

CHILD WATCH

Summer Safety Tips

By Margaret Grey, CPNP

(NU) - It's time to be extra alert about your child's safety now that school's out, because your child is more prone to accidents outside than in the classroom. You can help your child to enjoy a healthy and safe summer by taking some simple preventive measures.

- Establish 'Play Rules'**
- No playing or riding in the street.
 - Stay away from toys with rust and sharp or rough edges.
 - Always pick up toys and put them back in place when you are done playing with them.
 - Stay clear of lawn mowers.

Make Play Area 'Play Safe'

- Fill any ditches in your lawn, and keep an eye out for broken glass and cigarette butts.
- Make sure there are no un-

derground shafts or wells nearby.

- Avoid leaving garden hoses out in the hot sun. They are a tripping hazard, and the water in the hoses may be hot enough to scald.
- Lock up poisonous and toxic chemicals.

'Pool Play' Rules

- Never use inflatable toys as life preservers.
- Keep the pool covered when not in use.
- No diving should be permitted in an above-ground pool.
- Check your pool equipment for sharp edges, loose bolts and broken parts.

Your local pediatric nurse practitioner (PNP) can help you plan a fun and safe summer for your child. To find a PNP in your area, call NAPNAP at 1-609-667-1773.

Margaret Grey, DrPH, FAAN, CPNP, is the 1992-93 NAPNAP president.

HEALTH BRIEFS

AFRICAN-AMERICANS AT RISK FOR KIDNEY DAMAGE

HOUSTON—Practical lifestyle changes could reduce risks of kidney damage among diabetic and hypertension blacks.

Diabetes and hypertensive are the leading causes of kidney failure, particularly in African-Americans, said Dr. Wesson of Baylor College of Medicine in Houston.

Wesson recommends these lifestyle changes:

- * Cutting back on salt
- * Limiting alcohol consumption
- * Eliminating tobacco use
- * Controlling weight
- * Eating more potassium-rich foods such as fresh fruits and vegetables and avoiding canned foods.
- * Exercising

Recent studies suggest that diabetic and hypertensive African-Americans are four to five times more susceptible to developing kidney disease than are whites with the disorders.

CRIME PREVENTION

Reduce Your Risk Of Carjacking

News USA

(NU) - It's a nightmare image — a gun pointing through your window, a hand jerking open the door of the car. Carjacking — use of force or threatened force to rob a driver of an auto — has become a new worry for drivers in many parts of the United States.

Although drivers are more likely to lose cars through "regular" auto theft (when the car is unoccupied), carjacking seems to be on the increase in many communities. Carjackers, who tend to be young, may steal to joyride, to impress peers or to get transportation to commit other crimes.

By using some common sense preventive measures, individuals can reduce their risk of being carjack victims, advises the National Crime Prevention Council:

- Be alert while getting into and out of your car. Always keep your key in hand.
- Keep car doors locked and windows rolled up at all times.
- Be aware. Watch out for people approaching you at places where you slow down, stop or might be distracted.
- Drive in the center lane if you have a choice.
- Park in well-lighted, well-traveled areas, in attended lots if possible.
- Keep your car in good running

order; keep plenty of gas in the tank. Fill up during daylight hours if you can.

• When coming to a stop, leave enough room to maneuver around other cars if you sense trouble and need to get away.

Be Aware of Staged Mishaps

Carjackers may deliberately rear-end a car, taking valuables or driving off with the car when its driver gets out to check the damage. If another car lightly bumps your vehicle, be suspicious, advises NCPC. Motion the other driver to follow you to a well-lighted, well-traveled area to exchange necessary information.

Finally, if in spite of all precautions, you are a victim of a carjacker, give up the car without an argument or struggle. Resistance could cost you your life.

More crime prevention tips are available from NCPC, whose national McGruff public education campaign is substantially funded by the U.S. Department of Justice and conducted in cooperation with The Advertising Council. Write NCPC, Attn: NUSA, 1700 K St., N.W., Second Floor, Washington, D.C. 20006-3817.



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UNEMPLOYMENT EASES

(Continued from Page 17)

The U.S. Bureau of Labor Statistics reports the nation's seasonally adjusted civilian April unemployment rate was unchanged at 7.0 percent. And, neighboring California's seasonally adjusted unemployment rate was estimated at 8.6 percent, down eight-tenths of a percentage point during the same period. Nevada's April statewide unemployment rate is five-tenths of a percentage higher than a year ago.

NESD labor economists say they expect no major changes in the employment rate over the next several months. The department's survey indicated that seasonally adjusted unemployment throughout Nevada's 17 counties ranged from a low of 2.4 percent in Eureka County — to a high of 10.4 percent in White Pine County. During April, unemployment in Clark County was estimated at 6.7 percent, down two-tenths of a percentage point over-the-month, and up four-tenths of a percentage point when compared to a year ago.

Washoe County's April jobless rate was estimated at 6.3 percent, down three-tenths of a percentage point during the same 30-day period. In April 1992, Washoe County's unemployment rate was 5.9 percent. Jones said, "We are encouraged by the job growth we continue to experience. It is a positive indicator of statewide stability." All but one of Nevada's industries showed over-the-year job growth — the mining industry dropped 400 jobs. Those industries showing over-the-year job growth include:

- Construction gained 7,400 jobs
- Service industries (gaming, recreation, and hotels; personal; business; medical and health; legal; engineering; accounting; and management) gained 4,800 jobs
- Federal, state & local government (including teachers) gained 4,000 jobs (Growth is primarily in southern Nevada's local government education-related jobs)
- Retail & wholesale (general merchandise & apparel; food stores; auto dealers and service stations; and eating/drinking establishments) gained 3,700 jobs
- Finance, insurance; and real estate gained 1,700 jobs
- Manufacturing gained 1,300 jobs
- Transportation and public utilities gained 1,100 jobs

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