

# For The Ladies

NNPA FEATURE

## Child Watch

by Marian Wright Edelman



### A LOOK AT THE FUTURE

It is the year 2010. The United States is no longer a world power. The nation has ceased to be the international economic leader. Production is down and companies have folded. Well-educated, qualified workers are impossible or extremely hard to find.

Why is this former number one power in such dire straits?

As the 20th century neared an end, this nation could have a result, the untrained and uneducated have almost doubled, and poverty and unemployment rates are at an all time high.

This scenario will come true, if we do nothing.

Remember that in the year 2000, there will be 5.4 million (18 percent) fewer Americans aged 18-24 than in 1980. So it is crucial that each child be fully prepared and productive. One study estimates that white males will comprise only 15 percent of the net additions to the labor force between 1985 and 2000. We will need all our children to partici-

pate to their potential.

Our ability to compete and lead — not fall behind — in the crisis. A step in the right direction was taken when the president and governors set the first-ever national education goals for school readiness, achievement, literacy and high school graduation.

But reaching these goals requires a fundamental overhaul of the nation's schools, especially those that serve minority and poor children, as well as significant improvements in health care, family supports, and preschool programs. High school graduation begins before birth not when a child walks through the school door. Community and parental support is also important to achieve these goals.

To make this educational reform real not just words, the Children's Defense Fund has published *An Advocates' Guide To Improving Education*. It provides a step-by-step plan for

getting started, assesses how well your communities' schools are doing, and helps you speak up for better schools and resources to assist you.

The guide emphasizes the need for 100 percent school, community, and citizen participation to direct this decade-long effort to see that all young Americans get the knowledge and skills to be productive citizens and maintain American economic competitiveness by the year 2000.


National apathy has already cost us billions. Each year's high school dropouts cost the nation an estimated \$340 billion in lost productivity and tax revenue. On top of that the U.S. spends about \$20 billion annually on prisons, and billions more on welfare. As it becomes less possible to earn a decent living from unskilled work, more and more people turn to other sources.

Between 1973 and 1987, the median income of young families headed by a high school dropout fell by almost one-third. Families headed by adults with low basic skills are caught in a cycle of poverty, under-achievement, early parenthood, and underemployment that threatens to repeat itself for generations.

This country will not exert moral or economic leadership without an all-out effort to rescue its children. We can save our children — and our future — but only by making hard national choices and reordering our investment priorities. As each day passes, and nothing is done, we will soon be living the nightmare of the year 2010.

*Marian Wright Edelman is president of the Children's Defense Fund, a national voice of children.*

## HELP YOUR HEART WITH YOUR RECIPES

 American Heart Association

### Fruit-Nut Snack Mix

This high-energy mix is great to take on hikes and camping trips, or as a snack anytime.

½ cup	dried apricots, cut in quarters	½ cup	whole almonds
½ cup	dates, cut in half	½ cup	walnut halves
¼ cup	raisins	½ cup	unsalted peanuts
		¼ cup	unsalted sunflower seeds

In a large bowl, toss ingredients together. Store in tightly covered container.

*Variation:* You may substitute your favorite dried fruits or nuts in place of those listed.

Makes 12, ¼ cup servings.

This Help Your Heart Recipe is from the *American Heart Association Low-Salt Cookbook*. Copyright 1990 by the American Heart Association Inc. Published by Times Books (a division of Random House Inc.), New York.

### Fruit-Nut Snack Mix Nutritional Analysis per Serving

162	Calories	0 mg	Cholesterol
5 g	Protein	15 g	Carbohydrates
11 g	Total Fat	35 mg	Calcium
1 g	Saturated Fat	280 mg	Potassium
5 g	Polyunsaturated Fat	4 mg	Sodium
5 g	Monounsaturated Fat		

## LIBRARIES HOLD ART EXHIBITS IN FEBRUARY

A variety of art exhibits in February will be on display in galleries throughout the Las Vegas-Clark County Library Districts.

Exhibits include Vicki

Richardson's and Sy Collier's "Keep the Pressure On: A Tribute to Mandela," in oil paintings and pen and ink at the West Las Vegas Library, 951 W. Lake Mead Blvd., February 3 thru March 4.

An opening reception for the artists will be held February 3 at

2 p.m.

Also exhibited in February are memorabilia dating back to the turn of the century in honor of Black History Month at the Clark County Library, 1401 E. Flamingo Rd. in the Main Gallery. The exhibit continues through February 28.



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