

# F. Y. I.

for your information

A person is really three ages, the author of a book on aging contends: a chronological age, a physiological or biological age, and a psychological age. "Aging is a matter of mind over matter - if you don't mind, it doesn't matter," she quotes a government researcher as saying.

Winter winds and heating units in homes and offices are responsible for dry skin for many individuals of all ages and both sexes, authorities on skin care have observed. They suggest the use of an emollient cream on all skin areas to be exposed. If skin is sensitive or dry, or soap is drying or irritating to the skin, try substituting a liquid skin cleanser such as pHisoDerm. It is reported to cleanse thoroughly, while at the same time helping oils lost in washing, without leaving skin greasy.

A balanced low-caloric diet to lose weight is recommended rather than some diets in popular use, such as one that is restricted to protein and fat and involves drinking large amounts of water, according to the authors of a study reported in a prestigious medical journal.

The body requires some form of regular exercise to stay in top condition, but the amount and type of exercise varies from person to person, a dermatologist writes in a book on looking younger. Regularity is very important he states. "Subjecting your body to violent bursts of activity for which it is unprepared won't help your looks and may end all your aging problems by giving you a fatal coronary. . . . The person who rests and exercises sensibly is more immune to all forms of stress, and usually shows it," he adds.

By the year 2000, it is estimated that there will be 50 million people with 20 years of unorganized leisure time ahead of them. "What we have to do is learn how to make the hours not at work as meaningful and as creative as those when we work," a physician stated recently at a meeting on aging.

Steam-heated houses and wollen pants suits contribute to a dry skin condition commonly known as "winter itch." To relieve this condition, the physician-author of a book about skin problems suggests the use of "bath oil and available soap substitutes instead of regular soaps which are usually alkaline and quite drying."

To avoid "winter itch" many physicians advise persons with dry skin to bathe less frequently in the winter. There are also creams and lotions that help to counteract dryness.

And to avoid the "itch from direct contact of wool on the skin, synthetic materials can be substituted. There is also long cotton underwear to use as a lining for wollen trousers, or as a substitute for old fashioned "long johns."

## EDUCATION WORKSHOP

Local elementary school teachers may apply now for a \$300 stipend from the Sears-Roebuck Foundation for their participation this summer at a workshop in economic education at the University of Nevada, Las Vegas.

The workshop, scheduled for June 9 through 27, will enable teachers to develop plans and materials for the teaching of economics at the elementary level.

Barbara Schick, director of the UNLV Center for Economic Education, said the teachers may obtain application forms in her office in UNLV's Humanities Building. They must be completed and returned by Feb. 12, and recipients will be notified of their selection by March 17.

The Seras-Robeuck Fellowship offers \$300 to teachers who satisfactorily complete the workshop, and an additional \$50 for those who apply their workshop experiences to their classroom curriculums during the following school year.

Along with these stipends, the foundation provides a library of study and teaching and special consultation services both during and after the workshop.

Mrs. Schick said persons who have three to 12 years of teaching experience are eligible to apply for fellowships.

The three-week workshop, which offers three graduate credits, is being supported also by the Joint Council on Economic Education headquartered in New York, and the Nevada Council on Economic Education.

"Basically, the program gives teachers an understanding of how the U.S. economic system functions," stated Mrs. Schick. "It will examine the methods of integrating basic economic concepts into the school curriculum with the social sciences and career education."

She said representatives from business, labor and the New York Stock Exchange will be invited to discuss their respective roles in the economy.

### LEGISLATIVE WEEK

Sunday, February 2 at 7 p.m. and again at 10:30 p.m., Channel 10 airs its first in-depth Legislature coverage. In addition to highlights of the opening of the Legislature and a general overview of the business began in Carson City, Hank Tester, public affairs supervisor, interviews and obtains insight into Governor O'Callaghan's philosophy and personal outlook for the Legislative session and the future of Nevada.

### RED CROSS

The Clark County Chapter of the American Red Cross will begin teaching a Standard First Aid Class starting January 27, 1975. It will be held at the Clark County Flamingo Library. The class will be free to all those interested with a \$2.00 charge for books. For further information please call the Red Cross chapterhouse at 384-1225.

### KIDS KORNER by Sesse Jacobs

1. WHEN YOU FILL IN THE DASHES CORRECTLY FOR EITHER ONE, JUST SPELL IT BACKWARDS AND YOU'LL HAVE THE OTHER.

2. BY CHANGING ONE LETTER IN EACH YOU CAN MAKE A DIFFERENT ANIMAL OUT OF A DOG BEAR

3. WHAT STATE HAS AN ALCOHOLIC DRINK IN IT?

4. NAME THE OBJECTS, ADD OR SUBTRACT THE LETTERS, AND THE ANSWER WILL BE SOMETHING YOU CAN GET FROM AN ELEVATOR OR A TONIC.

ANSWERS: 1. A. BAG - GAB; G. POT - TOP; C. WOLF - FLOW; D. PAL - LAP; HOG, BOAR - VIRGINIA; A. LIFT

A. PAPER CONTAINER  
A LOT OF TALK

G. KITCHEN UTENSIL  
MOUNTAIN PEAK

C. WILD ANIMAL  
WHAT A RIVER DOES

D. A REAL BUDDY  
ONCE AROUND THE TRACK

V \_\_\_\_\_ A \_\_\_\_\_

- NK

+ \_\_\_\_\_

- RA

= A [ ] [ ] [ ]

# NOT JUST ANOTHER NEWSPAPER

# LAS VEGAS Voice

Your electric bill reflects your personal way of life.

No two electric bills are ever alike. Not even when you compare electric bills from homes about the same size with the same number of appliances. Because it's not what you own, it's how you use what you own that counts. So here are several, important ways you can lower your electric bill and conserve energy:

- Most important, make sure your home is properly insulated.
- Keep your thermostat a steady 68.
- Use only full loads in dishwashers, washers and dryers.
- Use your small appliances to prepare meals whenever possible.
- Turn off lights and appliances when you're finished with them.
- Repair leaky faucets.
- Open up those drapes and let the sun help heat your home.
- Keep all appliances in top working order.

These are only a few of the many ways that you can conserve electric energy in your home. Providing you with that energy is our business . . . but using it wisely is everyone's business.

**NP**  
**nevada power company**  
serving Southern Nevada since 1906