

FOR THE LADIES

COME JOIN THE FUN FRONTIER GIRL SCOUT COUNCIL

Now is the time to join the Girl Scouts! Frontier Girl Scout Council is recruiting new members by forming troops and training new leaders. Girl Scout recruitment flyers will be handed out in schools throughout Clark County. Girl Scout troops are formed in the schools, private homes, community centers and in churches. Girls may also join one of the council's three drop-in centers open everyday after school.

Frontier Girl Scout Council believes in the importance of an all-girl setting where girls have a chance to learn and grow without competition from boys. The Girl Scout program emphasizes the development of values and a sense of self-worth, deepening self-awareness, and relating to other people while contributing to society.

Daisy Girl Scouts are five or six years old or girls that are in kindergarten. They have the opportunity to learn by doing - whether they are learning about nature, exploring the world of science or having fun in the vis-



Canoeing is one of the many fun sports that Girl Scouts enjoy. For more information or to join the Girl Scouts call 385-3677.

ual arts. Daisy Girl Scouts form the basis of good citizenship at an early age by learning about their community, the nation and the people around the world. They also develop their social skills with girls their own age.

Brownie Girl Scouts are in 1st through 3rd grades or are six

to eight years old. They begin to reach beyond the world of the family, build friendships and explore new horizons. The Brownie Girl Scout has the chance to put on puppet shows, dance and sing, play games and sports, create with arts and crafts or experiment with science.

Girls ages nine to twelve or in 3rd through 6th grade can be a Junior Girl Scout. Junior Girl Scouts may increase their knowledge by learning about nutrition, safety, money management, values and health. They may demonstrate their abilities by earning badges in anything from computers to fashion.

Cadette Girl Scouts are grades 6th through 9th or ages twelve to fourteen. Senior Girl Scouts are grades 9th through 12th or ages fourteen to eighteen. They will have ever-increasing opportunities to develop and test their leadership skills, to explore careers, to travel, to find themselves and their place in the world.

Girls interested in becoming a Girl Scout or adults who would like more information on being a volunteer may call 385-3677.

TO YOUR HEALTH BLACK WOMEN MORE LIKELY TO GET LUPUS

U.S. Health and Human Services Secretary Louis Sullivan is urging black women to learn about lupus, a serious disease of which 90% of its victims are women. It is three times more likely to afflict black women than white women.

What is lupus? With lupus something goes wrong with the body's immune system and this powerful protective system is no longer about to defend the body against illness.

Although that description may sound like it, lupus is not related to AIDS, and lupus is not catching. Lupus belongs to the family of arthritis and musculoskeletal diseases.

There are three types of lupus: lupus that affects certain parts of the body (systemic lupus), lupus mainly of the skin (discoid or cutaneous lupus), and lupus caused by medicine (drug-induced lupus).

Systemic lupus is the most serious form of the disease. It may affect many different parts of the body, such as the joints, skin, kidney, lungs, heart or the



brain. If it is not treated, it can cause damage to these organs.

Although lupus is widespread, it is very hard for doctors to diagnose because the symptoms are so varying and they come and go. Lupus can mimic many other diseases. The average patient may suffer for three to 10 years before getting a diagnosis.

There is no cure for lupus, but with early medical care, most people with the disease can lead active and productive lives.

The Lupus Foundation of America urges people to seek medical help if they experience any of the following symptoms, especially if they experience several of these symptoms:

- Red rash or color change on the face, often in the shape of a butterfly across the bridge of

the nose

- Painful or swollen joints
- Unexplained fever
- Chest pain with breathing
- Unusual loss of hair
- Pale or purple fingers or toes from cold or stress
- Sensitivity to the sun
- Low blood count

Other signs of lupus can include mouth sores; unexplained fits or convulsions; hallucinations or depression; fatigue; repeat miscarriages; and unexplained kidney problems.

For more information, send for a free booklet, **What Black Women Should Know About Lupus**. Write to Lupus Booklet, Box AMS, 9000 Rockville Pike, Bethesda, MD 20892.

Black Health, The First Health Magazine for African Americans, contains articles on exercise, eating healthy, mental health, illnesses, doctors and other health issues.

Published quarterly, yearly subscriptions are \$10, singles copies \$2.95. Contact Black Health, Inc., P.O. Box 36, Danbury, CT 06813.



CRYSTAL AWARD WINNER! — Eunice Dudley, third from left, Chief Financial Officer, Dudley Products, Inc., accepts the Ninth Annual Crystal Award from Naomi Bonano, fourth from left, Public Affairs Specialist, Philip Morris Companies Inc., Washington, DC, at the recent convention of the National Association of Negro Business and Professional Women's Clubs (NANBPW) at the Hyatt Regency hotel in Washington, DC. With them are Noble Robinson, left, Mistress of Ceremonies, and Catherine Sykes, second from the left, President, NANBPW. The Crystal Award, sponsored since 1984 by Philip Morris, is NANBPW's highest honor and is presented each year to an outstanding Black businesswoman. Ms. Dudley was chosen as this year's recipient for her visibility as a successful role model and for her dedicated contributions to community service. Her company, Dudley Products, Inc., located in Greensboro, N.C., manufactures professional hair care products and toiletries. A support network for 10,000 Black women in business and the professions, the NANBPW is committed to community service, and conducts programs focusing on education, employment, health, housing, economic development and the problems of the elderly.

HELP of Southern Nevada's Displaced Homemaker Center
Call 369-4357 to find out more about this special program which offers support and training for women.
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