PAGE 6 -

Reduce dust to control allergies

Going back to school often means a change in living habits bedding that has been in storage, p.m. and 10 a.m. Try to minimize for college students - and that even if it was washed before it outdoor activity in the early morncould mean allergy problems for was put away. Use plastic cas- ing and later afternoon, and on many. The American Academy of ings around mattresses and box days with high winds and humid-Allergy and Immunology offers springs, which are prime nesting ity. the following tips for controlling areas for dust mites and molds. and treating allergies.

common allergens found in many some sufferers, bare walls and noses, itchy eyes, and sinus contypical college settings. Old mat- bare floors may be recommended. gestion. Ask your pharmacist to tresses, pillows, even blankets Posters and other wall decorations help with questions about the that have been stored over the should be dusted frequently, as many different over-the-counter summer in basements or attics, well as desks, dressers, stereo antihistamines. Eye drops, deare havens for mold and dust. equipment, and books. If the room congestants, and limited use of Mold spores and dust mites also is carpeted, be sure to vacuum nasal sprays also may help to recan be found in stuffed animals, frequently and thoroughly, and lieve symptoms. indoor plants, carpets, and books. vacuum after dusting the room,

the outdoors can be found in the as possible. breakdown of fibers in furniture coverings and stuffings, and plant areas that are free of dust, other materials. In addition, dust mites allergens, and irritants including allergies and a list of trained almay live in mattresses and car- cigarette smoke, animals, heavy pets.

Reducing dust and mold indoors can help to alleviate the lergies. If possible, keep windows Referral Information Line at 1discomfort of allergies for sufferes. closed during heavy pollen times, 800-822-ASMA(2762).

Dust mites carried in from not before, to remove as much dust mines do not relieve allergy symp-

Try to find living and study see a trained allergist. perfumes, and cosmetics.

Pollen also can aggravate al-

Wash blankets and other especially at night and between 5

Allergy medication can help Keep room surfaces free of to relieve some of the symptoms Mold and dust mites are clutter that collects dust. For of allergies, including runny

If over-the-counter antihistatoms, or if they cause side effects,

For more information about lergists in your area, call the American Academy of Allergy and Immunology's toll-free Physicians'



HEALTH & LIFESTYLES

Dietician joins Student Health Center

at UNLV pleased to announce free of charge. that registered dietitian Lisa Sherman-Cavaretta will be avail- Classes will stress the importance to lose weight. Some people actuable to our students to provide of eating habits for self-manage- ally gain weight on a diet". She programs and answers to ques- ment of weight, good health, and stressed realistic eating patterns tions about diet and nutrition.

4, 1990, Lisa will conduct an in- who are trying to lose weight and formal series of nutrition classes. adopt a happier and healthier life- istered dietitian with a Master's Sessions will meet at the Health style. Center from 2p.m. to 4p.m. Participants may attend as many of cially interested in what she calls

New CD's - \$7.99

Juke boxes for sale

Jukebox labels

New Cassette tapes – ⁸2.99

The latest 45 records with

Also

ą

The Student Health Center the workshops as they would like the Diet Cycle. "Many individu-

Starting Tuesday, September also provide guidance for those as keys to weight management.

4375 E. Sahara #20

Las Vegas, NV 89104

735-4299

24 Hour Answering

Service

791-1448

Juke Boxes for Rent Co.

Who needs D J is for four hours when you can rent juke boxes

for twenty-four hours with your own favorite selections.

als don't realize that the more W.I.N. (Wisdom In Nutrition) they diet, the more difficult it is personal fitness. This class will and a long term exercise program

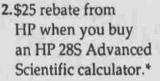
Sherman-Cavaretta is a reg-Degree from the University of Il-Sherman-Cavaretta is espe- linois and a Bachelors of Science Degree from Bradley University. She is a trained nutrition educator with special presentation and group leadership skills, being nationally recognized for her dynamic workshops. Sherman-Cavaretta is president of the Southern Nevada Dietetic Association and an appointed board member of the Southern Nevada Extension Nutrition Council.

The Student Health Center can now offer students profes-

Great offers on the HP 48SX and the HP 28S

HP has two special offers for getting ahead of the pack when it comes to schoolwork.

1.FREE HP Solve Equation Library card when you buy a new HP 48SX Scientific Expandable calculator.*







sional nutrition expertise to help get and keep them fit for the school year. Call 739-3370 for more information.

Cocaine lecture scheduled

"All Cracked Up . Crack Cocaine, The Whole Story" will be the topic of a public lecture presented by the City of Las Vegas Stewart/Mojave Sports Center, 275 N. Mojave Road. Frank Keefe of HCA Montevista Hospital presents the public forum at 6:30 pm, September 4. Admission is free to cardholding members; nonmembers pay \$2.

Call 386-6563 for further information.

シリアンタンさんしていいちょういい しょうしんしょうかん

Come in and try one today. HP calculators -

the best for your success

Ollers good on purchases made between August 15, 1990 and October 15, 1990. Ask for HP's "Limited time only" coupon



of Nevada, Inc

Products for Business and Engineering

878-1016

3515 WEST CHARLESTON STORE HOURS: MON-FRI 8:00-5:30 SAT 10:00-3:00