

Infant mortality can be curbed

Continued from page 1B

stuffed animals, pillows, or lose blankets in the crib with the baby where they may suffocate.

• Do not let anyone smoke around the baby. The second hand smoke that babies breathe in harms their lungs and can cause many illnesses.

The best time to try to prevent infant deaths actually starts well before a woman becomes pregnant.

Premature birth is the leading cause of infant death in our community if women and families are able to reduce stress, quit smoking and stay away from second-hand smoke, or leave a violent home situation before they become pregnant, they have a much better chance having a

healthy baby when they do become pregnant later.

Doctors recommend that women who plan to become pregnant see a health care provider before trying to conceive. These visits offer an opportunity to identify and decrease any potential risk factors the mother may have before pregnancy, to treat any pre-existing medical conditions, and to inform the patient regarding what can best be done to increase the chances of having a healthy pregnancy.

Communities and family members can play an important role in this effort to reduce infant deaths by helping mothers, sisters, daughters, and friends become healthy long before they try to



PHOTO/WAKE FOREST UNIVERSITY

get pregnant. Healthy mothers are more likely to have healthy babies.

Remember: Knowledge is power but it is what you do with it that makes all the difference!

Contribution by Granada S.

Neil, MD, and J. Nelson Weaver

For more information about the Maya Angelou Research Center on Minority Health, visit our website at <http://www.wfubmc.edu/minority-health>. Or, for health information call (336) 713-7578.

T-shirts possible with bags

Continued from page 2B

wearing their purchase, sometimes even leaving their old clothes behind, Glick says.

The shop also sees its fair share of tourists who buy something to say they got it in a store-camper, he adds. Caravan is the last stop on tour of "Sex and the City's" favorite city haunts. (The "Sex and the City" link to Caravan is that it sells clothes from Heatherette, a brand championed by costume designer Patricia Field.)

Earlier this summer, Gap drove its Rock Color bus from California to New York, blaring its music and selling brightly colored T-shirts, hoodie sweatshirts and board shorts along the way. It also had a seemingly endless supply of rainbow love beads it gave away for free to passers-by. The store was especially busy in that post-lunch lull that many people experience at work—right around 2 or 3 p.m., reports Eric Rutherford, who served as master of ceremonies, but functioned like a

store manager.

One grandmother spent \$420 on clothes for her granddaughter, asking the "roadies," aka the sales staff, what would be considered "cool"? The grandmother said the mobile store was more approachable for her than a store where she'd feel out of place, according to Rutherford.

At first, the Rock Color bus was seen more as a tool to complement the brand's "Summer of Love" theme, Gap spokeswoman Erica Archambault says, but the company is considering doing it with more of a retail focus.

A bus might serve well as a back-to-school sales vehicle and plans are in the works to incorporate a mobile store into the all-important holiday season.

The company hired a real bus driver who sat next to a cash register that rang up sales equal to a medium-size Gap store on a typical summer weekday. People could pay with credit cards, but

returns and exchanges had to be handled at permanent stores. A trailer stocked with additional product followed the bus so there would always be a supply of T-shirts.

Caravan recently added a brick-and-mortar presence to treat some of the company's growing pains, such as inventory and returns. Since the Winnebago has limited space, it typically has on hand just a few garments in each size and style, so it's not uncommon to run out of a hot item. But now an onboard computer is hooked up to the store, allowing immediate inventory checks.

If the same garment is at the store, sometimes the truck goes back to restock or sometimes Glick will pick it up at the store and then drop it off at a customer's residence or workplace.

Mobility goes a long way toward customer service, Glick says.

On the Net: <http://www.shopcaravan.com>

Cary, N.C. one of best cities to live

Continued from page 2B

Matters said. Last year the magazine focused on prime suburban areas. The rankings and associated data available online proved so popular editors decided to expand to small cities.

The goal was to highlight communities with fewer than 300,000 residents that are not dependent on metropolitan areas for jobs, art and entertainment venues and recreation, he said.

Last year, Fort Collins made Outside magazine's list as a "dream town" to live and work in part because of the area's abundant recreational opportunities.

National attention doesn't necessarily attract more people or businesses to those communities, Matters said.

"We are not a leading indicator, we are following," he said. "People already know these are great places to live."

Soldiers shape up with peaceful yoga

THE ASSOCIATED PRESS

PENSACOLA, Fla. — When Marine Lt. Alan Zarracina finally did the splits after months of struggling with the difficult pose in Nancy La Nasa's yoga class, the limber women around him clapped and gave encouragement.

Zarracina, a 24-year-old Naval Academy graduate and flight student, admits he'd have a hard time explaining the scene to other Marines.

Each class ends with a chant for peace and La Nasa hands students incense sticks as a gift for completing 90 minutes of back bends, shoulder stands and twisting their bodies into complicated positions.

"I've tried to drag some of my (military) friends to class, but I get made fun of. It's not necessarily considered masculine," he said.

But the popular classes, based on ancient Hindu practices of meditation through controlled breathing, balancing and stretching, are catching on in military circles as a way to improve flexibility, balance and concentration.

The August edition of Fit Yoga, the nation's second-largest yoga magazine with a circulation of 100,000, features a photo of two Naval aviators doing yoga poses in full combat gear aboard an aircraft carrier.

"At first it seemed a little shocking—soldiers practicing such a peaceful art," writes editor Rita Trieger.

Upon closer inspection she said she noticed "a sense of inner calm" on the aviators' faces.

"War is hell and if yoga can help them find a little solace, that's good," Trieger, a long-time New York yoga instructor, told The Associated Press.

New York yoga master David Life created the Jivamukti Yoga method, which focuses on practicing yoga to attain enlightenment. His students teach the method worldwide at studios in Toronto, Munich and London and celebrities such as Sting, hip-hop mogul Russell Simmons and designer Donna Karan are among his clients.

While the martial arts are rooted in yogic practices, mod-

ern warfare has become so high-tech that soldiers have lost contact with these traditions, Life said.

"I feel the interest in yoga from the people in the military shows that a professional warrior is not a mindless nervous system with a finger on the trigger. It goes back to the day when the warrior was calm and self assured because they found that calmness within themselves," he said.

Life said he hopes yoga can help soldiers in their roles as "peace makers" by teaching them the techniques of achieving an inner peacefulness.



PHOTO/DEAN USMA.EDU



Charleston House on The Plaza A Low Country Restaurant

Lunch.....11:30 a.m. - 3:00 p.m.
Dinner.....5:00 p.m. - 11:00 p.m.

3128 The Plaza
Charlotte, NC 28205
704-333-4441

Lots of good food and beverages!
We'll feed you til we fill you up, fuh true!
Book your 2006 Event By May 30th
and get 25% off

Book Your:

• Wedding Receptions • Rehearsal Dinners •
• Office Parties • Family Reunions •

Parking available on premises and shuttle services off premises.

BOOKS-A-MILLION® Presents

OMAR TYREE



Omar Tyree

SATURDAY
JULY 29TH
7PM

CONCORD MILLS • 704.979.8300

Books-A-Million presents *New York Times* bestselling author Omar Tyree signing his new book *What They Want* at the Concord Mills Books-A-Million.

Line numbers will be distributed beginning at 10AM the day of the event.

BOOKS-A-MILLION® Author Signing Series

Today
VS.
Tomorrow

Now you can make your deposits at most First Citizens branches

before closing and the funds will be credited to your account the

same day. We call it **All-Day Banking**. It's just one more

example of how we value your business.

To learn more, call or stop by your local branch today.

FIRST CITIZENS BANK

Founded in 1898



firstcitizens.com 1.888.FC.DIRECT

Member FDIC

*Certain branches may have cut-off times for deposits prior to closing, so check with your local branch. Crediting of deposited items is provisional and subject to Bank's account rules and regulations. Excludes ATM deposits and Saturday deposits.