

# Band to play in Pilot Mountain

Alan Darveaux and Slight Departure have played throughout the Eastern U.S.

SPECIAL TO THE CHRONICLE

On Jan. 24, the Sawbriar in Pilot Mountain will feature Alan Darveaux and Slight Departure on its acoustic stage. Based in the foothills of Western North Carolina, Darveaux and his group play a blend of both traditional and contemporary folk music from the Appalachian mountain region, the Midwest, Southwest, and New England.

Slight Departure features Darveaux on the Appalachian, or mountain, dulcimer. Born in Connecticut on Long Island Sound, Darveaux settled in Morganton, in order to pursue his interest in the dulcimer and its Appalachian heritage. Darveaux, who handcrafts his beautiful instruments from hardwoods of the Appalachian region, has won numerous awards for his

playing and songwriting, receiving top honors in North Carolina, Texas, Illinois, Kentucky, and Kansas. He is also a highly sought after instructor and teaches at numerous festivals and workshops each year.

Darveaux is joined by Sherrill Keever, Jeff Haslam, and Jim Clark. Keever, who makes his home in Valdeese, NC, plays guitar and bowed psaltery and is known for his wide knowledge of folk, old-time, and country tunes. Haslam was born in upstate New York and now lives in Tryon, NC. A very versatile musician, he plays guitar with a rock group in addition to playing mandolin with Slight Departure. Clark plays bass for the group and makes his home in Morganton.

A point of interest is that everyone in the group works for the J.

Iverson Riddle Developmental Center (formerly Western Carolina Center) in Morganton, a residential facility that serves adults with developmental disabilities. Darveaux is involved with assistive technology and vocational education; Keever teaches creative arts; Haslam is an educator with an outreach program for families and children; and Clark is a psychologist.

In 2001, Slight Departure released its first recording, "Live in Carolina," which features a cross-section of the wide range of musical influences of the band and includes six original works by Darveaux.

The show will begin at 8, and tickets are \$7. The Sawbriar is at 111 E. Main Street in Pilot Mountain and can be found on the Web at [www.sawbriar.com](http://www.sawbriar.com).



Alan Darveaux and Slight Departure

## Subway

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making it easier."

In addition to the two Atkins-endorsed wraps, any six-inch submarine sandwich on Subway's menu can be prepared with a wrap instead of bread. The franchise also has

plans to release new carb-controlled salads in the spring of 2004.

"...More and more consumers will be trying to meet New Year's resolutions to lose weight," Dearman said. "By providing carb-controlled items, losing weight will be as quick and convenient as going to Subway."

Low-carbohydrate dieting was made popular by Dr. Robert Atkins, who developed the renowned Atkins Nutritional Approach™. Subway restaurants have formed a partnership with Atkins Nutritionals Inc. to better promote the new line of carb-controlled menu items.

## Fast Food

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starchy vegetables than youngsters who didn't eat fast food. They also consumed 187 more daily calories, which likely adds up to about six pounds more per year, the study found.

The results are based on children questioned in government surveys from 1994 to 1996 and 1998. The study lacks data on the children's weight.

Children's current levels of fast-food consumption probably are even higher because of an increase in the number of fast-food restau-

rants and in fast-food marketing since the late 1990s, Ludwig said.

The study appears in the January issue of Pediatrics, published recently.

The nation's obesity epidemic has focused attention on fast-food restaurants, and while recent class-action lawsuits attempting to blame McDonald's Corp. for making people fat have failed, many chains have begun offering healthier fare.

Recent data suggest that nearly 15 percent of U.S. youngsters and almost one-third of adults are obese.

The new study results bolster evidence that fast food contributes to increased calo-

rie intake and obesity risk in children, Yale University obesity researcher Kelly Brownell said in an accompanying editorial.

Brownell said the study refutes a July report from the U.S. National Chamber of Commerce, which includes fast-food companies, that suggested fast-food restaurants "are not a chief culprit in the fattening of America."

Brownell said there are encouraging signs that policymakers are taking action to protect children from the fast-food trend, including efforts to limit soft drink and snack food sales in schools, and to curb food advertising aimed at children.

## Flu

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it up and touches it with his/her nose or mouth.

One of the misconceptions, Orenstein says, is that people get the flu from the vaccine.

"I can tell you that the flu shot itself cannot cause the flu," he explained. Orenstein says another misconception is that the vaccine does not work.

According to the CDC, people who get the vaccination rarely get the disease and if they do, it is usually a milder form. Another way to protect against the flu is through prescription anti-viral medications.

Dr. Julie Gerberding, the director of CDC, has called the spread of the flu virus a national epidemic, in part, because of the rapid number of child deaths outside the normal age group and because flu outbreaks started in October, which is earlier than usual.

The CDC reports that last year's flu season, which usually runs from November through March, was "relatively mild," although during any given year, approximately 36,000 people die from complications of the flu and 114,000 are hospitalized. The flu has shown up in all 50 states this year, but has hit particularly hard in about 36.

The elderly aren't the only people who are especially vulnerable.

Children have been particularly hard hit with 42 deaths this year. Normally, child deaths occur under the age of 5, about 92 annually. But, this year, almost half of the deaths have been between the ages of 5 and 17.

It is difficult to track the extent of the illness among children or adults because state health departments are

not federally mandated to report the disease, says CDC spokeswoman Rhonda Smith.

Some child advocates worry about the effectiveness of any CDC effort to narrow the gap between blacks and whites.

"Given that we have not resolved the racial disparity problems in the standard immunization series for young children, I'm not sure that we will so easily overcome this disparity for the flu shots even though this is obviously a pressing need," said Martha Teitelbaum, senior health analyst for the Children's Defense Fund.

Teitelbaum points to a CDC report on the rate of black children getting standard immunization shots against diseases like measles and polio last year. The study shows the rate of black 2-year-olds getting the shots as being 9.5 percent lower than white toddlers, 70.7 percent to 80.2 percent.

"Yes, we are concerned that the children in the black community in particular might not be getting the immunizations they need to protect them," Teitelbaum said.

Part of the problem has been getting information directly to the black community.

"I am very concerned that we have a way of preventing what can be a very serious illness, but we have not been able to get the message out that we have a tool, an influenza vaccine, that can reduce this very serious morbidity and even death," said Orenstein.

Meanwhile, across the country, efforts are being made to curtail the spread of flu, specifically in the black community.

The Duke doctors say they will aim for their 90 percent goal by coordinating efforts

between public health programs and the community to get the message out in a culturally sensitive way.

The CDC has also established a new project, the "Racial and Ethnic Adult Disparities in Immunization Initiative," called READII (pronounced ready). It includes a component that aims to expand the use of black and other "targeted" media to educate African-Americans and other minority groups on health issues.

"We've been just putting information out there and assuming everybody in America will get it," said Smith, CDC spokeswoman. "But the fact of the matter is that not everybody gets information in the same way. And so we're just moving towards being more proactive to reaching out to targeted media and to trying to communicate to people in ways that they can best receive it."

Basic habits of good health to prevent getting or spreading the virus include:

- Avoiding close contact.
- Staying home when sick.
- Covering your mouth and nose when coughing or sneezing.
- Washing your hands often.
- Avoid touching your eyes, nose or mouth.

If one develops the flu, one should get plenty of rest, drink lots of liquids, avoid alcohol and tobacco use, take medications to relieve the symptoms, and see a doctor if the symptoms are unusually severe or trouble breathing develops, the CDC recommends.

Orenstein, the CDC immunization official, said: "I hope that by working to get this message out, that in future years we can assure that African-Americans have the same opportunities to prevent this disease as the whites."

## Brown

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high cholesterol are lack of exercise and stress. The simple action of adding regular exercise to your schedule can not only lower your cholesterol levels, but can also help you to feel better. Exercise is a great stress reliever and can help to shed a different light on problems and situations. Committing to a routine exercise program three to four times a week for 30 to 45 minutes that increases your heart rate and makes you sweat (more than a stroll around the block), can significantly change your outlook on life.

Making different dietary choices and becoming aware of what we put in our bodies as fuel can easily change our cholesterol and, surprisingly, give us more energy. Too tired to exercise? When you put low test fuel into a high test vehicle, it doesn't run well. It is the same with our physical bodies. We need high test fuel. A balance of high quality protein, vegetables, fruit and carbohydrates along with adequate sleep and exercise are the prescription for health.

It all sounds like common sense, and for most people, not new information. So what keeps us tied to the couch and eating like there is no tomorrow? What sends us to take a prescription for high chole-

sterol so that we can have our cake, chips, fried chicken ... and eat it too?

There is an illusion that something outside of ourselves, our bodies, can fix our basic longing for love and connection. We look to fill that need with food, alcohol, drugs, sex, television, gambling - the rush of an exciting movie, a chocolate bar, a high-fat meal, providing temporary comfort in a world of stress. We continue to stay in high-stress jobs and do not address the real issues in relationships because we are afraid of change. The thing we don't know must be worse than the thing we do know. And so, convincing someone of the benefits and good feeling of regular exercise or of changing eating habits when we already feel like we don't have enough time is a losing battle. The problem here is that if you think you can't find the job of your dreams, if you think exercise will make you feel worse, if you think there is not enough time to prepare or even choose healthy food, if you think your situation is hopeless, you will have the very experience you call to you. If you think your doctor does not give you enough time or is not really interested in you as a person, then you will likely stay in yet another unhealthy relationship or put up barriers or walls that will prevent the

kind of connection that you long for with your health care provider.

If you continue to hope that someone else will take charge of your health care and that a pill will cure all ills, then you are not taking responsibility for yourself. Health is about choice, even in the face of disease.

The issue with cholesterol is but a symptom of a larger problem with our health care and health care system. It is twisted and complex, involving insurance companies, pharmaceutical companies, health care providers, retail stores that sell supplements, and consumers looking for a quick fix. The change in the system can begin with each person. Something as simple as choosing to eat differently can shift the entire fast food and restaurant industry. We are in the driver's seat whether we like it or not. We are the creators of our own health, and we have the power to change our lives and our destiny.

The information presented here is not intended to diagnose or treat disease. If you have questions about your own health, seek out a qualified health care provider.

*Dr. Wynne Brown is a well-respected workshop leader, doctor and speaker. She is an advocate of both conventional and alternative medicine.*

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