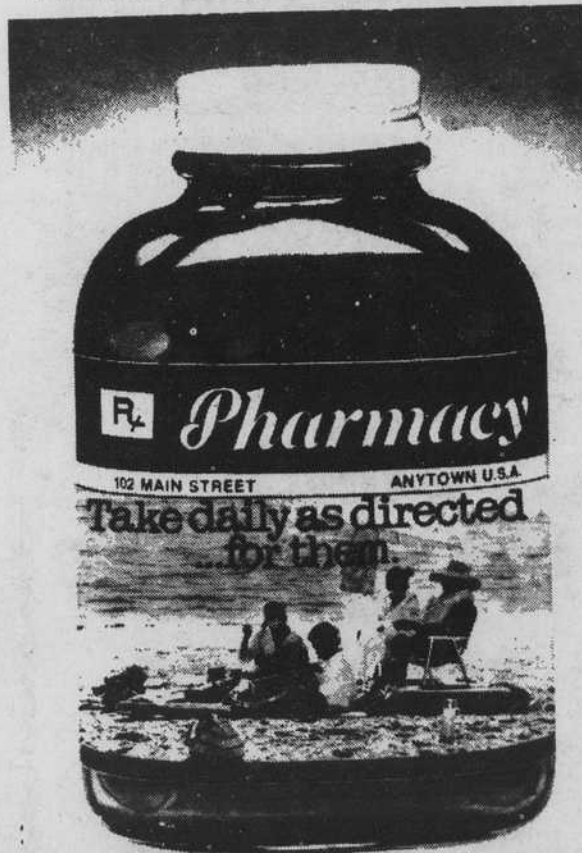


## \*\*V\*A FACTS

- Q -- I am a veteran and wish to sell my VA financed home to a non-veteran. Can I do so and be released from liability for the loan?
- A -- Yes. If the loan is current, the purchaser assumes full liability for the loan, and the purchaser meets VA credit and income criteria, you may be released from liability.
- Q -- After my husband died I received a monthly widow's pension from the VA. This benefit was terminated when I remarried. My second husband has since died. Can I receive anything from the VA based on the military service of my first husband?
- A -- Yes. Providing your yearly income is within the current limits, you may again be eligible to receive a monthly widow's pension.
- Q -- My WWII term National Service Life Insurance lapsed several years ago. May I reinstate it?
- A -- You may reinstate your lapsed term insurance by meeting health requirements and paying necessary premiums, at any time within five years of the date of lapse. Contact the office where your insurance records are located or the nearest VA office for complete information.

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## VOICE EDITORIALS



*Education  
Is Power*  
By  
*Thomas E. Wilson*

We have just finished reading an exciting bulletin put out by the American Geart Association. It is called "Healthy Eating for Teenagers."

It appears that the teen years are not too early to be thinking of the type of nutrition that will lower the risk of heart disease later in life, and promote good general all-around health habits. It is never too early to start forming healthy nutritional habits.

In our opinion, healthy eating has a direct relationship to one's ability to learn. It is a well known fact that too much sugar, for instance, in the diet can cause hyperactivity in children. Very little learning takes place when a child is hyperactive (overactive). Too much sugar can also lead to obesity, which can be the first step that leads to diabetes in later life.

There are over 500,000 heart attacks among our American pulace per year. Most of these are men in the prime of life. Many of these heart attacks are caused by poor eating habits in earlier years. Too much junk food without enough vitamins, minerals, and other food necessities can cause problems far into the future. Too much food can cause our coronary arteries to clog up, thus shutting off the blood supply to the brain. This can cause major decreases in learning power. It can also cause muscle weaknesses and rapid deterioration of the other major organs of the body, therefore creating problems for the young learner.

If we want to stay healthy and learn faster, we must remember that proper diet is the greatest single health factor. Natural foods, not drugs, will purify the body, build up the body and promote normal function within the various tissues and organs. However, in many cases, it is necessary to also use many other natural aids to bring about desired results. This depends upon the nature of the trouble and whether it has been allowed to reach the chronic stage.

Proper food, supported with minerals, vitamins and other aids when needed, do furnish the body with the necessary materials for reconstruction, for normal glandular secretions, and for bone, tissue and blood formation. Only with proper food will the body function physically, mentally and psychologically as it was designed to.

No matter how we turn it, twist it, etc., we cannot perform at our best if we are not properly fed. If our food does not contain the nutritionally balanced elements so badly needed by our bodies, our performance efficiency impaired lest we fall into the trap of lethargy.

We do not live by food alone, but we do have the obligation to see to it that our food is not the kind which will corrode and obstruct the delicate functions of the body and render it incapable of manifesting its full quota of life.

None of us are anxious to have our bodies perform below the minimum required level. None of us would like to see our bodies deteriorate faster than normal, but we must make certain that various acids and poisons do not accumulate to the point whereby the chemistry of our bodies is so badly distorted that we will be shut off from the great life force which permeates all living things.

Our basic contention in this article is that we cannot perform at our best level in school unless we have been eating the proper foods.

*The Hughes  
Report*

By  
*Thomas F. Hughes*



Last week I went to prison and I enjoyed it. When I lerned that Rev. Wyatt had become chaplain of the new prison at Jean I yearned to go teach Sunday School for the inmates. We started at 9:00 a.m. before a small, but very receptive, audience. Nothing gives me more joy than teaching Sunday School and my visit to Jean was very satisfying. In attendance was Rev. Colman and his wife, and Elder Victorian, Rev. Wyatt and about 8 or 9 inmates. I hope to be able to go back as there is a great work to be done there. I hope other groups or individuals will lend a hand in Rev. Wyatt's effort. The inmates testified and thanked us for coming to hold service.

One of the inmates read a letter from the general population to Rev. Wyatt. "We, the inmates of S.N.C.C., would like to express our heart-felt thanks for the enthusiasm and dedication demonstrated by you since your arrival at this institution. You have not only shown care and concern for our welfare but have also shown diligence in your efforts to obtain items that are needed in our religious facility. We want you to know that your endeavors have not gone unnoticed and you have our undying support. Again, thanks - continue the good work and may your stay with us be a long one."

Judge Guy corrected me by advising his last election was county wide - not city wide - Thank You, Judge.

Saturday May 20th Bob Rose had a kick-off campaign for Governor of Nevada and we were there. Some of those in attendance were Sen. Joe Neal, Matt Matthews of C.E.T.A., Ibelia Turner, Mrs. Fred Bates, Barbara McSwain, Robert & Leatha Nelson, Jack and Ruth Cooper, Edith Abingdon, Judge Addellar Guy, Ruby Garland, Jean Ford, Rev. Albert Dunn, Ruby Duncan, Maudra Jones (where have you been?) and a lady named Winifred Allen from Cleveland, Ohio who is a striking look-alike of Barbara McNair. Several groups performed, including a swinging senior citizens orchestra called "Alice and Her Kids" and Gwen Weekes Ranner, who formerly worked with Count Basie another late Louis Jordan and his Tampany Five. Every woman received a red rose and there was approximately 1,000 people in the Convention Center Hall. All in all it was a tremendous kick-off.

It is always gratifying to see a hustler and I was pleased to recently meet Kenneth E. Sims, field underwriter for New York Life Insurance Company. Born in Houston, Texas in 1947, Sims attended Phyllis Wheatley High School, but graduated from Rancho High in Las Vegas, did a stint in the army, graduated from paratroopers school in Fort Benning, Ga. and attended the non-commissioned officers acamemy and spent 17 months in the Republic of Viet Nam. Sims attended Texas Southern University from 1968 to 1972 where he majored in accounting. He joined New York Life March 7, 1977 and has completed company courses in personal, business insurance and capital needs analysis. He is a member of the Uptown Kiwanis Club and lives with his wife Bonner Jo and his son Keno Erll in Las Vegas. Life underwriting is a rewarding and satisfying work and it is to be hoped that more young blacks will enter this lucrative field.