

HEALTHWIRE

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cheesecloth or some other adequate material (old nylon hose) and change it frequently. Seal holes and cracks in the floor around heating or other pipes with adhesive tape.

Clean the child's room daily and do a thorough and complete cleaning of floors, furniture, tops of doors, window frames, sills, etc., with a damp cloth or oil mop once a week. While cleaning, air the room thoroughly, but then keep doors and windows closed as much as possible, especially when not using the room.

In addition, strong odors often trigger allergy and asthma symptoms. The Allergy and Asthma Network in Fairfax, Vir-

ginia, advises parents to use aerosol cans, paints, insecticides, detergents, chemicals, household cleaners, strong soaps, perfumes, cosmetics, air fresheners, and potpourri away from the child and in a well-ventilated area.

Another asthma trigger is animal dander (small scales from animal hair or bird feathers). Dr. Alvarez explains that a lot of parents claim that pets don't affect the child, but she feels they should be tested to make sure. Hanson agrees. Cats, dogs, birds, etc. can cause a lot of problems for kids with asthma, but families are often reluctant to give them up," says Hanson.

Once parents have their

child's triggers and have done all they can to help avoid them, it is important for them to work with their doctor to learn how to manage the asthma with appropriate medication. There are three main types of asthma medication. Anti-inflammatory agents act directly to reduce the inflammatory response of the airways. They come in pill and in aerosol form. The oral form causes side-effects for some, but the inhaled form seems safe for most patients. Anti-allergy drugs, work to prevent triggers from causing attacks but they do not work after an episode starts.

Once an attack occurs, bronchodilators may be used to relax the muscles of the airways and

open them up. They are available as tablets and sprays, though the latter is usually preferred because it acts faster and has fewer side-effects. Bronchodilators are best used as needed, but with caution.

The National Heart, Lung and Blood Institute warns, "It is dangerous to rely too much on using inhaled bronchodilators since they only provide temporary relief of symptoms. The underlying inflammation can get increasingly worse if not dealt with directly. Also, having their symptoms relieved often makes patients less cautious about avoiding triggers, which can increase the inflammatory response as well.

"Controlling and avoiding triggers, is just as important as taking the prescribed medications, but it should not take their place," says Dr. Evans.

He maintains that parents should know how to intervene to prevent an attack, when medication is necessary, in what dosage, and when it may be necessary to take their child to the hospital.

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WOMEN'S CONFERENCE

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Brothers executive Gus Blackman was cornered by them in a Baltimore airport he immediately brought them to Hollywood to participate in the Warner Brothers minority writers workshop.

Upon graduating from the program, another graduate, Executive Producer, Winifred Hervey Stallworth, hired the team to write for the "Fresh Prince of Bel Air" they are currently writing for the hit television series "ROC".

Producers/Directors

Donna Guillaume has over fifteen years experience as a segment for the popular CBS series "Two on the Town". She is married to actor Robert Guillaume. Together they own Longridge Productions. Their recent PBS Wonderworks special "And You Must Remember This" has been nominated for two Emmy Awards for 1993.

Helaine Head has directed over 50 hours of network television, and is one of the first African American females to be admitted into the Directors Guild. Her credits as a director include "Franks Place" Fox Networks' "Tribeca", and the PBS special "And You Must Remember This" which was nominated for an Emmy Award, for best director in 1993.

Late Night Comedy

"Live and in Chocolate" with the great comedian, actress, artist; **Phyllis Yvonne Stickney**. Phyllis recently appeared in a television series "New Attitude", and was featured in "New Jack City", "Malcolm X", and "Jungle Fever". Phyllis made her national television debut in the ABC miniseries "The Women of Brewster Place".

Soon after Andy Warhol and Bill Cosby discovered her talent and Phyllis began making screen

appearances on "The Cosby Show" and in the hit spin off "A Different World." Phyllis Yvonne Stickney celebrates the spirit of life, love and universe it shows through her creations is theater, television and film.

Theatrical Performance

"The Hand of God," starring **Cyndi James Gossett**: an autobiographical Journey to Self Discovery, filled with dance, and toe tapping original musical numbers. This play is taken from the book written by Cyndi James Gossett and has music composed by her as well.

As an actress Ms. Gossett has received critical acclaim for her roles on stage and screen. She has starred on television in "A Different World," "227", and Days of Our Lives. A gifted singer and songwriter Ms. Gossett has traveled internationally with her nightclub act and opened for Rich Little and Jay Leno.

AFRICAN AMERICAN FILMS

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ginia Capers (as Holiday's mother), Paul Hampton, Sid Melton, and Scatman Crothers. AHN's "Movie of the Month" series is hosted by the prolific stars Ossie Davis and Ruby Dee, one of entertainment industry's most well known and enduring couples who offer insight to the stars and films each month. AHN airs over 70 affiliate stations nationally; reaches 85% of the African American viewing households; and id the first broadcast movie network of it's kind targeted towards African Americans.

AHN founder Frank Mercado-Valdes, the creator of the Syndicated specials STOMP! and the Miss Collegiate African American Pageant, established this new network to highlight and promote the achievements of

African American's in film. "We will be a primary outlet for filmmaking talent both on and off the screen," says Mercado-Valdes. "The diversity of the movies in the package will make the "Movie of the Month" series attractive to both home viewers and advertisers," he adds.

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TODAY'S CHILD

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ing "Special Needs Children," do not go on a waiting list. However, an adoption homestudy is not initiated until special needs preparation classes are completed. These classes are provided free to applicants; additional support services are also available.

Readers interested in adopting these children or other special children can call Ann Coleman, 486-5195.

KIMBERLY

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audience, "Where is my "ME" award? MAYBE YOU SHOULD TRY DIONNE WARWICK'S PSYCHIC HOT LINE; even better try LATOYA'S, she's been OUT THERE LATELY.

Also, word is that this SOUPED UP-DIVA MAN sponsored a boat ride in the Chocolate City featuring, HOES-R-US! The scoop is that the HOES came out to SHOW AND TELL. One has reported that you had your BEGINNER HOES, YOUR AMATEUR HOES, AND YOUR PROFESSIONAL HOES who got BUTT NAKED ON THE ROCKIN AND KNOCKING BOAT. Passengers were said to be screaming, "WE SO HORNY!"

MR. I FEEL GOOD is said to not be feeling so good when it comes to radio air time for his new record. It is rumored that he his hurting for MO-MONEY, and gave out 12 inches of his recent album at the said to music meeting. I DON'T UNDERSTAND! FIRST YOU WANT TO SET HIM FREE, AND NOW YOU WANT TO LET HIM GO! COME ON, LET THE MAN BLOW!!

MR. MY-MY-MY was said to have given the BEST HIP-HOP TILL YA DON'T STOP V.I.P. PARTY at his mansion home outside of the chocolate city. Vans were reported as transporting those music folks to his home that was not alone. I WONDER IF MR. NIGHT THANG WAS THERE BECAUSE IT IS RUMORED THAT THEY ARE A PAIR. ISN'T THAT SWEET!

Speaking of that NIGHT, when MR. BET YOUR LIFE THANG expressed his dismay with that cable JAM we all love. I would like to know, who told him that the comedy of the future needed his approval. NOT!! I think we are all DEF to that WACK! FIND SOMETHING TO DO, AND GET A REAL JOB!

Well, if you would like to know MO-FO-SHO about your OH-SO-LA-LA CELEBRITIES, write me at 716 SOUTH STREET LAS VEGAS, NEVADA, 89101. I will always be your entertaining girl here to rock your entertaining world.

IF NOT HERE THEN AT THE FAMILY AFFAIR!! REFER TO MY KIMBERLY'S CELEBRITY QUIZ WHIZ BOX ON PAGE 24 AND MATCH THE NAMES WHERE YOU THINK THEY FIT! MY NAME IS "NONE-YA!"

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