

For The Ladies

NNPA FEATURE

Child Watch

by Marian Wright Edelman



DR. ELDERS' PERSONAL MISSION

When Joycelyn Elders, M.D., was a young pediatric resident at the University of Arkansas Medical Center, she had a 12-year-old white girl as a patient. Dr. Elders was surprised that the girl began to cry when Dr. Elders told her she could leave the hospital. She told Dr. Elders she didn't want to go home because every Saturday night her brothers and daddy got drunk and used her and her sister.

"I said, 'you'll have to tell your mother,' Dr. Elders recalls. 'She replied, 'I tell my mother. She don't do nothing.'"

Dr. Elders didn't do anything, either, she says in a quiet voice. "I just discharged her and sent her home."

Ever since, says Dr. Elders, she has tried to make up for abandoning that young girl by doing all she can to move her state to deal wisely with realities of human sexuality and to give teenagers more options in managing their own sexual behavior. Dr. Elders is in a good position to do these things. Since 1987 she has been Director of the Arkansas Department of Public Health. In that post she has fought especially hard for school-based health clinics with the authority to distribute contraceptives. It's been an uphill

battle. "For three and a half years I've been in the streets, talking to every kind of group," says Dr. Elders.

Her persistence is paying off. She convinced the legislature to require a kindergarten-through-high-school sex education program starting in 1989-90. The course includes issues of substance abuse, self-esteem, and human sexuality, and this spring she got the legislature to come up with the money to increase to 40 the number of school health clinics in the state.

Dr. Elders is quick to acknowledge those in her life who taught her to set goals and aim high. First, an elementary school teacher who kept telling her students they could be whatever they wanted if they studied. Although young Joycelyn's sharecropping family was very poor, she set her sights on becoming a lab technician.

Graduating from high school at age 15, she received a college scholarship. When her father worried about losing her contribution to the family income, Jocelyn's grandmother convinced her father that Joycelyn's seven younger brothers and sisters could fill in. They not only filled in, they picked cotton to help her earn her bus fare to

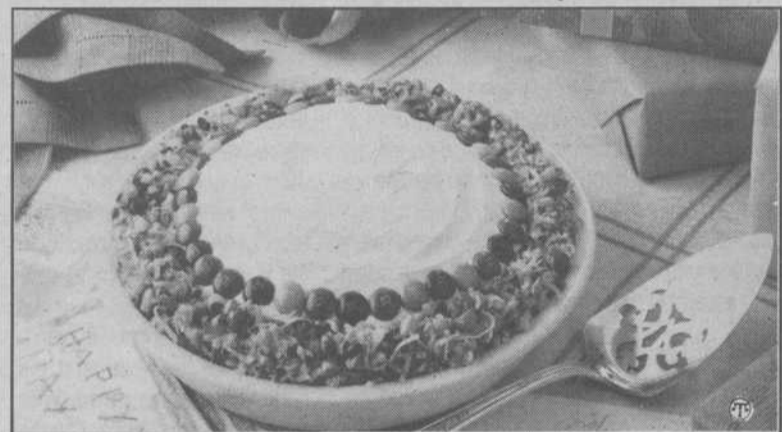
college. She remembers her little six-year-old sibling looking up at her as they picked and asking very seriously, "Do we have enough yet?" She decided at that moment she would help the rest of her brothers and sister go to college—and she did.

Quite a different form of encouragement came from a biology professor who used shock tactics to keep her from dropping out of college temporarily when money was terribly scarce. He told her, "You'll go back and pick cotton and you'll never get back to school." And finally there was the inspiration of listening as an undergraduate to the first black woman to study at the University of Arkansas Medical School. Dr. Elders says, "She was so dynamic, I decided at that moment I wanted to be a doctor."

Dr. Elders' commitment to improving the future chances of adolescents never has been limited to her professional life. She is married to high school basketball coach Oliver Elders, who is a celebrity in his own right in Little Rock for his successful coaching and his work with young men. Together the Elders have been parental figures for many youngsters needing extra guidance and support. Eighty-seven boys from husband's teams have gone on to college.

Now that her work on behalf of Arkansas' teens is beginning to take hold, Dr. Elders is focusing more attention on health and preschool programs for young children and parents support and education. There is much to do, says Dr. Elders, to pay her debt to the young patient she didn't know how to help.

Make Mother's Day Special With A Homemade Treat



There's nothing like a homemade card or gift to brighten Mother's Day. And a fun, well-planned surprise from the kitchen is one gift any mother is sure to love. So why not beat the restaurant crowds on Mother's Day and prepare a special party for Mom at home topped off with an elegant but simple to prepare dessert, Confetti Ice Cream Pie.

Confetti Ice Cream Pie combines two all-time favorites, ice cream and "M&M's"® Chocolate Candies, for a

delicious, elegant dessert that is sure to become a family favorite. "M&M's"® add flavor and crunch, and can also be used to create special colorful decorations for the top of the pie. It's also easy to personalize the pie by using Mom's favorite ice cream flavors combination.

Additional recipes using "M&M's"® Chocolate Candies are included on the new 10 ounce baking and decorating packs, available in the baking section of grocery stores.

Confetti Ice Cream Pie

Ingredients:

- 1/4 cup (1/2 stick) butter or margarine
- 1 package (7 oz.) shredded, sweetened coconut
- 2 pints ice cream, softened
- 1 box (10 oz.) "M&M's"® Plain Chocolate Candies Baking and Decorating Pack

Directions:

Melt butter in a large (10-inch) skillet over medium heat. Add coconut, stirring occasionally, until lightly toasted. Remove from heat and turn into a medium-size bowl to cool. If desired, reserve 1/4 cup "M&M's"® Chocolate Candies for decorating top of pie. Crush remaining "M&M's"® in a brown paper bag with a rolling pin. Stir 1/2 cup crushed candies into cooled coconut, tossing until well combined. Press mixture evenly over bottom and sides of a buttered nine-inch pie plate. Chill in refrigerator for 30 minutes. Spread one pint ice cream in chilled shell. Sprinkle with remaining crushed "M&M's"®, pressing in slightly. Spread remaining pint of ice cream over top of candies. Freeze several hours or overnight. Remove from freezer and allow to set at room temperature 10-15 minutes before serving. Decorate top with reserved "M&M's"®, slice and serve.

First Impressions

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SELF ESTEEM PROGRAM SLATED

A free program to help women develop more self esteem will be held at the West Las Vegas Library at 951 W. Lake Mead Blvd. from 10 a.m. to noon on Saturday, May 11.

The class is aimed at helping women improve their self image and build confidence. The course is taught by Vickie Willie, a stockbroker who worked her way up from being a housewife to having a professional career.

The course is open to the public, but it is aimed at displaced homemakers or single parents who are trying to develop skills to get jobs to advance their careers.

The class is sponsored by the ReEntry Center at the Community College of Southern Nevada as part of a series of free courses. For more information call the ReEntry Center at 643-6060, ext.272.