

Dionne Warwick thought Red Cross was only about hurricanes.



"True. I always thought of Red Cross as a kind of rescue force in times of disaster and little more. Then I learned that in towns and cities across America, Red Cross gives the kind of help to individuals that you rarely hear about, because it doesn't make headlines in the newspaper. Red Cross, for instance, helps elderly people get to doc-

tor's appointments... and even to the store. They help veterans get back on the track. They teach kids to swim... and how to save lives. I found out that if you added up all the different humanitarian jobs Red Cross does in different towns, the number comes to over 100! That's why I'm helping to keep Red Cross ready. And why I hope you do, too."



Keep Red Cross ready.

Bill Cosby tells why Red Cross needs your type of blood.



"Every day of the week, there's somebody who needs your type of blood."

"But the thing about blood is it doesn't keep very long. Which means we've got to keep the supply coming constantly. Donors are needed every day."

"Sorry to say, there are never enough donors."

"In fact, five people out of every 100 are doing the whole

job. That's right, five percent of the people give 100 percent of the blood that's donated."

"If you're between 17 and 66, and generally healthy, you can help change all that. And your one blood donation can help up to five people to live."

"Call your Red Cross Blood Center and make a donor appointment soon. It's one way you can help keep Red Cross ready... to help others."



Keep Red Cross ready.

# NEWS OF HEALTH

## HELP FOR HOLIDAY BLOAT

Holidays mean festive decorations and gift hunting, sharing laughter and memories with friends and family, and eating delicious food. Sometimes they also mean overeating and all the problems that brings.

Too often, too much of too many holiday foods leaves the celebrant feeling bloated, pained by a tightening waistband, guilty about overindulgence, and constipated.

A survey of gastroenterologists (doctors who study the digestive tract) disclosed that the results of overeating may be as mild as a feeling of fullness, as moderate as heartburn, gasiness, or indigestion, or as severe as sharp abdominal pains accompanied by a feeling of pressure, nausea or weakness.

To protect yourself from the aftereffects of overeating, the doctors offer these recommendations:

• *Eat slowly and avoid gulping.* The most common complaint, indigestion, is caused by eating too much too quickly and taking in a lot of air with your food.

• *Sit and relax* for approximately an hour after eating. During normal digestion, your heart works hard, pulse quickens and blood courses to the digestive tract to help it break down the



food particles. Exercises or active games may tax the heart, resulting in discomfort and, in extreme cases, may strain the heart.

• *Respond to the urge* to move your bowels to relieve that constipated feeling. Constipation should not be a problem, however, for people who regularly eat fiber-rich foods or supplements. These act as bulk-producing agents that restore regularity gently and naturally, with no chemical stimulation. One such product is Metamucil powder, derived from the husks of psyllium seed. With only 14 calories per rounded teaspoonful, it is no threat to the overeater who is now dieting.

The best policy of all, doctors say, is to know when to stop eating—preferably just before you're full. But they admit that during the holiday season resistance plummets.

*The Las Vegas Voice has IMPACT!*

### AMWAY PRODUCTS:

Amway Specializes in - Household Cleaning Products, Car Cleaning Products, Laundry Soaps, Germicidal Solutions, and many more items for your specific needs.

For information or to order, call, Joe or Chris Reid at 642-9066, between the hours of 5:00 p.m. & 10:30 p.m. Thank You.

### CBS RECORDS

CONTINUED FROM PAGE 7 COLUMN 1

that have blocked the progress of human beings for generations. . . I join you in honoring him and the cause of brotherhood he served."

Perhaps the most important words came from George Busbee, Governor of Georgia, who said, "world peace will only be realized through continual efforts to explore new avenues of mutual understanding and harmony. The Martin Luther King Center For Social Change will remain a leader in the fight for equal rights for all."

*Happy Hours 5 to 7 P.M., Mon. - Fri.*

# "Café Rouge Lounge"

Inside the Moulin Rouge Hotel  
900 W. Bonanza Road  
Las Vegas, Nevada 89106

PERCY CARSON  
General Manager

648-9797