

ACS Offers Free Smoking Clinic

Help kick the habit during the American Cancer Society's GREAT AMERICAN SMOKEOUT by attending a FREE Quit Smoking Clinic, Sunday, November 14th - November 18th at 7:30 p.m. at the Seventh Day Adventist Church (6001 W. Oakey).

The American Cancer Society and the Seventh Day Adventist Church co-sponsor this very successful program. For more information, call 454-4244.

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"Diff'rent Strokes" Sets Television Record

The popular television series "Diff'rent Strokes" set a television milestone last Saturday night when it aired its 100th original show. Not bad for a series the critics said would "never last" when it premiered on November 8, 1978.

The principal players in the show, namely Gary Coleman, Todd Bridges, Dana Plato and Conrad Bains, have remained the same during the show's long run. Only the part of the housekeeper has changed. That part, originally played by Charlotte Rae, was taken over by Nedra Volz, when Rae left the

show to star in a spinoff show, "The Facts of Life," which is now in its fourth season. Volz is no longer in the cast and the housekeeper role is now portrayed by Mary Jo Catlett.

When the series started one hundred shows ago, star Gary Coleman was 10 years old. He is now 14 and has grown five inches. Another well-known star of the show, popular teenager Todd Bridges, was thirteen in 1978; he is now 17, has grown 12 inches and has completed high school. Dana Plato, who was 14 when the show started is now 18

Southwest Gas seek drop in rates

Southwest Gas Corp. has filed an application with the Nevada Public Service Commission to lower rates to southern

Nevada customers because of a drop in natural gas prices from the utility's supplier, the firm said Tuesday.

Southwest, which purchases its supplies from El Paso Natural Gas Co., said the proposed decrease for residential customers would vary, but the monthly bill for a customer using 63 herms of natural gas would drop by about 3 percent from \$33.85 to \$32.74.

The utility, which provides natural gas to about 90,000 customers in Las Vegas, North Las Vegas and Boulder City, has requested the lower rate become effective Dec. 1.

WOMEN AND SMOKING

Moderate to heavy smoking increases the risk of miscarriage, stillbirths, and complications of pregnancy. * * *

Babies born to smoking mothers generally are smaller in size and weigh less — 200 grams lighter on the average — than babies born to non-smoking women. * * *

An infant's risk of developing the "sudden infant death syndrome" is increased if the mother smoked during pregnancy. * * *

Recent studies have shown that heavy smoking brings on early menopause. Among birth-control pill users, heavy smoking increases the risk of heart attacks and strokes. * * *

Though the number of women smokers is declining, women are smoking more heavily than they have in the past, causing lung cancer death rates to rise. By the end of the '80s, lung cancer is predicted to be the number one cancer killer among women. * * *

Smoking is declining among teenage girls except for 17 and 18 year-olds. In that age group there are 5 female cigarette smokers for every 4 male smokers. * * *

Adolescent and adult black women are more likely to be smokers than their white peers, but they smoke fewer cigarettes per day than white women smokers. * * *

Over the next few years, the risk of death from lung cancer will be 8 to 12 times higher for women who are heavy smokers than for those who do not smoke. * * *

Women who smoke heavily have nearly three times as much bronchitis and emphysema, about 75% more chronic sinusitis and 50% more peptic ulcers, than women who do not smoke. * * *

The chances that a child will come down with pneumonia or bronchitis in the first year of life are increased if the mother smokes. * * *

Women are more likely than men to smoke in order to reduce stress. Working women most likely to smoke are waitresses and women in managerial, sales and craft positions. * * *

Adult women are beginning to quit smoking at rates comparable to adult men. Women most likely to succeed in quitting are those at higher education and income levels. * * *

Nicotine, a know poison, is found in the breast milk of nursing mothers who smoke.

Take a day off from smoking • November 19, 1981 • American Cancer Society

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