



RUBY SAYS

I've mentioned before that I am now a part of a team of women across the nation who are trying to insure that poor women will be included in any plans for full employment. The Department of Labor has specifically come to us for help - and we shall give it to them. The first rules that I have personally established for the point of view of poor women are:

- 1) Count us in when developing policy for full employment.
- 2) Don't create jobs that I don't qualify for - we poor women know that the traditional qualifications of white and male exclude us.
- 3) A job that forces me to abandon my children to the streets is not acceptable. A job must provide a decent wage so that health care and child care are possible.
- 4) Employment for all will not occur overnight. If a woman is not adequately compensated in the home, the family will be weak and a new generation of welfare created. Only nationwide application of adequate compensatory grants will avoid this.

Meaningful employment with adequate compensation has never been available to low income women, and by and large has not been available to women at all. Job interviews that open with the question, "Have you done day work before" or "What's your typing speed?" are not meaningful employment with adequate compensation. A make-work job as a receptionist under a public service employment plan is not a solution.

For much less cost than the current job programs, women could be supported in their efforts to break into the mail dominated job world. Look at our town - we have hundreds of good paying jobs such as bartender, bell "boy" - door "men," stage hands, security guards, etc - and no women have any of these jobs.

We've had an idea for a job program that for the price of just ten CETA positions we feel could initiate over 15,000 jobs for women in the first year. It would mean hiring women to monitor employment practices and bring legal action against non-complying employers. Government funds used to support the plan and legal actions could be repaid over a period of time from the money collected from guilty employers. In this way, discrimination will be paid for by those who discriminate.

We don't mind hard work, and we wouldn't mind climbing the ladder if we thought it would get us somewhere. That's the theory of how federal job programs for women work - they start at the bottom and in time work up to a good position. The reality is a public service file clerk job at \$2.25 an hour until the government funding runs out.

The key to success for a job program are: organization, education, legislation and litigation; with the key factor being organized.

ART WORKS

Art Works at the Las Vegas Cultural Services Department, Saturday, November 13th from noon to 3:30 p.m. will be Wood Sculpture at Fantasy Park. Bring the whole family to this free Cultural event and make some hand crafted items for Christmas gifts.

An Arts and Crafts Festival in the Plaza at City Hall is planned for Wednesday, November 17th from 10:00 a.m. to 5:30 p.m. Come downtown and watch Artists and Craftsmen at work. A fine opportunity to do some Christmas shopping.

**V*A FACTS

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

Q -- A veteran in receipt of pension dies on the last day of the month. Is his widow entitled to receive and negotiate the check received on the first of the following month?

A -- No. The check should be returned. In order to establish entitlement, the veteran must be alive for the complete month. The widow may be entitled to death benefits and any accrued amount due a deceased beneficiary.

Q -- How is educational entitlement charged for flight training?

A -- One month of entitlement is charged for each \$270 paid to the veteran.

Q -- I have a \$10,000 National Service Life Insurance policy. It is a term contract and the premium escalates every five years. The cost is becoming prohibitive and I would like to know if there are any options available to me.

A -- You may convert your term policy to a permanent contract. In addition to a stabilized premium, your policy will accrue a cash value.

Q -- Are veterans with a service-connected disability requiring a prosthetic device entitled to a VA clothing allowance?

A -- Yes. The annual \$190 allowance is paid September 1.

PET(S) OF THE WEEK



TARBABY AND JESSE are sister and brother kittens belonging to Vicki Bray and Kate Mareck. Although separated since they were six weeks old, they visit each other frequently. While feeling protective of their privacy and evasive about their personal lives, both cats have unique characteristics that can be revealed. Jesse, in his spare time (while not eating), wrestles German Shepherds. Tarbaby is famous for her three claws on each toe.



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Happiness Through Health

by Otto McClarrin

HEART DISEASE DEATHS DROP BELOW ONE MILLION:

Heart disease deaths have dropped below the one million mark for the first time since 1967 in the United States and the Government's chief cardiologist says improved medical care is primarily responsible.

Cardiovascular disease death rates have been declining for the last 25 years but this decline has not usually been reflected in decreases in total number of deaths because the population, and particularly the number of older people, has been increasing.

The key to the decline in total cardiovascular deaths has been the turnaround that was first noticed two years ago of heart attack death rates. Those rates had been steadily climbing during the 1950's and early 1960's.

STILL NO. 1 KILLER

Heart attacks are still the nation's No. 1 killer and more than 650,000 Americans are expected to die of heart attacks this year. But the heart attack death rate is now seven percent below what it was in 1970.

The National Center for Health Statistics reported that the number of deaths from major cardiovascular diseases in 1975 was 979,180. In 1974, the figure was 1,010,926 and it was 1,037,492 in 1973.

Besides heart attacks, Government statisticians include in their total deaths from high blood pressure, rheumatic fever and rheumatic heart disease, stroke, diseases of the heart muscle and arteriosclerosis and other artery diseases.

Dr. Robert I. Levy, director of the National Heart, Lung and Blood Institute, said development and widespread use of improved ways to diagnose and treat heart disease was key reasons for the drop in cardiovascular disease deaths.

"We know that detection and adequate treatment of high blood pressure reduces the threat of stroke, congestive heart failure, renal (kidney) failure and other consequences of uncontrolled hypertension," he said. "We think that such measures can also reduce the risk of premature coronary heart disease and its complications."

Dr. Levy said that detection and control of elevated blood levels of cholesterol and voluntary efforts to switch to "more prudent patterns of diet," reduce smoking and increase exercise may have a role in the cardiovascular death reduction.

WOMB CANCER FOUND IN USERS OF ORACON BIRTH CONTROL PILL:

A womb cancer that usually strikes women 55 or older has been found in women in their 30's and 40's who are taking a certain birth control pill. The pill was Oracon, the most popular of the 3 "sequential" contraceptive pills removed from the market last February because they were judged riskier and less effective than the more wide-spread "combination" pills. At the time it was taken off the market, Oracon was being taken by about three-quarters of a million American women.

The cancer of the endometrium, the lining of the womb, occurred in eight women aged 37 to 45, according to a recent report in the Journal of the American Medical Association. The women had taken Oracon for four to eight years, and were still taking it when they developed cancer.

Six of the women developed abnormal bleeding while they were taking the pill, and two learned of their cancer after surgery on the uterus was performed for other reasons, said Dr. Raymond H. Kaufman, chairman of the department of Obstetrics and Gynecology at Baylor College of Medicine, who headed the study. All eight women had to undergo hysterectomy, removal of the uterus.

After studying earlier reports, the Food and Drug Administration asked the manufacturers of Ortho-Novum and Norquen to remove these products from the market. The manufacturers did so.