effective management allows people with asthma to enjoy normal activities. There are four components to proper asthma management: (1) avoiding or controlling the factors that may make asthma worse; (2) close monitoring of asthma symptoms by the patient and the health care provider; (3) actively involving the patient in the long-term management plan and (4) taking appropriate medications tailored to the severity of the asthma. Let's review the medications used to prevent and control asthma symptoms.

Drug Therapy to Prevent and Control Asthma Symptoms

There are two general classes of asthma medications: long-term control and quick relief therapy. Individuals with persistent asthma require both classes of medications, while those with mild asthma may find relief from one class alone. Long-term control medications (maintenance and preventive medications) are taken daily on a long-term basis to control and prevent asthma symptoms. This class includes:

- **Inhaled corticosteroids**—The most effective in treating asthma symptoms, these anti-inflammatory drugs work by preventing certain cells in the lungs and airways from releasing substances that cause asthma symptoms. Examples include Azmacort, AeroBid, Flonase, Rhinocort and Beclomet.

- **Other anti-inflammatory medications**—These drugs, when used daily, help prevent attacks of mild to moderate asthma and prevent exercise-induced asthma when taken an hour before vigorous activity. Examples include Cromolyn, Intal, Nasalcrom, Tilade and Gastrom.

- **Long-acting beta-2-agonists (bronchodilators)**—These drugs work by opening constricted airways; they are used to control moderate to severe asthma and to prevent nighttime symptoms. They can also be used prior to exercise and breathing cold air to avoid attacks. Examples include Serenent, oral Proventil, oral Ventolin, Theo-Dur, Primatene, Slo-Phyllin and Respid.

- **Leukotriene receptor antagonists**—These drugs reduce the levels of leukotrienes in your lungs; leukotrienes are substances released by cells in your lungs during an asthma attack and cause the lining of the airways to become inflamed. Examples include Accolate, Singulair, and Zflo.

The second class of asthma medications, quick-relief therapy, includes medications that are taken to give immediate reversal of airflow obstruction and to relieve bronchoconstriction (the tightening of the airways). This class includes:

- **Short-acting beta-2-agonists**—These drugs are called bronchodilators and many come in the form of inhalers. They begin working within minutes and last for 4 to 6 hours. They do not provide long-term prevention of symptoms. Examples

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PHOTOS: CHERIS F. HODGES

