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Section

**LIFE**



**IN RELIGION**  
The Color of The Cross is now on DVD and is first movie with black Jesus.

**Cornbread recipe could earn you some serious dough**



By Chenis F. Hodges  
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Your cornbread recipe could win you some cold, hard cash.

The National Cornbread Festival is in search of the best main dish cornbread recipes to be entered into the National Cornbread Cook-Off sponsored by Martha White and Lodge Cast Iron. Ten finalists will create their original cornbread specialties under the Big Cook-Off Tent on April 28 in South Pittsburg, Tenn. The winner will receive \$4,000 and a 30-inch stainless steel gas range (a \$2,500 value).

"We always receive so many creative and unique cornbread recipes, everything from

Soul Food Skillet Dinner to Pesto Cornbread with Chicken and Sun-Dried Tomato Streusel, said Linda Carman, a Martha White baking expert. "We're eager to see what ingredients contestants will use in their main dish recipes this year."

"Each year, the recipes continue to get more and more creative," said Carman. "Look to your family and friends for advice. Think about hosting a sampling dinner serving one or two of your most promising recipes. Ask your guests to make suggestions for improving your dish."

Each entry should be an original main dish recipe and prepared with at least one cup of Martha White Corn Meal or a package of Martha White Cornbread Mix using Lodge

Cast Iron cookware. Entries must also include the contestant's name, address, daytime phone number, and date of birth. To enter by e-mail, send the original recipe along with contact information to cornbread@dvl.com by 11:59 p.m. CST on March 2.

Send mail-in entries on an 8 1/2 x 11-inch paper to:

National Cornbread Cook-Off 2007  
209 7th Avenue North  
Nashville, TN 37219

Mail-in entries must be postmarked by March 2, 2007 and received by March 9, 2007. Ten finalists will be chosen from all entries.

*The People's Clinic*  
The Marvin Hoxslove Research Center  
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MEDICAL CENTER

**Don't panic**



Financial concerns. Job stress. Terrorist attacks. Health threats. Family issues. In today's high-paced society, people have more and more reasons to feel anxious. While it is normal to experience some anxiety and stress in day-to-day life, it is also possible to worry too much.

Panic disorder is a serious medical condition that, according to the American Psychological Association, 1 out of every 75 people may experience. While not pertaining specifically to panic disorder, data from the US Department of Health and Human Services report Health, United States indicate that blacks suffer from higher rates of serious psychological distress. Symptoms of panic and anxiety may also manifest differently in blacks than in whites. In general, many people still feel that there is a 'stigma' attached to mental or psychiatric illness. It is often not discussed at all and this leads to individuals not seeking treatment for themselves or for loved ones. Panic disorder is a serious challenge facing the African American community and with proper recognition it can be treated.

What are the symptoms of panic disorder?  
Panic disorder is a type of anxiety disorder. The main symptom is the presence of 'multiple panic attacks'. According to the APA, most people experience occasional panic attacks. Panic attacks become a cause for concern, however, if they occur frequently (4 or more times) or if the person experiences continued and significant fear of having another one.

The symptoms of a panic attack include the following:

- Racing heartbeat or heart palpitations
- Difficulty breathing; feelings of terror or severe dread
- Dizziness, lightheadedness, or nausea
- Trembling, shaking, or sweating
- Feelings of choking or chest pain
- Hot flashes or sudden chills
- Tingling in fingers or toes
- Fear that you are going crazy or are going to die.

Some people, upon experiencing these symptoms, think they are having a heart attack and may panic even more. The symptoms can begin suddenly, without warning and with no apparent trigger. They may occur even when the person is not in any danger, such as when he or she is sleeping. The level of fear experienced is very much out-of-proportion to the actual situation in which it arises. Luckily, these episodes are not dangerous and do not usually last more than several minutes. Yet, it can be terrifying to the person experiencing it and to their family and loved ones.

It is not unusual for people to seek medical attention or

Please see DONT/2B

**In death, widow joins civil rights icon in King holiday tributes**

THE ASSOCIATED PRESS

ATLANTA—On a recent afternoon, Jeffrey and Liza Dunn brought their daughter and niece to the center dedicated to the life and legacy of Martin Luther King Jr., where the family took a moment to sit by the crypt of the civil rights icon and his wife, Coretta.

There, at the reflecting pool, the Plainfield, N.J., couple told the girls about King's dreams of racial harmony, economic equality and world peace. They also spoke of a dedicated widow, devoted mother and matriarch of the civil rights movement, who gracefully struggled against war, poverty and racism for years even after her husband was killed.

"Their partnership is the foundation of everything we've benefited from," Jeffrey Dunn, 49, said. "And even in her absence, she leaves a legacy, a commitment to his dream."



Coretta King

This year's Martin Luther King Jr. holiday, first observed more than two decades ago, will be the first without Coretta Scott King, who died nearly a year ago. The absence of her stately presence at the holiday activities held each year in King's hometown of Atlanta will be a visible reminder that the standard bearer of King's vision is now gone — and that the holiday has evolved to reflect the accomplishments and mission of both the dreamer and the dream keeper.

"Her commitment and her accomplishments were equal to his," Spelman College history professor William Jelani Cobb said. "To view her as an equal in helping to establish racial democracy in America would be fitting."

Coretta Scott King, who lived twice as long as Martin Luther King Jr., fought to preserve his legacy—building a center of nonviolence bearing the civil rights icon's name, and working for years to establish his birthday as a federal holiday. Atlanta's five-day King holiday observance, which begins Jan. 11, will prominently feature tributes to Coretta Scott King, who will be one of the honorees for the annual Salute to Greatness dinner. The event is the primary fundraiser for the Martin Luther King Jr. Center for Nonviolent Social Change.

Coretta Scott King suffered a stroke in August 2005 and then battled ovarian cancer. She seemed to be recovering when she smiled and waved during a standing ovation at last year's Salute to Greatness dinner on the weekend of King Day. Two weeks later, she died.

Until the end, Coretta Scott King not only carried on

Please see IN/2B



**Cafe concept: A place for gay and straight blacks to connect**

By Chenis F. Hodges  
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Running a business with a social purpose is the concept that Monica Simpson is following with Café Evolution.

Sure there will be music and fun when it opens, but the purpose of the café will be to bridge the gap between the gay and lesbian community and the heterosexuals, especially when it comes to African Americans.

"This was a dream of mine since I was 11 years old," she said. "I want to create a gathering place for the community. What I've noticed here in Charlotte is there isn't a place here that has been created to be an intentional space where community people can gather to connect with one another."

The atmosphere of Café Evolution would still provide entertainment and a café feel, but also offer information.

"In the African American community, which

is what this is geared toward, we'll go out to the club or we'll go hear a musician perform. But so many people in our community don't know the affairs of society and what's going on. So why not create a space that feeds what we like, which is the whole entertainment aspect. But while you have them in that space make sure that people are able to get the information about what's going on in the community and what's going on in the world," said Simpson.

By default, she wants the café to create community leaders and workers.

What she's trying to do is become a social entrepreneur, defined by the National Center for Social Entrepreneurs as social enterprise where businesses work to improve their communities.

Simpson wants to improve relations between blacks who identify as gay and lesbian and

Please see CAFE/2B

**Labido-enhancing root central in global dispute**

THE ASSOCIATED PRESS

JUNIN, Peru — In a small storefront on a bleak, wind-swept Andean plateau, Timotea Cordova offers an oxygen-deprived visitor a traditional elixir to ward off the breathless effect of the high altitude.

Dropping a few shriveled tuber roots into a blender, the 80-year-old, Quechua Indian shopkeeper promises with a playful glance that the concoction will also provide a leg up later in the bedroom.

For hundreds of years, Quechua Indians have grown maca, the frost-resistant root that thrives in these frigid Andean highlands, to boost stamina and sex drive. The root, they believe, is nature's bounty and belongs to everyone and to no one in particular.

Maca growers and indigenous organizations were outraged when, in 2001, a New Jersey-based company, PureWorld Botanicals, received a U.S. patent for exclusive commercial distribution of an extract of maca's active libido-enhancing compounds that it branded as MacaPure.

Peruvian officials called the patent an "emblematic case" of biopiracy and are preparing to chal-

lenge it in U.S. courts.

The maca dispute is just the latest collision between indigenous people and commercial interests over so-called biological prospecting, the growing practice of scouring the globe for exotic plants, microbes and other living things ripe for commercial exploitation.

Bioprospecting has huge potential for good, say researchers who go to sea, climb mountains and trek to obscure corners of the world in search of exotic and undiscovered life.

A 2005 U.N. University report concluded that 62 percent of all cancer drugs were created from bioprospecting discoveries.

The venom of a deadly sea snail found off the coast of the Philippines led Elan Pharmaceuticals Inc. to develop the painkiller Prialt, which U.S. regulators approved in 2004. The key ingredient in the breast cancer drug Taxol owned by Bristol-Myers Squibb Co. is taken from the bark of the yew tree, and Wyeth's kidney transplant drug Rapamune comes from Easter Island soil.

But bioprospecting is mostly unregulated and there are mounting calls to establish legal frame-

works for such work.

The Convention on Biological Diversity produced at the 1992 Earth Summit in Rio de Janeiro entitled nations to a share of the profits from substances yielded by their flora and fauna. It was ratified by 188 countries—but not the United States, which argues that such a requirement stifles innovation and would undermine the patent system.

That hasn't stopped some of the world's poorest countries, which also hold the richest pockets of natural biodiversity, from fighting to apply the convention to international patent law.

India has had the most success, most recently persuading the European Patent Board of Appeals to invalidate a 1994 patent granted to U.S.-based W.R. Grace & Co. for an insecticide derived from neem seeds.

Peru and Brazil, both at the forefront of the biopiracy debate, have been less persuasive.

Brazil, which has some of the world's strictest regulations to prevent the removal of genetic materials from the Amazon, has been hard-pressed to demonstrate a single case of biopiracy before the

Please see LABIDO/3B

