

# For The Ladies

NNPA FEATURE

## Child Watch

by Marian Wright Edelman



### A NINE-WEEK COMMITMENT FOR PARENTS AND CHILDREN

It's not hard to imagine students working diligently on math problems or doing computer work.

What may be difficult is imagining this on Saturday morning — typically a time for youngsters to watch cartoons or play with friends. On top of that, their parents are actively participating.

What is so important that many Hartford, Connecticut parents and children give up their Saturday mornings?

An innovative program called Saturday Academy is the answer.

Saturday Academy is a collaborative effort between the Hartford Board of Education and Aetna Life & Casualty. The Aetna Institute for Corporate Education runs this program specifically for Hartford's youngsters. The family, school and corporation are involved in an important partnership to prepare their children for life.

The program is offered to seventh grade students and their parents. Teachers select participants based on their motivation to learn, ability to maintain grades, and parental commitment to attend half the sessions.

Hundreds of youngsters have participated throughout the Saturday Academy's seven year history. They receive math,

science, oral communications and computer instruction. There is opportunity for more one-on-one teacher-student interaction.

Saturday Academy's nine-week program has won the support of numerous critics. The participants rave about the program. Many appreciate the opportunity for extra instruction.

At first, some expressed concern about waking early on Saturday, but as one student said, "Once I saw how great the Saturday Academy was, it was easy."

Parents are enthusiastic. "I feel that by coming to the Academy, my son and the other kids now have greater hopes and goals in their minds and hearts," said Dorothy Jenkins. "It is a special program of a group of special kids where a time and place is set aside just for their

### MAMMOGRAM SCREENINGS TO BE CONDUCTED AT DESERT SPRINGS

Beginning May 1st until June 15th, Desert Springs Hospital will be conducting a special mammogram promotion in honor of Mother's Day. For the price of \$85, a gift of a bouquet of flowers and a certificate for a full mammogram with reading included will be delivered to the home of your loved one. The certificate will also designate who

learning."

Aetna Institute President Badi Foster firmly believes the program goes beyond educational achievement. "It's feeling good about yourself," says Dr. Foster. "You are somebody. Show them that you can achieve."

One young girl who developed self-confidence with the program, said "I feel that I have become a better person since I started the Academy program."

Saturday Academy's strength is its emphasis on parental involvement. Parents attend group sessions to discuss teenage sex and drug abuse and parental responsibility. They can also see their children first-hand working on a computer or demonstrating active classroom participation, which helps parents better understand their children's educational experience.

It is exciting to learn about community partnerships working effectively on behalf of children. Everyone has a responsibility in our educational system — educators, parents, corporation, community leaders, politicians and others. We cannot deny a single child the opportunity to enrich his or her educational experience.

the gift came from, and give additional instructions on making the mammogram appointment.

In order to participate in the program, an order from the patient's doctor must be issued prior to being scheduled for the mammogram with Radiology.

For more information on the program, please call the Call-For-Health nurses at 733-6875

## Cooking for Two

Now that you're a twosome again, are old shopping and cooking habits leaving you with too many leftovers and meals that are, well, less than interesting and not as nutritious as they could be? Here to help are cooking tips for small-scale cooks.

**Put your supermarket to work.**

Take advantage of the salad bar with precut vegetables for stir-frys, soups and baked potato toppers. At the deli, you can buy as little as one slice of cheese or just enough lean roast beef for one sandwich. The meat and fish departments are accustomed to small orders, too.

**When shopping, keep nutrition in mind.** While it's true that calorie needs decrease as we grow older, the need for most other nutrients remains the same. By practicing moderation, eating a variety of foods, and emphasizing wholegrain breads and cereals, lowfat dairy products, fresh produce and lean meats, you'll get the nutrients you need and maintain a desirable weight.

**For ease, take shortcuts.** Buy single-serving frozen vegetables, prepared salads from the deli, and lower-fat/lower-sodium single-serving frozen entrees. Then sprinkle with one to two tablespoons of wheat germ just before serving to add fiber, protein and eight essential vitamins and minerals. Honey crunch wheat germ gives a "nutrition boost" to fresh fruit from the salad bar.

**Cook once and dine twice.** That's the theory behind *Spanish Skillet Dinner*. Serve half for dinner one night, the remainder for lunch the next day as the base for a fast taco-style salad. Both ways you'll love the added fiber, nutty taste and appealing crunch of original toasted wheat germ.

### Spanish Skillet Dinner

|  |   |
|--|---|
| 1/2 pound sirloin steak, cut into 1/2-inch cubes | One 14-1/2-oz. can no-salt-added tomatoes, drained and chopped (reserve liquid) |
| 2 teaspoons ground cumin                         | Water   |
| 1 to 2 teaspoons chili powder                    | 1 cup quick cooking brown rice, uncooked  |
| 2 tablespoons olive oil                          | 1/2 cup Kretschmer Original Wheat Germ  |
| 1/2 cup chopped onion                            | 1 tablespoon chopped fresh cilantro (optional)                                  |
| 1/2 cup chopped green bell pepper                |   |

Sprinkle steak with cumin and chili powder. Heat oil in large heavy skillet; brown steak over medium heat. Add onion and green pepper; cook about 2 minutes, stirring constantly. Add enough water to reserved tomato liquid to equal 1-3/4 cups. Add to skillet; bring to a boil. Add rice; reduce heat. Cover and simmer about 10 minutes or until most of liquid is absorbed. Stir in tomatoes and wheat germ. Remove from heat; cover and let stand until all liquid is absorbed. Stir before serving. Serve immediately. **4 servings**

**Nutrition information:** Per serving (1/4 recipe)  
Calories 360, Protein 19g, Carbohydrate 32g, Total Fat 18g, Cholesterol 40mg, Dietary Fiber 4g, Sodium 65mg, Calcium 55mg  
Percent of calories from fat: 45



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