

Hip hop tees with positive message

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For women, the slogans are: "I Love Being Me," "Respect My Grind," "Standard of Beauty," "I Am Stronger Than My Situation."

"Never Settle." For men, the slogans on the shirts are: "Stay Focused," "Respect My Grind," "Success is More Than a Word"

"Success Starts and Ends with Me." For babies, the slogans on the shirts are: "Dream Big," "I Love Being Me." "These are more than just

tee-shirts," Nash said. "This is how people feel." Influence Entertainment will open a kiosk in Durham's Northgate Mall in the next month.

Research more closely monitored

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health and contribute to racial disparities in health and healthcare. Establishing interpersonal trust between the study investigators and study participants is essential to successful study recruitment and retention.

The future

Over the past 20 years, federal regulations and guidelines have been developed and implemented to inform and protect study participants.

These guidelines include

informed consent, subject confidentiality, early termination of studies, and dissemination of study results to community participants. The participation of minorities in medical research is a critical element of national and regional efforts to decrease and eliminate health disparities. The development of new knowledge through responsible research is needed to improve health outcomes. Trustworthiness among research institutions benefits both the researchers and the

participants!

Physician and investigator behaviors that engender trust include caring, technical competence, and good communication skills. A trustworthy doctor or researcher will take the time to answer all a patient's questions to the best of his or her ability and to develop a good rapport with that patient. He or she not only listens to the patient, but also truly hears what the patient is saying and seeks to understand how that patient feels. Your questions, wishes,

fears, and triumphs are important to you; they should also be important to your doctor or the researcher with whom you are working.

Remember, knowledge is power, but it is what you do with it that makes all the difference.

Contribution by Kristy F. Woods, MD, MPH

For more information on research participation among minorities contact the Maya Angelou research Center on Minority Health at (336) 713-7578.

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Black colleges reach to broader demographic

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college will help them get "a real life view about what black people are all about," Nero added.

Student James Travis, 21, who is black, said having students of other races on a historically black campus bothers him "a little bit" because it challenges the college's mission.

"It's supposed to maintain

the historically black tradition," said Travis, who is from Atlanta's College Park suburb. "I'll have to see how it goes before I see if I want to change the situation or not."

Educators said the nation's two largest minority groups are a natural fit on a college campus.

"They are both underserved communities when it comes to higher education," said

Michael Lomax, president and CEO of the United Negro College Fund. "We have got to educate them so that we can have a competitive workforce in the 21st century."

Miranda, one of 15 Hispanics at Morehouse, said it has not bothered him being on a majority black campus.

"Since I've been at Morehouse, I've gotten a different perspective on a lot of

things," Miranda said, referring to black history. "I learned a lot that was left out of the schooling I got."

On the Net: Morehouse College: http://www.morehouse.edu Texas Southern University: http://www.tsu.edu Howard University: http://www.howard.edu United Negro College Fund: http://uncef.org

Study finds no advantage to fourth AIDS drug

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Researchers made the two drug cocktails equally easy for patients to take, delivering both in five pills taken daily. Patients and their doctors didn't know which cocktail they were getting.

The study will appear in Wednesday's Journal of the American Medical Association and was released Sunday to coincide with the opening of the 16th International AIDS

Conference. Researchers found that the four-drug cocktail, which added the HIV drug abacavir, had no advantage in reducing the amount of virus in patients' blood. Compared with standard therapy, it also did not increase levels of CD4 cells that fight infection.

"Over the entire course of the study, at no point did there seem to be an advantage of the four-drug regimen,"

Kuritzkes said. Supported by grants from the National Institutes of Health, the research was conducted at more than 40 U.S. sites. Several pharmaceutical companies provided drugs. Some of the researchers, including Kuritzkes, reported financial ties with the makers of HIV drugs.

More than half the patients in the study were black or Hispanic and almost 20 per-

cent were female. "It was a pretty diverse population that reflects the epidemic today," Kuritzkes said.

Black patients who took the drugs as directed did as well as white patients, but blacks who did not adhere precisely to the drug routine returned to high virus levels quicker than whites who did not take the drugs as prescribed. The reason for the difference was not clear, Kuritzkes said.

Alcohol sales over the internet loosely monitored

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sumer can order 24 bottles per month from direct shipping companies.

According to the wholesalers, websites that sell alcohol asked that buyers confirm they are 21 by clicking a button.

"It's naive to think that we can rely on a rushed delivery truck driver to slow down and take the time to enforce a face to face ID check to verify a recipient's age before deliver-

ing alcohol," the site states.

Steps parents can take to stop online liquor buying:

- Monitor teens' online activities. According to the TRU study, 39 percent of 14 to 20 year olds who surf the net said their parents know nothing or very little about their online habits.
- Talk to teens about the consequences of drinking. According to Stopalcoholabuse.gov, "What parents may not realize is

that children say that parental disapproval of underage drinking is the key reason they have chosen not to drink."

• Teach kids to choose friends wisely. According to Stopalcoholabuse.gov, if parents teach their children to form positive relationships with others and help their children understand what qualities to look for in a friend, they will choose friends who aren't involved in illegal

activities. • Be specific. According to Stopalcoholabuse.gov, parents should tell their children that alcohol is for adults and not to drink until they are 21.

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What It Takes

When we discover our dream, there are few things that are more exciting. Once you really know what you want out of life. You can spend hours and hours working on it without ever noticing how much time has passed by. Others around you, such as friends and family, may not understand how you can spend so much time on the pursuit of your dream and not become bored or burned-out.

But as you go after your dreams, some times it may take you a bit longer to see your dreams come true than expected. Sometimes the things you try to achieve your dream do not produce the results you wanted. For example, your advertising campaign does not produce the results you had anticipated. You may find it necessary to invest more in your idea than you had expected.

In your personal life, you may have experienced a misunderstanding in a significant relationship that threatens the stability of that relationship. At that point you may feel that you have to start all over again to recapture what you feel you have lost.

At times, it can seem that you encounter one roadblock after another in achieving your dream. After a while,

you may feel that your dream is just too far out of reach. You may think about pulling back on your dream or just forgetting about it altogether.

However, when you encounter such challenging times, I would say to you that you could very well be much closer to your dream than you think. Often times, when you are just about to give up you will discover that if you hang on just a little while longer, you will make it.

But even if something happens that keeps you from achieving exactly what you had in mind, part of the joy of dreaming is knowing that you had a beautiful dream. There is a deep satisfaction in knowing that you dared to reach for the very best of your heart's desire.

You may not get exactly where you thought you wanted to go, but keep believing in your dreams and determine in your heart that you will not give up on your dreams. You could very well be that much closer to making your dream a reality than you ever thought!

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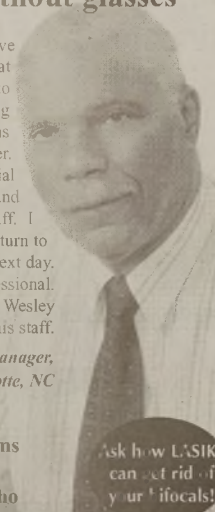
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