

# FOR THE LADIES

## BLACK HAIR IS THE NEWS IN NEW BOOK

ATLANTA, GEORGIA, OCTOBER 23 — The little black tress isn't so basic anymore. Never before has the black woman had so many styling options at her fingertips. We wear it natural, relaxed, curled, waved, straightened, texturized, dyed, braided and wigged. A new book, **BLACK HAIR IS...The Complete Hair Care Guide For Today's Black Woman**, help black women celebrate their new-found hair freedom, starting and ending with the premise that "GOOD HAIR IS SIMPLY HEATHY HAIR." This book contains advice and hairstyling tips from board certified dermatologists, clinical professors of dermatology and stylists. Everything the black woman has ever wanted to know about black hair care and styling is contained in this book. Written by Marilyn Singleton, this book covers the gamut, including: hair growth, grooming, nutrition, hair loss, breakage, split ends, hair dyes, weaves, wigs and much more. IMAGE PERFECT COMMUNICATIONS, INC., an Atlanta-based publishing company, has just released this book in plenty of time to help black women get their hair together for the quickly approaching holidays.

Marilyn Singleton is a writer, researcher, lecturer and former model. She received a B.A. degree in Broadcast/ Journalism from CCNY, and has been employed by the media big guns, including CBS, *Women's Day* magazine, Fairchild Publications and Shore Communications. She is currently president and lecturer for an international image consulting firm, based in Atlanta, GA.



Ms. Singleton states: "The most frequently asked question from black women, participating in our image consulting seminars, pertains to their hair. Every woman can have beautiful hair. All it takes is a little knowledge, which this book provides, and a little commitment. It's time to celebrate ourselves, and what better place to start than at the very top — with OUR HAIR!"

**BLACK HAIR IS...The Complete Hair Care Guide For Today's Black Women** is available from IMAGE PERFECT COMMUNICATIONS, INC., 1480 F. Terrell Mill Road, Suite 289, Marietta, GA 30067, for \$9.95, plus \$1.00 postage & handling.

## "OPPORTUNITIES FOR RESEARCH ON WOMEN'S HEALTH" (Part-II)

### Continued From Last Week

A comprehensive research agenda on women's health must have a multidisciplinary approach to all age segments of a woman's life span, from infancy to old age, the report says. "In other words," Dr. Pinn stated, "research must address the full context of a woman's life and body." The agenda must include basic, clinical, behavioral, and epidemiologic research studies as a means of dealing with the multiple issues involved in health status and behaviors among the racially and ethnically diverse populations of American women.

The report cites differences in health statistics among such groups. For example:

- Death from stroke occurs as often in Black women as in white women.
- Rates of death from coro-

nary heart disease are higher for Black women (172.9 per 100,000) than for white women (106.6 per 100,000).

- The rate of death from complications of pregnancy and childbirth are 3.5 times greater for Black women than for white women. Ectopic pregnancies are the main cause of pregnancy-related deaths among Black women.

- Systemic lupus erthematosus occurs three times more often in Black women than in white women.

- The occurrence of adolescent pregnancies is highest among Blacks (23%) and lowest among Asian Americans (6%.) The birth rate among Black girls under age 15 is seven time higher than for white girls.

- The incidence of breast cancer is lower for Black women than for white women, but death

rates from breast cancer are higher for Black women than for white women.

- Rates for lung cancer are higher for white women than Black women, although the incidence is increasing in both groups.

- Among Hispanics, death rates from homicide, AIDS, and prenatal conditions are greater than for whites.

- Although overall incidence of cancer is lower for Hispanic women, certain specific cancer rates are higher:

- The incidence of cervical cancer among Hispanic women is double that for non-Hispanic white women.

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## Microwave Catfish With A Twist



When you need to serve up a dish that's quick and great-tasting, try cooking Mississippi farm-raised catfish in the microwave oven.

Farm-raised catfish is easy to prepare, and the boneless, firm-textured fillets are perfectly suited to microwave cooking. Needing just three minutes per pound of cooking time on HIGH power, catfish fits neatly into today's busy lifestyles. It's also an excellent source of protein and low in fat, calories, and cholesterol.

Now you can serve farm-raised catfish with a twist—of paper, that is—when you prepare "Catfish en Papillote."

For a new FREE catfish recipe brochure, "Lee Bailey's The Fish With Impeccable Taste," send name and address to: LEE BAILEY CATFISH BROCHURE, PO Box 3376, Grand Central Station, New York, NY 10163-3376.

### CATFISH EN PAPILOTE

- 1 tablespoon soy sauce
- 3 tablespoons dry sherry
- 2 tablespoons chopped scallions
- 1 clove garlic, minced
- 1/4 teaspoon ground ginger
- 4 Mississippi farm-raised catfish fillets, about 6 oz. each, cut into 2-inch cubes
- 1 red pepper, cut julienne
- 2 ounces thinly sliced ham, cut julienne
- 8 lemon slices

Combine the first 6 ingredients in a bowl. Cut 4 (12 x 12") square pieces of parchment paper. Fold each to form a triangle and open. Divide catfish among the four papers. Top with red pepper, ham and 2 slices of lemon per packet. Spoon sauce over mixture. Close each packet to form a triangle, then crimp edges to seal tightly. Arrange 2 packets on a microwave-safe plate. Microwave on High for 6 minutes. Let stand 1 minute. Repeat with remaining 2 packets. Arrange packets on serving plates and open carefully at table. Serves 4.

- Death due to stomach cancer is twice as high for Hispanics as for non-Hispanic whites.

- Diabetes is two to three times more common in Blacks, Hispanics and Native Americans than in whites.

- Prevalence of non-insulin-dependent diabetes mellitus is two to five times higher among Native Americans than among other U.S. populations; 68% of Pima Indian women 55 to 64 years of age have non-insulin-dependent diabetes mellitus.

For a copy of the Executive Summary, please contact Anne Thomas (301-496-5787).

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