



H. O. M. E. RECEIVES HONORABLE RECOGNITION FROM H. U. D.

Recently Mr. Morely Griswold, Director of HUD for the state of Nevada, presented H. O. M. E. Counseling with a certificate designating H.O.M.E. as the HUD - certified counseling agency for the Las Vegas area. H.O.M.E. is the only HUD-certified agency in the state of Nevada. H.O.M.E. is located at 1237 W. Miller; Telephone 648-6535.

Pictured left or right are Dorothy E. Davidson, Sylvia M. Leaks, both of h.o.m.e., mr. Morely Griswold, Direc-

H.O.M.E., Mr. Morely Griswold, Director of HUD, Nevada, and Ken Williams, from Las Vegas City's Fund Coordination Project, which funds H.O.M.E. Counseling.

### College Cadets Ready For Earthquake Emergency

Each year thousands of minor earthquakes occur in California, though only about 500 are strong enough to be felt.

In recent months, a build-up of stress on the earth's crust along California's San Andreas Fault has alarmed geologists. This build-up makes the area highly vulnerable to sizeable earthquakes.

No earthquake has received as much attention as the one that hit San Francisco on April 18, 1906. To date, it is the largest seismic disaster in recorded California history—8.3 on the Richter scale.

The intensity of the 1906 earthquake caused some 700 deaths and millions of dollars worth of damage. Since then, life-saving precautions have been instituted through stringent building codes. Increased awareness of the need for emergency procedures in the San Francisco Bay communities has resulted in civic action programs.

One group that helped to save lives and provide an aura of calm during the 1906 earthquake was the corps of Army ROTC cadets from the University of California at Berkeley.

According to newspaper reports of the 1906 disaster, the Army ROTC cadets patrolled the streets of San Francisco for two days and two nights, without food or sleep, before aid could arrive. Many homeless residents were brought to the Berkeley campus where first aid stations, tents and food kitchens were set-up.

Today, the Army ROTC unit on the Berkeley campus is part of a civilian earthquake disaster relief team. They are conducting their voluntary work with the cooperation of the university authorities, the Red Cross and the Alameda County police and fire departments.

Besides giving lectures to community organizations on emergency procedures, the cadets also participate in weekend rescue exercises. These operations can include such search and rescue situations as: aiding victims of a plane crash, removing people from burning buildings or evacuating large numbers of residents from stricken areas.

The efforts of these college volunteers may help to save lives in the San Francisco Bay communities if another disaster strikes.

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### The Now Washbasket By Steffne Miller

This month, the Now Washbasket brings you some news from Washinton, D.C. — Effective immediately, the U. S. Consumer Product Safety Commission has banned the sale and manufacture of all children's sleepwear treated with flame-retardant finishes containing the chemical 'Tris,' which is claimed to be a cancer causing substance.

According to the CPSC, tris-treated garments that have been laundered at least three times pose no substantial risk, as much of the chemical has been removed.

As for other flame-retardant garments, proper care is the key. For best results, launder them in warm water using the recommended amount of detergent, but stay away from chlorine bleach as it reduces the flame-retardant finish, rendering it ineffective. Instead, use a bleach substitute like Borateem Plus. It will help to remove stubborn stains and soil, but it will not harm the fabric, color, or finish of any washable item.

For some additional laundry tips, write to: "How to Care for Flame-Retardant Sleepwear," U.S. Borax Consumer Affairs Dept. NW, P.O. Box 75128 Sanford Station, Los Angeles, CA 90075.

## Did You Know...



LENT, THE NAME GIVEN TO THE FORTY DAY PERIOD OF PRAYER, FASTING AND PENANCE BY CHRISTIANS IN PREPARATION FOR EASTER, COMES FROM THE OLD ANGLO-SAXON WORD "LENTEN," MEANING SPRING. THE DURATION OF THIS ANNUAL OBSERVANCE, HOWEVER, STEMS FROM SEVERAL EVENTS IN BIBLICAL HISTORY...

MOSES RECEIVED THE LAWS OF HIS PEOPLE FROM GOD DURING A FORTY DAY FAST... ELIJAH THE PROPHET FASTED DURING HIS FORTY DAY JOURNEY TO MOUNT SINAI TO RECEIVE HEAVENLY ENCOURAGEMENT... AND JESUS CHRIST PROVIDED THE SUPREME EXAMPLE WHEN HE, TOO, FASTED FORTY DAYS IN THE DESERT, FOLLOWING HIS BAPTISM BY JOHN.



A FASTING EDICT BY POPE ST. GREGORY THE GREAT IN 604 A. D., BANNING "FLESH MEAT, MILK, CHEESE AND EGGS" STOOD FOR 1,000 YEARS. ROMAN CHRISTIANS MADE LENTEN BREADS WITH ONLY FLOUR, SALT AND WATER IN THE SHAPE OF TWO ARMS CROSSED IN PRAYER CALLED BRACELLAE OR "LITTLE ARMS" IN HONOR OF THE SEASON. CALLED "PRETZELS" IN GERMANIC EUROPE, THESE WERE SOLD BY STREET VENDORS AS LENTEN SNACKS.

CERTAIN FISH, LIKE HERRING, BECAME A STAPLE OF MEATLESS FAST DAYS AND REMAIN A TRADITIONAL FEATURE OF MANY SPECIAL LENTEN DISHES. TODAY, SARDINES FROM MAINE ARE AN IMPORTANT AND POPULAR ADDITION TO ANY LENTEN MEAL BECAUSE OF THEIR VERSATILITY AND ECONOMY, AS WELL AS THEIR CONTRIBUTION OF MAJOR NUTRIENTS TO LENTEN DIETS.



## Decorating Tips

By Linda Forrest, Designer Hardwood Institute

### THAT OLD ROCKER'S BACK

If that "ole rockin' chair's got you," you're right in tune with the most popular trend in home furnishings today. It's called nostalgia and it's bringing back some old-time favorites. It all began with the return of those golden oak oldies so popular in the late 1800's and has now moved up a decade bringing us a handsome collection of masterpieces from the Edwardian era. And those generously proportioned rockers are very much in the spotlight.

Nostalgia is derived from the Greek *nostos*, meaning return home. And, there can be little doubt that home is where nostalgia seems to have settled in for a good long stay. These new reproductions blend in perfectly with any decor and create an aura of stability and continuity. They provide a link with the past and the future.

The dominant woods being used in these new-old designs are wormy maple, oak, and pecan. The designs are robust and straightforward. They look as sturdy and solid as the Rock of Gibraltar and they will probably

last just as long. These mellow hardwood pieces are practically indestructible and so easy to care for. Grandmother may have spent hours waxing and polishing the originals, but times have changed. Today's finishes are tougher; today's women busier. Now, it's once over lightly with the dust cloth and a semi-annual waxing. That's all it takes to keep these glorious oldies looking their best for years to come.

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Any questions on hardwood? Write to Linda Forrest, Hardwood Institute, Suite 1920, 230 Park Ave., New York, N. Y. 10017.