

NEWS

For Senior Citizens

If you are a worker, and delay collecting social security benefits before 65, you can get a special credit that will mean a larger benefit if you delay your retirement past 65. The credit adds one percent to your benefits for each year from age 65 to 72 in which you continue working. For more information, inquire at your local Social Security Administration office.



Denture wearers are discovering new security with a denture adhesive seal called Sea-Bond. Locked into each fleece-soft seal is a powerful all-natural adhesive from the sea that can't wash out or ooze away. Wafer thin, these comfortable seals fit easily into any denture for all day security.

A prominent researcher, Josef P. Hrachovec, calls exercise the closest thing we have to an anti-aging pill. He states that exercise acts like a miracle drug. Ironically, fully 45 percent of adult Americans don't engage in physical exercise. See your doctor for an exercise regimen.

Census Bureau Reports On Nursing Homes

A recent U.S. Census Bureau report showed that 90 percent of Americans in nursing homes are satisfied with the care they receive and with their environment. The same survey also showed that more than 90 percent of residents' next-of-kin were satisfied with the care being provided to their relatives in nursing homes.



Many aged and ill Americans have found a place where they can be comfortable and well cared for.

According to Don Brewer, President of the American Health Care Association, the nation's largest federation of nursing homes and allied long term health care providers, "this report should convince any fair-minded person that America's nursing homes are providing the best possible care to their consumers."

Brewer added, "Those who continue to condemn this vital sector of our nation's health care delivery system for the past and well-prosecuted sins of a few only contribute to the fear of aging and perpetuate unwarranted guilt feelings among those who must seek professional help for their loved ones."

"Everyone complains of his memory, but no one complains of his judgment."
La Rochefoucauld

VALLEY FEVER

Good news for people of the Southwestern United States: There is now a drug that can fight Valley Fever. An ill-wind bodes no good when it carries the fungal infection called Valley Fever. This flu-like illness affects some 85,000 people a year.



In more than half the cases, those who inhale the spores of fungus are rendered immune. But in about 40 percent, symptoms develop ranging from mild respiratory infection to infections of the bones, joints, internal organs and lining of the brain. It's estimated there may be up to 50 deaths a year from Valley Fever.

However, a life-sustaining drug, developed by Ortho Pharmaceutical Corp., is now used to treat this fungal infection. It's called Monistat i.v.

Known medically as coccidioidomycosis (cocci for short, it also is found in similar climate areas of Mexico and Central American countries, and in Paraguay, Colombia, Venezuela and Argentina.

"Young people, nowadays, imagine that money is everything, and when they grow older, they know it."
Oscar Wilde

Good News For Middle-Aged Eyes

One of the most common eye problems—presbyopia—can now be easily corrected. Presbyopia simply means "old eyes." If you're over 40, there's a good chance your eye lens are growing less and less elastic and supporting muscles less able to properly focus on close objects. The result is that when you try to read, all you see is a blur.

If an eye examination by an ophthalmologist, optometrist or optician indicates your problem is presbyopia, the solution is quite inexpensive. Nonprescription reading glasses, costing \$10, or less, are, in many cases, identical to prescription glasses costing many times more. If you have no special eye problems, ask your eye doctor if non-prescription glasses could do the trick for you.

Reading glasses, like Vision Aid Magnifiers, the nation's most popular ready-to-wear glasses, come in a variety of lens strengths and frame styles.

Vision Aid Magnifiers, the only reading glasses manufactured in the United States, are optically ground and polished to meet the high quality standards established by the U.S. Food and Drug Administration, and various state imposed standards.

Reading glasses are available over the counter in drug, variety and department stores. Pennsylvania Optical, producers of Vision Aid Magnifiers, advises that family members, and especially those over forty, follow an eye care program that includes regular eye examinations.

Besides being a great help in reading, non-prescription eyeglasses can aid hobbyists who work on miniature furniture or on stamp collections. For sewers, these magnifying lenses can help in threading a needle.

In buying non-prescription glasses, pick out a pair that fits comfortably and gives you good reading vision, plus a little range.

Thanks for Supporting Our Advertisers.

IN BY 9 - OUT BY 5
ONE DAY SERVICE
OPERATE OWN PLANT
DOT'S CLEANERS
415 Jackson Avenue
648-4434

"I do not pray for a lighter load, but for a stronger back."
Phillips Brooks

KEEPING COOL

Hot Weather Tips

As the expression goes, cool it—especially in the summer—it's better for your health. Here are some hot tips on keeping cool: Drink an ample amount of water, about 8 glasses a day if you work or play in a high temperature. A cool summer diet: fruits, juices, vegetables, only a limited amount of fatty foods, or iced beverages.

Some people believe that, to cool off in the summer, a hot shower's best. Not true. The body temperature is reduced safely, gradually and for the longest period of time if you take a shower which is not ice cold but somewhere between cold and tepidly luke-warm.

Specialties of MEXICO

Figueres, pottery and onyx
Open daily 10am - 10pm.
closed Mondays
2211 Maryland Parkway south.
735-4577

HOUSE DOCTOR HOME REPAIR

Water Leaks, Dripping Faucets
Sewer & Drain Cleaning
Broken Doors & Windows

LARRY SIMMONS

Phone 457-5625

3116 E. Charleston Blvd.

ATTENTION SENIOR CITIZEN MOBILE HOME OWNERS
AGE 55 YRS. AND UP

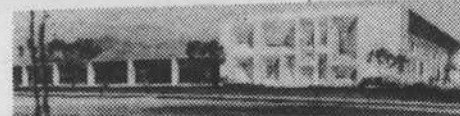
THE HOUSING AUTHORITY OF THE CITY OF LAS VEGAS INVITES YOU TO MAKE APPLICATION FOR SPACE IN THE RULON A. EARL MOBILE MANOR, A 79 SPACE MOBILE HOME PARK FOR SENIOR CITIZENS SOON TO BE UNDER CONSTRUCTION AT 3901 EAST STEWART AVE.

THERE WILL BE QUALIFICATIONS GOVERNING ELIGIBILITY OF APPLICANTS AND THEIR MOBILE HOMES.

APPLICATIONS MAY BE MADE BEGINNING MONDAY JULY 9TH, 1979, BETWEEN 8:00 & 11:00 A.M. AT 420 A NORTH 10TH STREET, LAS VEGAS, NEVADA.

FOR FURTHER INFORMATION CALL HOPE STATEN, 382-4167.

SUPPORT THE BLACK COMMUNITY NEWSPAPER



Palm Mortuary and Flower Shop

"OUR THIRTY-EIGHTH YEAR OF PROGRESS"
SERVING ALL FAITHS



JAMES A. GAY
Mortician
648-7768



ANDREW JACKSON
Family Counselor
382-4351

SERVICE WITH DIGNITY

MODERN FACILITIES ADVANCE OF NEED ARRANGEMENTS
FUNERAL TRUST FUNDS
1325 NORTH MAIN STREET - LAS VEGAS
PHONE 382-1340

Know how.



For your free copy, write:
Consumer Information Center, Department D,
Pueblo, Colorado 81009.

End Wash Day Worries
we are **TOPS** in DRY CLEANING!!
ROXY CLEANERS AND LAUNDRY
624 H. ST.
PH 648-3043

Pat's Beauty Salon Telephone 642-3456
Open Mon, Wed, Thurs, & Fri. From 9 Sat. 8:30 4:00 Closed Sun & Tues
It is located at 3256-A Civic Center Drive in the Cheyenne Square Shopping Center