

**HEALTH**

**Free immunization clinics offered**

*Special to Sentinel-Voice*

In recognition of National Infant Immunization Week (April 19-26), Sierra Health Services and its family of companies will join the Clark County Health District and state officials in sponsoring free immunization clinics for local infants and children at malls and other locations throughout Clark County.

Nevada Gov. Bob Miller has marked the occasion by declaring April 19-26 to be National Infant Immunization Week in Nevada.

One out of every four American children under age 2 is inadequately protected against childhood diseases, according to a national immunization survey by the national Centers for Disease Control.

In Las Vegas, the Clark County Health District estimates that more than 30 percent of young children in this area are inadequately immunized.

Childhood vaccines can prevent nine infectious diseases, including polio, measles, diphtheria, mumps, pertussis (also known as whooping cough), rubella, tetanus, hepatitis B and meningitis.

The free immunization clinics will be held at the following locations:

- Saturday, April 19, from 10 a.m. to 8 p.m. at the Boulevard Mall, 3528 Maryland Parkway.

- Wednesday, April 23, from 10 a.m. to 9 p.m. at the Meadows Mall, 4300 Meadows Lane.

- Thursday, April 24, from 4:30 p.m. to 7 p.m. at three drive-through clinics: 625 Shadow Lane in Las Vegas; the Henderson Senior Center, 27 East Texas Ave.; and the North Las Vegas Public Health Center, 3262-A Civic Center Drive.

- Saturday, April 26, from 10 a.m. to 9 p.m. at the Galleria at Sunset Mall in Henderson,

1300 Sunset Road.

In addition to their efforts during Infant Immunization Week, both Sierra Health Services' medical group, Southwest Medical Associates, and the Health District offer free immunizations year-round.

"Although many parents know that children must be vaccinated to enter kindergarten, many aren't aware that most vaccines should be given by age 2," said Allan Ebbin, M.D., of Sierra Health Services. "Many people think these diseases are nonexistent today, but unfortunately, they are not. That's why it's so important to take every possible opportunity to get childhood immunizations on time."

Parents must bring copies of their child's immunization records to the clinics. For more information and additional locations, contact the Clark County Health District at 383-1351.

**TIPS TO BE FIT**

**Milk perfect, does a body good**

*By Vince and Yolanda*

*Special to Sentinel-Voice*

Milk is sometimes called the perfect food. According to one magazine article, milk has been used for more than 10,000 years. This universal food has also been associated with a lot of health problems that include heart disease, allergies and diabetes. For every study that condemns milk you'll find one that gives it great praise. So, what can you believe?

Most milk is pasteurized and homogenized. Milk is pasteurized to kill bacteria, preventing milk borne diseases. Pasteurization involves heating the milk to a high temperature and then cooling it rapidly. Homogenization is the process that disperses fat evenly throughout the milk.

Milk is grouped in several categories, whole, 2%, 1% and skim. Whole milk is 51 percent fat, 2% milk is 35 percent fat, 1% milk is 22 percent fat and skim milk is four percent fat. Whole milk has the most saturated fat while skim milk has the least. You should avoid saturated fat. When most people switch to low-fat milk they don't like the taste initially, but eventually acquire a taste for it. For those who don't digest milk easily, lactaid milk provides the same benefits as regular milk with only two grams of fat per serving. If you make your change from whole milk to low-fat milk gradually the taste won't be an issue.

Evaporated milk is whole milk with about half of the water content removed. Condensed milk has half of the water removed and sugar added. Dried milk has 95 to 98 percent of the water from whole milk.

You get the same amount of calcium in all forms of milk. Calcium is found in the non-fat part of the milk, so removing the fat doesn't affect it. A cup of milk will give you about

300 milligrams of calcium.

A few studies have linked a series of amino acids found in cow's milk to juvenile onset diabetes. The ingestion of these amino acids by those genetically predisposed to diabetes, triggers an immune response that can attack the milk protein and insulin producing cells in the pancreas, which can lead to diabetes. It should be pointed out that the

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**MEET MARVIN EDWARDS**

USED CAR MANAGER

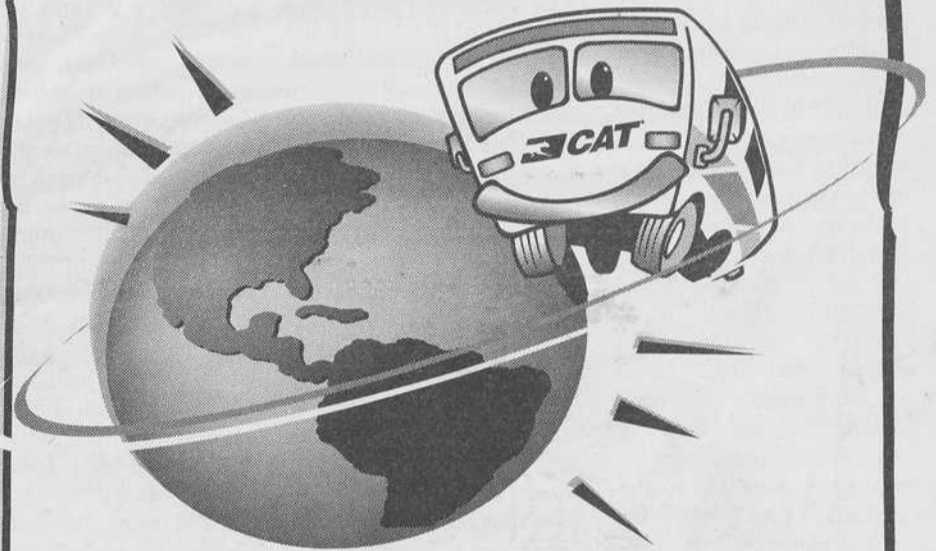
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**Try Transit Week**

**April 21-25**

**It's a celebration valley-wide and you're invited!**



Join Citizens Area Transit in conserving Southern Nevada's resources. Ride a bike, ride the bus, rollerblade or carpool with a friend - it's all a part of **CAT's** plan to help clear our roadways and clean our air. Come on along, be a **Try Transit Week** partner and share in making a positive commitment to our great community.

**Events Calendar**

**Tuesday, April 22 Bike To Work Day**

Listen as KKLZ 96.3 radio broadcasts live from the Fremont Street Experience 6am-9am. Ride your bike down for a **FREE** t-shirt, refreshments and prizes.

**Wednesday, April 23 Employee Appreciation Day**

Let's salute our neighbors who make transit work for us! Ride **CAT** and remember to thank those great drivers and support associates.

**Thursday, April 24**

**FREE Ride Day On CAT**

**All Routes, All Day!** It's a big THANK YOU to the greater Las Vegas area as **CAT** invites everyone to come out and enjoy **FREE** rides. Call **CAT-RIDE** for routes and schedule information.

**Don't be left out - join in the fun and celebrate Try Transit Week, April 21-25**

Special Thanks to: City of Las Vegas, City of North Las Vegas, City of Henderson, Clark County, Nevada Department of Transportation, Southwest Gas, Metro and Fremont Street Experience Bike Patrols

For information call:

**CAT-RIDE**  
(228-7433)



A Service of the Regional Transportation Commission of Clark County



Bringing Together A Great Community!

