

V★A FACTS

Q -- I have been receiving my pension check from the VA monthly without fail until this month. How come?

A -- You neglected to notify VA that you moved to a new address.

Q -- What is the "man-on-campus" program I keep hearing about?

A -- It is an all-out effort by the VA to place a man on college campuses to insure prompt delivery of GI Bill educational assistance checks by expediting change of addresses, dependency status or training programs.

Q -- When an educational check has the right claim number, but the name is misspelled, example: "Willie Hancock" is shown for "Lillie Hancock" and the claimant cannot get the check cashed, what action should be taken in order for a new check to be made and how long will it take to get a new check to be issued?

A -- This check should be returned to the VA office

calling attention to the error. Action will be taken to correct the name and have the check reissued. If special pay procedures are indicated, the claimant should receive a check within seven days.

Eight additional Veteran's Administration hospitals are joining the agency's specialized hypertension program. They will establish model clinics to screen patients for high blood pressure and treat those who would benefit from medication, bringing the total VA hospitals with such programs to 32.

All are expected to be in operation by January 1976. By that time the agency expects to have about 300,000 veterans in the program.

One out of three veterans screened thus far by the VA model clinics has high blood pressure considered severe enough to require treatment or periodic rescreening.

RUBY SAYS

by Ruby Duncan

I've talked many times about preventive health care and the importance of early screening (getting physical check-ups once a year, especially for children) to discover any health problems before they become worse and harder to treat. But I don't think I've talked very much about how very important to one's health it also is for everyone to eat enough of the right kinds of food, so I would like to discuss that subject.

How many of us really think about what we eat? How many of us even know for certain what foods our bodies need and what "foods" we actually should try to avoid? It doesn't seem that very many people do know these things and, if they do, they don't eat like they know they should.

I want to ask all of you to stop for a few minutes, and think about and examine just what the things are that you eat every day. And not just you, but also your children -- what do you feed them?

If you are giving your children lots of candy, cookies, potato chips, pop, and that sort of "food", I hope you will start to think about what you are doing to them. The years of childhood and adolescence are the most crucial in many ways, because this is the period of very rapid physical and mental growth. If a young person does not get the proper nutrition, his body and mind will not have the tools and materials they need to build with. That means they will not develop as well, they may have health problems early in life, or they may have more health problems later in adulthood.

Everyone needs plenty of fruits and vegetables, protein, milk or milk products, and whole-grained breads and cereals. Protein is found in many foods, not just in meat and fish. Cheese, eggs, peanut butter, soybeans, and other beans (such as split peas, lentils, and pinto beans) are excellent sources of protein. Fresh fruits and vegetables are the best, because these foods lose much of their nutritional value when they are canned or frozen, and they contain many more of their natural vitamins when fresh -- besides that, fresh ones taste better! Breads such as whole-wheat and rye are much more nutritious than white bread, though if you have to buy white let it at least be enriched. Whole-grain cereals which do not contain sugar are greatly preferred over sugar-coated cereals which are really nothing but calories with no food value.

We need all of these types of foods each and every day of our lives if we want to be and stay healthy. The best way to find out how much of each kind of food you yourself need is to ask your doctor or someone else who you know is knowledgeable about nutrition.

I cannot emphasize enough how important it is for your own health and for the health of your children to eat enough nutritious foods and to try to avoid "foods" that are greasy or high in sugar content. So stop and look at what is in your diet. Think about it. And if you realize you're not eating right, and you care, why don't you change your ways? You'll not only feel better, but you'll look more healthy too, and your activities (work, study or recreational) will become more enjoyable and easier. Try it and find out for yourself.

NEXT WEEK: All about the conference I attended in Washington, D.C., marking the 55th Anniversary of the Women's Bureau and International Women's Year.

HEW awards \$200 million to special programs

In an effort to improve educational opportunities for the handicapped, HEW's Office of Education awarded some \$200 million to the states and to special programs during Fiscal Year 1975.

Recent court decisions and resulting laws show an awareness among the States of the fact that a handicapped child has a "right" to education," said Edwin W. Martin, Acting Deputy Commissioner of the Bureau of Education for the Handicapped (BEH).

At the same time, States are beginning to realize the importance of finding and working with handicapped children as early as possible. It not only has a positive effect on the child in reducing some of the long term effects of the handicap, but it certainly has positive economic benefits for the States," Martin said.

Nevada was allotted \$334,459 for Fiscal Year 1975, for Preschool and School Programs for Handicapped.

THIS WEEK IN BLACK HISTORY

September 1975

THURS.

18

Famous Atlanta Compromise speech made by Booker T. Washington. 1895

FRI.

19

Atlanta University founded by the American Missionary Society in 1865.

SAT.

20

First Black Convention held in Philadelphia. 1831

SUN.

21

General Andrew Jackson appeals to free Blacks to join army in war against British. 1814

MON.

22

Dr. Ralph Bunche is first Black American to receive Nobel Peace Prize. 1950

TUES.

23

Mary Church Terrell, leader of campaign against Jim Crow, born. 1863

WED.

24

Federal troops at Little Rock protect desegregation of Central High School. 1957

EOB Free Health Clinic

CLINIC LOCATIONS

West Las Vegas - 940A West Owens - 648-3280, Ext. 69
North Las Vegas - 2445 Las Vegas Blvd No. - 648-3280, Ext 50 - 69
Henderson - 750 Major Street (Trailer adjacent to Al Landsman Gardens)

SENIOR CITIZENS

Provides medical examinations with emphasis on hypertension, annual paps smears, medication prescriptions and laboratory tests. Services available free to all low income seniors of Clark County 55 years of age and older, who fall within the CSA income guidelines.

West Las Vegas - 1st and 3rd Thursday of each month, 9-12
Henderson - 1st and 3rd Tuesday each month, 12-2 p.m.

FAMILY PLANNING

Provides contraceptives, pap smears, pregnancy testing, venereal disease testing, physical examinations, laboratory tests, treatment of vaginitis for low income clients who fall within EOB Health Services income guidelines through age 44.

West Las Vegas - Tuesday & Thursdays 6-8 p.m.
North Las Vegas - Mondays 9-12 & 1-4 p.m. Pill refill Fridays 1-4 p.m.

Henderson - Tuesdays 12 noon to 6 p.m.

WIC (WOMEN, INFANTS & CHILDREN)

Provides high protein foods to eligible pregnant women and infants and children through age 4, see the child care schedule.

SICKLE CELL SCREENING

West Las Vegas - Tuesday and Thursday 5:30 - 7:30 p.m.

MATERNAL & CHILD CARE

Prenatal clinic enrollment is closed at present time. Child care provides physical examinations, laboratory tests, immunizations, vitamins, medication and treatment of minor illnesses i.e. colds, rashes, diarrhea, etc. Also includes WIC participants.

West Las Vegas - Wednesday 1-4 p.m. & Thursdays 9-12 & 1-4 p.m.

North Las Vegas - Mondays 9-12 & 1-4 p.m. Friday 1-4 p.m.
Henderson - Tuesday 12-6 p.m.

Family income affects growth

Preliminary data from the Health and Nutrition Examination Survey (HANES) conducted by the National Center for Health Statistics shows that there are significant differences from early childhood through adolescence in the growth of children from families with income below and above the poverty level.

Both boys and girls from families living above the poverty line generally are taller and heavier than boys and girls from the lowest

income group. At age 17, for example, boys of higher income families are two inches taller and nine pounds heavier than boys from lower income families.

Obesity, as measured by triceps skinfold thickness, is more prevalent in women than in men, and most prevalent among older Black women, nearly a third of whom over the age of 45 are obese. Among women of both races obesity is associated with low income.

DETEK

- SILENT SUPERVISED
- SAFE AND VAULT
- CLOSED CIRCUIT TELEVISION
- SMOKE & HEAT DETECTION
- AUTOMATIC & MANUAL FIRE
- ULTRA SONIC
- LOCAL BELL

ALARMS Alarm Systems

ALARMS OF TODAY AND FOR TOMORROW
Burglar • Fire • Holdup
Residential and Commercial
Battery Standby in case of Power Failure

CASH CENTRAL STATION
\$ Computerized
MONEY Solid State
FOR ALL Direct Lines to
LEADS Police & Fire Depts.

FREE ESTIMATES
739-8384
5115 South Industrial Road
Las Vegas, Nevada 89118

TURN THE LEARNING KEY