

Make pasta salad

Versatility and economy have made pasta a staple in many American households. Even James Beard, a giant in the food industry, says of pasta, "I never get tired of pasta, any more than I get tired of bread."

Like bread and most staples, pasta needs other ingredients, such as a robust spaghetti sauce, to enhance its flavor. Here are a variety of delightful recipes using spaghetti sauce and pasta for excitingly different dishes.

Mediterranean Macaroni Salad is a cold dish using spaghetti sauce mixed with Italian salad dressing. Corn, ripe olives, red onion, cucumber and cooked macaroni are added to the sauce to make a colorful, refreshingly light meal.

¼ cup cooked fresh corn, cut from the cob (about 2 small ears) or 1 can (about 8 ounces) whole kernel golden corn, drained
 ½ cup chopped red onion
 ¼ cup quartered pitted ripe olives
 lettuce leaves

In medium bowl, mix well spaghetti sauce, Italian dressing and red pepper.

Stir in next 5 ingredients. Cover and refrigerate at least 2 hours to blend flavors.

To serve: Line large platter with lettuce leaves; spoon salad onto center of platter. Makes 5 cups or 6 servings.



MEDITERANIAN MACARONI SALAD

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MEDITERRANEAN MACARONI SALAD

1 jar (15½ ounces) spaghetti sauce (1¼ cups)
 ¼ cup bottled Italian dressing
 ¼ teaspoon crushed red pepper
 2 cups cooked elbow macaroni
 1 cup sliced cucumbers, cut in half

Blacks face high rate of glaucoma

The American Academy of Ophthalmology has issued a health alert that glaucoma is now the leading cause of blindness in Black Americans.

Glaucoma in Blacks is 8 times the rate among whites, says Bruce E. Spivey, MD, the Academy's executive vice president. In the high-risk group 45 to 64 years old, the rate among Blacks is 14 to 17 times greater than among whites. The rate of blindness from other eye disorders is relatively equal among the two races.

An estimated 62,000 Americans are blind from glaucoma and approximately 2 million citizens have the eye disease.

Among the probable reasons for the higher rate of glaucoma among Blacks are:

- a high incidence, earlier in life, of elevated pressure within the eye;
- a more severe elevation in pressure;
- delayed detection and treatment;
- less effect of therapy on the glaucoma.

To help reduce the number of cases of glaucoma in Blacks, the Academy is encouraging more:

- eye examinations for this group;
- frequent follow-up;
- careful attention to treatment of glaucoma;

attention to economic and other factors that may interfere with adequate detection and treatment;

- interest from governmental, private and voluntary agencies to increase screening among high-risk groups (socially deprived populations likely to have limited access to health care);

- attention to glaucoma detection among existing health screening programs of Blacks for hypertension, sickle cell disease and diabetes;
- joint efforts by governmental agencies and other institutions in organizing and coordinating this effort.

For copies of the Academy's Public Health Note on Blacks and glaucoma, send a stamped, self-addressed business envelope to the American Academy of Ophthalmology, P.O. Box 7424, San Francisco, CA 94120-7424.

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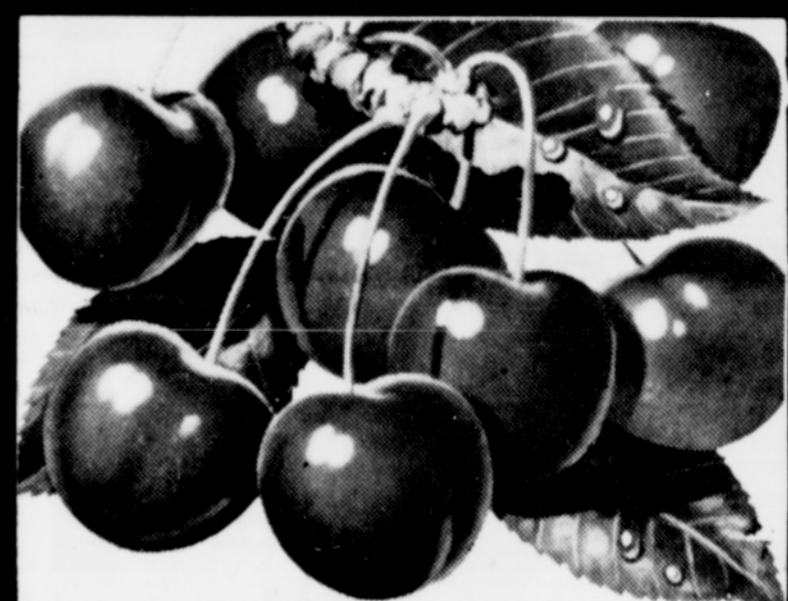


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