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want more information? Is a product canned in self-juices or a thick syrup? The way to find out the answers to these questions is by reading the labels, suggest Kraft Foods

Home Economists. Labels are unique buying guides which provides information necessary for comparison shopping.

Swimmers Get Warning About Water Dangers

WASHINGTON, D. C. — There's grave danger in taking many deep breaths, or "hyperventilating" before diving under water, the American Red Cross warns.

What actually happens, explains Charles S. Russell, national director of Red Cross safety programs, is that hyperventilation reduces carbon dioxide in the lungs to a point where the signal that cries "breathe" is not stimulated and the swimmer loses consciousness. "Swimmers who engage in the practice of hyperventilation may run out of oxygen without feeling the need to breathe and can easily drown," Russell said.

Recent studies show that swimmers who lost consciousness under water but were rescued before they drowned never knew what happened to them. "One of the real dangers of hyperventilation is that there are no warnings prior to the blackout."

Russell emphasized that a person who has hyperventilated and blacked out must be given artificial

resuscitation immediately. "Mouth-to-mouth resuscitation is an added advantage in this case since the rescuer will be blowing some carbon dioxide into the victim, providing stimulus to make him breathe," he said. He added that among the



COOL OUT FIT IN HOT JULY — is worn by pretty Fayetteville State University coed Katrisia Graham as she takes a study break during summer school. The torrid July heat doesn't seem to

bother Katrisia at all as she flashes a beautiful smile for the photographer. A Fayetteville native, Katrisia is a senior and plans to become a juvenile social worker.

thousands of drowning victims each year, several hundreds of these are caused by voluntary hyperventilation and the individuals who die are generally young, healthy, competent swimmers trying to increase their underwater swimming distance.

Durham College

Continued from front page Durham College is the only one that is predominantly Black. The Award was presented by Mrs. Earlene Ward, President of Asheboro Commercial College. Mrs. Ward cited the facts that Mrs. Vaughan was graduated Magna Cum Laude from N. C. Central University from which she earned the B. S. and M. S. degrees in Business Education; that she was listed in "Who's Who Among College and University Students (1962)"; and that she was a member of the Alpha Kappa Mu National Honor Society. Also cited were her continuous efforts in coordinating the Durham College secretarial training courses and her patience and

understanding in dealings with students. Mrs. Vaughan currently holds membership in the Alpha Kappa Alpha Sorority and the Ebonettes Club. A native of Morganton, Mrs. Vaughan is married to Samuel E. Vaughan of Henderson, who is a teacher and coach in the Chapel Hill City School System.

Director

Continued From Front Page and resides at 2942 Driftwood Drive with his wife and two children. Before being employed by LHDC, he was employed with the Marketing Department of General Telephone Company of the Southeast.



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73rd Convention of NBL Set As Year's Top Event

WASHINGTON, D.C. - July 17, 1973 - The 73rd Annual Convention of the National Business League has been set as the year's major event in accomplishing short-range goals

pertinent to restructuring NBL as a multi-business and trade association as part of NBL's New Thrust Program initiated at last year's convention.

"NBL - Making It Happen" is the theme for the results-oriented convention, scheduled for September 24-27 at Chicago's Hyatt Regency O'Hare, an ultra modern, luxurious hotel.

In speaking to the Convention theme, NBL President, Berkeley G. Burrell

points out that "because the 73rd Convention has been structured as a significant part of the new thrust implementation, the workshops, seminars and lectures will deal with totally new aspects of minority business enterprise." "This year's convention is emphasizing the improvement and strengthening of existing businesses and is focusing on the development of a sorely needed constituency for minority enterprise," he continued.

Program highlights include a review of new and emerging business opportunities that the minority entrepreneur can seize in this country and in Africa; Executive development

Seminars; a Workshop on money emphasizing where it is, how to get it and how to use it; how to utilize the local business development systems; a workshop for wives focusing on their role in making the husband's or family business a success. A tour of Chicago based minority-owned businesses is on the agenda while the Annual Awards banquet is always an anticipated event.

Indicative of the significance of the 73rd Annual Convention is the fact that the National Minority Purchasing Council will meet at this convention and during the related seminar that it convenes, NBL delegates will have an opportunity to help



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