

Consumers Be Alert To Spot Tampered Packaging

WINSTON-SALEM — Drug manufacturers and the packaging industry are responding quickly to concerns for protective packaging of over-the-counter products. But consumers, too, are on the alert to spot tampered packaging.

"All drug companies and packaging firms are concerned about the vulnerability of their products to tampering," says David Woodruff, marketing manager for pharmaceutical and health care packaging produced by R.J.R. Archer, Inc.

"They're looking more closely at packaging structures offering tamper-resistant features — structures that include peelable lidding on bottles, push-through or peelable blister backing for capsules and tablets, and heat-sealed pouches for pharmaceutical and other health care products," he explains.

The technology for producing tamper-evident packaging is in place and being used, Woodruff says. "Archer, for example, has knowledge and experience in producing tamper-evident packaging. We're working with customers in developing tamper-evident packaging alternatives which best fit their specific needs."

Despite efforts to protect consumers with special packaging, there is no way to make a product absolutely tamper proof, Woodruff cautions. Peelable membranes over bottle tops and blister packaging cannot prevent tampering, but do make tampering more evident to consumers.

Educating consumers to recognize signs of tampered packaging is an important job for drug and packaging manufacturers, Woodruff says. "Consumers will have

to share the responsibility, too, by carefully examining packages before using products."

When inspecting packaging and products, consumers should ask themselves these questions: Is the package crushed, ripped or scarred in any way? Has the cellophane wrapping been torn or removed? Has the membrane around the bottle cap or covering the bottle opening been removed or torn? Do the capsules, tablets or liquid look unusual? They may be discolored, smell badly or appear malformed or dented.

If any of these problems are detected the product should not be used, and returned to the store.

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Water has the rare property of being lighter per cubic inch as a solid than as a liquid. If this were not true, a lake would freeze from the bottom up instead of the other way around.

Nutritional Needs Change As People Get Older

Changes in activity, changes in eating patterns and changes in the body itself make good nutrition even more important as one grows older.

To help America's aging population understand those changes and live healthier, happier lives, the Chicago-based Blue Cross and Blue Shield Associations have published a guidebook that is available to North Carolina residents from Blue Cross and Blue Shield of North Carolina.

Entitled "Good Eating: An Older Consumers' Guide to a Healthful Diet on a Low Budget," the 49-page booklet addresses a variety of topics related to nutrition. In addition to an outline of nutritional needs in later years, it includes tips on

using nutritional foods in appetizing meals, ideas for saving money at the grocery store, and 50 recipes for one or two servings that can be prepared without a fully equipped kitchen. Also, the instructions for preparing the recipes have been kept simple so that they will not present problems for persons who may be taking up cooking for the first time in their lives.

The guide was compiled by Dr. S.J. Goodman, a senior research associate with Technical Assistance Research Programs Institute, who has been directly involved in the field of nutrition and diet therapy for the past 15 years. For the past four years, she has been working with nutrition education officials in several states on the problems of integrating nutrition education and diet therapy into local programs for the elderly.

In the opening pages of the book Dr. Donald M. Vickery, president of the Center for Consumer Health Education in Vienna, Va., cites the following five nutritional rules consumers should follow as they get older:

Match your calories to your activities so that your weight is close to ideal. Eat a balanced diet. Avoid saturated fats and cholesterol. Get plenty of fiber,

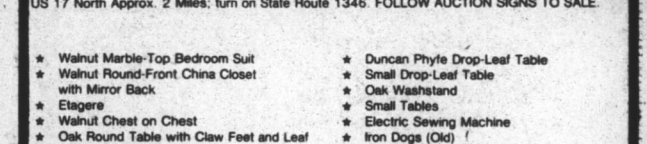
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Farming More Profitable

Continued From Page 9-A

Hinnant has made several such trips recently in his capacity as an officer - currently president - of the active Wilson County Young Farmers Club. Other involvements include membership on the Flue-cured Tobacco Stabilization Advisory Committee and Wilson County Employment Security Advisory Board.

In recognition of his achievements as a farmer and community leader, Hinnant has been selected to receive the Outstanding Young Tobacco Grower Award. The honor, which carries a \$500 cash award, is sponsored by Philip Morris U.S.A. throughout the flue-cured and burley growing area. The program is conducted in North Carolina by the N.C. Agricultural Extension Service.

Soil Testing

Continued From Page 9-A

Sampling information and supplies can be obtained from your local agricultural advisor or by contacting the Agronomic Division of the N.C. Department of Agriculture in Raleigh.

CROSSWORD

ANSWER

ACROSS

1. Toward the stern
4. Meager
11. Pearl-of-pearl
12. Force
13. Miss
14. Barrymore
15. Pronoun
16. American Indian
18. Gold-bearing rocks
19. Exclamation of surprise
20. First-rate (colloq.)
22. Comes into view
25. Close to
27. Hasty or secret departure
30. Sign of infirmity
31. Native of Indiana
32. Cry
34. Hour (abbr.)
35. Revolve
37. Body of water
39. Exclamation
41. One of Columbus' ships
43. Rush, as of words
45. An open sore
46. Stairway post
47. Antlered animal (poez.)

DOWN

2. Moderate, as one's breath
3. Tree of India
4. Revive
5. Tissue (anat.)
6. Health resort
7. Punctuation mark
8. Conscious
9. Ancient Greek music term
10. ... bien!
17. Drive-in waiters
19. Open (poet.)
21. European capital
22. Eastern
23. For
24. Pain
26. Hall!
28. Thrive (mus.)
29. Having the form of a letter
30. Melody
32. Fించ term
33. Come in
35. Potato (colloq.)
36. Heap
38. Serf
39. Solar disk
40. Norse goddess of death (poez.)
42. Land measure
44. Astonishment

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Spivey Promoted

Continued From Page 3-A

managed Sears & Roebuck & Co. in Ahoskie for 11 years has been with Hill Richards for 18 months. He makes his home in Longwood, Fla. along with his wife Marilyn and son Shawn. He is the son of the late Elvin L. Spivey and Christine Spivey of Edenton.

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