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Section

LIFE



IN RELIGION
Want to win \$10,000 for your choir? Check out this contest.

Down-home glory

Can't - or won't - cook for holidays? Do a basket to go



By *Cheris F. Hodges*
cheris.hodges@thecharlottepost.com

Are you the relative who shows up to every holiday dinner empty-handed because you can't cook or don't want to be the cause of family food poisoning?

Well this year Glory Foods has done all the hard work. All you need to do is pick up a holiday gift basket.

With Thanksgiving right around the corner, the holiday gift basket is perfect to take over the river and through the woods to grandma's dinner table.

Traditional southern food, which Glory Foods markets, is seasoned and savory, hence the moniker "soul food." With a strong connection to home, southern food is part of a heritage and a culture - although it is often time consuming to create from-scratch.

"When we first introduced Glory Foods, it was as if people fell in love with southern cooking all over again," said Theresa Potter, director of marketing for Glory Foods. "Many of our loyal consumers love Glory Foods almost as much they love traditional southern food in general. It's food that feeds their soul - and it's a great way to celebrate the holidays."

The Glory foods deluxe gift basket includes collard greens, string beans, blackeye peas, country cabbage, great northern beans, skillet corn, corn bread mix, muffin mix and a bottle of hot sauce and peppered vinegar. The deluxe gift basket is sold online at www.GloryFoods.com for \$38. The standard gift basket includes Glory's collard greens, red beans, honey carrots, choice of corn bread or muffin mix, peppered vinegar and hot sauce. The standard basket sells for \$33.

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Nutrition affects diabetes

Diabetes is a growing problem in our country. According to the latest statistics, nearly 21 million people have diabetes, many of whom don't even know they have it. Diabetes is the sixth leading cause of death in the United States.

Rates of the most common form of diabetes, known as Type 2 diabetes, have risen dramatically in the last twenty years. Unfortunately, African Americans are not only more likely to develop Type 2 diabetes, but they are also more likely to suffer from some of the health problems associated with diabetes, such as amputations, kidney disease and blindness. Heart disease, the leading cause of death among people with diabetes, also has a big impact in African American communities.

Recent research has shown that working with a health care provider team to control blood sugar, cholesterol and blood pressure, is very important in successfully managing diabetes and avoiding these serious complications. According to the American Diabetes Association, diet can play a big role in this management strategy. The ADA recommends a number of tips:

- Limiting the amount of calories, fat and saturated fat in your diet is one key. "Limiting" these foods means eating lean meats, fish or poultry, choosing reduced fat snacks, and cutting back on added fats such as butter or mayonnaise.

- Limit the portion sizes of your meals, especially when eating out, is very important. Eating foods that are high in fiber also helps keep the blood sugar down and gives you that feeling of "fullness" so you can avoid getting too many calories. Eating whole wheat breads, fruits and vegetables and whole grain cereals are the best choices.

- Limit the amount of salt that you add when cooking and at the table. This is especially important if you have high blood pressure.

Of course, it's very important to work with your health care provider team to find out what diet plan is best for you, especially if you take insulin or oral medications to control your diabetes.

Importance of proper diet and exercise

There is some exciting news when it comes to preventing Type 2 diabetes.

A recent major national research study known as the Diabetes Prevention Program showed that people at high risk for diabetes can greatly reduce their risk of developing diabetes. Participants were selected for the study because they had pre-diabetes, a condition where blood sugar is high, but not high enough to be diagnosed as diabetes.

By reducing their body weight by about 5 - 7 percent (for example, about 10 - 15 pounds for a person weighing 200 pounds) through exercise and cutting back on calories and fat, these study participants with pre-diabetes reduced their risk of

Please see **NUTRITION/3B**

Cosmetics to make you blush - just by their names

By *Samantha Critchell*
THE ASSOCIATED PRESS

NEW YORK—Choosing your cosmetics used to mean some pretty straightforward color selections: pink, red, maybe purple. No longer. The new world of choices involves more intense decisions: Will you choose *Temptress*? *Vixen*? *Teasing Flirt*? Or perhaps a bit of *Tie Me to the Bedpost* blush to go with your *Pop My Bubble* lip gloss?

Makeup has always been about sex—usually implicitly. Now things are becoming decidedly more explicit.

Sexy names are overrunning cosmetics counters, making a simple task such as buying blush seem like a trip to the curtained-off section of your local DVD rental place. Customers relish the promise and thrill inherent in the racy monikers, and beauty companies welcome the chance to call red something other than red.

"Makeup is hope in a jar. ... Now, if you go into any cosmetics emporium, department store or Bath and Body Works, you can find every possible hope," says Jean Godfrey-June, beauty director at *Lucky* magazine. "You can try on a different identity but not look different."

Even a mild name can inspire. One of Godfrey-June's favorites, *MAC Juicy Pink* lip gloss, has a slightly shocking name and looks shockingly pink in the tube. In reality, it only adds a bit of shimmer to her lips.

"No one knows you're wearing it. But you do," she says. "Sexy

Please see **COSMETICS/2B**

And you thought you were only looking for red lipstick



THE ASSOCIATED PRESS

As cosmetics companies increasingly use provocative names to attract shoppers, they've come up with some racy descriptions of old-fashioned pink, red and other colors:

Benefit Cosmetics—Hey Sailor lip plumping pencil

MAC—Fetish lip color

Playboy Beauty—Tie Me to the Bedpost blush

Nars—Orgasm blush

Victoria's Secret Beauty—Make Out lipstick

Pout—Pop My Bubble lip gloss

Paula Dorf—Scandal eye shadow

Clinique—Nudey nail enamel

University Girl Scouts recruiting new members

SPECIAL TO THE POST

Due to an overwhelmingly successful recruitment season, there are a number of Girl Scout leaders ready to lead.

Girl Scouting in the University Area is so popular that typically there is a wait list. This year, however, a record number of volunteers have made it possible to give more girls opportunities.

There are openings for all age levels and girls 5-17.

There is a lot more to today's Girl Scouts than cookies, camping and crafts, with programs like STEM (Science, Technology, Engineering and Math); sports, health and fitness and environmental leadership. Girls will also gain an understanding of their community and how important it is to help others and give back to make the world a better place.

Girls in the University City-area have a reputation for having lots of fun. Last year, the group

coordinated a version of the "Amazing Race," where girls descended on Uptown Charlotte for a Center City scavenger hunt.

Girl Scouts, Hornets' Nest Council serves almost 18,000 girl and adult members in Anson, Cabarrus, Mecklenburg, Montgomery, Rowan, Stanly, Union and York (S.C.) counties. Visit the web site at www.hngirlscouts.org.

