

# Around Charlotte

**News of note**

•The Bethlehem Center Head Start Program is accepting applications for the 1997-98 school year. Parents are urged to register their preschool children born between Oct. 17, 1994 and Oct. 19, 1996 as soon as possible. Older children will receive priority.

The program accepts children of families whose incomes fall below poverty level. Spaces are also open for children with special needs from families of all income levels. For more information, call 376-9401 or 371-7420.

•The City of Charlotte is accepting applications from neighborhood based organization for community improvement projects. The deadline for small grant applications is June 16.

Three workshops are scheduled to help with the application process.

•May 13, 6 p.m. Old City Hall, 600 East Trade Street

•May 20, 6 p.m. Old City Hall, 600 East Trade Street

•May 27, 6 p.m. Greenville Center, 1330 Spring Street

Attendance at one pre-application

workshop is required. For more information, contact Shirley Stevenson, 336-2349.

•The National Coalition of 100 Black Women of Greater Charlotte will sponsor, "Suit Up for Success," a clothing drive with the Charlotte Housing Authority's Self-Sufficiency Program. Professional attire, including men's and women's suits and shoes, are needed. No bags of clothing will be accepted. Clothing drop off will be May 17. For more information, call 391-2600.

Planned Parenthood will celebrate Mother's Day by offering free Pap smears and breast exams to moms May 14-18. For more information, call 377-0841 or 536-7233.

**Thursday**

•Free community seminar on childhood depression, 7 p.m. at Presbyterian Hospital Auditorium, 200 Hawthorne Lane.

**Friday**

•Applications will be taken through today for positions on county boards.

Positions are open on the following committees:

- Central Piedmont Community College Board of Trustees
  - Domestic Violence Advisory Board
  - Register of Deeds Advisory Committee
  - Region "F" Aging
- To receive an application, call 336-2559.

**Saturday**

•Paint a Cop Tournament of Champions through Sunday at Metrolina Paintball off Shopton Road in southwest Charlotte. Proceeds benefit the Special Olympics. For more information, call 529-1699, extension 2.

•Focus On Leadership will present a workshop on money management for teens at Garinger High School, 1100 Eastway Drive from 8:30 a.m.-3:30 p.m. Lunch will be provided at no charge. For more information, call 535-7098.

**Upcoming Events**

•May 15-17, Quilting and needle art show, Palmetto Expo, Greenville, S.C. For information, call (412)325-5689.

•May 15-18, "Much Ado About Nothing," West Charlotte Auditorium, 2219 Senior Drive.

•May 17, "Guess Who's Coming to Dinner." Proceeds benefit the Metrolina AIDS Project.

•May 17, Graduate Greek StepFest, Grady Cole Center, 7 p.m. Sponsored by Alpha Kappa Alpha Sorority.

**The deadline for Around Charlotte is 5 p.m. Monday. Photos will only be returned if accompanied by a self addressed stamped envelop.**

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## HEALTHY BODY/ HEALTHY MIND

### Stretch marks normal part of pregnancy

**Aprella Bridges, R.N.**



The hormonal changes of pregnancy may have a variety of effects on your skin, including changes in color. Some women find that their skin becomes more oily, others find that it becomes drier.

Skin conditions (such as eczema) you have suffered from before pregnancy may either improve or get worse. The way in which your skin is affected

depends on the balance of hormones and on your basic skin type.

Another common skin change during pregnancy is stretch marks. These are marks on the skin that range in color from red to dark brown or black, depending on your natural skin color. They usually fade, leaving silvery, scarlike lines. They occur when the skin is stretched beyond its normal range of elasticity when weight is gained rapidly. In pregnancy, stretch marks commonly occur on the breast and on the abdomen. If too much weight is gained, they may also appear on the thighs,

buttocks and upper arms.

The best way to reduce your chances of developing stretch marks is to avoid putting on too much weight. However, even those who manage to limit their weight gain to a healthy 20 to 28 pounds may develop some marks.

Stretch marks may be treated with vitamin E and vitamin A oil. Elastin cream is also recommended. Using these type of preparations before stretch marks appear may help to minimize them. Another natural alternative for treating stretch marks is the use of sesame oil. Rubbing the oil on your

abdomen and breast every day can let the skin stretch at its own pace and help prevent subsequent stretch marks.

The application of any type of cream or oil does not totally prevent or heal stretch marks, although it may help alleviate dryness of the skin and help keep stretch marks to a minimum. Remember to use them early in pregnancy and follow your doctors recommended weight management during this period.

*Aprella Bridges is a registered nurse in Charlotte.*

### Immunization important for healthy start

**David Satcher M.D.**



Your 2-year old has had a persistent cough and runny nose. After a couple weeks, you decide to take him to the pediatrician to make certain there is nothing more serious going on. At the end of the visit, the doctor prescribes antibiotics for the child's symptoms and you're happily on your way, feeling that you've done your job as a parent.

Could you have overlooked something? If you didn't inquire about your child's immunization status to the doctor, then the answer is yes. Timely immunizations are critical to all of our children, for getting them off to a healthy start in life. And for African American children, up-to-date immunizations are even more critical given the health disparities between African Americans and others on a variety of fronts - from cancer to diabetes to stroke to heart disease. A disproportionate number of children who are not immunized are African American.

As a parent, you must seize every opportunity to make sure your children are caught up on their shots. If childhood immunization rates are going to continue to go up - protecting our youngsters against crippling diseases - more parents must get involved. No parent can assume that someone else - even a medical professional - is keeping constant watch over your child's immunization status.

It means educating yourself as a parent or a guardian about the immunization process. It means keeping your own record of what shots your child has had and when, and comparing it with your doctor's. It means asking the doctor on every visit - even if the primary purpose for the visit is to treat a badly scraped knee - where your child stands on his shots.

We recently recognized National Infant Immunization

Week, but it's always a good time to remind all parents just how critical immunizations are to children's health. It's about the health of entire communities. Why get our children off to a bad start on health when at birth, as African Americans, they are already facing greater risks for a variety of diseases later in life? Dr. Martin Luther King often quoted Dr. Benjamin Mays in saying, "He who starts behind in the race must forever remain behind or run faster than the man in front." And children who are not immunized will start behind in a race where they'll always trail.

Thankfully, most of our children are immunized and we've achieved an all-time high childhood vaccination rate of 76 percent. And most childhood diseases that can be prevented with vaccines are at an all-time low. But we are very concerned still about the one million under age 2 - enough children to pack about 40,000 classrooms - who have not had the most critical vaccinations.

Without proper vaccinations, 10 infectious diseases - some possibly fatal - are lurking undetected ready to harm your child: polio, measles, diphtheria, mumps, pertussis (whooping cough), rubella (German measles), tetanus, haemophilus

influenzae type b (a cause of spinal meningitis), varicella (chicken pox), and hepatitis-B.

Some of you parents and grandparents may remember the days of children breathing with the help of iron lungs during the crippling polio outbreak decades ago.

For the most part, those days are over. But outbreaks can always revisit. In fact, just five years ago, a measles outbreak resulted in 55,000 cases and 120 deaths, half of which were infants.

The difference between your child contracting one of these diseases and being healthy is about 12 to 16 vaccine doses by age two. These shots can be obtained in about five doctor's visits.

My job as Director of the Centers for Disease Control and Prevention is to see that immunizations are made available and that they are safe and effective. We want to ensure that by the year 2000, at least 90 percent of all 2-year-olds have the full series of vaccines, and we'll need the help of parents to achieve that goal. I cannot walk you and your child down to the clinic or to your doctor to get these shots, but I can, as a government policymaker, make it easier for you to do your

parental duty.

*Dr. David Satcher is the director of the Centers for Disease Control and Prevention Atlanta.*

### BIG LEAGUE SPORTS ARE HERE



### WHICH WILL COME FIRST?

SUPERBOWL?

CHARLOTTE HASN'T HAD EITHER ONE

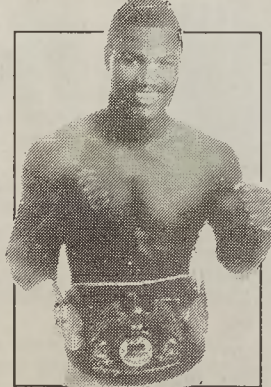
N.B.A. CHAMPIONSHIP?



**YET**



## BUT WE'VE ALREADY HAD A WORLD CHAMPION BOXER,



**KELVIN SEABROOKS**  
COMMUNITY RELATIONS DIRECTOR

**KELVIN SEABROOKS, and**

**HIS CHIROPRACTOR DR. WATTS**



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Cholesterol, HDL (the "good" cholesterol) & Risk Ratio	\$16.00
Lipid Profile: Cholesterol, HDL, Triglycerides & Risk Ratio	\$29.00
<small>(* 12 hr. fast recommended for Lipid Profile; black coffee and water allowed)</small>	

FREE Glucose with purchase of Lipid Profile

**WAL-MART PHARMACY**

9:00a.m. - 4:00p.m.

May 9/10 - Fri & Sat	3304 Eastway Dr., Charlotte, NC
May 9/10 - Fri & Sat	9101 Albemarle Rd., Charlotte, NC
May 12/13 - Mon & Tue	8709 J.W. Clay Blvd., Charlotte, NC
May 14/15 - Wed & Thur	280 Hwy 29 South, Concord, NC
May 16/17 - Fri & Sat	2865 Cannon Blvd., North, Kannapolis, NC