

# PEOPLE AND EVENTS

## Clark County Urban League opens Second Women, Infants and Children's (WIC) Clinic

LAS Vegas, NV – With a turbulent economy fueled by double-digit unemployment, the demand for social services to support mothers in Southern Nevada has steadily increased. The Las Vegas-Clark County Urban League (LVCCUL) recognized this and today announced the opening of its second Women, Infants and Children's (WIC) Nutritional Education Center. The new facility is located at 2340 E. Tropicana, Suite 37.

LVCCUL officials believe opening a second WIC facility will assist those who are underserved in the Tropicana and Eastern Communities of Las Vegas.

"We sincerely thank everyone for their support of the Las Vegas Urban League and its programs," WIC Program Director Tim Perez told a group of donors, business and community leaders that attended the

ribbon-cutting event. "Because of this support, the Urban League is providing much needed assistance to those who are less fortunate."

In 2007, the LVCCUL opened its first WIC clinic in Clark County on 6480 W. Flamingo. The facility is considered by the State to be a "model program" for high-performing facilities safeguarding the health and wellness of more than 3,500 low-income women, infants and children monthly.

WIC provides nutritious foods, nutrition education and referrals to health and other social services to participants at no charge. WIC serves low-income, pregnant, postpartum and breastfeeding women, and infants and children up to age 5 who are at nutrition risk. The program is funded by federal grants. ■

## Flu And Pneumonia shot clinics at City of Las Vegas Senior Centers

QUALIFIED staff of the Southern Nevada Health District will provide flu immunization shots to residents at city of Las Vegas senior centers according to the schedule below. Pneumonia shots also will be available for those that qualify. Shingles vaccinations will be offered Oct. 9 at the Lieburn clinic.

Flu/Pneumonia Shots and Southern Nevada Health District Presentation (ages 50+)

Tuesday, Oct. 6, 10am  
Cost: \$30 flu, \$55 pneumonia, cash only. Free with proof of Medicare or Medicaid insurance.

Doolittle Senior Center, 1930 N. J St., (702) 229-6125.

Southern Nevada Health District staff will provide a presentation on influenza, with a flu shot clinic to follow the presentation. Appointments will be needed. Please call for appointment. Cash only for those not completely covered by insurance.

Flu & Pneumonia Shot Clinic (ages 50+)

Wednesday, Oct. 7, 9 to 11 am  
Cost: \$30 flu, \$55 pneumonia, cash only. Free with proof of Medicare or Medicaid insurance.

Las Vegas Senior Center, 451 E. Bonanza Road, (702) 229-6454.

Southern Nevada Health District staff will offer annual flu shots and pneumonia vaccinations. Call to reserve your vaccine. Cash only for those not completely covered by insurance.

Flu & Pneumonia Shot Clinic

(ages 50+)  
Friday, Oct. 9, and Thursday, Nov. 19, 10 am to noon. No appointment needed!

Cost: \$30 flu, \$55 pneumonia, cash only. Free with proof of Medicare or Medicaid insurance.

East Las Vegas Community/Senior Center, 250 N. Eastern Ave., (702) 229-1515.

Southern Nevada Health District staff will offer annual flu shots and pneumonia vaccinations. Call to reserve your vaccine. Cash only for those not completely covered by insurance.

Flu & Pneumonia Shot Clinic (ages 50+)

Friday, Oct. 9, 1 to 3pm  
Cost: \$30 flu, \$55 pneumonia, cash only; free with proof of Medicare or Medicaid insurance.

\$191 shingles vaccine, cash only; co-pay only with Medicare D coverage.

Howard Lieburn Senior Center, 6230 Garwood Ave., (702) 229-1600.

Southern Nevada Health District staff will offer flu, pneumonia and shingles vaccinations on a first-come, first-served basis. Cash only for those not completely covered by insurance.

Flu & Pneumonia Shot Clinic (ages 50+)

Wednesday, Oct. 21, 1 to 3 pm  
Cost: \$30 flu, \$55 pneumonia, cash only. Free with proof of Medicare or Medicaid insurance.

Centennial Hills Active Adult

Center, 6601 N. Buffalo Drive, (702) 229-1702.

Southern Nevada Health District staff will offer flu and pneumonia vaccinations on a first-come, first-served basis. Cash only for those not completely covered by insurance.

Flu vaccines use killed or weakened forms of flu viruses to stimulate production of antibodies in the body. Once your body makes enough antibodies, you are protected against flu infection. Flu vaccine gives protection for approximately eight months. Flu viruses change from year to year, which means a person can get the flu more than once in a lifetime. A vaccine made to protect against flu viruses circulating last year may not protect against newer viruses. That is why the influenza vaccine is updated to include current viruses every year, and people should be vaccinated every year. According to the US Centers for Disease Control and Prevention Web site, each year in the United States, "five to 20 percent of the population get the flu, more than 200,000 people are hospitalized from flu complications, and about 36,000 die from flu."

The CDC strongly recommends that people in any of the following groups receive a flu vaccine each year.

People at high risk for complications from the flu.  
Anyone 50 years or older, re-

## Free Classes On Self-representation in foreclosure mediation

LAS VEGAS—Legal Aid Center of Southern Nevada (LACSN) and the William S. Boyd School of Law announce a partnership with Nevada Fair Housing Center to offer free classes to homeowners who are about to enter foreclosure mediation. The Nevada Supreme Court's Foreclosure Mediation Program was created this legislative session to give homeowners facing foreclosure an opportunity to talk about a loan modification with their lender. One in every 13 households in Clark County received a foreclosure filing the first half of 2009, according to RealtyTrac, Inc.

The Foreclosure Mediation Class is the latest in a series of free self-help classes offered by LACSN in partnership with the law school, covering such topics as Divorce, Custody, Guardianship, Bankruptcy and Small Claims, which have been offered for the past 10 years as a service to the community. Nearly 30,000 residents of Clark County have benefitted from these classes.

"Southern Nevada is facing one of the worst foreclosure crises in the nation," said Lynn Etkins, development director of LACSN, "and there is so much misinformation and confusion among homeowners that we felt it was critical to empower them with straight talk and real information about how to navigate the foreclosure mediation process." Homeowners who receive Notices of Default from their lender after July 1, 2009 are able to request mediation at that time. Over 1,000 homeowners so far have requested mediation, which costs both the homeowner and the lender \$200 each.

This class will cover the basics of foreclosure and loan modification options so homeowners can better understand how the banks review requests for loan modifications, assess each unique set of circumstances and help homeowners present their case to the mediator in support of obtaining a loan modification. Specifically, homeowners will receive answers to the following questions:

- 1) What documents should I gather in preparation for my mediation?
- 2) What information do lenders typically want when reviewing a request for loan modification?
- 3) How can I best present the facts and circumstances of my case to my lender?

The free classes will be held weekly beginning September 17, 2009 at 5:30 p.m. at the William S. Boyd School of Law on the UNLV campus. Those who want to attend the class can call 386-1070 ext. 155 to register. Class schedules and manuals can be found at [www.lacsn.org](http://www.lacsn.org). ■

gardless of health status.

Anyone living in a nursing home or long-term care facility.

Anyone 6 months of age or older with chronic heart or lung conditions, like asthma.

Anyone 6 months of age or older who has a recent history of metabolic diseases, chronic kidney disease or a weakened immune system.

Anyone 6 months to 18 years of age who is on long-term aspirin therapy. (People in this age group that take aspirin and get sick with the flu are at a risk of developing Reye syndrome.)

Women who will be pregnant during the influenza season.

2. People who will be in close contact with someone at high risk for complications from the flu (see above).

3. All children from 6 months through 18 years of age.

The following people should not get a flu vaccination:

Anyone with a severe allergy to chicken eggs (an ingredient used to grow the virus used in the flu vaccine).

Anyone who has had a reaction to an influenza vaccination in the past.

Anyone who developed Guillain-Barré syndrome (GBS) within six weeks of getting an influenza

vaccine previously.

Anyone currently sick that has a fever. (Once the fever goes down, it is fine to get vaccinated).

Children younger than 6 months of age.

The CDC also strongly recommends pneumonia shots for persons age 65 and older who have not

received a pneumonia vaccination since reaching age 65. Pneumonia vaccinations also are recommended for persons ages 2 to 64 who have compromised immune systems. The effectiveness of pneumonia vaccinations lasts at least five years in individuals with healthy immune systems. ■

## Janeth

SALON & SKIN CARE

COMPLETE HAIR & NAIL SERVICES

- Haircut for Men & Women
- Manicure & Pedicure SPA
- Body Scrubbing
- Waxing
- Hair Color/ Rebonding
- Make-up (Professional Make-up Artist)
- Facial
- Eyelash Extension
- Pedit Spa
- Spa Pedicure

**JANETH FERMIN**

Owner/Cosmetologist/  
Hair Stylist  
with 18 years of experience  
from the famous  
JUN ENCARNACION  
SALON of the Philippines.

For Appointments please call:  
**735-0080**  
Janeth Cell: 767-5542

900 KAREN AVE.

(INSIDE SAHARA COMMERCIAL CENTER)

NEW!

The Asado Pao you love.  
Now in a loveable Cutie-Size.

Chow Value

2 pcs. \$1.99

6 pcs. \$5.89

12 pcs. \$9.99

More to share  
More to enjoy