

# Tips

*(Continued from Page 6)*

Don't forget to pack your workout gear so you can exercise while you're on vacation. If you don't already exercise, vacation time, is as good as any time to start.

Let the maid make the bed, the cook prepare the food and you get out to exercise your body. Enjoy your trip and remember food is only a small part of it. The meals are probably the last thing you'll think of when you reminisce about your vacation, unless you come home with them on your hips.

### START WALKING AT 40

*We're 40 and 42 years old, healthy and want to start walking to get in shape. How do we get started?*

*Ramona and Steve Bala Cynwd, Pa.*

First get a check up. Next, invest in a good pair of walking footwear with flexible soles and good arch and heel support. You'll want to keep cool by wearing loose-fitting clothes. Protect your ears, head, hands and feet from being exposed to the sun. This will help keep you from suffering sun burn. Walk leisurely for about five minutes then do some gentle stretching for about five minutes. Beginners should walk between 100-110 steps per minute. Twenty to 30 minutes is good to start, but only go as long as you can. If breathing becomes difficult, you could experience muscle pain, fatigue or dizziness. To cool down go back to your leisurely pace for five to 10 minutes, then stretch.

### FRIED FOODS

*Can I eat fried foods? I like fried chicken, French fries and home fries. Please tell me can I have fried foods?*

*Bill Faults - Langhorne, Pa.*

Eating fried foods can often cause health problems for many people. It raise your cholesterol level and increases the amount to saturated fat you're eating. Both the fat and the cholesterol increase your chances of having a heart attack, stroke or even dying.

If you eat a lot of fried foods cut back gradually and try to limit your intake of fried foods to once a week. Remove the fat or skin from your meats and season them with herbs, onions and garlic. Skip the salt, the batter, bread crumbs and flour. Try preparing red beans and rice with beef or chicken instead of ham hocks.

Try frying your foods in olive oil and sprinkling your foods with parsley, Italian seasoning and Mrs. Dash. You can also add seasonings to the heated oil. Fry your foods until done. Then let your food cool on a rack so any excess oil will drip off.

### FOOD AFTER WORKOUT

*I workout every morning but I don't feel hungry until after I get to work. What can I eat at my desk instead of coffee cake and junk food?*

*Yvonne - Rosemont, Pa.*

Yvonne, if exercising in the morning delays your appetite until after you get to work keep foods like fresh fruit, juice, cereal, homemade muffins and herbal teas handy. If you plan your mid-morning meals you'll be less likely to find yourself at the snack machine when you get hungry. You can spread breakfast out throughout the morning by having a piece of fruit and juice first, then having the muffin or

cereal an hour or two later. Eating this way will get in a couple of small meals before lunch which you can break up the same way. Eating small meals like this will allow you to eat sensibly all day long, to not feel stuffed and increase you rate of burning calories.

### SMOKING AND EXERCISE

*My co-workers have been debating what effect smoking has on your body and what you can do to compensate for smoking. One person said if you exercise you can still smoke. Does exercise offset the bad effects of smoking?*

*(See Tips, Page 16)*

# Blacks less likely to abuse elders

*By Nichole Davis  
Sentinel-Voice*

Due to the lack of specific statistics about physical abuse of the elderly, many officials who work with the problem in the Las Vegas area are unsure how frequently it happens among blacks.

Instead of physical abuse, which is normally defined as pushing and shoving, elderly blacks are more often the victims of scams because of the "cultural emphasis" blacks place on parental relationships, experts said.

Most victims of elder physical abuse are white women in their 70s. The act is done by someone who lives in the home, like an adult child, a spouse or even visiting caretaker.

But that pattern does not hold true for blacks,

Las Vegas police said.

"The men in the African-American culture tend to hold their mothers in such high regard that if we see anything it's usually exploitation," said Las Vegas Metropolitan Police Department Detective Elynne Greene.

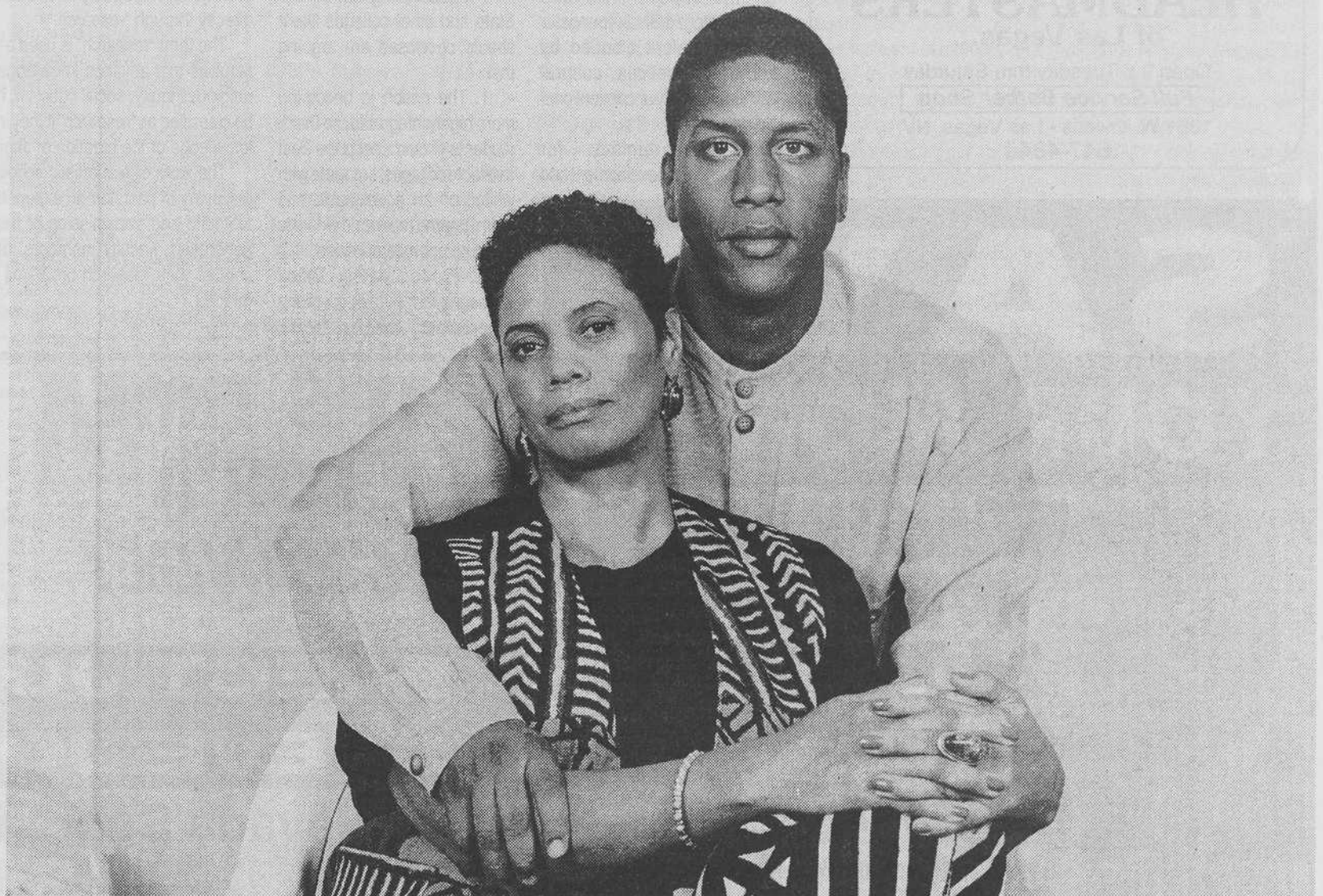
Some experts believe the data itself is faulty. They argue culture has nothing to do with it, instead the true number of cases are just being under-reported.

According to data provided by the state Office of Elder Rights, there were 274 cases of physical abuse of the elderly reported last year in Clark County.

But the state doesn't break down the data by race, so it's not clear how many of those

*(See Elders, Page 15)*

## "ON NOV. 5<sup>TH</sup>, I'M VOTING FOR MY MOTHER."



And a vote for Democrats is your best chance to make sure she doesn't lose the things she's worked so hard for.

And you can bet those benefits *won't* continue if the Newt Gingrich Republicans have their way, continuing to cut, slash and eliminate programs we've worked hard for. They want to roll back Affirmative Action and put assault weapons back on the streets.

*You have the power to stop them.*

The Democratic Party *is there*, fighting for the things that are important to families, protecting our values. Over 10 million new jobs • Increased the minimum wage • Protected the Health Care of millions • Made Student Loans for college more

affordable • Cut Taxes for 15 million working families • Cut the cost of buying a home • Signed the toughest, smartest Crime Bill ever.

Democrats *are* dealing with the hard issues. But they can't continue to do it without your vote.

On Nov. 5th, vote for the people who care about you.

VOTE  
DEMOCRATIC 96  
IT'S TOO IMPORTANT NOT TO.

Paid for by the Nevada Democratic Party.