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LIFE

This Big Brother packs a punch

Boxing champ volunteers time to help children

By Sondra Hines
FOR THE CHARLOTTE POST

Charlotte boxer Calvin Brock's professional record is an impressive 26-0 (21 of those wins by knockouts). Outside the ring, he's gained a reputation for his intelligence, being a gentleman and savvy



Brock

athlete who earned a college degree in finance. He is a hometown hero, a husband and he also loves kids.

Thus, the union of Brock and Big Brothers Big Sisters of Greater Charlotte is a combination that benefits children. In addition to being a Big Brother, Brock is spokesperson for the agency's African-American Recruitment Task Force.

"Giving back is what being a real winner is all about," Brock said. "Nothing feels better than when I am making a positive impact into a kid's life."

In Charlotte, 83 percent of the children matched in Big Brothers Big Sisters are African American, thus the need for African-American volunteer males is critical.

"We are extremely delighted to have someone of Calvin's caliber affiliated with our agency," says Carol Lee, CEO of BBBS. "The day he met his little brother, he jumped right in and treated him to lunch."

Jumping in is nothing new for Brock, the IBA Continental Americas champion and former Olympian. As a 10-year-old, he announced to his parents a desire to become a boxer. In fact, he predicted that he would be one of the worlds best in his profession. "I am going to box in the Olympics and become heavyweight champion of the world," he recalls telling his parents Calvance and Alene.

The road to victory was not easy for young Calvin. In fact, he endured a few bumps, including a coach telling him to abandon his dream of boxing. Undeterred, the elder Brock stepped in and became coach to his young son. However, Brock's foray into the sport wasn't by any means a knockout. He lost his first six bouts.

"I feel that I'm the most blessed son on earth to have a dad so involved in my life," says Brock. "My mom and dad are my best friends...it's wonderful having a father, best friend, coach and manager all in one."

Equally important is his faith coupled with giving back to his community. He ushers at his church, volunteers to assist younger boxers and is a member of 100 Black Men of Greater Charlotte to name a few. Currently, Brock is striving for the ultimate goal - becoming heavyweight champion of the world. His next bout is Feb. 25 against Zuri Lawrence in Las Vegas as part of the Fernando Vargas-Shane Mosley undercard.



PHOTOILLUSTRATION/WADE NASH

We love it – or not

Valentine's Day leaves some wondering what's the fuss

By Aisha Lide
THE CHARLOTTE POST

What do the lonely do for Valentine's Day?

Hang out with friends and comfort each other. Or send themselves gifts. Or maybe think about what could have been.

"It's so cliché," says Akiba Griffin, a senior at Johnson C. Smith University. "It's like going out for New Year's, nobody does that anymore. Me

and my close friends are going to go out to dinner and celebrate with each other since all of our valentines are far away. We plan on making the best of the situation by being there for each other in our lovers' absences."

Jaquasha Young, a sophomore at Central Piedmont Community College, says that she actually thought about sending herself gifts a

time or two but did not go through with it.

"Valentine's Day is a day for love, and I love myself, and that's good enough for me," says Young.

JCSU freshman Dexter Reese said, "In high school I sent myself 20 valentine grams and said that they came from other people." This year Reese plans on watching television in his dorm room.

This year is Brittany

Garrison's first year being alone on Valentine's Day, suggesting that her boyfriend does not know the meaning of true love.

"It is a very heart-breaking fact that I don't have a valentine but the Bible says those who are last shall be first and I'm gonna find me a man and every day is gonna be Valentine's day," says Garrison, a junior at Smith.

A kiss is more than a kiss: It's healthy

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

But you didn't know that smooching could help your waistline.

According to LiveHealthier.com, kissing your sweetheart for 30 seconds burns 30 calories. And if you love Hershey's Kisses, 30 seconds will burn off one chocolate drop.

Let's face it. If you're expecting chocolate and dinners to celebrate love day you're probably not going to be counting calories. So you're going to need to get moving to keep those Valentine's day sweets from lasting a moment on your lips and forever on your hips.

- Dancing, according to the active calorie calculator, can burn up to 410 calories. Of course, if you dance too fast and get too sweaty, make sure your deodorant can handle it.

- If you want to slow dance or waltz with your sweetie, you'll burn about 257. Keep in mind that you will have dance for at least 45 minutes.

- According to WebMD, a little "action" will help you keep the pounds away. Sex is a mood enhancer; the more you have, the more endorphins that are released. Endorphins are the brain's feel-good chemicals.

Recent research shows that exercise in short bursts over the course of a day can be as effective as 30 to 40 minutes in a row. You could use sex as 15 to 20 minutes of your exercise routine and then do something else at a different point of the day.

- A stroll in the park is not only romantic, but it can burn off the chocolate that your sweetheart fed you after dinner. A leisurely walk can burn about 124 calories.

So no matter how many chocolates you eat, having a fun Valentine's night will help you keep the pounds from adding up.

Lace makes most versatile fashion statement

THE ASSOCIATED PRESS

NEW YORK—With the fashion world in such a romantic mood lately, lace has moved from bedroom to boardroom.

A lace collar or cuff on a blouse, or even a lace-trimmed camisole, instantly feminizes a menswear-style suit—another big trend for women these days. You'll also see more than traces of lace on lingerie, of course, as well as sportswear and eveningwear.

"It's definitely lace for evening this spring," says Michael Fink, senior fashion director at Saks Fifth Avenue. "Saks loves lace in faded pastel colors used in cocktail and evening gowns, all in a long and lean silhouette—no puffs."

On the spring runways, Monique Lhuillier, a lace veteran because of her bridal collection, showed a jade lace sleeveless pleated bodice sheath. Tracy Reese featured slim white

jacquard pants with lace insets. Marc Jacobs previewed a pair of shimmering silver "pajamas" with lace at the hem. And Vera Wang embraced lace's lingerie legacy with a black lace "bed jacket."

Jill Stuart's collection was filled with delicate lace pieces that looked like they were rediscovered treasures from a trunk in the attic.

Stuart says she paid attention to the specific patterns on the lace because they convey a mood or message, and sometimes she'll combine several laces onto a single garment.

"The pattern may have a floral, Victorian or any number of handicraft qualities that greatly enhance your design and bring it to life," Stuart says.

Valerie Steele, director of the Museum at the Fashion Institute in Manhattan, says that lace always has been associated with luxury. In the 16th and 17th centu-

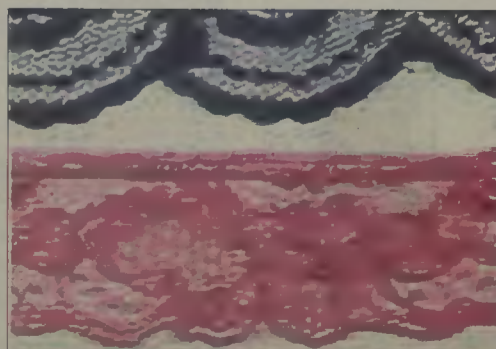
ry, the lace trim often would be the most expensive part of a dress, she says, and men would wear lace cuffs and collars to show off their wealth.

Lace would be taken off old garments and reused on new ones. That changed during the mid-1800s when most lace began to be manufactured by machines instead of by hand.

"Lace has gone in and out (of fashion) since the begin-

ning of the 20th century," Steele says. "It's still extensively used in lingerie and eveningwear, and we're in the middle of a highly decorative period. Clothes have become more divided between really expensive and really cheap. When you're getting really luxurious and expensive clothes, you want something special and lace gives a craftlike detail."

Please see LACE/2B



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Diarrhea vaccine for kids

THE ASSOCIATED PRESS

WASHINGTON—A vaccine that protects against a virus that is the leading cause of early childhood diarrhea—one that kills hundreds of thousands of infants in developing countries—received approval Friday.

Many poorer countries have been desperate for the rotavirus vaccine. But it's unclear how quickly parents and doctors in the United States will embrace it. Seven years ago, the first attempt at a rotavirus vaccine ended in failure after it was linked to deaths and injuries.

The new vaccine, RotaTeq, made by Merck and Co., appears safe and effective, the Food and Drug Administration said. In trials involving tens of thousands of infants, it prevented at least 98 percent of severe cases of gastroenteritis, or intestinal inflammation.

"This vaccine gives health care providers an important new tool that can effectively prevent an illness that affects almost all children within the first few years of life," said Dr. Jesse L. Goodman, director of the Food and Drug Administration's Center for Biologics Evaluation and Research.

The earlier vaccine, Wyeth's RotaShield, was pulled from the U.S. market in 1999 after it was linked to a small increase in intussusception, a rare, life-threatening blockage or twisting of the intestine. That could mean an initially cool reception for RotaTeq.

"I'm curious to see how quickly physicians will get back on the bandwagon," said Scott Henry, an analyst at Oppenheimer and Co.

Trials of RotaTeq, however, indicated it did not increase the risk of intussusception. But Merck officials have said they would conduct a follow-up study to track any long-term effects of their vaccine, which has been in development since 1993.

"That is a history of concern and that's why we're taking it seriously," the FDA's Goodman said in reference to the 20 deaths among the almost 1 million infants who received RotaShield. "Conversely, this is a disease that has great impact on children."

In the United States, rotavirus sickens about 2.7 million children younger than 5, sends up to 70,000 to the hospital and causes 20 to 70 deaths each year.

A federal advisory committee on immunizations is to decide this month whether to add RotaTeq to the list of recommended pediatric vaccines, Merck said.

RotaTeq is a genetically engineered, three-dose oral vaccine that protects against five common rotavirus strains.

Merck seeks to license the vaccine in more than 50 countries. It also plans trials in Africa and Asia, where the virus is a noted killer. The vaccine requires refrigeration, which could complicate its use in poorer countries. Goodman said that was a "challenge" that had been met in other global immunization campaigns.

The liquid vaccine can be given orally to infants in three doses during regular well-baby visits to the doctor at two, four and six months.

"Virtually all children will experience rotavirus," said Dr. Paul Offit of The Children's Hospital of Philadelphia and co-creator of the vaccine. "While some children

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