# BREAK THE HATE HABIT



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Preparing For Pregnancy

If you're planning to start a family, the earlier you know you're pregnant, the sooner you can consult your obstetrician and get started on a good program of prenatal care.

During the first three months of pregnancy, a woman may not look obviously pregnant to others, but important changes are taking place in her body. It is a critical period in the development of a healthy baby. And that's why it's important to know early whether or not you're pregnant.

Once you determine you're pregnant, your obstetrician will probably want to give you a thorough physical examination, and take your medical history. This will enable him to counsel you personally regarding smoking, medicines, diet, exercise and activities, thus getting you started on a good program of prenatal care early in your pregnancy.

Many women who are ready to start a family now use a simple in-home test for the early detection of

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GOOD PRENATAL CARE WILL HELP safeguard the health of both the child and the mother.

drugstores, can detect preg-nancy as early as nine days after a woman's first missed period, and is 97 percent accurate.

The test is simple and can be used in the privacy of your own home. You mix a specimen of your urine with the chemical reagents in the Acu-test kit, and allow two hours to pass before reading the results. A dark brown ring appearing at the bottom of the test tube indicates pregnancy.

More and more women are realizing that pregnancy, perhaps more than any other time in life, is a time pregnancy. Acu-test, sold to be happy and healthy... without a prescription in and responsible.

> What are YOU doing to help YOUR community?

#### Friends Of Channel 10

You the people elected the politicians who comprise the 1979 Nevada State Legislature. Certainly you would like the chance to observe how they serve you, their constituents, throughout the Legislative Session.

Aware that the eyes of the electorate are focused on them, you know they will exercise extreme deliberation in considering the votes they cast on such vital issues as taxes, annesation, gaming the judiciary, crime business and education. Wouldn't you?

It takes money -- a lot of money -- to televise the highlights of each session from Carson City but the small amount being asked of a concerned public could save you ten-fold as a result of the more inteligent handling of the thousands of pieces of legislation due to come before our elected officials.

As a member of that public you can help the Friends of Channel 10 once again provide for in-depth coverage of the 1979 Legislative Session. For every \$25.00 contributed to the Friends for our Legislative Programming, the Corporation for Public Broadcasting will give us \$50.00, a 2-1 match.

We estimate our coverage will cost \$25.00 per minute; so for every \$25.00 you contribute, you will actually be getting 3 minutes of television coberage which is tax deductible.

In addition to the air time you will receive a credit line, your name on our screen, which will tell all our viewers you are a concerned citizen and you have helped the Friends make the program possible. In addition you will receive a "Buy a Piece of the State" button which we hope you'll wear proudly; and don't forget you'll be a member of a very special group who will be invited to the Friends "Thank You Party" which will be held at our new television facility.

Twenty-five dollars will "Buy a Piece of the State," legislative coverage that is. Help the Friends of Channel 10 put all the pieces together; then and only then can we give you, the public, the opportunity to view your elected officials at work during the entire 1979 Legislative Session.

Your tax-deductible contribution is your investment in Nevada.

#### Praver Poem

In 1680, one Joachim Neander wrote a hymn entitled, "Praise To The Lord" based on the text of Psalms 103 and 150. The words of the hymn and of the Psalms speak of God's merciful protection. We have no recourse other than perpetual praise.

The words from the Pslams which speak most pointedly to our need to never be troubled follow:

Bless the Lord, O my soul: and all that is within me, bless His holy name. Bless the Lord, O my soul, and forget not all His benefits;

Who forgiveth all thine iniquities; Who healeth all thy diseases; Who redeemeth thy life from destruction;

Who crowneth thee with loving kindness and tender mercies;

Who satisfieth thy mouth with good things;

So that thy youth is renewed like the eagle's (Psalm 103: 1-5)

Praise ye the Lord. Sing unto the Lord a new song, and His praise in the congregation of His saints. (Psalm 150: 1)

The public praise of God is the most appropriate responce to God's care, protection and goodness. This next sabbath-and every weeksing "praise in the congregation of His saints."

## Supporting Our SPALDII



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