

Citizens seek revamp of LV justice system

By Jerry Lindsey
V.P local NAACP

Special to Sentinel-Voice
Community leaders, including state Sen. Joe Neal, will scrutinize the city's justice system 1 p.m. Saturday, April 19 at the West Las Vegas Library, 951 W. Lake Mead Blvd. The Coalition of Community Organizations and Concerned Citizens, formed shortly after ex-Las Vegas police officer Ron Mortensen was arrested and charged in the shooting of 21-year-old Daniel Mendoza, will present "The Double Standards of Justice," an examination of the

recent history of the Metropolitan Police Department.

The coalition's working diligently to see justice served in the Mortensen/Mendoza case and wants to know why ex-officer Christopher Brady, who was driving the pickup that Mortensen is accused of firing from, hasn't been arrested.

Neal created a bill to establish Citizens Review/Control Boards to monitor the actions of local police. It must gain approval in both houses of the legislature to become law.

Safety

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hopes child safety lock legislation, introduced to Congress three weeks ago, will curb firearm violence. The bill is headed to committee. Pollack's confident it will pass.

Barbara Ludwig, executive director of Clark County SAFE KIDS Coalition, said the locks wrap around the trigger, thus immobilizing it.

"They (the locks) cost \$10.95," she said. "That's a pretty cheap price for saving our kids," she said.

John Fildes knows first-hand the devastation firearms cause. As medical director of the UMC Trauma Program, he treats the faces behind the statistics.

Last year, UMC treated 47 children with firearm injuries, Fildes said. Four died and one is disabled, said Fildes, also professor of surgery for the University of Nevada School of Medicine.

According to 1996 National Center for Health Statistics, 16 American children die from firearms everyday.

"That's one classroom every two days," Pollack said.

She emphasized the need for gun dealers support the legislation and urged parents to store guns and bullets in separate, locked places.

Fifteen states have passed laws making it a crime to leave a loaded firearm where it is accessible to youth under 16.

Like most 3-year-olds, Susannah Stamos is inquisitive, her mother the Rev. Gretchen Stamos said. Gretchen, a member of the Presbyterian clergy, doesn't own gun but knows how clever Susannah, and other children, can be.

"She's capable of getting into anything," she said.



Rebels

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Odom averaged 25 points, 15 rebounds and 8 assists per game his senior season for Redemption Academy of Troy N.Y.

Widely regarded as one of the top players in the class of 1997, Odom was viewed by many as the athlete most likely to follow the path of Kevin Garnett and Jermaine O'Neal directly from the prep ranks to the National Basketball Association (NBA). In large part that was due to an academic record that was reported to be spotty, leading one to believe that like Garnett and O'Neal, Odom would not qualify to play college ball as a freshman.

That theory, however, was squashed recently when Odom received the results from his first attempt at the standardized ACT test. He recorded a 22 on the ACT, which was more than sufficient for freshman eligibility. Word from Redemption Academy — where Odom transferred last October after beginning his senior season at Christ the King — is that Odom is in good shape in his core area courses so that he will, as it stands now, be eligible next season.

Odom says he is relieved, though it was tough, his decision is finally made. "It was the hardest decision I've ever made and I wanted to think it through," he said at the press conference announcing his decision.

The Rebels added another weapon to their already powerful arsenal last week, when 6-foot-9, 240-pound Kaspars Kambala signed a letter of intent to attend UNLV.

Kambala's signing capped an event-filled week for the Rebel program. A native of Latvia, Kambala attended Homestead High School in Mequon, Wis., just outside Milwaukee, where he averaged 20 points, 11 rebounds and two blocks per game last season.

Kambala said he was also encouraged by Clark's decision to stay and UNLV's second straight impressive recruiting class.

"If I want to reach my goals, it has to be with a great team, and we're going to have a great team," Kambala said.

Milk

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risk is greater in infants younger than 12 months.

The American Academy of Pediatrics has discouraged the feeding of animal milk to infants since 1976. It points out that milk is a poor source of iron and can cause bleeding in the digestive tract, which can lead to anemia.

Cows' milk and adults' milk is one of the best sources of calcium. It's recommended that an adult take in 800 milligrams of calcium daily. That's about 2 1/2 cups of milk. Teenagers, young adults, and lactating women need 1200 milligrams daily. That's only four cups of milk. Some experts also recommend that post menopausal women take in 1200 milligrams of calcium daily.

Calcium is the most abundant mineral in the body. Ninety-nine percent of the calcium in your body is found in your bones. Though it's true that calcium plays a crucial role in building strong bones and teeth, it has many important functions.

Calcium helps to regulate your heartbeat, your nervous system, blood clotting action, and prevents too much acid or alkali from accumulating in the blood. Calcium also helps the body utilize iron and aids in muscle contraction and relaxation. Recent studies show evidence that adequate calcium intake can help with problems, such as water retention, cramps, mood swings and bloating associated with PMS, hypertension, arthritis, and rheumatism. A calcium deficiency can lead to cramps, joint pain, irregular heartbeat, insomnia, tooth loss and bone ailments.

Oxalic acid, found in chocolate, spinach and rhubarb, when combined with calcium makes an insoluble compound which may cause the formation of stones in the kidney or gallbladder. These foods should not be ingested with milk.

Eating a diet rich in calcium is one way to maintain strong bones. Most low-fat dairy products will provide at least 300 mgs of calcium per serving. Other sources of calcium are listed below.

Food	Portion	Calcium (mgs)
Sardines, Atlantic (drained)	3 oz	372
Salmon, sockeye, (drained)	3oz	271
Ice cream	1 cup	176
Ice milk	1 cup	176
Tofu	3oz	174
Pizza, cheese	1 med slice	144
Blackstrap molasses	1 tbsp	137
Broccoli, raw cut	1 cup	136
Soy flour, defatted	1/2 cup	120
Almonds	1/4 cup	100
Broccoli, cooked	1/2 cup	89
Soybeans, cooked	1/2 cup	88
Parmesan cheese, grated	1 tbsp	86
Collard greens, cooked	1/2 cup	74
Dandelion greens, cooked	1/2 cup	74
Mustard greens, cooked	1/2 cup	52
Kale, cooked	1/2 cup	47
Chick-peas, cooked	1/2 cup	40

Before starting your fitness program consult your physician.

Send your questions and comments to "Tips to be Fit," P O Box 53443, Philadelphia, PA, 19105, or call 215 387 3081.

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