

FOR THE LADIES

Dietary protein vital during pregnancy

HOUSTON — Women who restrict dietary protein early in pregnancy may be limiting the development of the placenta, and, eventually, fetal growth.

Results from a recent study of pigs at the USDA's Children's Nutrition Research Center at Baylor College of Medicine indicate that early protein

restrictions affect the size and weight of the placenta.

"The study results are important because of the similarities in protein

requirements between pigs and humans," said Dr. Wilson Pond, a USDA animal scientist and an adjunct professor at Baylor.

The placenta is the connective tissue between the mother and fetus that transports nutrients and oxygen and removes wastes.

"If the placenta's size is reduced early in the pregnancy, its ability to transport nutrients at critical times of fetal growth and organ development is compromised," he said.

According to Dr. Patricia Schoknecht, a former CNRC postdoctoral fellow who directed the study, the size of the placenta is often related to the size and birthweight with major fetal organ

development, she said.

The research team found that sows placed on a protein-restricted diet early in their pregnancy had placentas 21% smaller than sows on a regular diet. With the decrease in placental size and weight, the scientists noted significant stunting and a reduction in the birthweight of the piglets.

Schoknecht believes that the damage to the placenta is permanent.

"Even when the sow returned to a protein-sufficient diet, it appeared the placenta did not completely regain its ability to transport nutrients to the fetus," she said.

While inadequate nutrition

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during pregnancy is known to affect fetal development, little is known about when the fetus is most vulnerable, Pond said.

Currently, recommendations for pregnant women include a balanced diet with additional protein. Protein is available from meat, fish, legumes, and dairy products.

Two servings of protein (three ounces of lean cooked meat, fish or poultry) should be eaten daily. Two tablespoons of peanut butter, 1/2 cup of cooked dried beans, or one egg equals 1/3 of a serving. Pregnant women also need to consume three cups of low-fat milk or yogurt.

Study results were published in *Theriogenology*.

THE HUNGRY ONE

The Hungry One got hungry at 1:30 p.m. and stopped at **Cafe Salaam and Abdullah's Catering**. Luckily for me the lunch crowd and I do mean crowd was beginning to leave. I remember the old place. I couldn't imagine the restaurant being so tastefully decorated. What a wonderful job.

The tablecloths are black adorned with red poinsettias the chairs and booths are decorated in red leather and the linen (yes, linen) napkins are green. Despite the crowd the place was immaculate. On the walls one will find framed pictures of news items and other historical information about black accomplishments.

As I entered there was a blackboard with a thoughtful Ramadan message and a table with useful and helpful information pertaining to health, and upcoming social events. I also found copies of the wonderful *Sentinel-Voice*. If you didn't know by the restaurant's name the restaurant is owned by Muslims so if you're looking for pork you are in the wrong place. The menu offerings included vegetarian lasagna,

He-is-Man burger (turkey burger), Mecca-Burger (beef burger).

My waitress was well spoken and efficient. Since I had limited time this was important. I was hungry so I ordered the Whiting (as in fish) dinner that included sides. I could choose between greens, cabbage, yams, okra and rice, creole okra or regular green salad. The yams, salad and whiting were excellent. The hungry crowd that left before we came ate up the greens, cabbage and creole okra which indicated the food was good.

My friend ordered excellent french fries and chicken fingers that looked fresh not frozen. I accompanied my meal with an Omar of the Nile beverage (fruit juice). **Cafe Salaam and Abdullah's Catering** is an excellent restaurant. **The Hungry One recommends Cafe Salaam and Abdullah's Catering.** The Cafe is a welcome addition to the growing West Las Vegas Neighborhood. You can find the Cafe at 1100 North Martin Luther King Boulevard. For further information call 631-3244.

Renowned speakers to join African American Women on Tour in Oakland

SAN DIEGO — A few of the country's most dynamic empowerment speakers will join African American Women on Tour (AAWOT) when it travels Oakland, CA March 28-30.

Featured will be the likes of renowned authors Alice Walker ("The Color Purple," "The Temple of My Familiar"), BeBe Moore Campbell ("Your Blues Ain't Like Mine," "Brothers & Sisters") and Iyanla Vanzant ("Acts of Faith," "The Value in the Valley") as keynote speakers.

Also slated to speak will be George Fraser, author of "Success Runs in Our Race," and publisher of *SuccessGuide* (a series of resource directories highlighting Black businesses and professionals around the country), who will conduct a workshop on the principles and practices of effective networking; Bonnie St. John Deane, a San Diego-based inspirational speaker, author and former Olympic ski medalist, who will present "Unleashing Your Peak Performance;" and Stephanie Stokes-Oliver, Editor-In-Chief of *Heart & Soul Magazine* — The African American's Guide to Healthy Living — who will serve as a tone-setter for the conference, as well as facilitate a forum on the mental, physical and spiritual health of Black women.

A tobacco and alcohol-free conference, African American Women on Tour is a celebration



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of Black womanhood, and features over 30 workshops focusing on issues close to the homes and hearts of African American women, including career and business development, relationships, financial management, health and spirituality. "Our concern is the total wellness of Black women — mind, body and spirit," says Maria Carothers, president and founder of PROMOTrends and executive director of AAWOT. "We have always maintained an anti-tobacco stance, and are proud to receive the support of the California Department of Health Services and its African American Tobacco Education Network."

AAWOT will also offer a Girls' Rites of Passage program (ages 12-19); a "Coming of Awareness" retreat for women; networking opportunities; panel discussions; business and career forums; exercise classes; entertainment; and a Village Marketplace bazaar featuring afrocentric clothing, art and collectibles.

Other 1996 conference dates include Houston, Texas, May 17-19; Philadelphia, Pennsylvania, July 19-21; Chicago, Illinois, July 26-28; and Miami, Florida, Sept. 20-22. For registration information, contact African American Women on Tour, 3914 Murphy Canyon Road, Suite 216-B, San Diego, California 92123, or call 1-800-560-AAWT (2298).

GLAMOROUS LIFE

(Continued from Page 9)

Ronan Matthew, Dr. Christine Clark, Dr. Beverly Neyland, Eva Simmons, Ray Willis, Dr. Brian Cram, Attorney Art Williams, Dr. Linda Young, Nedra Scott-Cooper, Marsha Washington, Elsie Harris, the Links table included Gayle Rogers, Anna Bailey, Lee Morris, Noreen Thornhill, Dee-Dee and Cal Jasmine and their out of town guest Lon Fontaine. I was privileged to meet the internationally renowned artist Habiba Owens from Detroit, Michigan whose works have been seen on the *Cosby Show* among others. The Grazer has become so successful LABSE needs a bigger space.

Many people showed up for the opening of artist **Sylvester Collier's** opening of his latest show "Her-story" at the McCarran Art Gallery last Wednesday, from 5:00 to 7:00.

Frontier Girl Scout Council Celebrates Black History At West Las Vegas Library Theatre

Coinciding with the nationwide recognition of Black History during the month of February, Frontier Girl Scout Council will host its very own celebration commemorating the achievements and great diversity of Black culture.

The event, "Celebrating Black History," will take place Tuesday, February 13, from 6:30 to 8:00 p.m. at the West Las Vegas Library Theatre, 951 West Lake Mead. The program is open to the public. There is no admission charge for the 90 minute program.

The evening is to begin with a flag ceremony by Girl Scouts followed by a prayer as well as the official program opening. Local Girl Scouts will be actively taking part in the evening's entertainment which will consist of skits, poetry readings and a fashion show highlighting creations as diverse as the traditional costumes of Africa to the trendy wear of urban youth. Live gospel music and a dance

group will continue to demonstrate the richness of Black culture. The evening will close with a sing-along of the Black national anthem.

"Celebrating Black History" is the first program of its kind for Frontier Girl Scout Council. It is part of a new year-long patch program designed to enhance

Women's Center Workshop Series

The Jean Nidetch Women's Center at UNLV is offering two series of free workshops this spring.

Setting Goals and Leadership Roles, a series for nontraditional students and the public, will be lead by Deborah Wicker-Wright, a motivational speaker. The workshops in this series include Dynamics of Goal Setting, February 13; Leadership and Interpersonal Relationships, March 12; Positive Attitude and Self-esteem, April 9; and Communication and Speaking with Authority, April 30. All workshops in this series will begin at 6:30 p.m. in the Classroom Building Complex, Room C235.

A series titled Ancient Wisdom for Modern Living, co-sponsored by the Padma Foundation, includes Nourishing Ourselves Through Ayurvedic Diet, with Diane Donovan, on February 22; Self-healing Through Chinese Medicine, with Dr. Jun-Wen Zhang, March 28; and Staying Fit with Hatha Yoga, with Jennifer Amundson, April 25. All three will begin at 7 p.m. in Moyer Student Union, Room 203.

All workshops are free and open to the public. For more information, call the Jean Nidetch Women's Center at 895-4475.



HABIBA OWENS

located at the South end of the baggage claim area.

See you around town.