

A PENNY SAVED IS A PENNY EARNED ... AND YOU'LL FIND THOSE SAVINGS REALLY ADD UP WHEN YOU SHOP AT **The Carolina Times ADVERTISERS**

VAGINITIS: Few Women Escape It

Every year over five million women develop a vaginal infection which brings them to a physician. Vaginitis may occur at any time from childhood to old age, but is most common in women of childbearing age. An abnormal discharge is the major symptom and this is often accompanied by intense itching and a burning sensation.

There is more than one type of vaginitis and the infection can usually be traced to a type of bacterial or fungal infection, or in older women to hormonal changes. In recent years an allergy to vaginal sprays and wearing of overly-tight underwear made of synthetic materials have been reported to contribute to irritation and infection.

Unfortunately, there is no way to eliminate the possibility of developing vaginitis completely. However, some preventive measures are possible and the following suggestions have proven effective:

- Bathe daily, gently cleansing the vaginal area with a soft, clean washcloth. Avoid strong detergent wash products.
- Adhere to directions for douching. If your preference is for a disposable douche, consider one that holds a full 12 ounces of fluid. This is the amount recommended by many gynecologists and other physicians as a minimum for thorough cleansing. Trichotone-D is one that

contains no perfumes and is reported to relieve itching and odor. Because it is disposable, the possibility of reinfection from a previously used nozzle is eliminated.

- Keep the area clean and dry. For excessive perspiration, talcum powder is frequently helpful.
- Pantyhouse, panties, panty girdles and jeans are known to contribute to vaginitis when worn too tight. For a persistent problem, try looser garments, preferably of cotton which allows air to circulate.
- Avoid wearing damp bathing suits for prolonged periods.
- Maintain good toilet habits, in particular wiping from front to back or away from the vagina.
- Avoid bubble baths, feminine hygiene sprays, perfumed tampons and other such substances that may be irritating or provoke an allergic reaction.
- Thoroughly cleanse diaphragms, contraceptive foam applicators, and other such items and may become contaminated.

A small amount of vaginal discharge is usually present in any woman and is a part of normal. The time for concern is when there is sudden change in the odor, color or amount of discharge, or if there are other accompanying symptoms.

Few women escape having vaginitis and most experience it more than once in their lifetime.



STUDENTS OF TINY TOT DAY CARE CENTER participated in the Black History Month Reading Program at Stanford L. Warren Library this week. Shown from left to right (front row) are: Kevin Mangum, Kevin Williams, Kwame Hawkins, Scotty Glover, LaSwanda Rogers, Courtney Blake, LaTasha Tyson, Joy Dixon; (second row) Lt. Claven Williams, Sheranda McCaskill, Mrs. J. Holt, Ms. Poinsette, Ms. Nancy Scott.

Male Role Models Read to Children

The Story-Fun Time Hour at Stanford L. Warren Library is celebrating Black History Month with black males reading stories to various day care and nursery school children in the area. The men are young parents and workers with children. They will be reading children's books about black children.

On February 12, Claven Williams, a lieutenant in the U.S. Navy, was the reader. Other readers scheduled are: February 16 and 21, Le Vern Leak, a teacher aide

at Pearson School; Fe. 26, Albert Barnett, an instructor at North Carolina Central University; Feb. 27, Donald Baker, North Carolina Education Trainee Specialist. The Story-Fun Times are

planned and organized by Ms. Nancy G. Scott, a librarian at Stanford Warren and Bragtown Branch libraries.

The awards for graduate and undergraduate students, teachers of the handicapped, student in technical training programs, and journalists, provide round-trip transportation, educational and living expenses for one academic year, and funds for intensive language training, if necessary.

Since the program began in 1947, The Rotary Foundation has sponsored more than 10,000 students at a cost of US \$35 million involving 127 countries.

Rotary Club of Durham Seeks Candidates

Marcus E. Hobbs, president of the Rotary Club of Durham, has announced that the club is searching for qualified young people as candidates for Rotary Foundation education awards for study abroad in 1980-81.

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SUNBURY WOMAN WINS \$33,500 GIVEAWAY CONTEST

SUNBURY - "You see, this is the only place they could take it," said Charlie Gatling standing behind his beaming wife in front of a cashier booth at the Farmer Bank of Sunbury.

Moments before, Mrs. Winifred Gatling, Charlie's wife, endorsed a \$33,500 check from Publisher's Clearinghouse. "It was one of the prizes from their last drawing on Nov. 16," said Mrs. Gatling, a home-school coordinator.

Approximately three weeks ago, Mrs. Gatling received a mailogram from Publisher's informing her that she had won a prize and requesting that she call a specific telephone number.

"I had won \$5 a few years ago in another contest," said Mrs. Gatling, stating she was unprepared for the \$33,500 cash prize.

"When the lady told me how much I won, I almost fainted. I guess that I almost burst that lady's eardrum when I screamed," said Mrs. Gatling.

Mrs. Gatling said she still could not believe her good fortune last Friday when she received a call from the Sunbury Post Office informing her that her check had arrived.

"They asked me if I wanted it delivered by rural carrier or if I wanted to pick it up in person. I went to pick it up," said Mrs. Gatling.

Mrs. Gatling deposited the check in the bank late Friday morning, stating she will avoid spending the money on nonessentials.

"Well, I do want a fireplace in my house, but I don't think I will spend the money carelessly," said Mrs. Gatling. "I just can't get use to the idea of having all this money."

When Mr. Gatling, who remained a few steps behind his wife, was asked how he felt about the unexpected windfall, he said, "I feel beautiful, just beautiful about it."

From the Gates County Index

Gatesville, North Carolina

A trust supported by voluntary contributions from Rotarians, Rotary clubs and others in more than 150 Rotary countries, the Foundation will send US \$25.4 million over the next three years. The deadline for applications to be received by the Rotary Club of Durham is 1 March, 1979. Those interested should contact H.C. Cranford, Jr., P.O. Box 2291, Durham, N.C. 27702, telephone 489-7431, for further information on eligibility and application procedure.

Teenage Pageant Presents \$75,000 In College Scholarships

VIRGINIA - "The most exciting teenage program in the World", is what producers of the Seventh Annual Miss Black Teenage World Pageant say of their program, as they announce that once again some \$75,000 in college scholarships will be presented to the top 15 finalists in the 1979 Pageant.

Ronald Charity, President and Founder of the Pageant, said, "We are now accepting applications from teenagers 15 to 17 years of age. Contestants compete in Sportswear, Creative Expression, Talent, Personal Projection and in Eveningwear. Since the contestants demonstrate a maturity far beyond their teen years, we present college scholarships to our top 15 finalists. We have presented over \$725,000 in scholarships over the past six years and have 89 former pageant finalists enrolled in colleges and universities throughout America."

Pageants are currently being organized throughout the country, Canada, Nassau and the West Indian Islands. Where no official MBTW Pageant is held, teenagers may enter the World Pageant At-Large Contestants.

Persons interested in entering should write Mrs. Bertha Pratt, Pageant Coordinator at P.O. Box 1139, Danville, Virginia 24541.

Charity also said, "Since 1973, our theme, 'Reach Out Touch-A-Teen', has been most meaningful in working with teenagers around the World, and in 1979 we are expecting to reach thousands of young people and look forward to people throughout the country joining this effort. We are not a part of or affiliated with any other Pageant Program. We are a non-profit organization and are soliciting Pageant Patrons."

LWV Begins Talent Bank

A local organization thinks women are not represented on boards and commissions in numbers which would reflect their presence in Durham County and is attempting to do something about it. The League of Women Voters of Durham has established a Talent Bank. The Talent Bank is a registry of women and their interests, experience and qualifications. When the League learns of a vacancy on a local board or commission it will refer to the Talent Bank and submit names to the agency for consideration in filling the vacancy.

Talent Bank applications were distributed recently to various women's clubs,

and the committee in charge of the project stressed that it is open to all women in Durham County.

Julia Clark, President of the League of Women Voters of Durham, said "Decisions made by local boards and commissions affect our every day lives, and we should have our ideas and concerns voiced. Our voices can be heard most effectively through membership on decision-making bodies."

More information or applications can be obtained by contacting the League of Women Voters, 2030 Bedford St. No. 5, 27707 or by telephoning 489-4900.



LT. CLAVEN WILLIAMS READS TO CHILDREN

Understanding Mental Health

Ask four people what mental health is, and you're likely to get four different answers. Actually, mental health refers to the way we adjust to life, and our ability to stay on top of it, even when the going gets rough. Good mental health involves the way we think and act,

Rubish Joins Life of Virginia

Jeffrey A. Rubish has joined the local agency of The Life Insurance Company of Virginia as a representative, it was announced by Francis E. Sullivan, CLU, agency manager.

With more than \$10 billion of life insurance in force, Life of Virginia is the oldest major life insurance company headquartered in the South, tracing operations back to 1871. The company underwrites, sells and services individual and group life and health insurance, annuities and pension plans. Life of Virginia has more than 150 offices in the United States with approximately 2,300 sales representatives.

and our relationships with others.

The National Institute of Mental Health has a publication that tells in detail what good mental health is and describes behaviors that can signal when someone is in mental distress. For your copy of Understanding Mental Health, send 40 cents to the Consumer Information Center, Dept. 33G, Pueblo, Colorado 81009.

The booklet reminds us that nobody is entirely worry free. Things happen that can cause anger, fear and distrust. But, the important thing is that these feelings are usually temporary; they don't settle in and become the usual responses to the everyday stresses of life. A mentally healthy person don't get bogged down by negative feelings.

A mentally healthy person can cope with life, although at times this can be a struggle. Handling life's unusual challenges and changes is one sign of good mental health. Another is dealing effectively with changes most of us face in school, marriage, loss of loved ones, and retirement.

Self-Hatred

[Continued From Front]

ing to the District's congressman. "We soon realized that we were stripped of our cultural ties to Africa by one of the most cruel forms of slavery in the history of the world," he said.

Acceptance, said Rev. Fauntroy, is the key to overcoming self hatred. "When Christ says God loves us, He is saying God accepts us, just as we are, sinful, yes - wretched, yes - but God accepts us," Fauntroy concluded.

The stirring speech which was many times critical of the "black bourgeoisie", was a message that the late Dr. Miles Mark Fisher would have been pleased with, said Fauntroy. Several blacks who symbolize Durham's achievement in politics and business were present.

The Reverend Dr. Miles Mark Fisher, clergyman, educator, author and humanitarian, served as pastor of the White Rock Baptist Church during his most productive years, 1933-1965. In addition to his pastoral duties, Dr. Fisher organized a recreation program at his church for underprivileged youth. He

was Professor of Church History at Shaw University for more than thirty years. Dr. Fisher also taught at Virginia Union University. His interest in furthering the education of young people can be seen today in the continuation of scholarships which he instituted in memory of the late Dr. James E. Shepard and the late Dr. C. C. Spaulding.

A special offering was taken for the Miles Mark Fisher Scholarship Fund during the service. The fund is a revolving fund from which religion or recreation students may borrow. The money came from an insurance policy which A. T. Spaulding, Sr., maintained on Dr. Fisher's life.

Dr. Fisher's interest in historical research was phenomenal. He authored "The Master's Slave - Elijah Hohn Fisher" (1922); Virginia Union University and Some of Her Achievements (1924); A Short History of the Baptist Denomination (1933); and "Negro Slave Songs In The United States". The latter publication won the American Historical Association's prize for the out-

standing historical volume of 1953.

Fitting with the occasion John H. Gattis directed the Senior Choir performing "Rock In Jerusalem" and "Tis The Old Time Religion."



PAY BY CHECK

It is the safe easy way to pay bills. Your cancelled check is proof positive that you have paid your bill. You can open a regular or special account, depending on your needs with minimum balance.

For Complete and Efficient Banking Service, See Any of Our Courteous and Experienced Staff at

Mechanics & Farmers Bank at Durham

116 W. Parrish St.—Main Office
Mutual Plaza Branch