



by Michelle Albert
age 8

THIS POEM IS ABOUT LIFE

Life is not as easy as it seems. In fact life is very, very hard. So don't get married before you are ready. I have something else to tell you, and that is don't fall in love before you are ready. When you get married you think its going to work. But wait years later you see what will go wrong.

THIS IS A POEM ABOUT SMOKERS

Please people do not smoke. It is bad to smoke. It is bad for your heart. If you smoke you might have a heart attack. We people do not want you to die. Jesus wants us to live not die. So please do not smoke. Smoke is bad for your lungs. So do what I say what I say is true.

Mothers and Babies

CHILDREN LEARN BY DOING



BRIGHTLY COLORED PLASTIC TOYS like this Number and Picture Scale ingeniously teach while they entertain kids.

Around the age of one year, a baby learns to drop objects—even toys—on purpose. Then he cries because he doesn't have them.

Irritated mothers sometimes believe children are simply trying to annoy them, but child-care specialists tell us they're actually just fascinated with learning a new skill.

Play is another way of learning a skill. This theory, originally developed in the early 19th Century by noted German educator Friedrich Wilhelm August Froebel, has been emphasized in homes and schools in recent years.

Creative research has produced new and complex types of toys that are obviously "educational." Children really enjoy playing with some of them, such as the Number and Picture scale set from Mothercare. Its scale balances with the correct addition of numbers, and when animal pictures are matched with their own names.

When a grown-up buys a toy with a certain child in

mind, he or she should make sure the toy is meant for a child of that age. And, the child should be allowed to play with the toy in his own way.

For instance, one expert points out, you should not expect a very young child to color within the lines of a coloring book until he gets the hang of it by himself, or insist that a little boy wind up a train engine before his hands are strong enough. He may become disenchanted with the toy.

Children will become interested in different toys at different stages of development, and you cannot hurry them. If you do, you may make them feel incompetent.

It's usually advisable to let your children show you how to play with a specific toy rather than the other way around!

An easy way to find toys, especially designed for children under five is to order a free catalogue from Mothercare Catalogue, P.O. Box 238, Parsippany, NJ 07054.

VA

The Veterans Administration's highest honor for medical research, the William S. Middleton Award, will be presented to Dr. Victor Herbert during the Veterans Administration's Southern Regional Research and Development Conference in Atlanta February 26, VA Administrator Max Cleland announced today.

Dr. Herbert of VA's Bronx (N.Y.) Medical Center is internationally recognized as one of the foremost researchers in the fields of Nutrition and hematology, according to VA Chief Medical Director Dr. James C. Crutcher.

Herbert is also well known for his many important studies of folate and Vitamin B-12 metabolism, especially as related to human disease. His techniques for measuring vitamins and their binding proteins opened a new field of research and laid the foundation for his own subsequent studies.

He developed many of the basic concepts and measuring techniques for diagnosing and treating metabolic problems related to Vitamin B-12, folic acid and heme-iron. The widespread impact of his work is illustrated by the fact that he is among the most widely cited scientific authors in the world. A survey of literature showed that other scientists cite Dr. Herbert's work even more often than many Nobel Laureates in science.

In support of the nomination for the Middleton Award, Dr. Ward A. Olsen, professor of medicine, University of Wisconsin, said, "Dr. Herbert is certainly a very distinguished investigator with his studies of folate and B-12 metabolism spanning at least three disciplines--hematology, nutrition and gastroenterology."

The award will be presented by VA Administrator Max Cleland.

Ruth Lyles Opens New Shop

Ruth Lyles, the well known lady around the courts and bail bond circuit who deserves much of the credit for the success of Lyles Bails Bonds, the oldest bail bond agency in Las Vegas has entered into a new business venture. She has announced her opening of Ruth Lyles Upholstery at 636 North Main Street, in the Mediterranean Shopping Center. The employees are expertly trained and have many years of experience in renovating and repair of both auto's and furniture. Mrs. Lyles is committed to providing the quality of workmanship heretofore unexcelled and the delivery to you within a bare minimum of time. So if you have been reluctant to inquire about repair cost to your living room or den furniture, call Ruth Lyles, she will guarantee your satisfaction at a price you can afford. If you need a new vinyl top or a complete upholstery to your car, truck or van the number to call is 384-3999. Utah 384-32 90.

"The greatest pleasure in life is that of reading, while we are young."
William Hazlitt

**GUEST EDITORIAL
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social spending in order to bolster the military; he slashed social spending because he sincerely believes that fiscal conservatism is the solution to inflation and economic instability. Therefore, a campaign against military spending is directed against the mirage, a pseudo-problem, while, the root cause -- an antiquated form of economic conservatism -- passes unchallenged, perhaps even un-noticed.

An anti-defense approach has other serious pitfalls, the most dangerous being the advantage it gives conservatives. If we succumb to the false notion that there is a direct dollar-for-dollar relationship between defense and social spending, pro-austerity forces will have an especially powerful argument. For the conservatives, the need for increases in military spending -- increases which the majority of Americans, myself included, favor -- will serve as a convenient and convincing excuse for cutting social programs. To put it more bluntly, if we allow the budget debate to be framed in terms of the old "guns vs. butter" trade-off I fear that most Americans, including those who support and benefit from social programs, will opt for guns.

How do we escape this disastrous predicament? In my view, there is only one alternative strategy, and that is to justify our anti-cutback position on the merits of individual social programs and needs. In other words, when we call for a restoration of \$3.1 billion in CETA funds, \$2.3 billion in medicare funds, and other billions in education and health care funds, we must make our case irrespective of the defense budget. Moreover, if we attempt to simply re-funnel defense funds to social programs, we will be conceding that federal spending, rather than other key factors, is the main source of inflation.

**THALIA DONDERO
CONTINUED FROM FRONT PAGE**

Ms. dondero, chairman of the Clark County board of Commissioners, will receive NJH/NAC's prestigious 1979 National Humanitarian Award, which is presented annually in Las Vegas and other key cities to recognize a select group of Americans who have demonstrated great humanitarian concern and outstanding community service.

Ms. Dondero always has been a leader in community affairs. Currently, she is a member of the Nevada State Energy Board, Regional Planning Council Western Regional Intergovernmental Committee, Economic Opportunity Board, RSVP Senior Citizens Board and the United Way.

She also is chairman of the board of directors of McCARRAN International Airport, vice-chairman of the Clark County Sanitation District Board of Trustees, vice-chairman of the Southern Nevada Memorial Hospital board of trustees, and chairman of the Criminal Justice Review Board.

Additional information about the March 25 benefit dinner, for which tickets still are available, can be obtained by contacting Rita Davis at 384-7432.

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