

Swimwear gets more versatile

Continued from page 1B
from Gideon Oberson, Norma Kamali's ruffles and gold one-piece suits; and Indian-inspired pieces by Inca.

But for those who don't mind showing some extra skin, or prefer string bikinis over boy short bottoms, the little bikinis will always be there. "A tan line says a lot about you. I think it's sexy," Verdi said.

On the Net:
Sunglass Hut Shows Miami presented by LYCRA, www.sunglasshutshowsmiami.com.



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What happened to Atlantic Beach?

Continued from page 1B

"The Black Pearl, an oceanfront community offered its riches to vacationers and residents alike. The first vacation home built on Atlantic Beach was built circa 1934 by Dr. A.J. Henderson, one of the founding members of the Atlantic Beach Company. Black folks later traveled along Interstate 95, Highway 17 and South Carolina Highway 9 to enjoy the sunny beaches, cool breezes, and

warm ocean waters. It is said that every wave that laps her shore originated in Africa four days earlier," the history section of the website reads.

Now, the showers outside of the shore don't even work.

Is Atlantic Beach a victim of desegregation? I'll admit that going to Atlantic Beach wasn't a part of my weekend plan. I don't remember a time when Myrtle Beach was closed, at least legally to black vacationers.

Back in the 1970s, Atlantic

Beach's luster began to wane as blacks headed south (like I wanted to) for Myrtle Beach and other places that were finally open to us. In 2001, the town was nearly bankrupt and in danger of losing its charter. To this day, they are still trying to rebuild the town's economy, says the website.

But if Atlantic Beach is going to capitalize on some of the millions of tourism dollars generated by Myrtle Beach, something has to be done to

draw people. The ocean isn't going to do it alone.

Banking on history will help, but there has to be more than that. Once upon a time entertainers like Ray Charles who was welcomed to perform on the Grand Stand stayed at Atlantic Beach because of segregation. Now that people have a choice as to where they can stay, something has to be done to make Atlantic Beach a destination spot again.

New Orleans is now seeking tourists

THE ASSOCIATED PRESS

NEW ORLEANS—A year after Hurricane Katrina, New Orleans is desperately seeking tourists.

The areas where tourists go largely escaped devastation—and are eagerly awaiting visitors willing to come and spend money.

Plenty of hotel rooms are again available, most of New Orleans' world-renowned restaurants are open, events such as Mardi Gras and Jazz Fest are back, and the city is reassembling its national sports presence centered around the Louisiana Superdome and New Orleans Arena.

Although the hot, humid months of summer are typi-

cally the city's slow season, tourism officials say there's more than ample evidence—from their cash registers—that word hasn't gotten out.

"Right now, we're hunkered down for a slow summer," said Darius Gray, general manager of the Holiday Inn-French Quarter and president of the Greater New Orleans Hotel & Lodging Association. "It's slower than usual."

On a recent sultry day on Bourbon Street, Matt Buddenberg of the Detroit area took in the trademark tourist street on his first day in town. "To tell you the truth, I thought it would be messy," he said. "It's really well put-together."

David Clay of Casper, Wyo.,

on a road trip through the South with Buddenberg, said he'd heard that tourists areas were solid but was still surprised by what he saw.

"I was expecting more disaster, but it looks pretty nice," Clay said.

With the city still reeling from Katrina, and hotel rooms packed with emergency workers and displaced residents, a scaled-back Mardi Gras was held in February, attracting an estimated 700,000 people. In April and May, the New Orleans Jazz & Heritage Festival returned with Shell Exploration & Production Co., a major employer in the region, sponsoring the music event. The two-weekend Jazz Fest drew 350,000.

By comparison, in the past, a million people typically attend the culmination of the Carnival season, and the 2003 Jazz Fest attracted an estimated 503,000 spectators.

Next year's Fat Tuesday celebration, the final day of Mardi Gras, is set for Feb. 20. A third big event—the annual Essence Festival—moved to Houston this summer because of hurricane repairs to the Superdome. It's not known yet if the festival will return to the city in 2007, though talks are under way.

The city's all-important convention business—a \$9.6 billion annual economic boost before Katrina—got back on track in late June when the

See NEW ORLEANS/3B

Better breathing may lead you to better blood pressure

Continued from page 1B

maker InterCure Inc., people who used the slow-breathing device for 15 minutes a day for two months saw their blood pressure drop 10 to 15 points. It's not supposed to be a substitute for diet, exercise or medication, but an addition to standard treatment.

Why slow-breathing works "is still a bit of a black box," says Dr. William J. Elliott of Chicago's Rush University Medical Center, who headed some of that research and was surprised at the effect.

Slow, deep breathing does relax and dilate blood vessels temporarily, but that's not enough to explain a lasting drop in blood pressure, says NIH's Anderson.

So, in a laboratory at Baltimore's Harbor Hospital, Anderson is using the machine to test his own theory: When under chronic stress, people tend to take shallow breaths and unconsciously hold them, what Anderson calls inhibitory breathing. Holding a breath diverts more blood to the brain to increase alertness—good if the boss is yelling—but it knocks off kilter the blood's chemical balance. More acidic blood in turn makes the kidneys less efficient at pumping out sodium.

In animals, Anderson's experiments have shown that inhibitory breathing delays salt excretion enough to raise blood pressure. Now he's test-

ing if better breathing helps people reverse that effect.

"They may be changing their blood gases and the way their kidneys are regulating salt," he says.

If Anderson's right, it would offer another explanation for why hypertension is what he calls "a disease of civilization and a sedentary lifestyle."

Meanwhile, health authorities recommend that everyone take simple steps to lower blood pressure: by dropping a few pounds, taking a walk or getting physical activity, and eating less sodium—no more than 2,300 milligrams a day—and more fruits and vegetables.

On the Net:

NIH blood pressure info: <http://www.nhlbi.nih.gov>

Morning after pill entangles nominee

THE ASSOCIATED PRESS

WASHINGTON—Federal health officials thought a surprise announcement about the morning-after pill would smooth the Senate confirmation of Dr. Andrew von Eschenbach as commissioner of the Food and Drug Administration.

Instead lawmakers questioned both the timing and sincerity of the news that the FDA would again consider allowing the emergency contraceptive pills to be sold to adult women without a prescription.

The Monday announcement came on the eve of a Senate committee hearing on von Eschenbach's nomination. The FDA hoped it would free up von Eschenbach to discuss his plans and vision for the agency.

Instead, two of the senators on the panel renewed their vow to block his nomination until the FDA made a final decision on whether to allow

Barr Pharmaceuticals Inc. to sell Plan B over the counter to women 18 and older. Minors would still need a doctor's prescription.

Sens. Patty Murray, D-Wash., and Hillary Rodham Clinton, D-N.Y., had placed a similar hold on von Eschenbach's predecessor, Lester Crawford.

They removed that hold more than a year ago in exchange for a pledge that the FDA would act on Barr's application. Crawford won Senate confirmation but then put off a decision on Plan B, earning the enmity of the two lawmakers.

"Pool me once. We are not going to go there again. We will hold this nomination until we have a decision on Plan B," said Murray, calling the timing of Monday's announcement "highly suspect behavior."

Crawford resigned abruptly in September 2005 only two months after the Senate confirmed him to run the agency.

Von Eschenbach has been acting FDA commissioner since then. In March, President Bush nominated the urology surgeon to lead the regulatory agency on a full-time basis.

The morning-after pill is a high dose of the most common ingredient in regular birth control pills. When taken within 72 hours of unprotected sex, the two-pill series can lower the risk of pregnancy by up to 89 percent.

Since 2003, the Women's Capital Corp. and then Barr have sought to loosen the prescription-only restriction on Plan B.

Contraceptive advocates and doctors groups say easier access to Plan B could halve the nation's 3 million annual unintended pregnancies. Opponents say wider access to the pill could promote promiscuity.

The FDA's own scientists say the pills are safe.

The Charlotte Post

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Guard Your Dream

Finally discovering what it is that we really want out of life can be quite exciting. This discovery can clear up some very important issues for us. Whereas before we may have felt that we have been living in some kind of fog or confusion, now life seems to have crystal clarity for us. For many of us, we may feel that we have finally found our purpose in life. Because of the excitement of discovering what it is that we really want out of life, one of the first things we may want to do is share it with others.

We will tell our family, and friends about our big dreams. We describe to them what we will accomplish. We paint an exciting picture of what life will be for us once we achieve our dreams.

To our great surprise, we discover that when we share our dreams with some people, they may not be as excited about them as we are. In fact, some of our friends and family tell us that we are not being realistic. Some tell us that what we want is impossible to achieve or that it will never happen.

It seems that the more people we tell about our dreams, the more reasons we are told why what we want is unrealistic. Before long, we may get to the point that we agree with them. That feeling of confusion about our life's purpose begins to settle in again and we

are right back where we started.

One of the biggest keys to success is knowing those with whom to share your dreams. Not everyone will be as enthusiastic as you are about the possibilities of life. You have to know who the dreamers are who can and will support you in your dreams. Sometimes it may even be better to do as Louise Driscoll said, "Within your heart, keep one still, secret spot where dreams may go." It may be better to keep your dream to yourself for awhile.

Once you have accomplished your dreams, then you can shout it from the rooftops and let everyone know—the doubters and the supporters alike—that you have finally made your dreams come true.

In order to achieve your dreams sometimes you simply have to guard them so that those who do not believe cannot tear them down. Once they see what you have done, then they too will become believers. You, by then, will have the satisfaction of knowing that you have the power to make your dreams come true.

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