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Section

S. Carolina women lag behind in diplomas

THE ASSOCIATED PRESS

COLUMBIA, S.C.—A greater percentage of women than men are finishing high school in South Carolina, but more men are finishing college, according to a recent U.S. Census report.

In 2000, 76.9 percent of all South Carolina women 25 and older had at least a high school diploma—slightly more than the men. But only 19.4 percent of them had bachelor's degrees compared with 21.6 percent of the men.

That's not a significant difference, said University of South Carolina history professor Marcia Synnott.

"It's not too discouraging," she said.

The college numbers have shifted since the 1940s and '50s, when a greater percentage of South Carolina women than men had at least a bachelor's degree.

Synnott said World War II and the demobilization of troops that followed left fewer men in colleges and more women finding opportunities to go to school.

"With so many men in the service, then women were the key people on campus," Synnott said of the war years.

That changed by 1960 and men have steadily outpaced women since. The biggest gap came in the state's men had at least a bachelor's degree, while only 11.4 percent of the state's women had a degree.

"It's hard to pinpoint in what year the changes occurred," Synnott said. But, she said, the beginning of the baby boom in the late '40s took college-age women out of the market for husbands and in the market for degrees and in children.

A similar trend was seen in women graduating from high school, but now women have a slight lead in that category.

"The trend now nationwide is more women than men" coming out of high school, said Rebecca Masters, assistant to the president of Winthrop University in Rock Hill.

But that wasn't always the case.

In 1940, 20.4 percent of all women in the state 25 and older had a high school diploma compared with just 16.3 percent of the state's men.

Women high school graduates continued to outpace men until 1970, when 28 percent of the state's men 25 and older had diplomas compared with 37.6 percent of women. That trend continued until 2000.

"The concern in South Carolina is the dropout rate across the board," Masters said.

South Carolina is closing its high school graduation gap with the nation as a whole—76.3 percent of South Carolinians 25 and older had diplomas versus 80.4 percent of the nation.

Race continues to be a factor in how educated South Carolinians are.

In 2000, 80.9 percent of all whites 25 and older had at least a high school diploma, while only 64.9 percent of blacks had diplomas. At the same time, 24.2 percent of the state's whites had at least a bachelor's degree while just less than 10 percent of blacks had a college degree.

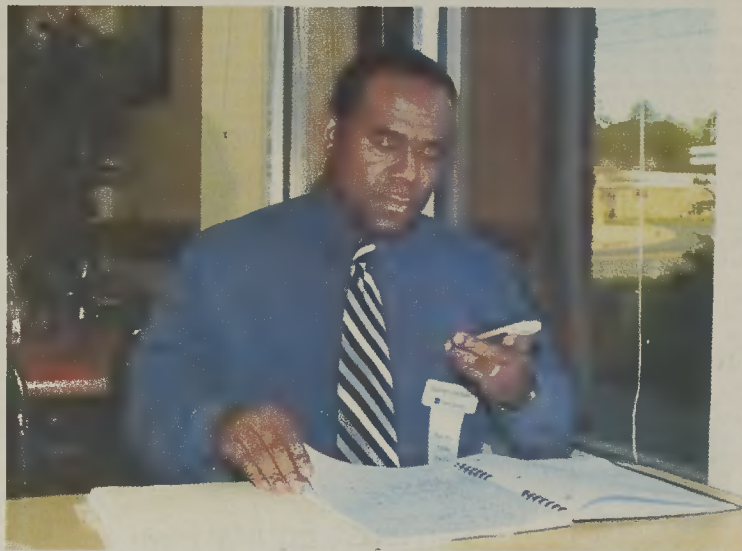


PHOTO ILLUSTRATION WADE NASH

No time for love

Running a business often forces relationships to back

By Cheris F. Hodges
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After working 75 hours a week, the last thing Darren Vincent has time for is looking for love.

The 33-year-old business owner isn't against finding the one, but like many others under the age of 40, he just doesn't have time.

"A personal life becomes really hard. It's hard to find someone who understands. I think I need to find someone

who runs as much as I do," Vincent said.

He said that since he opened his bookstore in NoDa, he's met some good women and lost some because they say he works too much.

"People don't like that," he said. "I'm trying to find a middle point. I thought the older woman thing would work, but it's the same old thing if you're not there for them. I lost a relationship because of this store."

USAToday columnist Rhonda Abrams wrote in a recent article that balancing entrepreneurship and a personal life is nearly impossible.

"Everyone talks about wanting balance between work and home. Yet few achieve it, and it's virtually impossible when you run your own business. This is ironic because many people start a business because they want greater flexibility," she wrote.

It's also hard, according to promoter and bartender Michael Kitchen, to some women too much flexibility is a turn-off.

"When you're an entrepreneur like myself, you put more time into your stuff. Most people doing their own thing have to put in more time," he said.

And that puts a strain on meeting the opposite sex.

"From my standpoint, Please see NO TIME/2B

Myrtle Beach wants limits on surfing, dogs

THE ASSOCIATED PRESS

MYRTLE BEACH—Dogs and surfers would be banned from city beaches for the peak tourist months if the City Council approves a change in regulations.

The proposed changes are being discussed by the Beach Advisory Committee, which wants to make city and county beach regulations the same.

Lifeguards monitor the beaches from April 15 to Sept. 30, which would be the dates dogs would be banned and surfing would be limited to five zones.

The Surfrider Foundation, a non-profit organization dedicated to the protection and preservation of beaches, is polling members to see what they think of the changes.

Wesley Locklair, a Murrells Inlet

attorney and a surfer, said he worried the shorter open surf dates would have the most impact on young surfers who might not have transportation to the city's surf zones.

"Surfing keeps kids out of trouble," Locklair said. "It's hard for a kid to get around with a board... unless they can catch a ride."

Balloon may hold key to sinusitis relief

THE ASSOCIATED PRESS

WASHINGTON—It's like an angioplasty to clear out clogged sinuses.

A new procedure lets doctors snake a balloon up the noses of chronic sinusitis sufferers, stretching their sinus passages to help them breathe easier with less pain than the standard sinus surgery that 350,000 Americans undergo each year.

No one yet knows if sinuplasty works as well as a surgical fix. Only about 100

doctors around the country are trained to offer it, and research is just beginning to track its effectiveness and determine who is a good candidate. But if sinuplasty proves itself, it promises a long-awaited middle ground between medications and surgery for thousands of patients seeking relief from the misery of repeated sinus infections.

"Clearly sinuplasty will not replace surgery for every patient," cautions Dr. Michael Friedman, an otolaryngologist and chief of head and neck surgery at Chicago's Rush University Medical Center, who heads the first study that will compare the treatments.

"But I think there's a huge number of people who could benefit from this," he adds. "It's really the most exciting thing that's happened in our specialty in probably 15 years."

Sinusitis is an inflammation or infection of the straw-sized passages that drain each of the sinuses

that surround the nose and eyes. It can cause swelling and facial pain, debilitating headaches, and a sometimes pus-like nasal congestion.

Acute sinusitis, triggered by colds or allergies, usually clears up within a month. But more than 30 million Americans suffer from chronic sinusitis, meaning symptoms last longer than two months or regularly recur. Patients repeatedly try antibiotics, deconges-

tionants and steroid sprays, but many find little relief. The good news is that you can take steps today to prevent diabetes or to control it.

We will discuss how to detect and treat diabetes in a later column. Remember, knowledge is power, but it is what you do with it that makes all the difference!

Contribution by Granada Stephens-Neil M.D.

For more information about the Maya Angelou Research Center on Minority Health, visit our website at <http://www.wfubmc.edu/minorityhealth> or call 336.713.7578 for health information.

The Regional AIDS Interfaith Network, also known as RAIN, hosted a kick off party at The Charleston House on Sunday to get more African Americans Involved in the group's annual AIDS Walk. This year's event will be May 6th.

AIDS WALK KICKOFF



PHOTO: CURTIS WILSON

The People's Clinic
THE MAYA ANGELOU RESEARCH CENTER ON MINORITY HEALTH
WOMEN'S HEALTH CENTER
MEDICAL CENTER

What to know about diabetes

18.2 million Americans have diabetes! And tragically, more than one-fourth of them (5.2 million) don't even know that they have it! African-Americans suffer from diabetes at a much higher rate and are much more likely than non-minorities to suffer from its serious and life-threatening complications.

To understand diabetes, you must understand how insulin works. Insulin is a hormone produced in an organ called the pancreas, which is located just behind the stomach. Insulin is needed for the body to properly use carbohydrates (such as glucose or sugar) from the diet. When insulin is either lacking or not functioning properly, as is the case with diabetes, glucose builds up in the blood and increases your blood sugar.

There are two main types of diabetes: Type 1 and Type 2. There appears to be a genetic predisposition (meaning it may run in your family) for both types. Type 1 diabetes accounts for only 5 to 10 percent of all cases in the United States. With this kind of diabetes, pancreas cells become destroyed by a virus or an autoimmune reaction. As a result, they cannot make insulin and therefore can't control blood sugar effectively. Type 1 diabetes usually affects children and young adults and requires insulin therapy.

Most cases of diabetes (90 to 95 percent) are classified as Type 2 diabetes. Type 2 usually begins with insulin resistance, or the inability of the body to properly use the insulin that it has. Obesity is the most common cause for insulin resistance. Type 2 diabetes can often be treated with diet, exercise/weight loss, and oral medication. Over time, the pancreas may also fail to produce insulin in Type 2 diabetes. While it used to be most common in older adults, it is becoming an increasing problem in adolescents and even children.

Just like hypertension, diabetes can be a 'silent' disease resulting in serious and life-threatening complications. The high glucose levels (blood sugar) can damage blood vessels throughout the body. This can result in damage to the eyes, kidneys, and nerves. In addition, blood vessel damage increases the risk of heart attack, stroke, and peripheral vascular disease (poor circulation). Diabetes is a leading cause of blindness, amputations, and kidney failure in African-Americans.

The good news is that you can take steps today to prevent diabetes or to control it.

We will discuss how to detect and treat diabetes in a later column. Remember, knowledge is power, but it is what you do with it that makes all the difference!

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