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Cues from Cupid; Let Them Eat Candy; Black Catholics in America
CUES FROM CUPID -- Roses are red, violets are blue. If your words lack romance, try something new. Philip Harwood, associate professor of communication at the University of Dayton, says that actions do speak louder than words, so be conscious of your nonverbal cues. Harwood suggests using nonverbal indicators associated with loving, intimate relationships -- things like smiling, hugging and direct contact. Women tend to be more perceptive of nonverbal signals then do men, Harwood says, perhaps because women are socialized to be aware of their own gestures and the emotions of others.

Philip Harwood can be reached at (513) 229-2422.

LET THEM EAT CANDY -- A recently released study by scientists at Vanderbilt University confirms what University of Dayton nutrition researcher Madeline Dellwo has been saying all along: Sugar does not seem to cause hyperactivity in children. An assistant professor in UD’s human ecology department, Dellwo says, "Candy does not really cause hyperactivity in children.... There’s really no evidence that this occurs." The Vanderbilt study, published in the Feb. 3 issue of the New England Journal of Medicine, concludes that sugar may actually slow youngsters down a bit.

Madeline Dellwo can be reached at (513) 229-2157.

BLACK CATHOLICS IN AMERICA -- African-American Catholics have incorporated much of their heritage into the Catholic liturgical rituals as a result of the changes brought on by Vatican II, says Sandra Yocum Mize, an assistant professor of religious studies at the University of Dayton who studies the U.S. Catholic experience. For instance, Masses in some black Catholic churches reflect the concept that prayer is celebrated not only with the voice but with the entire body. "The depth of their convictions and their ability to speak that clearly and with force is something that is going to continue to benefit the whole church," says Yocum Mize. According to Yocum Mize, African-American Catholics hold a strong identification with African saints such as St. Augustine and St. Monica.

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