

Reggae lovers unite to mark late Marley's 60th birthday

By HOWARD CAMPBELL THE ASSOCIATED PRESS

KINGSTON, Jamaica — Bob Marley's potent music promoting "one love" and social justice roared Sunday as reggae lovers from around the globe gathered in his birthplace of Jamaica and the Rastafarían holy land of Ethiopia to celebrate the late star's 60th birthday.

Huge speakers thumped the bass lines of Marley songs as dozens of tourists bobbed their heads and swayed along outside the singer's home-turnedshrine in Kingston, the Jamaican capital.

Prime Minister P.J. Patterson has declared an official yearlong celebration to mark Marley's birthday, while thousands are expected to attend tribute concerts to honor the singer, who died of cancer in 1981 at age 36.

At Marley's former home, now a museum, tourists took turns getting their photographs taken with a bronze statue of the dreadlocked singer holding his Gibson guitar and pointing a finger skyward.

Chris Kern, of Austin, Texas, said the social commentary in songs like "No Woman, No Cry" drew him to Marley's music at a young age.

"As I got older I started to understand the message even more because it came from the heart," Kern said as a group of Rastafarians swayed to the beat while puffing on long marijuana "spliffs.

Born Feb. 6, 1945, in rural St. Ann parish, Marley rose from the gritty shantytowns of Kingston to international stardom and remains one of Jamaica's most beloved sons. His poignant lyrics calling for peace, love and justice made him an icon around the globe.

"He literally introduced Jamaica to millions worldwide, no matter where they lived, what language they spoke and despite their lot in life," Marley photographer Howard Moo Young wrote in Sunday's Jamaica Gleaner newspaper.

In East Africa, revelers jammed the main square in Addis Ababa, Ethiopia, the first time a mass celebration for



Paul Alliman carries out final preparations on the Statue of Bob Marley ,Sunday in Kingston, Jamaica. Jamaicans celebrate the 60th birthday of the late reggae superstar Sunday, which will be highlighted by a massive concert in New Kingston involving a number of reggae artists.

Marley's birthday has been held outside Jamaica.

Tens of thousands attended the free event, dubbed "Africa Unite" after one of Marley's songs. African stars paid tribute by performing at the concert, including Youssou N'dour and Baaba Maal of Senegal and Angelique Kidjo of Benin. Marley's five sons, his widow Rita and other former "Wailers" also performed.

This year's celebration was somewhat overshadowed by a surprise announcement from Rita Marley that she planned to exhume the singers remains in northern Jamaica and rebury them in his "spiritual homeland" of Ethiopia.

Enraged Jamaicans said she would be robbing Jamaica of its national heritage and the singer's widow appeared to rethink, claiming she had been misquoted.

Marley's lyrics were laden with references to his faith, in which followers worship Ethiopia's last emperor. Haile Selassie, as a living god, preach a strict oneness with nature and smoke marijuana as a sacrament.

In the volatile Trenchtown slum

where Marley was raised, residents had f soccer matches, a foot race, craft shows and other events in tribute of their favorite son.

The densely populated tenement area is still mired in the social troubles that informed his lyrics: it has been the site of frequent gunbattles between rival gangs, contributing to Jamaica's record 1,445 homicides in 2004. More than 130 people have been slain on the island of 2.6 million so far this year.

The gangs are allied with Jamaica's two main political parties. In 1978, Marley famously united warring political leaders Michael Manley and Edward Seaga in a solidarity handshake during his One Love Peace Concert in Kingston.

Looking for more such inspiration, Jamaican Gov. Gen. Sir Howard Cooke declared the singer's anniversary a "violence-free" day across the island.

"We as individuals need to answer this call. Jamaica as a country needs to answer this call," American reggae historian Robert Roskind wrote in a letter published in Sunday's Jamaica Gleaner. "And the world needs this example of healing through one love."

Pre-schoolers' weight gain might be caused by sugary drinks



By CARLA K. JOHNSON THE ASSOCIATED PRESS

CHICAGO — Sweet drinks whether Kool-Aid with sugar or allnatural apple juice — seem to raise the risk of pudgy preschoolers getting fatter, new research suggests.

new research suggests. That may come as a surprise to parents who pride themselves on seeking out fruit drinks with no added sugar.

"Juice is definitely a part of this," said lead researcher Jean Welsh of the little effect, however, on children of normal weight.

The American Academy of Pediatrics recommends limiting preschoolers to 4 to 6 ounces of juice per day. Some parents and schools are paying attention.

One Chicago Head Start program banned juice last year as part of an antiobesity effort after finding that one out of five of its students was obese.

Monica Dillion, community health nurse for the Howard Area Family Center, said the preschool also added more fruits and vegetables to meals and more exercise to the daily schedule. The preschool has never served soft drinks. The juice ban drew no complaints, Dillion said. "The kids didn't notice at all." with juice and soda.

The link between sweet drinks and being overweight showed up for all three weight categories, although it wasn't statistically significant for the normal and underweight children.

Taking into account other differences, such as ethnicity, birth weight and a high-fat diet, didn't erase the effect of sweet drinks.

The children in the study drank, on average, more fruit juice than soft drinks or sweetened fruit drinks.

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NAM Y. HUH/THE ASSOCIATED PRESS

Lizbeth DeLoya, 2, licks her lips after a glass of milk during breakfast at Howard Area Family Center, Friday in Chicago. The Head Start preschool banned juices last year as part of an antiobesity effort after finding that one on five of its students was obese. Centers for Disease Control and Prevention.

While fruit juice does have vitamins, nutritionists say it's inferior to fresh fruit. The new U.S. dietary guidelines, for example, urge consumers away from juice, suggesting they eat whole fruit instead.

The bottom line, though, is that "children need very few calories in their day," Welsh said.

She said preschoolers were better off snacking on fruit or drinking water or milk.

Welsh's research, published in the February issue of Pediatrics, found that for 3- and 4-year-olds already on the heavy side, drinking something sweet once or twice a day doubled their risk of becoming seriously overweight a year later.

The sweet drinks seemed to have

The Pediatrics study followed 10,904 Missouri children in a nutrition program for low-income families. Researchers looked at the effect of sweet drinks in three groups: normal and underweight children, those at risk of becoming overweight, and those who already were overweight.

The researchers compared the children's heights and weights, approximately one year apart. They also looked at parents' reports of what their children ate and drank during a fourweek period at the beginning of the first year. Fruit drinks like Kool-Aid and Hi-C were included as sweet drinks, along foods higher in fiber. Richard H. Adamson, vice president for scientific and technical affairs at the American Beverage Association, questioned the study's methods, saying it didn't take into account television viewing, overweight parents and the

children's activity levels. But Dr. Rebecca Unger, who evaluates overweight children in private practice and at Children's Memorial Hospital in Chicago, said the study backs up what she sees in the real world.

"We do see kids do well when we cut out juice," she said. "Sometimes that's all they need to do."

Bush proposes \$2.5 trillion budget, would cut programs

By MARTIN CRUTSINGER THE ASSOCIATED PRESS

WASHINGTON — President Bush's \$2.5 trillion budget is shaping up as his most austere, trying to restrain spending across a wide swath of government from popular farm subsidies to poor people's health programs.

Vice President Dick Cheney on Sunday defended the plan against Democratic criticism that Bush had to seek steep cuts in scores of federal programs because he is unwilling to roll back first-term tax cuts that opponents contend primarily benefited the wealthy.

The budget's submission to Congress on Monday will set off months of intense debate. Lawmakers from both parties can be expected to vigorously fight to protect their favorite programs.

"This is the tightest budget that has been submitted since we got here," Cheney told "Fox News Sunday."

"It is a fair, reasonable, responsible, serious piece of effort. It's not something we have done with a meat ax, nor are we suddenly turning our backs on the most needy people in our society." The president, who campaigned for re-election on a pledge to cut the deficit in half by 2009, is targeting 150 government programs for either outright elimination or sharp cutbacks.

Bush will propose spending \$2.5 trillion in the budget year that begins Oct. 1. For the current year, he is estimating the budget deficit will reach a record \$427 billion. That compares with last year's \$412 billion deficit and is the third straight year the Bush administration will have set, in dollar terms, a deficit high.

The five-year projections in the budget will show the deficit declining to about \$230 billion in 2009, when a new president takes office.

Those projections do not take into account some big-ticket items: the military costs incurred in Iraq and Afghanistan, the price of making Bush's first term tax cuts permanent, or the transition costs for his No. 1 domestic priority, overhauling Social Security.

Sen. Kent Conrad, the top Democrat on the Senate Budget Committee, said Bush's budget "talks about the next five years of reducing deficits, but what that hides is what happens after that five-year



President Bush and first lady Laura Bush arrive for morning services at St. John's Episcopal Church in Washington on Sunday.

window. The cost of everything he courage advocates explodes." "This

Sen. John McCain, R-Ariz., praised the administration's willingness to tackle the deficit. "I'm glad the president is coming over with a very austere budget. I hope we in Congress will have the

courage to support it," he told ABC's "This Week."

Joshua Bolten, Bush's budget director, told The Associated Press that when the budget is released, the administration will provide some estimates of the cost in increased government borrowing for the president's proposal to allow younger workers to set up private savings accounts.

But he said the administration cannot provide total cost figures for the Social Security overhaul because all the elements of the plan have yet to be decided upon.

Chency would not confirm estimates the overhaul could cost \$4.5 trillion in additional government borrowing over 20 years.

Bush's budget will restrain the growth in discretionary programs to less than 2.3 percent. But because defense and homeland security are set for increases above that amount, the rest of government programs will see outright cuts or tiny gains far below the rate of inflation.

One of the biggest battles is certain to occur in the area of payments and other assistance to farmers, which the administration wants to trim by \$587 million in 2006 and by \$5.7 billion over the next decade.

Those payments go to farmers growing a wide range of crops from cotton, rice and corn to soybeans and wheat.

Sweet drinks are high in calories and low in fiber. Nutritionists believe that calorie-dense, low-fiber foods may lead to overeating because those foods are quickly consumed but less filling than foods birther in fiber.