

RACE AND YOUR GENES:

What is the connection?

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tion medications among specific racial groups. These reports raise the idea of using genotypic (gene specific) information to create customized medications. Despite these studies, it has quickly become apparent that race is likely to have very little or no direct influence on response to medications. (Remember, there is no "gene" for race.) If medications are to be "tailored," it should be done at an individual (gene specific) level and not based on race.

Genetic research?

Participation in genetic research is an emotionally and politically charged topic.

From one point of view, group participation in genetic research is important, as it may lead to discoveries that might benefit the entire group. On the other hand, there is the risk of exploitation and stigmatization of those who participate. Formal safeguards are needed to ensure that the goal of the research is improvement in health and well being of the community. These assurances include informed consent, privacy and confidentiality clauses. Genetic research should focus primarily on the identification of the genetic and environmental components of disease. This focus will facilitate early

detection, effective treatment, and, ultimately, effective prevention strategies.

It is important that we do not overemphasize the role of genetics as the major causal factor in all diseases. Doing so allows us to overlook other important contributing factors, such as environmental and behavioral factors, and the roles of healthcare access and healthcare quality.

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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.

Gourmet cheese is a growing trend in New York City and around U.S.

THE ASSOCIATED PRESS

NEW YORK—Day after day at work, Brian Ogden found himself sitting in front of a computer and staring at the lower right-hand corner—the tiny clock on the screen ticking on, all too slowly.

"I was bored out of my mind," said the 32-year-old database expert.

So he quit his job at a Massachusetts high-tech company and moved to New York to start an unpaid internship—to learn all about cheese.

And not just any cheese. Ogden works at the Artisanal Cheese Center, a 10,000-square-foot space on Manhattan's West Side that is evidence of a growing trend in the United States. Gourmet cheese production has expanded dramatically, with people like Ogden getting into the business.

While many young men and women in the European countryside—Spain, France, Italy, Germany, England—are leaving their parents' centuries-old, labor-intensive craft of cheesemaking for easier jobs, Americans are eager to take up the slack.

"We have more cheesemakers who have decided to ditch their Wall Street jobs and want to start over, finding a piece of paradise on a farm someplace," says Vermont cheesemaker Allison Hooper, president of the 1,200-member American Cheese Society.

The Artisanal Cheese Center supplies cheese to restaurants, hotels, shops, cruise ships and individuals. Hundreds of cheeses mature in the center's second-floor "caves"—five temperature- and humidity-controlled chambers with doors as airtight as those of a safe. Outside, a high-tech air purifier kills any "aromas" that might otherwise reach tenants above (it's an industry no-no to say that some of the best cheeses stink).

"Cheese is a living, breathing food that needs tender loving care. It needs to be washed, patted and turned over to mature to its greatest potential," says Max McCalman, a "maitre fromager," or cheese master.

The new cheese aficionados are helping promote a food whose U.S. production has doubled in two decades, according to Dick Groves, who publishes the Cheese Reporter in Madison, Wisconsin. The average American eats more than 31 pounds of cheese a year, up

by almost 40 percent since the mid-1980s.

"I love food—so why not take something you love and turn it into a career?" Ogden said on the third day of his three-month internship at the Artisanal center.

McCalman oversees operations at the center that was opened in 2003 by star chef Terrence Brennan, who also owns two fine Manhattan restaurants—Picholine and Artisanal.

At Picholine, Brennan installed what is billed as the first real cheese cave in a U.S. restaurant.

On any given night at the restaurant, McCalman can be seen wheeling out a cart filled with the finest cheeses made from the milk of cows, sheep and goats. Some are gooey, others almost rock hard, some cream-colored or yellow, others snow white. There are ones with black crusts, or covered with fig or cherry leaves.

As he walks behind the cart, the 53-year-old cheese master's face beams with monk-like concentration. When serving, he is also called upon to suggest what wine to order with the cheeses that often replace dessert.

He once couldn't quite figure out what to serve with the Spanish blue cheese Cabrales. Its taste is so "mean"—or even "macho"—that some men order it to impress their dates in restaurants, says McCalman. "It's so aggressive that it can walk away."

Finally, he discovered that it went best with a Spanish sherry.

It's the kind of know-how anyone can get at the center, where a small group gathered one evening for a seminar called "Wine and Cheese 101," at \$75 per person.

At the other end of the same floor are the caves filled with cheeses in various stages of "affinage." That's French for the ripening process that involves "washing" a cheese with wine, brine or brandy, rotating it, scrubbing it or brushing it, depending on what creates optimal taste in each case.

Some cheeses even get a massage—a patting down that smooths out the crust.

Entering the cave area is a procedure akin to walking into a hospital operating room. Everyone must put on sterile medical slippers and the kind of cap usually worn by surgeons to ensure cleanliness.

Please see GOURMET/4B



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Keep The Door Open

One of the biggest obstacles to achieving the success that we may dream of is our unwillingness to accept change. Very often as we discover what it is that we want out of life, we make up in our minds exactly how this success has to happen.

But as many of you who have been on the journey to achieve your dreams know, our plans for success do not always work out according to our schedule or our plan. We may believe that we will achieve our goals in three months. But as time moves on and some things do not turn out the way that we may have thought they would, we realize that it may take a year to achieve the level of success that we had in mind. Others also discover that although you may try to plan for every kind of situation, something comes up that completely catches you off-guard.

Some people become very discouraged when their journeys to success take a different turn from what they expected. They may even consider giving up on their dreams. When they look at what has happened to them, they think that all is lost and that there is no way for them to get what they had been working towards.

However, as we travel the road to success, we need to keep in mind that success often comes to us in ways that we may not have imagined. We sometimes forget that the dreams that

we may have for ourselves can actually be achieved through a variety of ways. For example, a person may desire financial success. He may see this happening through starting a certain kind of business. But as it often happens, the business may not go very well. Indeed, it may very well fold. The owner of the business may become so discouraged that he decides to abandon his dream. However, someone comes along and offers him another way of reaching his dream of financial success. But because it is not what he had in mind at first, he turns it down. Later on he realizes that someone else took up the offer and was able to achieve the financial independence that he had wanted so badly. The problem was that he refused to be open to other ideas. He closed the door on his own success.

If you want to be successful, keep in mind that the avenues we take are only channels of our success. The success that we may desire can come through many different ways. Learn to keep an open mind for opportunities for success. If you do not, you may just be closing the door on the very success for which your heart has longed for years!

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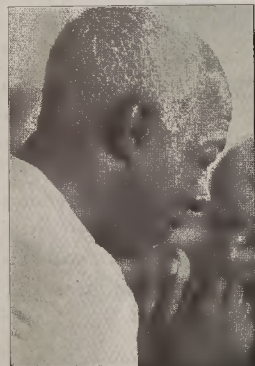
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