



CAREFULLY NOW — Practicing the three-person carry are Sue Foster, Nancy Stafford and Bernice Reaume. Stafford and Elaine Eckel of the Department of Physical Therapy, recently conducted a body mechanics training program for the Department of Radiology. The program was coordinated by the Safety Office. Foster and Reaume are staff technologists in radiology.

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# Preventing Back Injuries

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posture, and exercises to strengthen back muscles.

Among the principles emphasized were:

\* Know your limits. Do not attempt to lift alone if you have any doubt about your ability to do so.

\* Lift with your legs. Keep your legs in a position which permits them to supply most of the force for shifting the positions of your trunk.

\* When lifting avoid rotation of your spine. Shift the position of your feet to turn. Stabilize your body against a stationary object whenever possible.

### Course Participants

Completing the program were Alberta Allen, Patsy Ashworth, Faye Averette, Jack Bankston, Kathy Barbee, Peggy Bass, Michael Batts, Judy Brackett, Bernard

Brown and Velma Brown.

John Calley, LeEsther Carroll, Janet Carulo, Linda Clayton, Jerry Ebron, Linda Gallope, James Gant, Reginal Grant, Pearlie Graves and Sue Groome.

Charles Hall, Sheila Hamm, Cheryl Hester, Gracie Holder, Vivian Johnson, Janet Layfield, John Lowe, Janie McIntyre, Connie Meador and Carolyn Morton.

Sherri Page, Ike Pipkin, Bernice Reaume, Sallie Royster, Dan Sanders, Libby Santoro, Janie Simmons, Mike Spence, Sherrie Starin and Gail Sutton.

Brenda Swain, Judy Tart, Susan Theobald, Jane Thompson, Rebecca Toy, Lark Whitt, Sharon Whittfield, Roy Williams, Nora Womack and Gerri Young.

Any department which would like to arrange a program on some special topic in safety may call the Safety Office at 684-5697.

### HOUSE STAFF CAR REGISTRATION

An article concerning car registration in last week's *Intercom* neglected to mention that house staff may register their vehicles in the house staff office during regular business hours.

All cars must be re-registered by Sept. 1, 1977.

## Library Announces Documents, Exhibit

Manuscripts, maps, books, periodical articles, and pamphlets help to tell about North Carolina's fabulous Outer Banks in a display in the exhibit cases of the undergraduate library.

Information about Cape Hatteras, Ocracoke, Roanoke Island, Nag's Head, and Manteo whet the appetite to learn more about the geography, history, folk lore, and legends of one of North Carolina's most popular areas.

To help pursue this interest copies of the bibliography "Good Reading about the Outer Banks" issued by the Reference Department of Perkins Library are available. The exhibit will be shown through August.

## Read about Walkers

Along with all the publicity runners are getting these days, walkers may now be getting equal time.

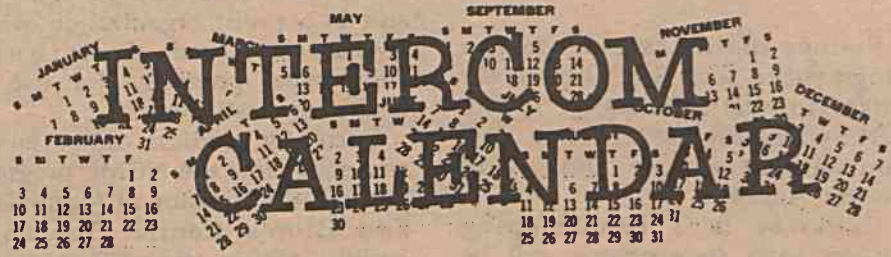
The Federal government has published a series entitled "Footnote," which is available in the Documents Department of Perkins Library.

Titles include *The Rediscovery of the Pedestrian: 12 European Cities*, *Banning the Car Downtown: Select American Cities*, and *American Urban Malls: A Compendium*.

Perkins Library also has a handout listing films available through Duke libraries. It can be obtained at the reference desk or by calling 684-2373.



STATE CHAMPS—These senior medical technology students comprise a team which won the North Carolina State Medical Technology (NCSMT) Academic Student Bowl competition, blitzing their opponents in the finals 110-30. The contest took place at the annual NCSMT meetings, April 27, in Fayetteville. The Duke team reached the regional semi-finals before being eliminated. "We are immensely proud of these students. They have done a fine job representing the profession of medical technology," Roberta S. Jacobs, education coordinator, said. From left to right, team members are Lu Ann Blizzard, Mary Ann Riva, Amy Glassman, Missy Willoughby, and Linda Batwinas. (Photo by VA Medical Media Productions)



August 12-19, 1977

We would like to list lectures, symposia and other activities at the medical center in the *Intercom* Calendar. Notices can be accepted for the calendar no later than one week prior to publication. Notices may be sent to Box 3354, Hospital. If last minute scheduling makes it impossible to send a written notice in time, please call 684-4148.

### Friday, August 12

8:30 a.m. Car registration, Hanes House Lobby, until 11 a.m.  
1 p.m. Car registration, Bell Bldg, Rm 314, until 4 p.m.

Network for Continuing Medical Education (NCME). Programs on "Chronic Hemodialysis: Maximizing the Potentials," "Assessing the Child with Acute Abdominal Pain" and "The Undergrown Infant: An American Problem." View in Rms M-405, M-410, 2031 and Medical Student Lounge (Channel 7 or 9) at Duke and Rms A3002 (by appointment only), C9013, D3008, CCU and classrooms and media learning lab of Allied Health Bldg at VA Hospital.

### Monday, August 15

8 a.m. Car registration, Medical Center Board Rm, until noon, 1-4:30 p.m. Also Tuesday and Wednesday.  
7 p.m. Car registration, Medical Center Board Rm, until 1 a.m. Also Tuesday.

### Tuesday, August 16

12 noon Pathology Research Conference, Dr. Kenneth McCarty Jr., Duke, will speak on "Hormonal Regulation of Differentiation: II," Rm M-204.  
7:30 p.m. Ostomy Association, Epworth Methodist Church.

### Thursday, August 18

1:30 a.m. Night Shift Blood Pressure Clinic, Courtyard Cafeteria, until 3 a.m. Coffee and doughnuts served.

### Friday, August 19

8:30 a.m. Car registration, Bell Bldg, Rm 314, until 4:30 p.m. For anyone who has failed to register previously.

## Durham First Tours

You can see and learn more about your hometown on a Durham First tour, Saturday, Aug. 27.

Buses will visit N.C. Mutual Life Insurance Co., N.C. Museum of Life and Science, Durham County General Hospital, Stagville, West Point on the Eno, Duke Homestead and Tobacco Museum, Bennett Place, Duke, NCCU and Research Triangle Park.

The price is \$5 including lunch. For reservations call the Durham Chamber of Commerce, 682-2133.

