

Classic Cuts

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privileged children of clients.

"Perhaps more than ever before, particularly during the holidays, families are charged with defining the 'wants versus the needs.' Many have experienced, layoffs, foreclosures and the like, and the premise of toys and electronics have been replaced with food, shelter and clothing," said Hudson, a known champion of the underprivileged.

"We cater to a lot of young jocks (athletes) and they always wear top brand sneakers. Why shouldn't other kids get a chance to wear those also? I see these families struggling to try to make it and paying extra money for the best shoe may not be priority, but it is critical to these kids when they're at school. You have no idea," said Hudson, the brain child behind the project.

Hudson and the crew of master barbers collected wrapped and unwrapped sneakers for men, women and children throughout the month of December up until Christmas Eve when they staged a grand finale of gift giving and fun.

"We collected Air Jordan's, Nikes and all sorts of name brand shoes to make it a great Christmas for these young people," Hudson said. "It turned out great."

Classic Cuts Barber Shop - King of Cuts has got to be the poster child for cutting edge ideas. The shop's most popular annual

event is undoubtedly their Remix Classic, held in May each year to spotlight the talent of young athletes in Las Vegas and offer scholarship for those who otherwise may not have a chance at college.

The Classic, usually held at Canyon Springs High School, is stacked with games including a three-point shooting contest, a slam dunk contest, playoff games between the best ballers in the city, steppers, cheerleaders, a master disc jockey, several vendors and celebrity appearances from music idols and media personalities. "People come from all over the

country to get involved," Hudson said.

This year Hudson is stepping up the stakes with a formal dinner and awards banquet to be held at the Texas Station Casino where he will acknowledge the participants and their parents.

"Our goal is to give back to the community and be a part of what these young people want to do in this city," said Hudson, a Louisiana native, who volunteers to cut hair on Monday's at the boys and girls club. "Where I come from it's about community, you have to step up to the plate and do your part."

Hudson explained that although he seeks to obtain sponsors and partners when planning efforts like the Sneakers for Christmas, many corporations and businesses frown on the idea because they see him as a mom and pop barbershop. "They don't take me seriously until they come to the shop and see who we are," he said.

"But we can't let that stop us, with or without sponsors we still have a responsibility to the community."

With all that the shop has done, many have been impressed. The efforts of the business have been

recognized by the Valley Opportunity Center, Channel 8 News, Telemundo and others.

But if you're looking to do your part in the community or to support Fresh Foundations - the group's non-profit organization - contact Hudson at (702) 326-2573 or email him directly at thatboytito@gmail.com or ccbshop@yahoo.com, or visit one of the following sites at www.classiccutskoc.com facebook.com/ccbshop and twitter.com/ccbshop - and pledge your sponsorship, a young person's future may count on you!



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Acne

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their reproductive system. If a female does not produce enough Estrogen, she can have many of the problems listed in the previous paragraph and, in addition, her periods might only last a day or two. On the other hand, if a young girl does not produce sufficient Progesterone, she may experience increased bleeding or long periods of over seven days.

When Mom becomes concerned that her daughter is having these abnormal cycles (missing periods, late periods, ultra-heavy flows and painful periods,) she will usually make an appointment with the medical doctor. What typically happens is that the medical doctor will prescribe birth control pills to try to normalize her cycle. The problem is that the hormones in the birth control pills are synthetic (man-made.) Since they are not natural, they have many evil side effects: weight gain, water retention, headaches, dizziness, breast tenderness, nausea, and emotional ups and downs. I never recommend synthetic hormones. There are natural alternatives a girl can take which will stimulate her own body to produce the necessary hormone levels.

Another concern Mom often has about her young daughter is that she has not started developing like the other girls. Young teenage girls are often so self-conscious to be the only one among their friends left who has not had their period yet or who is still wearing a training bra from Sears instead of a lace push-up bra from Victoria's Secret. Many times Mom accepts 'late or slow development, telling her daughter, "Well, Dear, I started late and you are the same way; just be patient, your time will come." Let me say that this is not how it was meant to be. The ideal age for a girl to begin menstruating and developing is roughly twelve years old. It is not normal for a girl to stay flat-chested or underdeveloped. Healthy, normal development can occur through nutritional supplementation if the problem is addressed before the age of eighteen- the approximate age when the breasts and the reproductive glands stop developing.

What about that acne problem? My son or daughter is suffering and so am I.

Through out puberty, the body requires a large supply of vitamin E for the development of the re-

productive glands. If there is not enough vitamin E in the blood, the body begins to leech it out of the skin. Since the vitamin E in their skin is being rerouted to the reproductive system, the lack of it in the skin causes inflammation of the skin commonly referred to as acne. A good, inexpensive supplement to replenish the Vitamin E in the body for the reproductive systems of either males or females is wheat germ oil. Wheat germ oil contains the complete form of vitamin E that the body needs; but the wheat germ oil must be of good quality or you will not get the effect you desire. Also, just going to the market and picking up Vitamin E will also not do the job. Many of the vitamins sold in stores are incomplete or they are synthetic and will not do anything except waste your money. I have seen teenagers dramatically improve their acne condition after taking good quality wheat germ oil for only one day!


This makes for happier teenagers and happier parents!

There is hope Mom and Dad. Through simple nutritional supplementation, it is possible to have much less drama and much more peace in our homes during these challenging teenage years. Inci-

dentally, I have heard from viable sources that, eventually, we do get those sweet boys and girls that we started out with back as mature, responsible adults if we just do not give up on the teenagers that are running up our phone bills and

eating us out of house and home today. For information about which supplements have worked well for young men and women, call our office at (702) 426-5883; elite@elitehealth.biz or visit our website at elitehealth.biz.

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First Choice

(Continued from Page 1)

that their ministry could have saved me years of self-loathing and heartache, just as they're doing for women throughout Las Vegas.

"We just love women; we don't judge them," Silva said. After spending time at First Choice and learning that they saved more than 2,800 babies in 2010 alone, and shared Jesus' love and forgiveness with thousands more, it became clear that God's love is the answer for saving the unborn, their mothers and the people who serve them.

First Choice is the country's busiest pregnancy service center, according to Caylor. "We see more people in one day than most facilities see in an entire month," she added.

I visited during a "slow" day, just before Christmas, and every seat in the waiting area was full. I couldn't help but wonder about the stories of the women, young women, and (technically) girls sitting in the lobby. Some were accompanied by male partners. Some had friends or mothers in tow. Some were clearly alone. Caylor and Silva said their clients' situations run the gamut. Some are married, many are not. Some have conceived in environments of drugs or abuse, or even rape. Some want to have the baby, but are afraid they don't have the partner or family to support their needs. Some believe their babies are unhealthy and can't have a "normal" life. And some even believe they're at an abortion clinic (there's one just down the street). "The majority are abortion minded," Caylor said.

The one thing every pregnant person visiting First Choice has in common is the God-given gift of life inside of them, Caylor pointed out. "We know God is the one who gives life," she said, "but we don't push our opinions on the clients." "We're here to dispense life, love and hope," she added.

A visit to First Choice most often begins with a pregnancy test and then a session with an advocate, such as Silva, to discuss options. While most similar facilities provide the options and resources for parenting, placing for adoption, or aborting the pregnancy, First Choice always works toward the "choice for life," said Caylor and "won't agree with the devil" to support abortion not under any circumstance.

As Silva said, client advocates work to "find out the situation, what's happening with the partner,



First Choice Pregnancy Services

what the clients are thinking about and what pressures they're facing." Clients are presented with two videos: one in which a doctor explains about the procedure of abortion and another that shows actual abortions. "We want them to know the truth about what happens to their body and their baby," Silva said.

Whenever possible, according to Silva, First Choice endeavors to conduct an ultrasound to help the mother better understand the life that's inside of her and the stages of development. This is especially true for "abortion-minded" clients, Silva said. In the counseling room, there is a small wooden box containing life-size replicas of unborn babies at seven through 10 weeks of age. They look like tiny versions of newborn babies and, according to First Choice, that's factual and intentional. The lining of the box shares little-known information: At seven weeks, a baby's facial features and muscle system are developed and the heart is beating. At eight weeks, every organ is present and the stomach, liver and kidneys are operating. At nine weeks, the baby has fingerprints and fingernails and thumb sucking occurs. At 10 weeks, the baby is sensitive to touch and has facial expressions while the heart is almost completely formed.

"It's amazing how hearts can change just from knowing all of this," Silva said.

For those still intent on abortion, First Choice is committed to sharing God's love for the mother and the unborn child. "God is clear that we aren't supposed to kill, that a baby is a gift in the womb, and that God has plans for all of us even before we are formed," Silva said. First Choice isn't about pressuring, as both Silva and Caylor will attest, but the ministry does want mothers to understand God's truth and make the choice for life, even in the most difficult of circumstances.

"Rape is a tough one," Silva acknowledged in regards to clients who are impregnated during rape and considering abortion as a result. "I know Christians who say they don't believe in abortion ex-

cept in the case of rape," she said. The trauma of abortion on top of the trauma of a rape, she explained, can cause tremendous suffering.

Caylor suggested that "we always want to look at things through our perspective, but God never makes mistakes."

"Do we see a 2-year-old playing in the corner, find out they were conceived by rape, and decide that we should kill that child," Caylor asked. "Of course not," she answered. "What if God saw his daughter being raped and thought that He loves her so much that He wanted to give her the gift of a child," Caylor proposed. "Women who choose life when they've been raped know the child was a gift from God, that the child had no part in that act, and God has a purpose and a plan for the baby," she said.

The understanding that all life is a gift from God is at the core of the interactions First Choice has with pregnant women. Rape is a challenging issue to work through. So is the fear that a child will be born with complications. Caylor and Silva have dozens of stories of women whose doctors told them the baby would have health issues, but the baby turned out well. They also spoke of women who did drugs throughout pregnancy and still had healthy babies. In the event a baby is born with complications, though, Caylor is resolute that "the baby is never unwanted; there are people who want that baby."

"You shouldn't kill a child because there might be something wrong with it," said Caylor. "We see miracles every day and it's important to trust that God always has a plan, even when we can't see it," she added.

As much as they work to overturn a woman's decision to have an abortion and are successful about 77 percent of the time, according to Caylor, sometimes the choice is made to terminate a pregnancy. Approximately 47% of those who have had one abortion will terminate the next pregnancy, she said. Still, though, there is forgiveness and healing available through Christ- even for those who

elect to have an abortion, she pointed out.

Helping women heal from abortion is "a huge, huge part of our ministry," Caylor said. "Until a woman deals with having had an abortion, it can affect every part of her life," she explained. Retreats are held for those who have had abortions and, according to Caylor and Silva, the healing from issues ranging from depression to alcohol abuse to eating disorders is "amazing."

"God can forgive anything, if you ask," Caylor explained. "We make the best decisions we can with the information we have at the time," she said and added Christ's famous words, "they know not what they do." She explained that women who have had abortions need to accept that God has forgiven them, their baby has forgiven them and that they can forgive themselves. "The Bible says to forgive and that includes forgiving ourselves," Caylor said with compassion. "If we withhold forgiveness we aren't fully honoring Jesus' sacrifice for all of us to be forgiven," she said.

Caylor and Silva reported that abortion often happens in the course of other issues such as abuse, drug use and feeling unworthy of love. First Choice offers love and hope to those who have had abortions, even when they know that taking a baby's life is wrong. "I believe every baby is in Heaven," Caylor said. "We tell women who are healing from abortion that their baby loves them and is looking forward to meeting them; their job is to get to Heaven," she said.

The spirit-filled optimism of Caylor, Silva and the small staff

of four employees helps the ministry grow even when the numbers don't add up. First Choice is privately funded through donations. Government grants are not an option because "we won't sacrifice sharing the gospel," Caylor said. The client load has increased by 75% since 2006 while the finances and physical space have failed to keep pace. A crew of 30-40 volunteers (more are always needed) assists with everything from paperwork to counseling. The CEO of any company would stress about the apparent lack of resources to meet increasing demand. However there isn't an ounce of worry amongst any of the staff or volunteers at First Choice. "It's His ministry and God will provide," Caylor said with great faith.

The rewards for the work at First Choice are sometimes apparent and sometimes not, Caylor and Silva admitted. They have gotten to meet some of the babies God used them to save. They've also had the chance to see people they've counselled become counselors in return. They know they will learn the full story in eternity. In the mean time, they rely on God to manage each need, each mother and each unborn child each day.

"The financial need is definitely there," said Caylor. The need for volunteers, especially those who are willing to be trained as counselors, is also significant. "We could use more men counselors," Caylor pointed out. "Most of the clients do not have a solid Christian man in their life at all and it's good to provide that for them," she explained.

To tour and experience firsthand the ministry of First Choice, call Caylor at 702-271-6607. Donations are accepted through the secure website at <http://www.firstchoicefriends.org/>. "Voice of Life," the only Pro-Life Radio Show in Southern Nevada is hosted by Caylor and airs live each Tuesday at 4:02pm (PST) on KKVV, 1060AM and on the Net at <http://www.KKVV.com>.

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