

# America's only tea plantation is open to visitors

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able to walk through the production facility, see the equipment and watch the monitors to see how tea is made.

"The income that will come in from tourism will help to

stabilize the finances here," David Bigelow said. "This is not necessarily going to be a profit-making venture."

"Making tea alone, just selling tea is not going to do it. So, the tourists are going to have

to help us in bringing income in and helping us to pay for the costs of the farm," he added.

If You Go... CHARLESTON TEA PLANTATION: Wadmalaw

Island, South Carolina; <http://www.bigelowtea.com/ac> t/ or (843) 559-0383. Wednesday-Saturday, 10 a.m.-4 p.m., and Sundays, noon-4 p.m. Tours are free. American Classic tea can also

be ordered from the Web site. GETTING THERE: Wadmalaw Island is about 20 miles west of Charleston. Take the Ashley River Bridge (U.S. 17), stay left to Folly Road (S.C.171), turn right

onto Maybank Highway (S.C.700) for 18 miles, look for entrance sign on the left. On the Net: Bigelow Tea: <http://www.bigelowtea.com>.

## Author offers positive feedback for fathers

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the black families down." After being denied the right to see his child by her mother, Simmons said he was motivated to do anything to see his daughter again.

"Writing this book was very therapeutic. It helped to turn my anger into something productive and positive, and to show people that all men are not deadbeat dads," he said. "This system plays a key role in preventing fathers from being a part of their children's lives."

Simmons said being a single father put men in a no-win situation. He was responsible for supporting his daughter, but his relationship with her mom was strained.

"My child's mother dictated the time, location, and activities," he said. "To sum it all

up, she controlled everything. Seeing my child was based on the mother's mood that day. I worked two jobs to provide for my child. But nothing was ever good enough. Just imagine having no say on anything pertaining to your own child. I am now married to a wonderful woman who does not let her personal feelings of me dictate my relationship with our child."

Simmons wants fathers to know that they are not alone. "You are not the only one trying to be patient with a backed-up and unfair system just so you can get a few hours of visitation. Lastly, I only hope that a mother who is out there, playing these games with your children, denying the father visitation would read my book and have a change of heart."



PHOTO: CALVIN FERGUSON

Author Lamont Simmons encourages non-custodial fathers to remain strong for themselves and their children.

## Gift ideas are sure to work for any dad

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fathers, that stuff doesn't matter:

However if you must get Dad a gift, forget the cartoon ties and handkerchiefs. Get him something from the heart that matches his personality.

If dad is the man who has it all, then a gift card to his favorite store is the way to go.

If he doesn't want a gift, try a nice greeting card.

Concord Mills suggests these gifts for other dads:

- Office dad-try a monogrammed briefcase from Wilson's Leather.
- Dressy dad-dazzle him with cufflinks from C.R. Jewelers Diamond Outlet
- The travelin' dad-try a travel accessory case from Samsonite Travel Expo
- Card shark dad-Frosted beer glasses from Past and Presents.

But no matter what you do, be sure to spend some time with him and let him know that you love him Father's Day and every day

## Java a day can help keep cirrhosis away

THE ASSOCIATED PRESS

CHICAGO—Coffee may counteract alcohol's poisonous effects on the liver and help prevent cirrhosis, researchers say

In a study of more than 125,000 people, one cup of coffee per day cut the risk of alcoholic cirrhosis by 20 percent. Four cups per day reduced the risk by 80 percent. The coffee effect held true for women and men of various ethnic backgrounds.


It is unclear whether it is the caffeine or some other ingredient in coffee that pro-

vides the protection, said study co-author Dr. Arthur Klatsky of the Kaiser Permanente Division of Research in Oakland, California.

Of course, there is a better way to avoid alcoholic cirrhosis of the liver, Klatsky said. "The way to avoid getting ill is not to drink a lot of coffee, but to cut down on the drinking" of alcohol, he said.

The participants ranged from teetotalers, who made up 12 percent of the total, to heavy drinkers, who made up

Please see COFFEE/4B



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