

Life

THURSDAY, JULY 5, 2007
SECTION B

RELIGION/5B

Moderate and liberal baptist try to distance themselves from the conservative Southern Baptists.



Does Bayer have an Aspirin garden

THE ASSOCIATED PRESS

A few weekends ago while performing a health screening downtown, a young guy challenged the validity and logic behind a quote, which I always post in front of our booth: on a wipe-board. "The aspirin tree" quote, written by Dr. B.J. Palmer, is best summarized as: "If God intended for us to need aspirin, He would have created an aspirin tree." This guy argued that God DID create the aspirin tree. He argued that aspirin is derived from the white willow tree. This guy was smart, and almost right. The active ingredient in aspirin, acetylsalicylic acid, is a chemical alteration of the active ingredient in the bark from the white willow tree is salicin - which is a totally different compound.

This guy still missed the big picture. God DID make the willow tree, and from it, when the inner bark from the tree is infused to make a tea, the benefits from it include reducing aches, pains and fevers. However, Bayer, the company that manufactures aspirin, does not have an orchard full of white willow trees on their property to make their aspirin pills! The man-made synthetic drug, Aspirin, is NOT an exact copy of what was created in nature... therefore does not help your body the same way the original plant that God created.

When you take an active ingredient directly from nature and consume it unmodified, your bodies know exactly how to metabolize it. The moment "man" chemically alters the natural active ingredient that God created; it is no longer metabolized safely in your body. Symptoms such as high blood pressure, headaches and high fevers may be helped, but aspirin, over time will damage and destroy other organs in our body it was NOT intended for (liver failure, kidney failure, central nervous system toxicity, stomach ulcerations).

Plain and simple, pharmaceutical drugs are not designed to heal and restore maximum health - they are only designed to mask symptoms of dysfunction in your body. To get to the root cause of why your body is malfunctioning (hint: it's not from a lack of medication), first look for problems in the one system that controls ALL body function - the nervous system.

Refuse to settle with masking your symptoms for the rest of your life. Dr. Brent Maxwell is a chiropractor at Lifespring Chiropractic in Charlotte.

10215-A Hickorywood Hill Ave, Huntersville, NC 28078
tel:704.947.2902 fax:704.947.2910

AT EASE WITH JANINE DAVIS

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

WPEG morning show co-host Janine "JD" Davis maybe known as the "Diva with the Dirt" and the lone female voice on No Limit Larry's Morning Madhouse, but when she has some spare time, call her the shop lady.

"I shop every week," she said. "I need to stop."

But Davis, who also runs the non-profit Girl Talk, said shopping is relaxing and the more stressed she is, the more money she spends.

"If I'm feeling a little stressed, I spend a little bit of money. But if I'm really stressed, I spend a lot of money," she said.

Some of her favorite stores include Aileen's in South End, Lotus and Boris and Natasha's in Plaza-Midwood.

"I like very eclectic clothes," she said.

So don't look to find JD shopping for Apple Bottoms.

"Nah, boo," she said. "That ain't me."



WPEG personality Janine Davis: Shop 'til you drop. PHOTO: CALVIN FERGUSON

Cost keeps college out of reach for many minority students

THE ASSOCIATED PRESS

CLEMSON, S.C. — Cost is one of the top barriers cited as a reason South Carolina's largest colleges and universities have trouble increasing their percentages of black students.

Across the state as a whole, blacks made up 28 percent of campus enrollment in 2005 and 30 percent of the state's population, according to a new report released by the Southern Region Education Board.

But at the state's research campuses, such as Clemson University, the numbers are lower. At Clemson,

Please see COST/3B



THE CREATURE FEATURE:

Rats in your home? Don't shriek

THE ASSOCIATED PRESS

Twitchy whiskers. And that long naked tail. To you it says "vermin," maybe, but if you live with a pet rat, that's the look of true love.

Rat owners are passionate about their pets. And maybe they have to be, considering how the rest of the world feels about them.

Janet Crystal of Cambridge, Mass., says part of why she loves rats is "because they're the underdog. I'll show someone a picture and they'll say, 'Oh that's cute, is that a hamster?' I tell them it's a rat and then they say 'ewww.' The picture didn't change."

Crystal currently has six rats, and has had a total of 23 in the past six years. All of them came from animal shelters, which "often have them in the back because they're very hard to place, because people think they're icky," she says.

But icky is the last word Crystal would use. "They are, if I only had one word to use, it would be sweet," says Crystal. "They are incredibly affectionate."

Prejudices are hard to overcome—no one expects Disney's new "Ratatouille" to send people rushing to pet stores as if rats were tiny Dalmations—but others second Crystal's opinion. Veterinarian Kimberly Somjen, of Ringoes, N.J., started Kim's Ark Rat Rescue while an undergraduate in college.

"More than most other small pets you can have,

rats are much like small dogs in the sense that they WANT to be with their family all the time, and love human contact," she says.

The words "sweet" and "cute" may seem out of place. But domestic rats don't act like street rats—as Crystal says, "It's like comparing a dog to a wolf"—and they don't look like them either. Breeders have come up with many variations: different colors and coat types, and dumbro rats, whose ears are lower on the sides of their heads.

Good breeders select for temperament also, but the personality of the rat is resilient enough to shine through in less fancy specimens as well. Sarah McCarthy of Davison, Mich., unable to locate a breeder, bought two baby feeder rats at a pet store—saving them from being a meal for a pet snake.

"When I come home from class they run to the walls of the cage and jump up and hold onto the bars with their little paws and I'll scratch their tummies and ears," says McCarthy.

If you only know rats as pests, you may wonder how anyone ever thought to keep them as pets. But many of their natural qualities made rats suitable for domestication. In fact, you have more in common with rats than you might realize.

Aaron Blaisdell, professor of psychology at UCLA, studies cognition in rats and pigeons.

Please see RATS/3B

SURVEY:

Fewer Americans see kids as key to good marriage

THE ASSOCIATED PRESS

NEW YORK —The percentage of Americans who consider children "very important" to a successful marriage has dropped sharply since 1990, and more now cite the sharing of household chores as pivotal, according to a sweeping new survey.

The Pew Research Center survey on marriage and parenting found that children had fallen to eighth

out of nine on a list of factors that people associate with successful marriages—well behind "sharing household chores," "good housing," "adequate income," a "happy sexual relationship" and "faithfulness."

In a 1990 World Values Survey, children ranked third in importance among the same items, with 65 percent saying children were very important to a

Please see FEWER/3B

MENTAL ILLNESS:

The silent killer

Nationally, poverty is increasing, the percentage of displaced workers is increasing, high school graduation rates are dropping, and emotional distress in the home is growing at alarming rates. In the black community, the social stigma of mental illness represents a major obstacle. Unfortunately, people are not getting help for their mental health needs. The black community has historically maintained a distant relationship with understanding, addressing, and advancing knowledge about mental health care. It is not surprising that mental health continues to have low priority in communities of color. Mental health is no less important than physical health, but both need to have higher priority. The continuing absence of discussion on mental health in the black family and larger community threatens the society's health and wellness.

Although the month of May is designated as Mental Health Awareness month, mental health is relevant 365 days a year. Around the country, and particularly in the black community, there is growing frustration and confusion about the vanishing social resources, the widening chasm between the 'haves and have-nots' and the increasing psychological perception of powerlessness. And while there is growing acceptance and progress on several topics in the black community, including financial literacy, social mobility, economic prosperity, social injustice, and cultural identity, mental health awareness continues to be the proverbial "strange uncle living in the attic." The absence of a mental health movement in the African-American community is a likely link to our high-risk health behaviors and increasing prevalence of chronic, life-threatening diseases that compromise the functionality of our family systems. Conditions such as depression, anxiety (worry/"nerves"), bipolar disorder, and ADHD affect our grandparents, parents, aunts and uncles, sisters and brothers, children, nieces, nephews, and friends alike. And yes, the sister or brother sitting in church every Sunday is experiencing psychological distress but is uncomfortable and/or ashamed to seek support to address their mental health potentially linked to the fear of being "found out."

The effectiveness of mental health treatments is well documented, and there are a range of treatments to address mental health difficulties. Unfortunately, however, the black community has historically maintained a distant relationship with understanding, addressing, and advancing knowledge about mental health care. Mental illness continues to have low priority in communities of color, and our communities have yet to understand that mental health is no less important than physical health.

Growing rates of mental illness In 2002, President Bush launched his New Freedom Commission on Mental Health. This initiative came on the heels of the Surgeon General's report in 1999, which addressed at-length the need for attention to race, culture, and equity in mental health service delivery. According to the United States Department of Health and Human Services, mental illnesses account for approximately 15 percent of the overall burden of disease in the US, which is

Please see MENTAL/3B

