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Bend, stretch to lower pressure

By Cheri F. Hodges
cheri.hodges@thecharlottepost.com

Thirty minutes of exercise a day will keep high blood pressure away, according to health experts.

The National Heart, Lung and Blood Institute said in their guide to lowering blood pressure that 30 minutes of moderate physical activity most days will help prevent or lower blood pressure.

"You can even divide the 30 minutes into shorter periods of at least 15 minutes each," the guide states.

Some moderate activities the institute recommends are:

- brisk walking
- cleaning house
- mowing the lawn or raking leaves
- bicycling
- dancing

"Most people don't need to see a doctor before they start a moderate level activity," the guide states.

Lifestyle changes can prevent and control high blood pressure. These include losing weight if overweight, increasing physical activity, following a healthy eating

Please see EXERCISE/2B



Discovery Place's exhibit of T. Rex Sue is one of the science museum's top attractions.

PHOTO/WADE NASH

Cheap thrills

Lack of loot no hindrance to low-budget fun and games

By Amanda Ward
THE CHARLOTTE POST

Looking for a little fun, but don't have a lot of money? There are many inexpensive events and programs taking place in Charlotte for young and old alike to enjoy.

AMF Coliseum Lanes on East Independence Boulevard is hosting a series of summer events, such as Tuesday's Quatermania, where the first game is \$5 and every game thereafter is a quarter. AMF Triple Play includes two games of bowling, shoe rental and a choice of kids' meal for \$8.49 plus tax.

Lisa Lewis of Charlotte said she plans to take advantage of Coliseum Lanes' program to teach her 4-year-old the sport.

"I really enjoy bowling and this summer I plan on teaching my daughter," she said.

Coliseum Lanes manger Pam Sosebee recommends the AMF Fun Pack, which includes two hours of bowling, soda, popcorn and shoe rental.

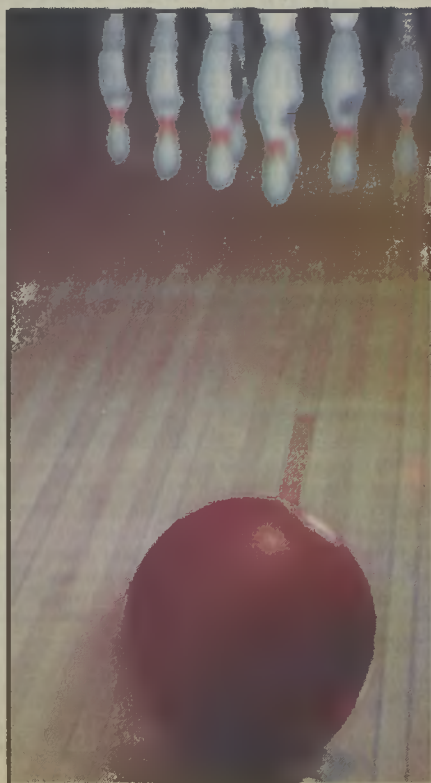
For music lovers, concert pianist Justin Wade is playing Saturday at the Beatties Ford Road Library. Admission is free. Also, WSSS (FM 104.7) will be at the Wachovia Plaza every Thursday through Aug. 23 at 5-9 p.m. This free event will take place outside and there will be live music and food.

If you are looking for a fun and educational place to hang out, then Discovery Place is the place to be. The science and technology museum has extensive exhibits, including the T. Rex Sue (through Aug. 29) and Omnimax Theatre.

"We see a lot of families during the summer," said Discovery Place employee Yakira Bellamy.

"I would have to say that the most popular event would be the Gizmotron," said Marketing Director Jim Hoffman. The Gizmotron is about the size of a two-car garage and equipped with spinning wheels, buckets, moving converter belts, levers and much more.

Some other events that may be inexpensive is skating, the Mint Museum of Art, Levine Museum of the New South, and public library.



AMF Coliseum Lanes on East Boulevard is hosting a series of events at discount prices.

Stuff to do without breaking the bank

- Young Musicians Series featuring concert pianist Justin Wade Saturday at 3 p.m. at the Beatties Ford Road Library. For information call (704) 336-2882
- Meet author Robin A. Edgar May 25 at 7 p.m. at the Beatties Ford Library
- Quatermania Tuesday from 9 a.m. until 11 p.m. at AMF Coliseum Lanes, 2801 E. Independence Blvd.

- Charlotte Nature Museum, weekdays 9 a.m. - 5 p.m., Saturday 10 a.m. - 5 p.m., Sun 1 p.m. - 5 p.m. Ages 3 and up is \$4; under 3 and members are free

- Experience the speed and excitement of NASCAR at Discovery Place's Omnimax Theatre Monday - Thursday 4 p.m., Friday 11:30, 2 p.m., 4 p.m., 6 p.m., 8 p.m.

- AMF Triple Play \$8.49 plus tax, AMF Coliseum Lanes, Independence Boulevard. For more information call (704) 334-0431

- Rat basketball at the Sports Zone, Discovery Place weekdays 10:45 a.m. and 3:15 p.m. For information, call (704) 372-6261.

Amanda Ward

CDC watches for next outbreak

THE ASSOCIATED PRESS

ATLANTA - SARS. West Nile. HIV. Bird flu.

Once-obscure and unknown diseases have caused some of the most worrisome outbreaks in recent years, and health officials can only guess what disease will strike next.

Despite having the best medical and science know-how in history, today's health experts are struggling to predict the next outbreak as even the rarest diseases can be easily and quickly spread around the globe because of air travel and international commerce.

Some of last year's outbreaks-including SARS worldwide and monkeypox's first presence in the United States- emerged with little warning.

"We know we need to continue to expect the unexpected," said Dr. James Hughes, director of the National Center for Infectious Diseases at the Centers for Disease Control and Prevention based in Atlanta.

While health officials - including those at the CDC - say it's impossible to determine exactly what disease will appear next, they are constantly preparing for the world's next outbreak.

"We always say that the most important disease is the next one-unfortunately there

See CDC/2B

UNIVERSITY STUDY

S.C. has long way to go to reach racial equality

THE ASSOCIATED PRESS

COLUMBIA-Blacks in South Carolina have come a long way since segregation was outlawed 50 years ago, but the state needs to do a lot more to achieve racial equality, according to a University of South Carolina report.

The 204-page report, released Monday to coincide with the 50th anniversary of the U.S. Supreme Court decision outlawing segregation, gives more than a dozen recommendations to improve the quality of life for blacks in the state.

Some of them are simple, like establishing plans to increase the number of

black-owned businesses and investigating why more blacks don't hold the top positions in state government.

But some might be far-fetched in an economically and socially conservative state like South Carolina.

The report suggests raising the minimum wage to \$7 an hour and providing universal health care to everyone. It also recommends requiring all new nationally board certified teachers to spend a year working in a poor school district.

"To contend we have achieved equality, parity and equal opportunity is

folly," said Fred Sheheen, who compiled the report as a fellow at the university's Institute for Public Service and Policy Research.

The school also conducted a survey that showed blacks and whites have very different perceptions on race relations.

Nearly 87 percent of blacks said affirmative action programs were needed today compared to just under 41 percent of whites. The split appears on issues of justice too, with 80 percent of whites supporting the death penalty, compared with just over 38 percent of blacks.

The findings were no sur-

prise to Lonnie Randolph, president of the South Carolina chapter of the National Association for the Advancement of Colored People.

"We now have the research to support the things we've been saying all along," Randolph said after listening to the authors present the report.

Whether anything meaningful will come out of the report is a little more questionable because many South Carolinians cling to an attitude that they don't need to help anyone else, Randolph said.

"This shouldn't just be a See USC3B

States announce plans to sue tobacco company

THE ASSOCIATED PRESS

WASHINGTON - North Carolina is among more than two dozen states that plan to sue Brown & Williamson Tobacco Corp., accusing the company of targeting young people with its Kool cigarette marketing campaign.

New York Attorney General Eliot Spitzer sent the Louisville, Ky.-based company a letter saying images of rappers, disc jockeys and dancers featured on Kool cigarette packs and in ads "all appeal to youth."

Brown & Williamson was among the companies that agreed in 1998 to pay \$206 billion to settle smoking-related health care claims brought by states. Under terms of the settlement, tobacco companies are barred from targeting teens through advertising or marketing.

The agreement requires the states to give tobacco companies one month's notice before a lawsuit is filed. Spitzer sent the letter Friday.

Brown & Williamson spokesman Mark Smith denied the company is marketing Kool cigarettes to kids. "We're going for adults, and adults for us start at 21," Smith said.

Sherri Watson Hyde, who heads the National African American Tobacco Prevention Network, believes children-particularly blacks-are the target of the campaign.

"The flair of this promotion definitely has an appeal to an audience that is younger than 21 or younger than 18," Hyde said.

Brown & Williamson sent the attor- Please see STATES/3B

