

HEALTH BRIEFS

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hours of the onset of symptoms, they can shorten the duration of the attack and lessen the severity of the symptoms.

The drugs are ineffective against influenza B.

★★★★★

SAD CAN STRIKE IN THE WINTER

HOUSTON—For people with seasonal affective disorder, 'tis not the season to be jolly.

SAD occurs most often in winter, but it is different from the typical holiday blues.

"The blues, common during the holidays, mostly come and go," said Dr. Ernest Fruge of Baylor College's School of Medicine in Houston. "But people with SAD are often depressed all winter long."

Although stress may be a factor, the disorder appears to

COLLEGE FUND

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give students access to higher education and career opportunity, and strengthen our member colleges. These include scholarship, mentoring, summer enrichment, and study abroad programs; curriculum development; and faculty development funds. To date, more than 250,000 men and women have graduated from UNCF colleges and universities.

be related to low-light environment. It is more common in higher latitudes where sunlight is less common in winter.

Symptoms include fatigue, sluggishness, oversleeping, overeating and weight gain. Women are four times likely to be affected than men.

The first treatment is light therapy, Fruge said. The patient is exposed to white fluorescent light for several weeks.

Antidepressants can also be used.

★★★★★

HELPING STEPCHILDREN DURING THE HOLIDAYS

HOUSTON—Holiday planning can be stressful for stepfamilies.

"The holidays stir up old feelings that have not been resolved," said Dr. James Bray, a psychologist at Baylor College of Medicine in Houston. "Many stepchildren are still upset over their parent's divorce and have not adjusted to their new family."

Bray offers these suggestions to help re-settle the nest in time for the holidays:

- *Hold a family meeting. Assign duties evenly among the children, and be sure the older children are included.

- *Create new family traditions. Rituals become shared experiences that can help solidify a family.

*Consider alternating holiday visits from year to year.

*Treat biological children and stepchildren equally.

★★★★★

POLIO SCREENING FREQUENTLY NOT ADEQUATE

HOUSTON—The majority of pediatricians and family physicians are not screening infants properly to determine the type of polio vaccine they should receive.

A study at Baylor College of Medicine in Houston revealed that, despite published guidelines, physicians were not adequately knowledgeable about and did not adhere to national guidelines for polio vaccine use, said Dr. Celine Guerra Hanson, a pediatrician and the study's principal investigator.

Wild poliovirus has been virtually eliminated in the U.S.; the few remaining cases cited

COLOR CONFERENCE

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was in a shameful state of disrepair and was easily accessible to criminals who were scoping out the room as he spoke to the receptionist.

"It must have been the look on my face," said Edwards, "because she said to me, 'I figured he was one of your clients, and I was afraid he wouldn't be able to make it to the bathroom.' I left their wondering if I had really done him a service by leaving him in that room."

Carlos Henderson, of UMC, discussed the impact of diversity on social services and the need for bilingualism in hospitals.

"One of the things that bothers me and hurts me is to see Hispanic people come in, and no one can communicate with them," said Henderson.

"It's ugly when you have to sit there and watch these people getting no service," he continued. "It's very embarrassing for me to explain why this woman is experiencing vaginal bleeding. I'm not a doctor. I shouldn't have to do this... These people make

each year are associated with oral polio vaccine, which contains live polio virus and can be harmful to children with impaired immune systems or when passed through casual contact to unvaccinated or immunocompromised adults.

Using the recommended screening is essential in helping prevent last isolated polio, Hanson said.

★★★★★

STRESS INCONTINENCE IN ELDERLY WOMEN IS TREATABLE

HOUSTON—For elderly women, stress incontinence can be a serious matter, but help is available. Stress incontinence occurs when age weakens the supporting structures of the bladder, allowing it to drop into the front of the vagina.

The resulting loss of control causes urine to be leaked when the woman lifts, laughs or coughs, said Dr. Timothy B.

Boone, a urologist at Baylor College of Medicine in Houston.

Stress incontinence is usually relieved in one of four ways:

- Properly performed Kegel exercises, used by woman after childbirth, can improve bladder support.

- Physician-prescribed medicine can improve the ability of the urethra to stay closed.

- Injections of collagen, a day-surgery procedure, can help restore proper support to the urethra.

- A surgeon can lift the urethra back to its normal position in a procedure that requires hospitalization.

★★★★★

TESTICULAR SELF-EXAMINATION IMPORTANT FOR YOUNG MEN

HOUSTON—Testicular self-examination is a first step in a young man's guarding against testicular cancer.

Cancer of the testicles can

occur any time after the age of 15 but is most common between 20 and 35.

It is four times more common among whites than among blacks, said Dr. Seth P. Lerner, a urologist at Baylor College of Medicine in Houston.

The best time to do a monthly self-exam is after a warm bath or shower when heat has caused the scrotum to relax.

Use both hands to gently examine each testicle, placing the index and middle fingers beneath the testicle and the thumbs on top. Feel for any abnormal lumps, which are usually painless.

Lerner cautions that men should not confuse a lump with the epididymis, a cord-like structure on the top and back of the testicle that stores and transports sperm.

"If you feel an abnormal lump, contact your physician right away," Lerner said.

on-going relationship with the bank, she said. Greens outlined the five areas banks look at when granting loans: "character not color," capacity, capital, collateral, and economic conditions. She also included competence and compassion.

"At Bank West, we do have an intention to support the community," said Greene.

Kim Bailey talked briefly about the lack of support systems for black professionals but focused on the work of E.O.B.'s Microbusiness program which currently serves 1500 people.

"It's a wealth of information the E.O.B. provides through Microbusiness," said Bailey. "If I can't help you, I bet I know who can."

SENIORS UPDATE DRIVING SKILLS

Pre-registration is required for people 55 and older to attend "55 Alive" AARP's two-day refresher driving course at the Las Vegas Senior Citizens Center, 450 E. Bonanza Rd.

The course is offered twice monthly. Daytime sessions and

Alfreda Ferrell, the granddaughter of Ida B. Wells, briefly discussed the organization process of the Ida B. Wells Foundation. UNLV students Maryum Ali and her husband Brian Galwey discussed the politics of unity among students. Rose Davis, publisher of Indian Voices newspaper, discussed what it was like to start a minority paper here in Las Vegas.

The panel's messages seemed to go over well.

"It was interesting," said spectator Enos Baker. "There was a lot of talent in the room, that was obvious. There was also a lot of caring the room. Now we just have to follow through."

evening sessions available, call for dates and times.

The course is designed for drivers who experience age-related physical changes, such as declining perceptual skills. highlights include "rules of the road" review, local driving hazards, and accident-prevention measures.

All automobile insurance companies in Nevada provide premium reductions to graduates of "55 Alive."

Payment will not be accepted at the door. The cost is \$8 and pre-registration must be made by calling 792-4091. Classes are limited to 30 people.

For registration information, call 792-4091.

CLASSIFIEDS

LEGAL NOTICES

CLARK COUNTY, NEVADA

INVITATION TO BID BID NO. 95-101290

SOLAR MESSAGE BOARDS

This bid is to furnish and deliver two (2) current production model Solar Message Boards on trailers, F.O.B. destination, freight prepaid, including the option to procure additional Solar Message Boards for the period from date of award through the availability of the current production model year.

PREBID CONFERENCE to be held 9:00 a.m., November 29, 1995 at the: Department of Aviation, McCarran International Airport, 5th Floor, Conference Room "C", 5757 Wayne Newton Blvd., Las Vegas, Nevada 89119, (702) 261-5013.

Bids will be received on, or before December 11, 1995 at the Clark County Department of Aviation, McCarran International Airport, 5757 Wayne Newton Boulevard, 3rd Floor, Main Reception Desk, Las Vegas, Nevada 89119. Bids must be time-stamped no later than 3:00 p.m. on the bid opening date. Bids time-stamped at 3:01 p.m. or after on the bid opening date will be returned to bidder.

Specifications are available at the above address. Hearing impaired customers may request specifications and obtain information by calling TDD: Relay Nevada Toll-Free (800) 326-6868.

BOARD OF COUNTY COMMISSIONERS
CLARK COUNTY, NEVADA

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REGISTER TO VOTE

CITY OF LAS VEGAS

INVITATION TO BID BID NO. 96.FEB.01-LDP

COMPUTER OUTPUT MICROFICHE SERVICES

SCOPE OF WORK: This is a one year contract, to provide Computer Output Microfiche Services for the Information Systems Division of the City of Las Vegas, from February 1, 1996 through January 31, 1997, with the option to renew for three (3) one-year periods.

PREBID CONFERENCE: Will be held on November 15, 1995, at 2:00 P.M. in the Purchasing and Contracts Division Conference Room, First Floor, City Hall Complex, 400 East Stewart Avenue. The purpose of this conference is to discuss the specifications and any prospective bidders concerns and the City of Las Vegas' Minority, Women-Owned and Disabled Veterans' Business Enterprise Policy.

BID OPENING: All bids must be received in the Office of the City Clerk, Fifth Floor, City Hall Complex, 400 East Stewart Avenue, Las Vegas, NV 89101-2986, prior to 3:00 p.m., Pacific Standard time, on December 14, 1995. Bids stamped after the designated time, will be returned to the Bidder unopened. Bids will be publicly opened and read aloud, immediately after the established closing time and date, in the Office of the Purchasing and Contracts Division.

Any questions regarding this solicitation should be referred to Linda D. Parker at (702) 229-6231.

Prospective bidders are hereby notified that this Invitation to Bid and all related bidding documents will be made available on a Telecommunications Device for the Deaf (TDD) or in an alternate format (audio or Braille) upon request to the Purchasing and Contracts Division, Telephone Number (702) 229-6231 or (702) 386-9108 (TDD).

FOR COMPLETE INFORMATION OF FUTURE FORMAL BIDS AND QUOTATIONS, CALL THE BID HOTLINE AT 383-0889.

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