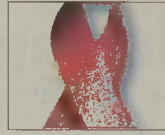


**B**  
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**LIFE**



**IN RELIGION**  
Charlotte minister launches plan to combat HIV.  
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America's only tea plantation in S.C.

THE ASSOCIATED PRESS

WADMALAW ISLAND, S.C. — Green-yellow tea plants reach into the distance at the Charleston Tea Plantation as a green harvester slowly makes its way down one row, gently cutting the youngest leaves from atop the bushes to make them into American Classic tea.

The only commercial tea plantation in North America is again in production and on May 11, began officially welcoming visitors again to see how tea is processed.

"What we have here is a gem," said William Hall, a third-generation English-trained tea taster and partner in the plantation.

"I would hope that over time this will become a destination for a lot of tea drinkers and that it will bring a considerable number of people into Charleston," added David Bigelow, the co-chairman of the board of R.C. Bigelow Inc., the Connecticut tea company that purchased the plantation at auction in 2003.

Visitors are now able to take a tour through a spacious new production building where large-screen monitors explain how tea is processed from green leaves to finished product.

As many as 50,000 visitors are expected this year, Bigelow said.

The property on rural Wadmalaw Island is about 20 miles west of Charleston.

Hall has been with the plantation since 1987 and helped develop the American Classic brand after buying the plantation with a partner from Lipton, which operated the 127-acre (51-hectare) property as an experimental station.

At one point, American Classic was sold in more than 1,000 retail outlets. But financial problems caused the plantation to suspend operations for about a year and a half.

Bigelow then purchased the property and has spent three years restructuring the plantation into both an operating plantation and a visitor attraction.

"We have the resources in this new facility to really make tea important in America," Hall said. "It would be a shame to see this plowed under and turned into condos."

The plantation now also has a gift shop selling everything from videos on how tea is made to tea cups and tea pots. The company would also like to add a restaurant at the plantation, Bigelow said.

"We didn't buy it originally for tourism. We did buy it just to save it, we truly did. We just couldn't let the only tea plantation in America die," said Lori Bigelow, Bigelow's daughter and the company's co-president. "It was for the country and it was for the tea industry."

Tourism, she said, was a secondary goal.

"It just helps the business, and it doesn't affect our factory work at all," she said.

Bigelow, a family company that was started in Connecticut in 1945, is probably best-known for its "Constant Comment" tea, an orange-spice blend.

Tea at the Charleston plantation is harvested from late April through October, with the harvester gathering in a day what it would take 500 laborers to do by hand.

When tea is not being processed, visitors will still be

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**Life savers**



Animated franchise teaches kid safety

By Herbert L. White  
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Keeping kids safe is no accident.

The Danger Rangers, an animated series produced in Charlotte, encourages children ages 3-7 to learn basic safety rules around the house and at play. The program was created by Education Adventures, and launched last year on WTVI (channel 42). Since then, the Rangers cast of characters — Sully the seal, Kitty the cat, Burtle the polar bear, Squeaky mouse and Burt the turtle — have spread to the Los Angeles, Philadelphia and New York markets and appear in books and DVDs. In March, EA and Washington-based Safe Kids International are partnering in a multimedia campaign that includes public service announcements, print advertising and internet content.

"Preventable accidents is the number one cause of death for children under 14," said Galen Grayson M.D., president of Genesis Eye Center in Charlotte and advisor to the Danger Rangers franchise. "I see the Danger Rangers as a vaccination through TV media... that we're able to get that message out."

Danger Rangers DVDs feature stories like "Wild Wheels," featuring Rusty Ringtail, a skateboarding raccoon; "Water Works," an episode on water safety and "Fires & Liars," featuring a pair of mischievous boys who learn the hard way about the risks of fire emergencies and



Grayson

reporting a false alarm.

The Rangers use action-adventure storylines and original songs to encourage children to make good decisions. With school out for summer, this is the most dangerous time for kids under 14. From May to August, they will make 3 million emergency room visits due to accidents ranging from drownings to bike collisions, and 25,000 will die, Grayson said. Often, basic safety equipment like helmets and flotation vests could prevent those incidents.

The chances of children being hurt or killed in accidents increase in communities of color.

"If you think about underserved communities, children are more than two times as likely to die in a crash, four times as likely to drown and five times more likely to die in a fire," Grayson said. "We're more prone for economic reasons we can't afford it. It's economics, unfortunately."

With an emphasis on "Think Safe, Play Safe, Be Safe," the Danger Rangers book and DVD series delivers safety messages through entertainment for the whole family. But kids are the focus.

"We can educate parents and caregivers, but the most important person to educate is the child," said Grayson, the father of two.

On the web  
Danger Rangers  
www.dangerrangers.com

The Danger Rangers' message: Be safe wherever you go.

EDUCATIONAL ADVENTURES

Prominent dads prefer the simplest of gifts

By Cheris F. Hodges  
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Father's Day is this weekend and for most dads, the best gift they can receive is time alone with their family.

WPEG (98 FM) "Morning Madhouse" host and crunkiest DJ in the Carolinas "No Limit" Larry Mims keeps it low key when it comes to celebrating Father's Day. Former Charlotte Mayorial candidate, Patrick Cannon said being with his children is the perfect way to spend Father's Day.

"That would be the best way to spend my day, simply with them," Cannon said.

Cannon and Mims both said that they don't need fancy gifts from their kids to have a good Father's Day.

Mims said the best present he can receive from his 6-year-old son Traelin is time together.

"Just spending the day with my family or doing what ever he wants to do," Mims said. That and the handmade cards that Mims' son makes every year.

"I put them in my room

and I read them from time to time," he said.

Charlotte City Council member Warren Turner said the best way to spend dad's day would be with family just doing nothing.

"That's something that I don't get to do a lot," he said.

Turner's 7-year-old daughter doesn't wait for Father's Day to show her love. She makes handmade cards every week.

If Turner could have one gift, he said it would be for his mother to get well.

Cannon said that a simple

hug, a thank you and an "I love you" from his son Patrick (PJ) and daughter Brittany are better gifts than "silver, gold and platinum for a true father."

Even though many dads don't ask for much on Father's Day, still don't forget him.

A study by Men Stuff.org that showed children call their fathers less, send fewer flowers and cards and don't take dad out to eat as much as they do with mom on her day. But for many

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Author offers advice to non-custodial fathers

By Aisha Lide  
FOR THE CHARLOTTE POST

Not all men are deadbeat dads.

"Tears of a Father: Child Support, Visitation, Custody" by Lamont Simmons is about his personal struggle to be a father with "the system" working against him, as stated on the

back of the book cover.

"This book is about my experience of dealing with a woman who denied me the right to see my child and a court system, which allowed her to do so. It shows how the family courts did nothing to ensure my rights as a parent were upheld physically nor mentally, only financial-

ly it also deals with educating people on the importance of children having a good father in their life. Lastly, the book covers topics concerning the broken down family structure in black communities," Simmons said.

His long term goals as an author is to be a voice that

encourages people to do the best they can, especially involving family issues.

"My short-term goal is to shine a light on how the lack of fathers in the black community is keeping us back from any progress or positive outcome. Also show how the system is designed to keep

See AUTHOR/3B

The People's Clinic  
THE NANA ANGELOU RESEARCH CENTER ON ALZHEIMER DISEASE  
MEDICAL CENTER

Beginning steps for physical activities

The evidence is in, and it is beyond dispute. If there is a "magic bullet" for promoting overall health, it's regular physical activity.

Many studies have shown that regular physical activity can reduce the risk for many major chronic conditions that plague our community, including heart disease, diabetes, obesity, and high blood pressure. It also can be used as a treatment for these conditions to reduce the associated disability.

Physical activity has also been shown to improve mental and emotional health, and even to reduce the risk of developing gallstones! However, despite the many benefits of exercise, most Americans do not engage in it to a degree that will reap these rewards.

You may notice the use of the term physical activity instead of exercise. This is a purposeful and important distinction. Physical activity refers to any bodily movement that results in energy expenditure. Exercise, on the other hand, is structured and planned physical activity that usually results in larger energy expenditure. Previously, it was thought that only strenuous exercise was beneficial to health.

Remember the misguided old "no pain, no gain" motto? However, research has shown that moderate-intensity physical activity can produce health benefits. Moderate-intensity refers to a level of effort during which you should experience some increase in breathing or heart rate, such as the breathing you would experience during a brisk walk, dancing, or bicycling on a level surface. So, although vigorous activity is valuable, you don't have to train like the Williams sisters to get general health benefits! Cutting the grass or raking leaves can help you.

Professional organizations have published physical activity guidelines for general health, cardiovascular fitness, and weight reduction. You may feel reluctant to start an activity program because of confusing information regarding physical activity guidelines (or, how much exercise do I need). Specifically, the Centers for Disease Control and Prevention and the American College of Sports Medicine have specific recommendations for "general health" which we will examine.

These physical activity recommendations are based on a com-

See BEGINNING/2B



Before engaging in strenuous physical activity, warm up with easier tasks.