

## Bodies of evidence

Discovery Place exhibition shows human form more than skin deep

A pregnant woman and her baby are part of the "Body Worlds" exhibit at Discovery Place (above). Donated corpses are stripped of skin, showing bone and muscle.

By Cheris F. Hodges  
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Guthur von Hagens's "Body Worlds" exhibition at Discovery Place is sure to get tongues wagging. And that's just what the sponsors of the exhibition want.

"Body Worlds" opens for a limited engagement and shows the inside of the human body.

Discovery Place CEO John Mackay said that the first time he saw the exhibit, he had no idea that it would end up in Charlotte, the only southeastern city to host "Body Worlds."

"This is a first of its kind experience in Charlotte," he said. "The first time I saw this exhibition, I was fascinated."

The exhibit displays the preserved remains of humans. There are over 200 organs that are preserved through von Hagens's Plastination process. "Visitors will learn about their own health through vivid examples that show the effects of disease and lifestyle choices on the body," said Mackay.

As a heart attack survivor, Mackay said the cardiovascular portion of the exhibit is very interesting to him.

"Our vision at Discovery Place is to ignite a sense of wonder about science," he said. "Body Worlds" provides an unprecedented view of the human body."

Dr. Angelina Whalley of the Institute for Plastination said the bodies in the exhibit were donated for that very use. Whalley is responsible for showing the exhibit to over 22 million people worldwide.

"People are so overwhelmed when they see the exhibit that they begin to take better care of their body," she said.

Whalley said 10 percent of smokers who see the exhibit and view a smoker's lung actually stop smoking. She said



PHOTOS: CALVIN FERGUSON

half of the people who view the exhibit eat healthier and take better care of their bodies.

Dr. James McDevitt, a senior vice president at Carolinas Medical Center, said he hopes the exhibit will also spark an interest in the healthcare field. CMC is one of the sponsors.

"As a teaching hospital, we feel this exhibit is a wonderful opportunity for people to learn more about their bodies," said McDevitt.

"Body Worlds" isn't for the faint of heart, especially in the fetal area where a pregnant woman is displayed with her baby intact.

Admission to Discovery Place and "Body Worlds" is \$22 for adults and \$16 for children ages 6-13; \$8 for children 2-5 years old and free for children under the age 2.

Donated remains are fixed in familiar poses, such as basketball player, with the top of his skull partially removed.

## Handy grilling tips for summer

SPECIAL TO THE POST

Memorial Day marked the official kick off of the 2007 grilling season and undoubtedly, thousands of folks across the Carolinas have dusted off their tongues to join in the annual rite of passage.

James Bazzelle, owner and executive chef of Mert's Heart and Soul, has a few basic tips to help seasoned chefs and newcomers alike master the grill during this outdoor cooking season.

"My customers always ask for cooking tips, so I wanted to give them something to help start the grilling season off on the right note," said Bazzelle. To assist Carolinians in their quest for grilling mastery, Bazzelle offers several "Grilling 101" basics, including:

- Safety first:** Safety is the first step in any cooking exercise. During grilling, place the grill away from flammable materials, and at least 10 feet away from any structure. Never leave a grill unattended once it has been lit. Also, long-handled grilling tools like tongs and spatulas are recommended for turning foods on grills.

- Firing up the grill:** When the grill is positioned correctly, the next step in the process is starting the charcoal. To start a charcoal grill, arrange the charcoal in the center of the grill, add lighter fluid to the coals, and let the coals sit for about 5-10 minutes before lighting. When the coals turn white, spread them in a single layer, place the grid on the grill, and close the lid (remember not to place the lid on the grill before the coals are ready). Using the lid helps to prevent foods from burning and locks in the grilled flavor.

- Add variety with direct and indirect grilling:** Indirect and direct grilling is an exciting way to add variety to outdoor meals. Direct grilling or, cooking directly over coals, is best for foods that take less than 30 minutes to grill. Examples include hotdogs, hamburgers, boneless chicken, steaks, and fish fillets. Chicken legs and thighs take longer to cook so always start with the dark meat first, followed by the white meat. Indirect grilling is best for meat and poultry that contain a lot of fat or take 30 minutes or more to cook. Examples include roasts, ribs, and whole turkeys. For indirect grilling, start the charcoal as noted above and then spread the coals into two piles on opposite sides of the grill. Place a drip pan in the center of the pit of the grill and add water or any flavored liquid. Place the grid on the grill and then close the lid on the grill to seal in the heat and "smokey" flavor. Apply barbecue sauce in the final minutes of cooking to avoid burning the meat.

Overall, Bazzelle said that the grilling season is all about fun. "Remember to add your own personal touch to grilled foods by experimenting with different types of meat, poultry, seafood, and marinades. Grilling, like all types of cooking, is best when you add your own unique flair to it."

**Grilling recipe**  
Grilled Soft-Shell Crab Sandwich with Spicy Ranch Aioli

Recipe created by James Bazzelle, chef/owner of Mert's Heart & Soul, Charlotte.

Please see GRILLING/3B



### SUMMER CLUBS FOR KIDS

## Reading's fundamental with Public Library programs

By Cheris F. Hodges  
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Summer fun with the kids doesn't have to cost an arm and a leg—nor cause you to mortgage your house for a tank of gas.

The Public Library of Charlotte and Mecklenburg County has several free events to go along with its annual Summer Reading Clubs for Kids. There are reading clubs available at any of the 24 branches of the library that benefits kids from toddlers to teens.

Children age 4 to rising fifth graders are invited to become reading detectives in the Get A Clue @ Your Library reading club.

Some branches will have weekly events dealing with being a "detective." Some branches are playing the game "Clue." While others will have police officers come in and talk to kids about forensics and have activities for them to do. To find out what your favorite branch is doing, log on to the library system's website, [www.plcmc.org/summerread](http://www.plcmc.org/summerread).

Parents of babies, toddlers and preschoolers under age 4 can sign up for the "Wee Read" club, which encourages early reading.

"This is an annual summer club and it's very popular," said Allison Aiken, spokeswoman for the library system. "Every year we print up thousands of reading logs and they get used up."

The teen summer reading club is online, however.

For every hour that kids read and log in, they win prizes, Aiken said. This year they can read down their library fines, up to \$40.

While sign-ups for the club started Saturday, the official summer reading kick off begins today at the Charlotte Bobcats Arena with DEAR Day, drop everything and read.



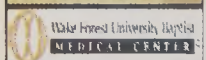
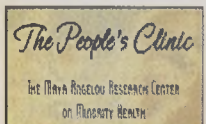
"It's a fun day for the kids," Aiken said. "We're going to have some featured readers, story telling and Rufus from the Bobcats is going to be there. It begins at 11:30 (a.m.) and at noon everyone is going to start reading."

And with a certain young wizard's series coming to an end this summer, ImaginOn, located at 300 E. Seventh St., will celebrate the release of "Harry Potter and the Deathly Hallows" with a Midnight Book Bash on July 20.

Join in the festivities leading up to the sale of "Harry Potter and the Deathly Hallows," available at the ImaginOn Gift Shop. Plus, don't miss the chance to be at ImaginOn in the middle of the night. Recommended for kids age 10 and up and their families. You can get a free admission ticket at ImaginOn or any PLCMC branch starting July 1. For more information, call (704) 973-2735. (Visit [www.plcmc.org/programs](http://www.plcmc.org/programs) for information on other library branches having Harry Potter book release parties.)

"We have a lot going on for Harry Potter," said Aiken.

On the net:  
[www.plcmc.org](http://www.plcmc.org)



## Asthma and air quality

Recent studies have demonstrated that African American children are nearly 50% more likely than white children to suffer from asthma. Moreover, for both adults and children, African Americans are more likely to visit the emergency room for asthma-related complications. While quality of care plays a large role in asthma out-

Please see ASTHMA/3B

