

Attention Deficit-Hyperactivity Disorder and its effects on health

Continued from page 1B playing quietly; frequently being "on the go" or acting as if "driven by a motor"; talking excessively and inappropriately; difficulty waiting one's turn; and tendency to interrupt or intrude upon others.

It is important to keep in mind, however, that the exact type and severity of symptoms will be unique to each person. Only a qualified health professional can determine for sure whether a person suffers from ADHD.

IS THERE A TREATMENT?
Stimulant medications are frequently prescribed for

ADHD and help to regulate and stabilize brain activity. These medications (which include Ritalin, Dexedrine and Adderol) decrease impulsive behavior and hyperactivity and increase attention. The most effective treatment should not be limited to medication alone, but should address multiple aspects of the individual's functioning.

Treatment should include classroom management, parent education, tutoring and behavioral therapy for the child. Behavioral therapy teaches children/adults to develop coping skills, modify certain problem be-

haviors, and improve organizational skills.

Sleep deprivation, depression, learning difficulties, tic disorders and behavioral problems may be confused with, or appear along with, ADHD. Every child or adult suspected of having ADHD deserves a careful medical evaluation to sort out exactly what is causing the concerning behaviors.

Contribution by Sarah Fahey

For more information about the Maya Angelou Research Center on Minority Health, visit www.wfubmc.edu/minorityhealth. Or call (336) 713-7578.

Visit Jamestown, Va.

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is being looked at, and appreciated in its impact on the forming of this nation, in its 400th celebration.

Earlier this month the Queen Elizabeth of England and President Bush took part in the premier event for the 400th anniversary, however, various events will be going on all year, in Jamestown and across Virginia.

From May 23-25, The Godspeed replica will take a trip down the James River to Richmond, for a partying Virginia's capital city. In Richmond, Rock the Boat events began May 19, commemorating the Godspeed's arrival in the City on May 24. The week will kickoff at Henricus, moving to the city's Intermediate Terminal, before

concluding with a 400 candle blow out and a fireworks display on Brown's Island.

June is Cultures of Virginia Month, both Jamestown Settlement and nearby Yorktown Victory Center will examine the cultures and how they interacted in early Virginia. And on June 2, Jamestown Settlement will be hosting an African Heritage event, which features a lecture by

University of Virginia professor and African Studies Association President, Dr. Joseph Miller. The "Journeys through Time: African and African American lives in Virginia" heritage lecture will begin at 7pm. For more information on 400th anniversary activities and to plan your trip to Jamestown, log onto www.americas400thanniversary.com or www.history-isfun.org.

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Spring cooking

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parts - talk to the grocer or the butcher at your local farmer's market or grocery store to get the facts on what's fresh or in season, and they may tell you about new ingredients or fruits you have never tried before.

This spring, you can eat well, and enjoy tasty food that helps you to maintain a balanced and healthy lifestyle.

For more information on Tony Miller, visit www.latitude41restaurant.com/2007/tonymiller.htm. For more information on The Columbus, visit www.renaissancecolumbus.com.

Protesters denounce King Tut exhibition in US as racist

THE ASSOCIATED PRESS

PHILADELPHIA—A traveling exhibition on King Tutankhamun drew about 50 protesters in Philadelphia who denounced the popular display as racist.

Molefi Asante, a professor of African-American studies at Temple University, led the demonstration Sunday outside the Franklin Institute, claiming the exhibit has no mention of Africa and that it suggests the ancient Egyptian king was white.

Asante, who is also president of the Association of Kemetic Nubian Heritage, specifically pointed to a representation of Tut that "looks more like Boy George than the boy king."

A spokeswoman for the Franklin Institute said images of Tut vary throughout the museum. In response to the protest, the museum will hold a symposium this summer at which scholars and experts will discuss forensic evidence relating to King Tut.

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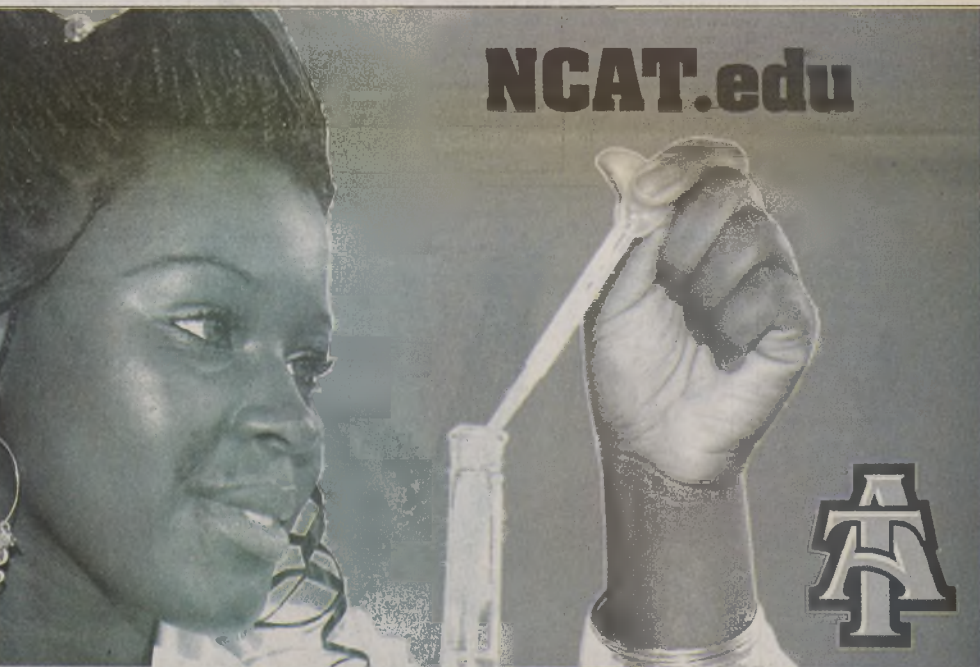
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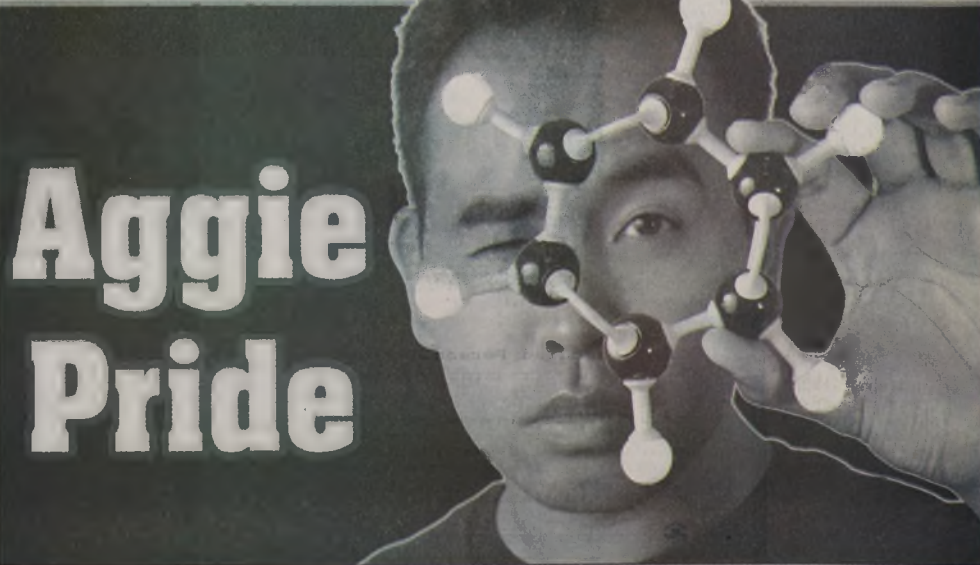
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