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Section

LIFE



IN RELIGION

Baby fat: when to worry about it

THE ASSOCIATED PRESS

New parents learn quickly that everyone has something to say about a pudgy baby, with remarks ranging from harmless ("Look at those chubby cheeks") to hurtful ("Isn't he a little big for his age?").

"I got comments all the time from my so-called friends," says Lan Ma, recalling that her two children, as infants, had chipmunk cheeks and "rolls after rolls of flesh."

Ma, of Edgewater, N.J., ignored any suggestion that Thomas, now 4, and Tyler, 2, were too big, even when both weighed in at 14 pounds—double their birth weights—at their 2-month checkups. "I was never worried about their weight when they were young, because they were both very, very healthy."

Some other parents, however, can become anxious, given widespread reports that an increasing percentage of children and adolescents in the United States are overweight.

"With all the talk about obesity, we certainly have some overzealous parents who are worried about their nice, healthy, chunky baby becoming an overweight adult, and (they are) restricting their nutrients," says Dr. Robert Holmberg, a pediatrician in Bangor, Maine, and a member of the American Academy of Pediatrics Task Force on Obesity.

When should "baby fat," long the symbol of a thriving infant, be cause for alarm?

In general, a chubby baby is a healthy one, doctors say.

Poor nutrition and lack of exercise—major factors in the obesity epidemic among children and adults—haven't had time to affect the infant," Holmberg says.

But while doctors urge parents not to panic, they also encourage them to watch for warning signs.

Before age 3, parental obesity is a stronger predictor of future weight problems than an infant's birth weight or place on the growth chart.

"If parents are overweight, their children are at much greater risk for the development of weight problems," says Dr. William Dietz, director of the division of nutrition and physical activity for the Centers for Disease Control and Prevention.

Genetics may be partly to blame, but more often the culprit is lifestyle, says Dr. Thomas Robinson, associate professor at the Stanford University School of Medicine and director of the Center for Healthy Weight at Lucile Packard Children's Hospital.

"A child is raised and learns about feeding, eating and activity in that same environment," as the overweight parent, he notes in an e-mail interview.

A sustained growth spurt before age 4, in which weight increases more rapidly than height, is another possible warning sign, Holmberg says. And parents should note if weight appears to be interfering with developmental milestones, such as walking.

Still, always consult a pediatrician before changing your baby's diet.

Several studies suggest that breastfeeding, in addition to its nutritional advantages, lowers the risk of obesity later in childhood. Adds Dietz, "the longer the children are breastfed, the lower the risk." The AAP recommends breast milk for at least the first year.

Please see HEALTHY/3B

DeVondia Roseborough has AIDS and wants others to hear her story so that they can avoid infection. 54 percent of all new HIV and AIDS cases in the US are black women, in Mecklenburg County it's 69 percent.



PHOTO/WADE NASH

Outspoken against HIV

Charlotte woman active in educating black women about AIDS

By Cheri F. Hodges
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The face of AIDS has a smile, brown skin and sparkling eyes.

The face of AIDS has a name and a mission. DeVondia Roseborough hopes her story will save others.

According to the Black AIDS Institute, of the million Americans who have HIV, half are African American. Fifty-four percent of all new HIV cases in the U.S. are black women. Last year in Mecklenburg County, African Americans accounted

for 69 percent of all new HIV infections in the first half of 2005. Among black women, the infection rate was 65 percent.

For Roseborough, 34, Dec. 9, 2003 is a day she won't forget. That's when a doctor told her that she had HIV.

"The day he told me that I was HIV positive, I was numb," she recalled. "It was a clock on the wall, directly across from me and it had just struck 10:12. My whole body was numb, but I had went through a state of preparation, which I call my metamorphosis, so I was prepared for it."

Roseborough admits that she participated in risky behavior that contributed to her infection. "Unprotected sex with someone I had no emotional attachment to," said Roseborough, who admitted she used sex as a way to find love. "I'll tell anyone it couldn't have happened to a better person, it really opened my eyes to a lot of things and it allowed me to appreciate life more."

As cliché as it sounds, Roseborough does not look as if she has AIDS.

See AIDS/2B

Colleges to balance campus drinking

THE ASSOCIATED PRESS

DURHAM—John Kunemund had just finished moving into his dorm at Duke University and was ready to start exploring the campus he expects to call home for the next four years.

He knows part of that journey will include being exposed to alcohol—whether or not he is the one doing the drinking.

"The administrators have to keep a check on students because if the students can just do whatever they want, I'm sure alcohol will be brought anywhere," said Kunemund, an 18-year-old freshman from Jacksonville, Fla. "But the students have to keep themselves in check, too.

"We're in college now. We have to make sure we take responsibility for ourselves."

As students return to colleges across the nation for the start of fall classes, the drinking games are sure to begin—along with a healthy debate over alcohol's place on campus. How much can—and should—a university do to monitor the drinking habits of students who, while not of drinking age, are old enough to vote or go to war?

And how much responsibility lies with students, many of them away from home for the first time, to control their own behavior?

It's a debate that got plenty of attention at Duke in the spring, when three

members of the men's lacrosse team were charged with the alleged rape of a stripper at an alcohol-soaked team party off campus. But it's an issue for schools across the country, not just this elite private school in central North Carolina.

"Almost every problematic student behavior issue has at its roots the over-consumption of alcohol," said Sheldon Steinbach, general counsel for the Washington, D.C.-based American Council on Education, a higher-education lobbying group that lists Duke among its membership of 1,800 accredited colleges and universities. "There are lots of approaches and schools apply

See STEPS/2B

Unearthing a glimpse into lives of free blacks

THE ASSOCIATED PRESS

BOSTON—Renovators working at a Beacon Hill townhouse uncovered what archaeologists believe are the remnants of a 19th-century free black household.

The shoes, doll fragments, hat pins, children's marbles and an empty sarsaparilla bottle, among other items, were found beneath the flooring of what once was thought to be a privy and could provide insight into the lifestyle of free black families in Boston during that time,

experts said.

The house was built about 1840 by Robert Roberts, a free black man who was an active abolitionist and worked as a butler for Gov. Christopher Gore. He wrote "The House Servants' Directory" in 1827.

Despite the national influence of Boston's black families in the abolitionist movement, there is almost no record of their daily lives.

"It's a wonderful piece of history," Mary Beaudry, a Boston University archaeolo-

gy and anthropology professor, who is helping lead the excavation, told The Boston Globe. "To get a look at a free African-American household—wow!"

Workers doing renovations for property owner Michael Terranova exposed brickwork beneath the floor of an attached shed.

Terranova consulted the staff at the 19th-century African Meeting House, the free-black church and community center whose Beacon Hill site is now affiliated

with the National Park Service. They pointed him to Beaudry and Ellen Berkland, archaeologist for the city of Boston.

"I hadn't thought it was possible to get archaeologists here," said Terranova, who was not legally obligated to report the discovery of historical artifacts on his property. Beaudry and Berkland and a group of volunteers started digging Thursday, turning up several thousand artifacts. The work was expected to wrap up Monday.

Please see MANAGING/3B



PHOTO/THE STOCK MARKET