



RUBY SAYS

by
Ruby Duncan

I want to thank every one of you who voted May 25th in the primary giving me a chance to go back to New York to the National Democratic Convention. I did go, I enjoyed the convention — to me it was a victory for the Democratic party. I am looking forward in the coming weeks to work with all of you to make sure we do elect a Democratic president — a man who will help put people back to work — a man who will do something about health care — a man who will want to do a good thing for America. People are not just a precious few. Lets get our minds together and get rid of the Republicans. Lets register to vote. We have a few weeks to get it together — we can do it, and we are going to do it!

More from the Declaration of Economic Independence:

America's giant corporations have seized control over the great land and resources of our country.

They have systematically destroyed thousands of small businesses and forced millions of Americans to become wage serfs for the wealthy owners. They have formed shared monopolies in virtually every major retail whoesale industries forcing millions of consumers to pay higher and higher prices for goods and services they cannot do without — these monopolies practices being the primary cause of runaway inflation.

They have forced millions of Americans into unemployment lines by systematically closing down the American plants and moving their business operations abroad so they can hire cheaper labor and reap still greater profits for their owners.

In the name of profit they have expropriated billions of dollars of wealth produced by the working women and men of this country. The giant corporation have pursued a policy of industrial negligence which kills 14,000 workers and permanently disables 900,000 more every year.

They have manufactured unsafe products that kill 30,000 and permanently disable 110,000 Americans each year.

They have used the energy crisis in order to double the price of fuel and make record gains in profits.

They have sold American wheat to the Russian government, forcing a sharp rise in the cost of bread and other wheat products to the American consumer. They have turned our nation into a weapons factory, wasting valuable labor and resources that could be utilized for basic human needs.

They have fostered tensions and conflicts between races, sexes, and ethnic groups in their arbitrary and discriminatroy employment practices. They have pilleged the resources, exploited the people and systematically intervened in the domestic affairs of other nations in order to profit their corporate treasuries.

That's it for this week. Let me know what you think of the Declaration of Economic Independence and if you want to hear more. I think it really says a lot and should be a guideline for us to follow.

Pre-School

C.V.T. Gilbert Pre-School for 2 to 5-years old, weekdays from 8 a.m. to 5 p.m. Lunch is served. You can apply at Room 32. Mrs. Annie Walker is the recreational aide. The school teaches reading readiness and language development. You can call 648-5328 for rate information.

V*A FACTS

EDITOR'S NOTE: Following are representative questions answered daily by VA counselors. Full information is available at any VA office.

Q -- Are blinded or otherwise severely disabled veterans of World War II eligible for vocational rehabilitation training if they are unemployed and unskilled?

A -- The vocational rehabilitation training period for World War II veterans terminated June 30, 1975.

Q -- Is a widow of a veteran entitled to a GI home loan if her spouse did not use that benefit?

A -- Only unmarried spouses of veterans who died while on active duty, died of service-connected disabilities, disease or injury, or spouses of service personnel listed as Missing In Action are

entitled to home loan benefits.

Q -- Are peacetime veterans entitled to hospitalization in a VA facility?

A -- The Veterans Health Care Expansion Act of 1973 equalized medical benefits for peacetime and wartime veterans separated under honorable conditions.

Q -- I was just released from active military service and plan to study under the GI Bill. How long do I have to complete my training?

A -- You have 10 years after separation from active duty.



CHIEF JUSTICE E. M. "Al" Gunderson, who earlier had announced he would seek re-election to the Nevada Supreme Court, formally filed his candidacy with Secretary of State William Swackhamer on Friday, July 16. Above, Gunderson's wife, Lupe, and Swackhamer watch as the justice signs the appropriate papers. Gunderson has served on the high court since 1970, and as chief justice since Jan. 1975.

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Happiness Through Health

by
Otto McClarrin

Thirty Percent of Cancer Deaths Caused by Bad Habits

Almost 100,000 American cancer deaths - 30 to 40 percent of the annual toll - could be prevented by changes in smoking, drinking and eating habits, a National Cancer Institute scientist predicted recently.

"These are things you can do for yourself," said Dr. Marvin Schneiderman, head of field studies and statistics at the National Cancer Institute. If americans would stop smoking, he said, 70,000 of the 80,000 people who die of lung cancer each year would remain alive.

Instead, smoking is increasing among women and teen-agers. As a result, he said, the lung cancer death rate for women has tripled in the past 14 years and is rapidly approaching that of men.

Dr. Schneiderman added that people who smoke and also drink large amounts of alcohol beverages run an increased risk of dying from head, neck of esophageal cancers. Curbing drinking could save 5,000 lives of the 13,500 Americans who die of those cancers yearly.

He said 5,000 breast cancer deaths - one out of every six - could be prevented if American women ate less animal fats. Women in countries with low fat diets are not as prone to breast cancer as American women are. And when the diets change, the incidence of breast cancer increases.

Japanese women, for example, generally have one-fourth to one-fifth the breast cancer rate of American women, Schneiderman said, but when they move to the United States the rate increases. In San Francisco, the breast cancer rate of Japanese has jumped to two-thirds that of the American rate.

Colon cancer, on the increase in the U.S. is believed to be related to the wide spread use in the country of refined sugar and flour. Increased consumption of roughage (coarse bulky food high in fiber and low in digestible nutrients) could cut the annual death toll by one-third — from 30,000 deaths to 20,000 deaths, Dr. Schneiderman stated.

Expanding the use of the papanicolaou (Pap) smear to detect uterine and cervical cancers to all women would result in saving 3,000 lives a year, the NCI scientist said. Beyond that, another 1,500 lives could be saved if Americans would stay out of the sun, a major factor in causing skin cancer, which kills about 5,000 Americans each year.

Important Aspirin Substitute

A drug prescribed for treatment of pain from Arthritis may be the first non-narcotic candidate to replace aspirin as a pain reliever for toothaches and dental surgery, according to a study at Georgetown University in Washington, D.C.

"Researchers are looking for more non-narcotics that would be better analgesics (pain relievers) than aspirin, and from our recent study Ibuprofen appears to be such a drug," said Dr. Stephen Cooper in a study released recently.

Ibuprofen, known by its brand name Motrin, could be the first non-narcotic that is as safe or safer than aspirin that it also is more effective, Dr. Cooper explained.

Aspirin is believed to be the most frequently used pain reliever. Dr. Cooper said aspirin also is commonly recognized as the most effective non-narcotic pain reliever on the market. Motrin is an anti-inflammatory drug like aspirin. It was marketed recently as a nonsteroidal agent for arthritis. Dr. Cooper and his associate in the study, Dr. Stephen Needle, said "Ibuprofen was shown to be significantly more effective than aspirin and its higher level of pain relief lasted for a longer time."