

HEALTH & BEAUTY

Health from a different perspective

*By Jaci Black
University of Nevada
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There is approximately 400 more calories in today's Chicken Caesar Salad than 20 years ago.

Health has become a frequent topic of conversation among most people. If it is not a person's general health or insurance issues, it may be the health care plan that is being debated on Capitol Hill. Everywhere people are talking about health. As the population increases in both numbers and age, and chronic disease is spiraling out of control, more and more money is invested in health, with very little to show.

The development of immunization and antibiotics has resulted in a decrease in deaths from infectious disease. Advances in technology have resulted in an increase in earlier diagnosis, intervention and treatment of disease. While deaths from chronic disease have decreased, the number of people with chronic disease is increasing. Chronic diseases that were once seen only in adults are now seen in children. The top six leading causes of death in the United States are 1) heart disease, 2) cancer, 3) stroke, 4) chronic lower respiratory diseases (lungs), 5) accidents and 6) diabetes. Of this six, five are chronic conditions and all six have

causes that relate to an individual's behavior.

So what is health? The World Health Organization defines health as: "a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." Using this definition an individual striving to improve their health must consider all factors in their life that affects their health. Research supports the idea that there are many elements of a person's day to day life that affects health. An individual's health is affected not only by the way a person lives, but also by the conditions that they live under. Conditions that influence health include education, money, personal

growth, social well being, physical environment, career and relationships with family and friends. These influences are not traditionally seen as a part of health, yet they are a very important part.

Over the past thirty-five years, the American society has experienced a vast number of changes in community behavior and culture.

Increase in income and urbanization has resulted in lifestyle changes that increase the risks for chronic diseases. For example, the number of meals eaten outside of the home has more than doubled in the past 35 years. In addition the portion sizes of foods have increased dramatically over the past 20 years. There is approximately 400 more calories in today's Chicken Caesar Salad than 20 years ago. Just this one small change in lifestyle, when added to other changes, can make a healthy weight much more difficult to maintain. Another influence on today's health is chronic stress. The present economic problems has increased the amount of stress a person experiences and long term chronic stress can have negative effects on a person's health.

In approaching behavior changes to improve health,

whether it is changing eating habits, increasing physical activity or halting negative behaviors there are additional areas of one's life which must be looked at. The next time you look at changing a behavior, check to see what other areas of your life is influencing the behavior and addresses these areas also. This can make the difference between a successful or an unsuccessful attempt to make a change in your life. The World Health Organization stresses the importance of not only treating people, but also changing what makes them sick.

For more info on Portion Distortion: hp2010.nhlbihin.net/oei_ss/menu.htm#sl2

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Sonya

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heaven for us to live the good life so while we live on the earth we must build Godly character. It is imperative for us to be fortified we must begin with our minds. Hebrews 12 tells us that we can experience real transformation by the renewing of our minds. The old thoughts, the 'stinkin thinkin' has to be banished from our minds. It is an act of our will through the fortified empowering of the Holy Spirit. We are to delete old thoughts, habits and ideas, everything that has exalted itself above the knowledge of God. We then cast down these perverted thoughts and fortify our minds for what is ahead. It is impossible to receive sound doctrine with cloudy thoughts. We must first purge our minds of old, antiquated, untruthful ideas and fortify our minds through the Holy Spirit with God like Character. Fortifying our minds produces sound thoughts in every believer who will submit to the authority of the Holy Spirit to receive God's Word.

Secondly to produce God-like character in our spirits and souls we must be open to the job the Holy Spirit was sent to perform. This job or process is called sanctification. He wants to sanctify us wholly. This revival is to teach the undiluted Word of God in making total life changes. Yes we are looking for miracles and healings in this meeting. But if we yell, shout and dance and no one is effectively and permanently changed we have accomplished nothing.

This revival is about an inward fight the battleground of your mind. The Bible teaches us that the weapons are not carnal, fleshly, worldly or common, but they are mighty through God to the pulling down of strongholds, which are issues, problems, illnesses, depressions, hurt and harm.

The awesome and anointed Woman of God, Evangelist Marsha Jordan will be teaming up with Pastor Sonya Cheltenham speaking during this high time in the Lord. This great event will be held during the week of March 14-18, 2010. We are expecting God to do great exploits. There will be featured singers and a mighty word from God. Don't miss this week of blessings, deliverance and freedom in the Lord. To set the stage for this event God has called us into fasting and prayer preparing for his mighty move. He has orchestrated "The Freedom Fast" it is a 40-day fast to free those who participate in their body, soul, and spirit. We are taking God at his Word and looking for signs and wonders. It is a must that you join us. Please call (702) 644-7373 for directions and also for a copy of this great and anointed fast. See you there.



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COMMUNITY NEWS

Recess is over Las Vegas!

By Toni Terrell

The Answer Editor-in-Chief

Las Vegas Urban League supporters swallowed a bitter pill with their lunch at the Paris Hotel and Casino as CNN's Roland Martin asked "Where the hell have you been?"

The keynote speaker for the Urban League's Equal Opportunity Day last month, the CNN analyst didn't allow his Master's degree in Christian Communications from Louisiana Baptist University to keep him from jabbing at the conscious of lunch attendants to "stand up and do something."

In his compelling speech — Recess is Over — to the more than 300 attendants, Martin force-fed listeners with staggering statistics regarding our country's state of existence. "President Obama has already made history, let's face that. But the Obama movement we had when 69 billion people voted for him has turned into an Obama moment," he pointed out.

"In his speech, he said 'we can't do this alone, I need you with me.' But we've been sitting back like we're watching a parade go by. At some point the people who were with him in November 2008 have to ask themselves, 'Where have I been?'" Martin said.

The nationally-syndicated columnist and host of Washington Watch with Roland Martin, a one-hour Sunday morning news show on TV One Cable Network, jammed food-for-thought down the throats of Obama supporters when he called for a show of hands of all who voted for our current president.

"So you're part of the 69 billion people who voted for him. There were 59 billion who did not. Do you think they left the country and moved to Canada? Now how many of you have attended a healthcare town hall meeting? (33 hands went up) Where the hell have you been," Martin asked.

"How can you say it's about advancement and you don't even show up? Were you supporting him or were you supporting an idea? Were you supporting him or were you supporting an agenda?" asked Martin.

Named by Ebony Magazine in 2008 and 2009 as one of the 150 most influential African Americans in the U.S., Martin was recipient of NAACP Image Awards for interviews he conducted with First Lady Michelle Obama (2009) and the former U.S. Senator Barack Obama (2008).

Featured as the guest speaker



Roland Martin was the keynote speaker for the Urban League's Equal Opportunity Day last month.

for the Luncheon to observe the 100-year legacy of the National Urban League, the nation's oldest civil rights organization — Martin brought the professional flavor of the event to the forefront of the political taste buds in the room. "If you are a politician, or you're running for office stand up," he beckoned. "If you came to pass out flyers and buttons or to get votes — you had better take the equal opportunity portion of this lunch serious," he insisted.

"Put your mouth where your presence is. I don't care whether you are a Democrat or a Republican, I just want people to stand up and do something. It is nice to come out and have dinner, take pictures and all that. But this should be seen as an opportunity to recommit yourself to the vision of what this organization stands for," said Martin, who was recognized as one of the top 50 political pundits by the Daily Telegraph in the United Kingdom and was awarded the 2008 President's Award by the National Association of Black Journalists for his work in multiple media platforms.

Martin also dished up a healthy dessert to bankers in attendance as he addressed the inequality of lending practices toward small businesses, and minority owned and operated businesses.

"You play a part in this too. Sitting back and not fighting for what is right cannot work," Martin argued.

"You have to use your authority and say 'we're not going to allow people to be ignored in this process. I will use my authority,'" said the provocative analyst, who

is featured frequently on various CNN news shows including

Campbell Brown: No Bias, No Bull, The Situation Room, Anderson Cooper 360 and the Tom Joyner Morning Show where he is senior analyst.

Martin, inducted into the Texas A&M University Journalism Hall of Honor in 2008, shoved constant reminders to listeners of their roles in the process and challenged guests through every bite of lunch. "We have an opportunity to change the direction of this country, but we have to make a conscious decision to become a part of the solution," he said.

In keeping with his spiritual roots, the author of "Listening to the Spirit Within: 50 Perspectives on Faith" journeyed to the Bible in capturing the taste of teamwork. "In Nehemiah, chapter two — the Bible talks about how Nehemiah went on a quest to rebuild the wall. He didn't do it alone, he had help. And when he began to build, he had some haters but he learned how to handle them.

"Roll your sleeves up and get to work and if you don't want to work, get the hell out of the way for those of us who do," the luncheon speaker said in closing.

Proceeds from the EOD Luncheon will go to support Urban League programs to serve deserving citizens in Southern Nevada.

The Las Vegas-Clark County Urban League (LVCCUL) is an affiliate of the National Urban League, which was founded in 1910. The LVCCUL was established in 2004 and is the largest community action agency in Nevada. Its mission is to empower communities and ensure equal opportunity for low-income people. This mission is achieved through the delivery of social services and economic assistance to individuals and families seeking to attain self-sufficiency. The agency is funded, in part, by the Nevada Department of Health and Human Services. For more information, please visit www.lvccul.org.

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PASTOR'S HEALTH & WELLNESS CONFERENCE

March 19, 2010

9:00am - 1:30pm

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- ⇒ increasing heart wellness
- ⇒ healthy food demonstration and recipe tasting
- ⇒ decreasing disease risk factors

University of Nevada
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8050 Paradise Road
(215 and Windmill)

For more information
or registration:
Jaci Black: 940-5424 or
Pastor Wasson: 877-0790

CALLING ALL MEN

MEN'S HEALTH & WELLNESS CONFERENCE

Increasing Health and Wellness through:

- ⇒ diabetes prevention and management
- ⇒ prostate cancer prevention
- ⇒ men's overall health
- ⇒ cardio vascular disease prevention and management

March 27, 2010
10:00am - 2:00pm

Holy Trinity AME Church
700 Lola Avenue
North Las Vegas

For more information
or registration:
Contact 877-0790



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