



Library Notes

by *Bill Ludwig*

As a service to the community, I have compiled a list of the most used and most useful telephone numbers for the readers of the VOICE. Cut out this list and tape it to the inside of your telephone directory for quick reference.

- Alcoholics Anonymous 384-9828
- American Civil Liberties Union (ACLU) 648-4615
- Better Business Bureau 382-7147
- A. D. Guy Center 648-1455
- Bold Explosion, Inc. 648-1108
- CETA 733-0312
- Clark County Courthouse/Jail 386-4011
- Clark County Fire Department 382-3000
- Clark County Juvenile Court 649-3611
- Clark County Business License Office 386-4011
- Clark County Legal Services 386-0690
- Clark County Library District (Headquarters) 733-7810
- Clark County Library (West Las Vegas Library) 648-9421
- Clark County Public Defender 386-4685
- Clark County School District (Administration) 736-5011
- Clark County Social Services 386-4271
- Community Referral Services 382-4742
- Community Food Bank 648-7618
- Consumer Affairs 384-0344
- Debt Counseling 733-2085
- Doolittle Recreation Center 386-6374
- E.O.B. (Administration) 647-2010
- E.O.B. Information and Referral Service 647-1510
- E.O.B. Day Care 647-2710
- E.O.B. Head Start 647-2370
- E.O.B. Health Services 647-2900
- E.O.B. Energy Program (Weatherization) 647-2376
- E.O.B. Transportation Services (Seniors) 648-5525
- E.O.B. Youth Program 647-2758
- E.O.B. Youth Employment Training 647-5600
- E.O.B. Women, Infants, Children (WIC) 647-2171
- District Health Department 385-1291
- Equal Rights Commission 385-0104
- F.B.I. 385-1281
- Family Counseling Service 732-9934
- Fitzsimmons House 386-1929
- Focus West 648-2882
- Food Stamp Program 648-6766
- Franciscan Center 647-3610
- Gamblers Anonymous 734-6266
- Gerson Park Center 648-1455
- Human Relations Commission 648-9329
- Internal Revenue Service 385-6291
- KCEP 647-2921
- KVOV 564-2591
- Las Vegas City Hall 386-6011
- Las Vegas Police Department (Metro) 385-1111
- Las Vegas City Business License 386-6281
- Las Vegas Municipal Court 386-6421
- Las Vegas Jazz Society 734-8556
- Las Vegas VOICE 648-2615
- Mental Health Center (24 Hour Emergency Service) 870-7211
- N.A.A.C.P. 648-2880
- Neighborhood Youth Corps (NYC) 642-7272
- Nevada Employment Security Office 385-3211
- Nevada Catholic Welfare 385-2662
- Nevada State Offices (Carson City) 1-800-992-0900
- Nevada Motor Vehicle Dept. 385-0344
- Nevada Welfare Department 648-8550
- North Las Vegas City Hall 649-5811
- North Las Vegas Fire Dept. 642-1611
- North Las Vegas Police Dept. 649-4261
- North Las Vegas Library 649-2363
- North Las Vegas Recreation Center 648-5755
- Operation Bridge 870-6525
- Operation Life 648-0012

- Operation Life Community Development Corporation 647-3301
- Operation Life Health Clinic 648-1850
- Poison Information 385-1277
- Poor People Pulling Together (PPPT) 648-4645
- Post Office (Main Office) 385-6551
- Public Defender's Office 384-5832
- People United to Save Humanity (PUSH) 648-2880
- Rape Crisis Center 385-0158
- Realty House 648-0663
- Senior Citizen Center 647-2536
- Social Security Office 385-6371
- Suicide Prevention Center 736-4357
- Veteran's Aid 1-800-992-5740
- Venereal Disease Clinic 385-1291
- Voluntary Action Center, Information & Referral 382-5260
- Welfare Rights Organization 648-2886
- Westside Counseling Center 648-0544
- Women, Infants, Children (Operation Life) 647-2420
- Youth Affairs, Information Service 385-2947



V.I.P. Corner

by *Kenneth Carson*

Well, it has finally happened! Our new organization, "Second Chance, Inc." is now ready to go.

"The specific and primary purposes are to provide an organization dedicated to the return of ex-offenders and their families into normal civil and social life styles."

We also aim to aid the families of persons still incarcerated, to have vocational type training, and to work with persons on probation.

I, King, the Meat Man, am the President, and would like to hear from people who need help. Contact me at the "Game Room" in the Golden West Shopping Center on West Owens, and give me the names of persons who have just been released and need help.

Also, we are planning a membership drive during the next couple of months. Our membership dues are \$5.00 annually -- or \$500.00 for a lifetime membership.

If any of you wish to help -- by offering jobs to these people -- contributions -- etc., we will be more than happy to talk to you.

I will be going on radio and television within the next two to three weeks, hopefully, so be sure to watch for me. I will print my schedule in the next edition of the Las Vegas VOICE Newspaper here in my column. Watch for it!

HANDICAPPED

The Governor's Committee on Employment of the Handicapped will hold the first session of a two-day meeting April 14 at 2 p.m. at the Nevada Industrial Commission (NIC) Rehabilitation office at 1001 Shadow Lane, Las Vegas.

Kevin Maher, administrator of the new NIC facility, will lead a tour and speak about the services. Then the State Bureau of Services to the Blind will talk about "Blindness and Its Major Causes."

The evening session will start at 7 at the Bureau of Vocational Rehabilitation office at 628 Belrose. The agenda includes subcommittee meetings on architectural and transportation barriers, job engineering and placement, legislation, programs and facilities.

On April 15, the executive board of the Governor's Committee will meet at 9 a.m. at 628 Belrose, followed at 10 a.m. by a business meeting. Adjournment is scheduled for 4:15 p.m.

Further information is available by calling the office of the Governor's Committee at 385-0111 in Las Vegas.

Happiness Through Health

by **Otto McClarrin**

TERMINAL CANCER PATIENTS IMPROVE WITH VITAMIN C: Noble prize winner Dr. Linus Pauling says a five-year study of 1,100 terminal cancer patients "clearly demonstrates" that high doses of Vitamin C significantly increased their survival spans and improved the quality of their lives.

On the average, he says, "100 hopelessly terminal patients given Vitamin C lived more than four times longer than 1,000 equally terminal patients who were not given the vitamin."

Dr. Pauling stated further, "Most of those who got Vitamin C felt better, their appetites returned and they were taken off of morphine and heroin, many of them went back to work."

Despite "the fact of those benefits," organized medicine in general has chosen to ignore the study, Pauling stated.

Dr. Pauling, winner of the noble prize for chemistry in 1954 and the Nobel Peace Prize in 1962, is the author of the best-selling book, "Vitamin C and the Common Cold." In it, he maintains that the vitamin can prevent colds and influenza if taken in large enough amounts.

The cancer study was conducted at Vale of Leven District General Hospital at Loch Lomondside, Scotland. Doctors there began the study in November, 1971, and continued it through August 10, 1976, Pauling reported.

He and one of the physicians there, Dr. Ewan Cameron, carefully assembled the results and co-authored a scientific paper on it.

Specifically, the study demonstrated that terminal cancer patients who were given 10 or more grams - up to 60 grams - a day survived for an average of 210 days after the treatment started.

The control group, the 1,000 patients who were not given the vitamin, survived on the average "only 50 days," Pauling said. Patients who got Vitamin C not only lived longer, the quality of life in their last months was greatly improved, he said.

"Most no longer needed pain-killing drugs," he added. "They were able to eat and sleep well once again. And many went back to work."

"You must remember that each one of these patients had been declared totally hopeless by two or more physicians, independently, after they received conventional cancer therapies," he emphasized.

"Ten percent of the patients who were given Vitamin C seem to be 'cured' he added. "They no longer show symptoms of cancer." Similar studies are continuing in both Scotland and Japan on some 500 cancer patients," Pauling said.

HEADACHES BLAMED ON CRADLING CHIN:

Don't cup the telephone between your shoulder and chin.

Don't cradle your chin while you watch television.

Don't chew on pens, pipes or other hard objects.

Dr. Harold Gelb of the New Jersey College of Medicine and Dentistry says all of these things can lead to something called the TMJ syndrome, named for the temporomandibular joint (jaw bone). He told a seminar that stress on the jaw joint can lead to the syndrome, with resulting headaches.

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