

HEALTH

HEALTH WIRE

THE GIFT OF LOVE - PART II



MOTHER & DR. LORRAINE HALE

(continued from last week)

In a recent interview, Dr. Lorraine Hale speaking for both herself and her mother, described what they would like to see for the nation's children as we edge closer to the 21st century. Sitting in her office in the Harlem brownstone that is Hale

House's center of operations, Dr. Hale indicated that their primary concern is stopping the problems of unwanted and/or drug addicted babies before they start.

"I think if I were to reflect some of my mother's wishes, adolescents would not have

babies. By having children at age 14 or 15, girls absolutely retard their own growth and development," says Dr. Hale. Never one to dabble with problems without offering a possible solution, Dr. Hale is developing a home for teenage mothers and for girls who have abused drugs who have not yet had children, to help them hold on to a bit of their adolescence," she explains.

"If I were talking to the community, says Dr. Hale, "I would begin by focusing on the need to empower ourselves, focusing on things that are beneficial to children." "let us begin by lobbying against the kinds of television they give to children." Children imitate what they see on television.

Everything is truncated into a half-hour solution, and in those half hours, children see extreme levels of violence that are then acted out in their lives."

Next would be to monitor the school board. "I think parents bear a great responsibility to work on improving the curriculums and ensuring that children have a safe and positive learning environment, where they can then develop the socialization skills they need," says Hale.

Dr. Hale and her mother are particularly concerned about the current trend of white families adopting African American children, which Dr. Hale feels is disturbing, because of the cultural limitations of such an envi-

MINI-MEDICAL SCHOOL RETURNS

LAS VEGAS — Last year, several hundred Las Vegans experienced a first-hand look of what it is like to be a medical student at the University of Nevada School of Medicine without ever studying for exams, losing sleep, incurring debt or worrying about malpractice. During the four sessions of the first annual Mini-Med School, members of the community learned how their bodies worked and became familiar with some of the latest information in medical research.

Enrollment for the 1993 Mini-Med School is currently underway and space is limited to the first 300 who sign up for the four-session course. This year, Mini-Med will delve into our cells: how they work, and what happens when they do not work as they are supposed to. The Las Vegas sessions, on Feb. 23, March 9, March 24, and April 13, will be held in the West Charleston library auditorium, 6301 West Charleston Blvd., 7 to 9 p.m.

The sessions will cover the following information:

Feb. 23: F. Donald Tibbits, Ph.D., will teach the first session on "Living Cells: Their Many Faces as Seen by an Anatomist."

March 9: The second session will be taught by Iain L.O. Buxton, Ph.D., who will lecture on "Cells as the Object of Our Fancy."

April 13: In the final session, Dorothy Hudig, Ph.D., will delve into "The Cancer Cell: The High Price of Immortality."

Mini-Med, which is offered free to the community, is supported by American Bank of Commerce in Las Vegas.

For further information or to enroll in Mini-Med School, contact Joannie Ritter at 383-2638.

Minority Health Update

Facts From the National Heart, Lung, and Blood Institute

Favorite Black and Hispanic foods—high in fats and calories—could be recipes for trouble. Surveys show Blacks and Hispanics are more likely than the general population to be overweight.

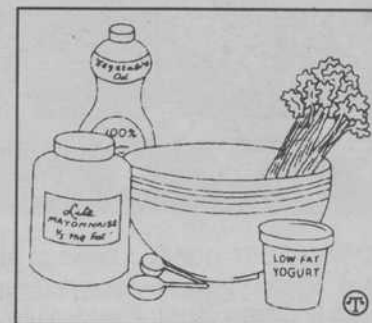
For example, about 44 percent of Black women and 42 percent of Hispanic women are overweight, compared with 27 percent of all U.S. women.

Those extra pounds mean an added risk of heart disease, the nation's top killer, and high blood pressure, the chief cause of stroke. High blood pressure is especially common in Blacks.

Shedding that extra weight—and risk—may not be as hard as you think. Be more active. Cut back on calories and consume less fat and saturated fat.

Fortunately, this needn't mean giving up the foods you like. Nutritionists have converted many traditional Black and Hispanic recipes into heart-healthy meals. They suggest: Use beans and grains with small amounts of meat. Choose skinless chicken or turkey to replace neck bones, ham hocks, and fatback. Use a little vegetable oil, instead of lard or butter. Choose fruits for salads, instead of avocados or olives. Use more spices and less salt. Broil, steam, roast, and grill, instead of frying or basting with fat.

Here's an old favorite, "Picnic



Potato Salad," revitalized into a healthy dish of only 92 calories per 1/2 cup serving:

Combine: 1/2 cup plain low fat (1%) yogurt; 1/2 cup mayonnaise-type salad dressing; 1 tbsp vinegar; 1 tsp salt; 1 tsp fresh, chopped parsley; 2 tsps prepared mustard; 1 clove garlic, minced; and a pinch of freshly ground black pepper.

Add: 6 cups peeled, cooked potatoes, diced; 1 cup coarsely chopped celery; 1/2 cup sliced radishes; and 1/4 cup sliced scallions, with tops.

Mix well and refrigerate. You'll get about 16 servings. You may wish to substitute 6 cups of diced, cooked cauliflower for the radishes and potatoes.

Either way, your family can enjoy down-home cooking that's lower in calories and fat, but still rich in taste.

For more nutrition information, write the NHLBI Info Center, PO Box 30105, Bethesda, MD 20824.

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ronment. "I would hope, and I know my mother feels this way as well, that more people would want to adopt children of their own cultures," says Dr. Hale.

LOOKING FORWARD

Two programs ripe to be copied on a national level are Hale House's very successful Home for Recovered Addicts, whose Relapse Prevention Program has a recidivism rate of

only 2%, compared with the national average of 87% according to the New York State Division of Substance Abuse Services; and the apprenticeship program for children who are at risk but who have not yet gotten themselves in serious trouble.

"We take children who may be struggling, and have them go before a tribunal of their peers—kids who understand their plight on both a cultural and an emotional level—and the children tell their story," explain Dr. Hale. "The youngsters then make a determination about the community service the child should do. We may also give counseling to the child and his family, or make a referral."

Hale explains that an integral part of this program is an apprenticeship, where the child is assigned to a professional and is taught a skill they can use throughout their lives.

Most incredible is the progress of infants born HIV-positive who move to HIV-negative status within their first year.

Dr. Hale maintains that this has happened on numerous occasions with children in the Center's care. "It is a widely known fact that children born with HIV (antibodies) can live without getting AIDS," says Hale. "It is the mother's anti-bodies they are testing positive for, not

their own," she explains.

On still another front, Dr. Hale is busy procuring another brownstone (this would make six) for a home for pregnant teens.

But even as Hale House seems to stretch its arms out over the village of Harlem and beyond, Dr. Hale reminds us that theirs is still a purposefully small organization. "We don't have a lot of people working," says Hale. "We want to know the name and face of every person we work with, be they child, parent, or caretaker."

A LONG WAY HOME

The present air at Hale House is preoccupied with Mother's illness. Surrounded by more love than most people can imagine, Mother has well-wishes coming as cards, flowers, and donations to the center. Just like the more than two million dollars that is donated annually without the assistance of city, state or federal grants, Hale House seems to be run on the generosity and goodwill of people who saw Mother Hale's gift, and simply sent it back to her.

"If I could have one thing for the children of the world," says Dr. Hale, "I would give them a mother like I had: tough, firm, loving, kind, and demanding. A mother who would say "you can do it. I know you can do it. God gave you a brain, use it."