

BOLD EXPLOSION '75 is looking for girls that are interested in the upcoming show November 30.

We are also looking for seamstresses and designers who would like to enter their own creations or assist in making costumes for the show.

Please contact Georgia Lightford, fashion coordinator, 648-2853 or 648-6095. Auditions will be held at the EOB Office, 900 West Owens Avenue, 6:00 p.m. every Friday.

If you can sing, dance, sew or act, we would like to expose your talent.

Focus on Seniors

Activities at EOB's Senior Center, 960 W. Owens, have accelerated with the advent of the fall season. Preliminary plans for a Fall Fashion Fair, to be held November 21 at the Center, were made at the Senior Council meeting September 11.

Council Chairman Jacqueline McKinney appointed Ernestine Howard as chairman of the fashion committee; Sally Ortiz will be in charge of food arrangements; and Exie Thompson heads the handiwork committee. All the Senior Council members will assist in the planning and arrangements for the day-long affair.

As a unique feature of the fashion portion, ladies of the Center will be model clothing they have selected from the EOB Thrift Shop, which is operated by the seniors of the Center. In this way the excellent quality of the clothing donated to the Thrift Shop will be shown. It will also demonstrate to the donors how greatly their contributions are appreciated, and how ingenious the women are in recycling the clothing.

Colorful, handmade quilts are now being made at the Center for the November Fair. All kinds of beautiful items will be displayed and sold.

All senior citizens are invited to participate in the activities of the Center. Call 648-3280, ext. 85, for information -- or just come to the Center at 960 W. Owens. All members of the community are invited to attend the Fall Fashion Fair.

Happiness Through Health

by
Otto McClarrin



IMPROVED OUTLOOK ON SICKLE CELL ANEMIA: James C. Lee and Dr. Alfred S. Gima, of the Medical College of Wisconsin, conducted a study recently to test the widely accepted assumption that one half of the persons with sickle cell anemia die by age 25 and the life expectancy is shortened by two-thirds that of the normal population.

The findings of the study, conducted in the Milwaukee Black community, appear to indicate that mortality is not a significant factor prior to age 25, and instead show an increased median longevity approaching 90 percent greater than previously assumed.

The study points to the value of early detection and health maintenance activities of persons with sickle cell anemia, especially leading up to the early adult years. Details of the study appear in the July issue of the Journal of the National Medical Association, composed of Black physicians.

\$10,000 FOR YOUR IDEAS: Awards ranging from \$2,500 to \$5,000 are being offered by the Health Industry Manufacturers Association for new ways to reduce health care costs. All members of the health care community, as well as the general public, are encouraged to enter.

Entries should be summarized in 100 words or less, with up to 500 words of additional explanation. Economics or scientific data may be attached but is not essential. The judges will announce the winners on January 1, 1976.

Deadline for entries is November 1, 1975. Send to Harold O. Buzzell, president, Health Industry Manufacturers Association, 1030 15th Street, N.W., Washington, D.C. 20005.

CONTRACEPTIVES: If a proposed Federal Drug Administration (FDA) regulation becomes final, the intra-uterine contraceptive (IUD) may soon join oral contraceptives and aerosol asthma drugs as a prescription product that must carry patient labeling. Used by about four million U.S. women, IUDs as a group are about 95 percent effective in preventing pregnancy.

Complications such as excess bleeding, perforation of the uterus, and septic abortion have been reported. The FDA says patient labeling is designed to assure that women who use IUDs have been fully informed on the advantages of the devices and that they are aware of alternative means of contraception.

Physician labeling, also in the proposal, will include details on preinsertion patient examination, insertion techniques, removal, possible adverse reactions, and clinical trial results, listing rates of pregnancy, expulsion, continuation, and removal.

COMPUTER ANALYSIS OF PATIENTS: "You may think of yourself as 45 Harry," says the company doctor, "But statistically, you stand the same risk of dying in the next ten years as a 55-year-old man. Now on the other hand, if you'll lose 60 pounds, cut out that martini before dinner, and especially quit smoking altogether, we can probably turn your clock back to your 43rd birthday."

Backed by data from large scale medical studies and a computer analysis of patient records, more and more physicians are using this approach to encourage their patients into healthier behavior. The first prospective studies of the health hazard appraisal suggest it does what it's intended to do: Improve the patients prognosis by changing his behavior patterns.

The health hazard appraisal system is the brainchild of a team of doctors and health statisticians headed by Drs. Lewis C. Robbins and Jack H. Hall at Methodist Hospital in Indianapolis. The figures behind the system are based on a pioneering 15-year effort by the team, which culled information from life insurance charts, large prospective studies and special conferences of health experts.

The result was a set of probability tables setting out a patient's chances of dying from any of 15 leading causes of death within the next decade. About 24 medical schools are interested in the program.

Both the Public Health Service Hospital in Baltimore and the Indianapolis team are willing to compute a risk analysis for any patient who can get his doctor to request one. A computer analysis from the Baltimore hospital is free.

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QUILTING BEE AT SENIOR CENTER -- Shown preparing a handmade quilt to be sold at the "Fall Fashion Fair" November 21 at the EOB Senior Center, are (from left), Mrs. Lucille Nelson, Mrs. EXIE Thompson and Mrs. Ernestine Howard. Mrs. Howard has made many quilts for various charitable and fraternal causes, and her work is valued highly. Mrs. Nelson is an expert in many types of needlecraft, and Mr. Nelson participates in all types of craft projects at the Center.

Senior Center Director Hazel Geran announces that two new VISTA Volunteers are now assigned to the Center. Willie Herron, well-known in this area, will divide his time between the North Las Vegas Recreation Center and the Senior Center; he is an expert in all types of crafts work, and will teach arts and crafts in both places. Mike Bourke, from Boise, Idaho, is taking over Information and Referral and other duties to the seniors.

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