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Section

LIFE

Urban island getaway



Ms. Elsie's Bed & Breakfast offers a taste of the Caribbean (center) in the middle of Charlotte. From the colorful decor (above and bottom) to meal preparation, the bed and breakfast offers visitors the look and feel of the islands.

Ms. Elsie's Caribbean Bed & Breakfast always offers a warm welcome

By Erica Singleton
FOR THE CHARLOTTE POST

From the outside it just looks like a regular house on any Charlotte residential street. No large signs announcing there's an award winning bed and breakfast inside, no aromas to alert you of the taste sensations that await you behind the front doors. Yet, for those who have ever gone to or stayed at 334 North Sharon Amity Road, they know Ms. Elsie's Caribbean Bed & Breakfast is an oasis hiding in plain sight.

A Blue Ribbon winner and named Best Bed & Breakfast in the South by Turner South, Ms. Elsie's has been described as a "tropical haven."

From the time you walk in, the environment takes you away from the suburban South to a tropical island. There's lush vegetation everywhere, a pool in the backyard, vibrant colors, and a three-course Caribbean breakfast. All that is missing is the sand.

When you call to make your reservation, it is Cheryl Watkins you will speak with. However, the owner and chef at Ms. Elsie's, Watkins takes a back seat to the women whose picture adorns just about every room, her grandmother, Ms. Elsie.

"The premise of the house is based on my heart, my best friend, my grandmother," said Watkins. "Breakfast is one thing that me and Grandmother always did together."

It makes perfect sense, then, that Watkins puts so much effort into
Please see **BED/2B**



PHOTOS/ERICA SINGLETON



JUDICIAL ETIQUETTE

Courthouse requires respect for law and order

By Erica Singleton
FOR THE CHARLOTTE POST

Most of us don't have plans to go out and commit a crime, but things happen, whether you're stopped for speeding, or jay walking or what have you; and we end up in a courtroom. Recently, I had the pleasure of spending my morning in a court of law, and was amazed at what I saw; it seems many people don't understand proper court etiquette.

Mandrie Young is a bond court magistrate for York County, S.C. He primarily sees people right after they are arrested, and finds that for the most part, folks don't know how to act in court.

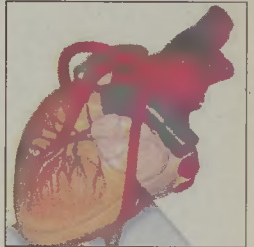
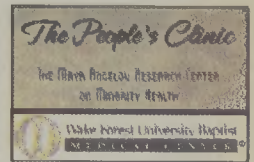
"People go in not knowing when to speak, not listening. You're instructed not to speak...hold any questions until your particular hearing is done, and that seems to just go in one ear and out the other," said Young. "People just act on impulse. And we're talking about adults, not

children. If you're reading something and it hits them, they blurt out 'huh-unh'; just reacting on impulse and you can't do that."

Young also has civil and criminal jurisdictions in York County, and often covers for other judges in courts other than his Bond Court. He mentioned a number of things he's seen during his time on the bench, that just are not acceptable.

"You don't yawn in the courtroom, making huge

Please see **COURHOUSE/2B**



Heart disease

Heart disease is the number one killer for African American men and women living in the United States, claiming more than 640 lives for every 100,000 individuals each year.

Coronary artery disease (CAD) is a particularly vicious type of heart disease that threatens our community. Blacks with CAD are much more likely to suffer and die from this disease than their white counterparts. African Americans have been under-represented in most clinical trials of CAD and are less likely to receive state of the art treatment, including medical therapy, thrombolytics (medications to dissolve clots), percutaneous coronary interventions (such as angioplasty), and bypass surgery.

What is coronary artery disease?

Like any other muscle in the body, the heart requires a constant supply of oxygen and other important nutrients to function properly. Oxygen in the blood is transported to the heart by blood vessels known as coronary arteries. Coronary artery disease (CAD) occurs when plaque builds up in the wall of these blood vessels, thereby limiting blood flow to the heart.

If not enough oxygen carrying blood reaches the heart, the heart usually responds with pain, or angina pectoris. Angina is usually experienced as pain or pressure in the chest or left arm. Many describe it as 'a weight sitting on my chest' or a 'crushing' sensation. However a variety of other symptoms can also present as angina. These include: fullness in the chest, shortness of breath with exertion, and nausea. On the other hand, the same inadequate blood supply may cause no symptoms at all, a condition called "silent angina." If one of the coronary arteries supplying blood to the heart is cut off completely, a myocardial infarction (heart attack) can result.

What are risk factors?

CAD risk factors include things that you can control or manage, such as high cholesterol, hypertension, cigarette smoking and diabetes. There are also non-controllable risk factors which include: age (over 50 years), male gender and a family history of early CAD.

Risk factors interact with each other to increase atherosclerosis or blockage in the arteries. So, if you have two risk factors - for example, high cholesterol and smoking - the odds of getting heart disease are greater than if you have either risk factor alone. In addition to obesity and inactivity, the following risk factors can contribute to CAD:

Hypertension: Nearly 42 percent of African American men and over 45% of African American women have high blood pressure, translating into a higher risk of cardiovascular disease, including CAD and stroke. There are a number of effective drugs to control high blood pressure and these drug options should be discussed with your provider.

Other measures should also be taken to reduce blood pressure. These measures include restricting salt intake, maintaining a healthy body weight, and sustaining an active lifestyle. Unfortunately, few individuals with hypertension are treated properly to attain a healthy blood pressure level, which is 120/80 mmHg or less.

Diabetes: Diabetes mellitus (DM) is the presence of elevated blood glu-

Please see **HEART/3B**

