

Chiropractors Report Breakdancers Need Conditioning

Break dancers need as much conditioning as football players, ballet dancers or gymnasts to avoid injuring their necks and backs, the International Chiropractors Association said Sunday.

Unless dancers are careful, the whiplash-like movements of head, neck, arms and legs and gyrations of hips and pelvis can cause injuries and the sharp twists and turns can result in weakness, nausea and general discomfort, the association said.

In one case, a 25-year-old broke his neck at-

tempting a break dance movement, the association said.

"We recognize the artistic expression of breakdancing," said Dr. Sid E. Williams, association president and president of Life Chiropractic College in Marietta, Ga.

"We want it to be a safe experience and to alert breakdancers to ways to help protect their necks and backs."

Williams said break dancers need preconditioning as much as football players, ballet dancers and gymnasts. Conditioning is espe-

cially important for adults, whose bodies are less flexible than children's or adolescents, he said.

The association suggested the following guidelines:

- Get instruction from a professional break dancer, teacher or coach before attempting all but the simplest movements.

- Get professional advice and a checkup before starting to break dance if you have a history of back or spinal problems.

- Do 5 to 15 minutes of warm-up exercises for your back, neck, arms

and legs and 10 minutes of dance movements, brisk walking or light jogging before break dancing.

- Support wrists, hands, ankles and other vulnerable body parts with gloves, elbow and knee pads or tape and bandaging.

- Wear clothing with long sleeves and legs, such as warm-up suits, to help avoid abrasions and provide cushioning.

- Don't break dance alone.

- Make sure you have good upper body strength for the most difficult movements.



JEWEL SCOTT has retired from the Nevada Power Company following nearly 22 years of service. Scott was hired as a groundman in 1962. Before coming to Southern Nevada, Scott and his wife, who is a teacher, resided in Arkansas. At Nevada Power he was promoted to warehouseman and later in 1979 warehouse supervisor. He was also a steward for the local International Brotherhood of Electrical Workers.

Candidates Invited To 'Speakout'

The general public is invited to attend a "Political Speakout" sponsored by the Dr. Martin Luther King, Jr. Committee of Las Vegas, on Sunday, Aug. 19, from 3:30 p.m. to 5:30 p.m. It will be held inside the Heritage Hall located in the Nucleus Plaza, 1016 W. Owens Ave.

Participating will be

all the candidates vying for offices that will affect the North and West Las Vegas voting districts.

This will be one of the final opportunities for the candidates to express their views on key issues that directly affect the community. Portions of this event will be broadcast "live" on KCEP FM Radio.

Welfare payments will increase

CARSON CITY—Payments to welfare mothers and their children may be increased slightly, state Welfare

Director Sharon Murphy said Tuesday.

She will present a plan to the state Welfare Board meeting Aug. 23 in Las Vegas to lift the average payment from about \$67 to near \$70 per month per recipient on the Aid to Dependent Children's program.

She said there is \$700,000 to \$1 million left over from last fiscal year because of the lower - than - expected number of welfare cases.

She wants permission to move the balance into this fiscal year so payments can be raised for the needy. The division expected an average 13,500 persons in the ADC program last fiscal year but it reached only 12,600 individuals.

The 1983 Legislature put a lid of \$70 on payments to needy mothers and their children.

Approval of the transfer of money will also require approval of the Legislative Interim Finance Committee.

Black woman judge seated

CAMDEN, Ala. — Jo Celeste Pettway, Alabama's first black woman judge, said she hopes her tenure "will be an inspiration for others, just to let people know it can be done."

Blinking back tears, Pettway was sworn in last week as the new judge of Wilcox County District Court.

"I am indeed humbled, and thankful to God and to all of you who worked to make this day possible," she said after taking the oath of office before 150 friends and relatives.

Pettway, 32, succeeds Anne Farrell McKelvey of Miller's Ferry, who was appointed last week as the first woman judge for the Fourth Judicial Circuit.

ELECT



"FOR REAL LEADERSHIP"

Let's Elect A Man of the Law to Make Laws for Us



David PHILLIPS

A DEMOCRAT for Senate Dist. No. 4

RESUME'

Attorney-At-Law (Present)
 Alternate Judge, North Las Vegas (Present)
 Administrative Law Hearings Examiner (Washington D.C.)
 Federal Prosecutor, North Carolina (1978-1980)
 Officer United States Marine Corps (1976-1980)
 Patronage U.S. Senator Howard Cannon (Capitol Hill 1975-1978)
 Resident — 32 years

POLITICAL GOALS & CONCERNS

- ★ Encourage Year-round Voter Registration
- ★ Increase Jobs & Job Training
- ★ Ensure Education (Includes Vocational & High Technology Programs)
- ★ Guarantee Protection of Senior Citizens' Rights and Employment
- ★ Improve Public Transportation
- ★ To Enrich Family & Cultural Relations
- ★ To Encourage Small Business Growth
- ★ Guarantee Fair Housing
- ★ Protect the Civil Rights of Victims and Those who have been Convicted
- ★ Improve Community and Police Relations

EDUCATION

Howard University School of Law - Washington D.C. - 1978
 University of Nevada - Las Vegas, Nevada - 1974
 Southern University - Baton Rouge, LA - 1971-1972
 Clark High School - Las Vegas, Nevada - 1970
 Westside Elementary School - Las Vegas, Nevada

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