

Health District Aids 'Smoke-out' Campaign

If you're joining the Great American Smoke-out November 20th or just thinking about quitting plan to pick up a package of useful information from the Health Education office at the Clark County Health District.

A self-test on why you smoke and a guide to quitting are included in the free package. And if you plan your trip at 10 a.m., 11:30 a.m. or 1:30 p.m., you can also see the film "Smoking: How To Stop." 23 minutes of motivation in the Clemens Room of the District Health Center, 625 Shadow Lane, Las Vegas.

Smoking is the single most preventable cause of death and disease according to health officials. The U.S. Department of Health and Human Services has estimated that approximately 350,000 deaths each year are linked to cigarette smoking. Smoking is a causal factor for coronary

Canadian Club Hosts Reception for Dignitaries



Former Supreme Basileus Faye B. Bryant (left) of the 78 year old Alpha Kappa Alpha Sorority, Inc. with membership 100,000 and Mrs. Leah Tutu, wife of Nobel Peace Prize recipient, Archbishop Desmond Tutu (center) are warmly greeted by Bob Thomas, vice president of Canadian Club during a reception hosted in their honor. The affair was held at Hiram Walker's corporate headquarters in Windsor, Ontario and brought an assemblage of civic and business leaders who acknowledged the outstanding women for their exemplary and high committed sense of service to others worldwide.

heart disease and arteriosclerotic peripheral vascular disease; cancers of the lung, larynx, oral cavity, esophagus, pancreas and bladder; and chronic bronchitis and emphysema.

Though the share of the population who smoke has

declined for the country as a whole, the declines have not been great among adolescents and there have even been increases in the rates for 17 and 18 year-old women.

pilot program to educate students about the health risks of smoking and alcohol three years ago in Clark County schools.

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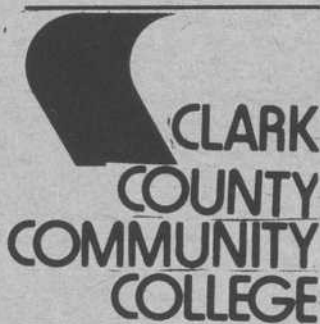
The Health District began a

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A note of caution must be sounded concerning the new chairmen of the Senate's powerful committees. While the switch in the Judiciary Committee from conservative Republican Strom Thurmond to either Ted Kennedy or Joseph Biden will mean that nominees for judgeships will need to be sensitive to civil rights and civil liberties, changes in other committees may not be as dramatic or auspicious. Most of the other major committees will likely be chaired by moderate-conservative Southern Democrats.

Nevertheless, the elections result may augur meaningful change in this country's political and economic course. The possibility exists that the agenda of those of us concerned with social and economic justice - full employment, government commitment to ending poverty and training the jobless, protecting the elderly, ensuring civil rights, safeguarding domestic industries -- may form the framework for a national mainstream agenda for prosperity and social progress. The ball is now in the Democrats' court, and only time will tell if they have the political courage, imagination and foresight to run with it.



10th ANNIVERSARY

TAKE A DAY OFF...

...from smoking. Join the 10th Annual Great American Smokeout on Thursday, November 20. Millions of Americans across the country will make a fresh start and try not to smoke for 24 hours. How about you? Or, if you don't smoke, adopt a smoker for the day and promise to help that friend get through the 24 hours without a cigarette!

A few "quit tips"

- Hide all ashtrays, matches, etc.
- Lay in a supply of sugarless gum, carrot sticks, etc.
- Drink lots of liquids, but pass up coffee & alcohol.
- Tell everyone you're quitting for the day.
- When the urge to smoke hits, take a deep breath, hold it for 10 seconds, & release it slowly.
- Exercise to relieve the tension. Try the "buddy system," and ask a friend to quit too.

AMERICAN CANCER SOCIETY

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Job Training Offered

NORTH LAS VEGAS—Sandy Sisson, project manager for the Enterprise Zone (EZ) Job Training Office, is looking for a number of unemployed men and women to enroll in a program of free vocational training in job skills that are in demand in the Southern Nevada area.

"We also need out-of-work people who are job-ready to be placed on-job training contracts as well as Southern Nevada employers who will hire on-job trainees with the EZ program paying half the workers wages for up to 16 weeks," Mrs. Sisson said.

To be eligible, EZ trainees must live in the Las Vegas-North Las Vegas Special Impact Area which includes portions of zip code areas 89030, 89101, 89106, she said. Applicants must have been out of work for at least 13 weeks or laid off from a business which has closed

and is unlikely to reopen. The program is limited to those who have held a job sometime in the past five years, said Mrs. Sisson. She urges anyone-employer or jobseeker--who is interested in the EZ program to phone her office at 386-5645 from 8 a.m. to 4:30 p.m. Monday through Friday.

The EZ program is funded by the U.S. Department of Labor through a grant to the Nevada State Job Training Office. The program is operated by the Nevada Security Department with the EZ Office located at 2031 McDaniel Street, North Las Vegas.

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