Catcalling video shines a light on harassment

Surely by now you've seen or heard about — the two-minute video that depicts what a young woman endures while walking the streets of New York City. It is, in one word, disturbing. No one of any sex or age should have to put up with such harassment. Little wonder it has created a ruckus.

To raise awareness, advocacy group Hollaback teamed up with Rob Bliss Creative to show what is surely not a rare experience. Director Bliss used a hidden camera to follow and record access Shoshana R. Roberts for 10 hours. She was dressed in black jeans and T-shirt, an urban look that would blend in anywhere, except for the fact that Roberts was holding a microphone in each hand.

If you're a woman, what happens next will be all too familiar. If you're a parent or a grandparent of a girl, be prepared to be shocked.

In that day of wandering, Roberts received more than 500 catcalls (whistles and whistles aren't included) as she makes her way through the city. Some of the greetings are friendly enough — "Have a nice evening" — while others are on this side of pushy — "Somebody's afraid you're going to be beautiful. You should thank you move."

A few are downright creepy, such as the segment in which a man follows her. Though obviously edited, the video shows the extent of harassment women sometimes suffer in public places.

But like all things that involve sex, gender and race, the video has created some unintended reactions. Which is too bad because this kind of exposure mixes the point of a public service effort, a point important enough that I sent a link to my four adult friends in hopes of reminding them of the value of respect.

Some of the pushback is to be expected, and I suspect that the creators of the video were hoping for a bit of that. In a crowded online world packed with clever public service announcements, one has to get attention somehow, some way.

Some claim the recorded comments are inaccurate, ignoring the fact that remarks, verbal or written, are offensive. Other critics are plain disgusting, and prove that some men, who can toll the streets without incident, just don't get it — and unfortunately never will. Rob Bockler, who is famously offensive for, among other things, calling Baschakatouzian Andi Donifan's a shot on live TV, said this on Fox News: "I was..."

The power of touch

Tiffany Field has pioneered massaging premature infants to stimulate growth

BY JASON FAVREZZO
Staff writer

Tiffany Field massages Francesca Cardenas, the only girl in a set of quadruplets.

Two months after, the quadruplets remain in incubators in the neonatal intensive care unit at Holtz Children's Hospital at the University of Miami/Jackson Memorial Medical Center, where they were massaged on a regular basis. Using arm holes in the incubators, doctors, massage therapists, nurse and dad all take turns massaging.

SHOW BUSINESS

Film recalls ‘Outrageous Sophie Tucker’

BY STEVE DOTHAN
The Miami Herald

Bette Midler rode to international fame telling "Those Wonderful Sophie Tucker Jokes."

"These stories come from the feet of the late and great Miss Sophie Tucker," Midler once told a roaring crowd in Cleveland. "Go ahead and applaud the old girl, she's dead but she is not forgotten, at least not by me. She could tell you to 'Kiss my tuchas and plant a tree for Israel' at the same time."

The first female superstar of the 20th century, Tucker became known worldwide for her humorous, heartfelt, satirical songs.
Stimulating growth by massage

**TOUCH THERAPY FROM E**

The premature babies, stimulating their growth and development.

Tiffany Field, a psychologist and professor at Loma Linda University College of Medicine, started the nation's first research program at the University of Miami/Jackson Memorial Medical Center in 1983. She initially began with a light massage, more of a touch, while the babies didn't seem to like, she said. She then observed how lab rats licked their pups, which stimulated optimal pressure and, in turn, stimulated their growth and development.

She ended her research last year with the Golda Goro Award, a national award that honors federal funded research projects that may not have been noticed at the time, but have resulted in major scientific and societal benefits.

Field started the touch therapy program a decade before the medical community accepted massage as a treatment for premature babies. Today, touch massage therapy is used in about 60 percent of neonatal intensive care units nationwide and results in a savings of about $300,000 per infant — $47 billion annually nationwide — by shortening hospital stays by nearly a week for premature babies.

More importantly, the massage helps the premature baby to develop.

**LEARNING THE TECHNIQUE: Dr. Tiffany Field Shows David Gutierrez and Joanna Cardenas how to perform the massages.**

"Persistence to the slow stimulation brain activity slows down heart rate, lowers blood pressure, allows for a deeper sleep, makes the baby less irritable and ultimately helps mental development and physical growth," said Field, professor of pediatrics, psychology and psychiatry and director of the Touch Research Institute at the University of Miami's School of Medicine Center for Child Development.

Field developed an interest in premature through personal experience. She gave birth to her daughter a month early in 1976, when she was a graduate student studying developmental psychology at the University of Massachusetts at Amherst.

She was studying the effects of tactile stimulation at the time and had found that infants given pacifiers gained more weight and moved as they cried. When Dr. John Walsh, a professor at Loma Linda, told Field about the research she had been doing, she decided to conduct similar studies and was discharged sooner than infants who did not use pacifiers.

"I argued that we could accomplish that by stimulating the inside of the mouth, we could do more by stimulating the entire body," Field said. "My daughter became my guinea pig."

She massaged her daughter daily. She found that a light massage on her daughter's back and neck and gentle movement of her arms and legs had a calming effect while strokes on the face, belly and feet had a stimulating effect. She used the power of touch to reduce her daughter's anxiety and encourage her to talk more.

"Now she's taller and smarter than me," Field said.

She received a seed grant from Johnson & Johnson to start the research program at Loma Linda.

Field and research collaborators Cynthia Kohn, Gary Suhovnik and the late Dr. Neil Schanberg were already massaging premature infants at LTMH where they discovered rats licking their pups stimulated a growth hormone similar to one found in humans. They began applying more pressure and moved the massage as they massaged, resulting in the premature gaining more weight and growing faster.

Studies have shown that touch therapy increases weight gain on average, by 15 percent compared with babies left alone in their isolettes. Studies also have found that massage boosts development of circulatory, respiratory and neurological systems, and increases communication and intimacy between baby and parent.

Field and her team of licensed massage therapists have taught Cardenas and other nurses at Loma Linda University Medical Center how to perform touch therapy on the babies.

With sanitized hands, poking through the terry cloth in the incubator, the parents use gentle, firm and slow touch to massage the baby on different parts of their body.

"The baby feels good and that's very soothing for the baby."

"They think infants are too fragile, but they are actually really resilient and react in the same way as adults," said Belinda Gonzalez, a Licensed Massage Therapist on Field's team. "It creates a sense of calm and bonding between the baby and mother.

Some after births are distracted. Field recommends massaging children for 15 minutes every three days for as long as they are too old to say they don't want it anymore.

"Touch therapy should not be used for premature infants exclusively, but for all children with different conditions," Field said.

She has treated more than a hundred babies and recently received a $15,000 grant from Johnson & Johnson to teach mothers how to perform touch therapy on their own children.

For Cardenas and Gutierrez, the parents hope to bring Francesca, Julian, Sebastian and Baby D — home — by mid-February.

"I think it's important for the baby to feel that it's safe and secure with itself," Field said. "It's the best thing we can do for the baby."

**Cleveland Clinic Florida**

**Innovative Treatments for Epilepsy**

Chetan Malpe, MD — Cleveland Clinic Florida Neurologist

Although treatment of the seizures causing epilepsy often involves medication, some patients experience severe side effects. Cleveland Clinic Florida offers several innovative treatments for epilepsy that are not found at other hospitals.

**Q: What is Epilepsy?**

Epilepsy is a neurologic disorder that causes people to have seizures or convulsions, or disturbances of the senses, thinking or movement.

**Q: How common is this disorder?**

At least 500,000 people in the United States have epilepsy.

**Q: How is Epilepsy diagnosed?**

A: The most common tool is a 24-hour electroencephalogram (EEG), which is available at Cleveland Clinic Florida in this center. It may also be performed at home by neurologists who have electroencephalogram (EEG) machines. In some cases, additional tests such as brain scans or MRI can be done to help make a diagnosis.

**Q: What are treatment options?**

A: Medications can be used to control seizures; surgery to remove the part of the brain involved in seizures; and, in select cases, a procedure called laser ablation, which can disrupt the electrical activity in the brain without causing permanent damage.

**Q: How can I learn more?**

More information is available online at Epilepsy.org or call 800-332-1000 to find a epilepsy specialist near you.