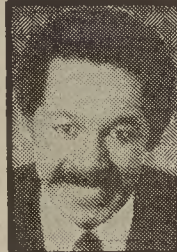


## Conquering Your Sexual Problems

Sexual dysfunction is the failure of the sexual organs to perform properly during the act of sexual intercourse. The dysfunction, or physical malfunction, can take many forms and can have its origin in one's early upbringing. The inability to attain erection, to reach climax and to enjoy the pleasures of sex can be caused by the fears,



Coping

**CHARLES FAULKNER**

only when the victim thinks about, talks about, or is invited to participate in the sexual act. A distressful past experience, such as rape, or a subtle experience like a strict religious upbringing can be the root of the attitudes that cause one to think that sex is bad, dirty or evil.

At the moment of sexual contact, embarrassment and guilt may cause premature ejaculation, impotence and similar unwanted, but uncontrollable, physical and behavioral responses. A mate who is argumentative, unaffectionate, demanding and uncooperative can initiate the unpleasant sexual responses by putting the spouse on the defensive and causing feelings of insecurity.

The paradox here is that the person who is not fulfilled during the sexual experience can actually be the cause of the problem and promote its continuance by being tense and blaming the unfortunate spouse. The spouse, in turn, loses confidence and almost anticipates failure during subsequent encounters.

Problems of this sort are avoidable. Sexual dysfunction is curable. The way to completely eliminate it is to fully understand the reason for the problem. Then, destroy the negative emotions that are associated with sex. Next, realize that you have the equipment that is required to satisfy your mate and yourself sexually. The essential ingredients of success are a healthy body, a

guilt, embarrassment and shame that one associates with the sexual experience. These attitudes are usually so deeply implanted in the subconscious that they reveal themselves

## A Meal To Impress A First Date



Photos/CALVIN FERGUSON

Stuffed shrimp with salad and a wine is a meal sure to impress a first date, says Ron Goodwin

A good way to impress somebody on a first date is to cook for them, says Love Chef Ron Goodwin, owner of Affairs to Remember at Renaissance Place Restaurant.

Goodwin guarantees that his recipes for stuffed shrimp and renaissance salad are sure to make those first impressions lasting ones.

Stuffed shrimp, a salad and good wine, topped with a light sherbet for dessert make just the right statement, Goodwin contends. It's light, so it's not too pre-tentious. Yet it takes enough preparation that your guest will know you went to some

trouble.

"It shows the person that a lot of care went into preparing for them," Goodwin said. "It's light and colorful."

On his catering menu, stuffed shrimp and salad are dishes that can be prepared at home by any good cook. But the Love Chef warns that close attention must be paid to the details.

"You need to have time to cook this or it won't come out right," Goodwin said. "Pay attention to the oven temperature for the shrimp so they can be tender. If the temperature is too high, they will dry up fast. The same thing with the salad.

shrimp tastes good because Renaissance chef Mack Epps takes time and using care in preparing the dish. The key to good stuffed shrimp is the stuffing."

### Recipe for stuffed shrimp

40 fresh jumbo shrimp (serves eight, five per person)  
1/4 cup margarine  
1/3 cup chopped red or bell pepper  
1 pound crabmeat  
1/2 cup coarse saltine cracker crumbs  
2 tablespoons chopped parsley  
1/2 teaspoon salt  
dash of pepper  
3 tablespoons all-purpose flour  
1/3 cup dry white wine  
4 ounces Swiss cheese (1 cup)  
juice of one lemon  
In skillet, cook onion in 1/4 cup margarine until tender, but not brown. Stir bell pepper into skillet with flaked crab, cracker crumbs, parsley, salt and pepper. Split shrimp down the middle and stuff shrimp with stuffing. Roll shrimp and place them side down in a baking pan. In sauce pan, melt three tablespoons of butter. Blend in flour and 1/4 teaspoon of salt. Add with wine to saucepan.

Bake in hot oven (375 degrees) for 15 minutes. Sprinkle with paprika and a couple of dashes of cayenne. Return to oven and bake 10 minutes.

### Recipe for renaissance salad

The stuffed shrimp could be served with the renaissance vegetable salad. This salad includes a very colorful combination of mushrooms, zucchini, red onions, celery, pimientos and green beans, all flavored with a lively garlic vinaigrette. For best results, garlic oil for the dressing should be made at

least four days in advance. If you don't know exactly when you are going to use it, store it in a cool, dark place until ready to use.

### Recipe for Dressing

Garlic oil (one quart):  
4 tablespoon minced garlic  
1 quart olive oil  
Chapon dressing (1/2 cup):  
6 tablespoons garlic oil  
2 tablespoons red wine vinegar

### Vegetables

1 cup sliced fresh mushrooms  
1 cup fine julienne crisp zucchini  
1/2 cup diced red onions or celery  
1/2 cup diced pimientos  
1/4 teaspoon dry mustard, salt and freshly ground black pepper to taste  
1 cup thinly sliced green beans or haricots verts, blanched until barely tender  
2 cups shredded Boston lettuce

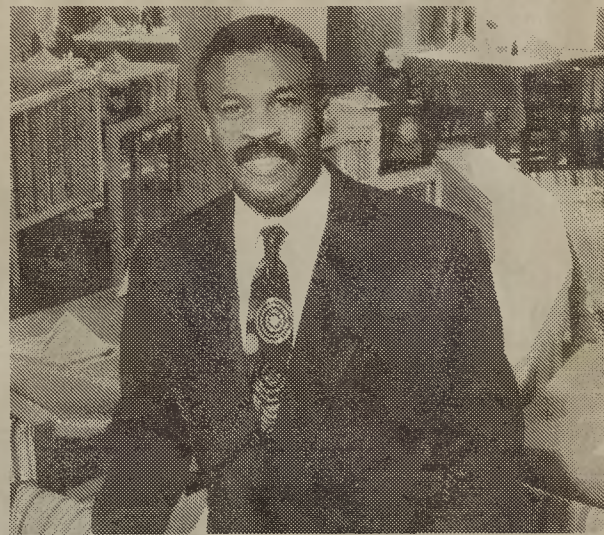
### Garnish:

8 Enoli mushrooms

To make garlic oil, several days before serving, combine garlic and olive oil. Seal jar tightly. After three or four days, strain the garlic and store in tightly closed bottle for future use. Combine dressing ingredients.

In a mixing bowl, combine all vegetables except lettuce and add dressing. Marinate in refrigerator for at least three hours.

To serve, spread 1/2 cup shredded lettuce on each salad plate and top with 1 cup marinated vegetables. Garnish with 1 enoli mushroom and serve with additional red wine vinegar and garlic oil.



## Parents Control Lessons At Home Schools

By Jeff Meyer  
THE ASSOCIATED PRESS

SIERRA MADRE, Calif. - For most kids, the start of school means new teachers, new classmates, new routines.

But Mary Jo Robison's children have the same teacher, the same classmates, even the same classroom every year - and they wouldn't have it any other way.

Mary Jo and Richard Robison are among a growing number of American parents who have chosen to teach their kids at home rather than send them to public or private schools.

"It's nice. If I have a problem, all I have to do is ask my mom and she's right there," 13-year-old Aaron

told a visitor on a break in his studies at the family's comfortable two-story home east of Los Angeles.

The U.S. Department of Education estimates that as many as 350,000 children are being home-schooled today, but advocates say the figure is closer to 1 million. That compares to about 15,000 a decade ago. More than 46 million children attend public schools.

Doug Phillips, governmental affairs director for the National Center for Home Education in Paeonian Springs, Va., estimates the number of home schoolers has climbed by about 25 percent a year for several years.

"There's a real growing dissatisfaction with the public

school system in America. Parents are looking for alternatives. They want more control over their children's educations, and they're finding it in home education," he said.

President Clinton has said he supports home schooling. On the Feb. 20 ABC-TV special "President Clinton Answers Children's Questions," Clinton said families should have a right to teach their children at home as long as they are willing to prove through testing that their children are learning.

Home schooling is legal, although laws differ from state to state. California's are fairly lax in that parents of home schoolers are not required to be certified to teach

and no testing of students or monitoring by local school officials is mandated.

Not surprisingly, California has the greatest number of home schoolers in the nation. State education officials estimate that as many as 40,000 children are taught at home. Home schooling advocates say the number may exceed 100,000.

Crowded classrooms and rising crime have fueled the interest in home schooling, said Philip Troutt, executive director of the Christian Home Educators Association, California's largest home schooling organization.

"When your kid comes home and he's been shot at or had his watch stolen at knife

point, then you start looking for alternatives," Troutt said.

Parents who choose home schooling do so for a variety of reasons, but many are devout Christians who don't want to expose their children to the influence of gangs, drugs and early pregnancies. Others feel they can do a better job educating their kids.

Robison said she and her husband chose to teach their children themselves because "we felt like it was what God wanted us to do."

"It wasn't repudiation of public schooling. We did it out of obedience" to God, she said.

Five of the couple's nine children spend each day studying spelling, mathematics,

English, history, science, reading and handwriting in addition to a Bible lesson. Two others aren't of school age yet.

The couple's oldest children, Nathan, 17, and David, 15, also were taught at home and now attend the Flintridge Preparatory School in suburban La Canada-Flintridge.

"They're both A students, well-balanced in verbal and mathematics subjects," said Peter Bachmann, the school's principal. "Nathan is one of our top students in our senior class and Nathan was the top mathematics student in the school last year."

"They're both superbly prepared for rigorous college programs."

Both boys have assimilated well, Bachmann said. Nathan is in the school's honors program and he and Da-

See Parents Page 8A