

FRATERNAL GROUP'S VALENTINE FEAST SAT.



MAKING PLANS for the Free Valentine Feast sponsored by Medina Temple No. 1 and Zodiac No. 2 Saturday, February 10, 1968 at 505-1/2 Jackson Avenue are members of the Temple and Court representatives pictured here.

Shown, from left (seated) are daughters Lassie Burns, Associate Matron; Maureen Finch, Matron; Noto Williams, Past Matron; Lou Edith James, Secretary; and Daisy Bailey, Recorder...2nd row (from left) Daughters Willie Wimberly, Ena Mae Harris, Juanita Cruise, James Carter, and Daughters Elizabeth Morris, Angelonta Omnan, Daisy Dupree, and Alice Moore...Rear row, from left, are Perry Higson, and Daughters Elizabeth Harris, Dorothy Lee Smith, Earnestine Howard, Jeanette Carr, Mariah Jackson, Inez Turner, and Alberta Smith.

Donation is \$1 and festivities are scheduled to begin at 7 p.m.

HOW TO SAFEGUARD CHILDREN'S HEARTS

(First of a three-part series of articles presented by the Nevada Heart Association to tell parents how they can safeguard their children's hearts as well as their own.)

Heart attack is America's deadliest enemy, claiming about 500,000 lives yearly. While it strikes mainly in middle-age, or later, the time to start safeguarding against heart attack is early childhood, when life-long habits are formed. Good health and heart habits begun now can reduce later risk of heart attack.

Intensive research is going forward to find the causes of hardening of the arteries, which sets the stage for heart attack. Until this knowledge is available, physicians generally agree that the individual can do much to improve his chances of living longer by minimizing certain risk factors.

By setting a good example, parents can not only encourage their children to form risk-minimizing habits that may last a lifetime, but at the same time protect their own hearts.

Here are basic suggestions for parents:

1. Get the latest heart-saving facts and share them with your children. Your Heart Association has free literature on the role played by the heart and circulatory system in sustaining human life. Give children the facts they should know about heart attack, stroke, rheumatic fever and other diseases which attack their system.
2. Stress the importance of normal weight. Obesity often begins in youth.
3. Form good diet habits by serving more unsaturated fats (mostly vegetable oils) in place of saturated (mostly animal) fats, and fewer foods rich in cholesterol.
4. Encourage them to keep physically fit through regular exercise, and, if possible, make regular and moderate physical activity a family affair.
5. Teach children that smoking is bad for health. Don't smoke yourself. Promote a type of self-discipline which will encourage the child not to start smoking.
6. Make doctor check-ups a family routine.

Risks of heart attack, of course, increase with age. Males are more vulnerable than females. Some families seem to be more predisposed to heart disease than others. These three

factors -- age, sex and genetic inheritance -- cannot be controlled. But you can control the factors already mentioned and thereby improve your risk.

Take the middle-aged man with three major risk factors going against him -- high cholesterol level in the blood, high blood pressure and excessive cigarette smoking. His chances of incurring a heart attack are more than ten times greater than a man of the same age with none of these disadvantages.

Generally, the same risk factors applying to children also apply to parents. High blood pressure -- much more common in adults than children -- is an additional risk factor of which parents themselves should be especially concerned. If the doctor finds that an adult has high blood pressure, he can probably bring it under control through drugs or other treatment.

In the second installment of this series, we shall discuss diet and obesity in greater detail, and in the third installment the subjects will be smoking, exercise, medical check-ups, etc.



Condemned Youths Appeal

CHICAGO - (NPI)--Two Southside teenagers have been sentenced to death in the slaying of two younger boys who reportedly refused to join their gang.

William Cannon, 19, and Lawrence Cochran, 18, were to be electrocuted--even though they had no previous records and came from home environments that were not ideal.

Illinois law requires that the case be appealed to the Illinois Supreme Court. Their electrocution, set for April 18, will be delayed until the appeal goes through.

The two, along with Arthur Johnson, 18, were accused of shooting Donald Hopkins, 15, and Anthony Smith, 14. Criminal Court Judge Francis T. Delaney pronounced the sentence.

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BINGO

**PRIZES
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**Sat, Feb. 10
7:30 P.M.**

**St. James
PARISH HALL
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**Be A
Selective
Buyer**

(NAMES, from page 3)

brown bundle of dynamite in our town, a house guest of Evelyn Lightfoot....Name a civic or community activity in the Windy City and you'll find that the popular "Skeets" is involved and committed up to her eyebrows in it...Mentioned that she must dash back in a couple of days to lend her efforts to the promotion of the Chicago premier of Sammy Davis Jr.'s Golden Boy April 16 sponsored by the United Negro Appeal of which she is a member of the Women's Auxiliary....The sepia whirlwind had sold 12 boxes of tickets before taking off for her visit to TBCOTA.



LEAGUE OF WOMEN VOTERS -- League Women of Nevada are pleased that a study of equality of opportunity for adequate housing is being urged by Leagues across the nation for adoption at the National Convention in May in Chicago...Mrs. Richard G. Miller, Nevada State League President, quoted the national report as saying: "For years the League has pursued the ideal of equal opportunity through the avenues of education and employment. Leagues now say that to be effective it is imperative to examine housing problems as an integral part of the fight for equality and against poverty."



TEXAS NEGROES -- According to NPI correspondent Leon Lewis, Texas Negroes urge "Get Tough" policy for the U.S....Lewis said Negroes in Texas are surprisingly informed on foreign affairs and are seriously concerned with daily happenings on the international scene...He stated that at the outset of the Pueblo incident, involving North Korea, a cross section of Negroes in urban areas of Texas favored a "get tough" policy as the only way the U.S. can maintain its position of influence in the world of nations....A canvass of opinion by KRLD-TV, CBS affiliate in the Dallas area, revealed that about 90 percent of the Negroes questioned were definitely of the opinion that North Korea should be given a stipulated time (24-48 hours) to release the Pueblo and its crew - OR - One "or" was "blow them off the map"....That's about tough enough.



LOCAL ELKS -- Brothers of Paran Lodge #1508 really turned it on for Larry Steele's "Smart Affairs" troupe, Tuesday night at the Elks Hall on Owens Ave...It was strictly a "soul" affair. Occasion was a farewell party for the cast who closed their engagement at the Flamingo Hotel last night (Wednesday).