

### Alexis Herman To Speak At Delta Conference

CHAPEL HILL — Miss Alexis Herman, immediate past director of the Women's Bureau, U.S. Department of Labor, will be the keynote speaker for the conference, "The Black Woman: The Total Spectrum," on Saturday, noon to 2 p.m., at the Carolina Inn in Chapel Hill. The two-day conference, March 20-21, is being sponsored by Kappa Omicron Chapter of Delta Sigma Theta Sorority, Inc., at the University of North Carolina.



MISS HERMAN

The youngest Presidential appointee under President Jimmy Carter, Miss Herman was also the youngest director in the sixty year history of the Bureau, and the senior black female official in the Department of Labor. Miss Herman is currently a partner and vice president of Green-Herman and Associates, Inc., a management and consulting firm for employment and training in Washington, D.C. She is a native of Mobile, Alabama, a graduate of Xavier University in New Orleans and a member of Delta Sigma Theta Sorority, Inc.

**ENO PARENTS OF VISUALLY IMPAIRED CHILDREN** — At the organization's February 24 meeting, Ms. Karen Sindelar, attorney for the Governor's Advocacy Council for Persons with Disabilities, spoke on the legal process aimed at insuring a free and appropriate education for children with special needs such as visual impairment. The process involves fact-finding about the child's abilities, planning the use of resources, implementing the plan, and reviewing the child's progress.

The Eno Group has invited professionals for the next meeting on March 26 who are familiar with assessing abilities and developing resources for schooling visually impaired children. These resources would include the least restrictive setting, an appropriate curriculum, qualified personnel, and such equipment and aids as might be necessary to help with the learning process.

The professionals who have agreed to be present for the meeting are Ms. Rachel Rawls, developmental psychologist, N.C. State University; Paul Roland, developmental psychologist, N.C. Division of Services for the Blind; Attorney Sindelar; Ms. Kathy Spence, consultant for the Severely Handicapped, Department of Public Instruction; Ms. Helen Spielman, resource teacher for the Visually Impaired, Wake County Schools; and, Michael Woodard, parent advocate, Technical Advisory Development Systems.

The meeting will be held at Watts Street Baptist Church at 7 p.m.

For further information, call Ms. Jean or Tony Mulvihill at 919/682-1045 in Durham.

### Bridge Winners

College View Duplicate Bridge Club winners on March 12 were: First place—Mrs. and Mrs. Harland Burgess; second place—Mrs. Virgie Davis and Mrs. Theresa Jeffries; third place—Mrs. Mary Duncan and Doug Kemnitz; fourth place—Greenville Harris and Wiley Hammonds.



### Thrifty Service Club Celebrates 21st Anniversary

The members are (from left, front row): Mesdames Marie Harris, Stattie Russ, Elnora Ransom, Retha Core, second vice president; Beatrice Holeman, first vice president; Aline Davis, president; Pauline Boxley, publicity chairman and Secret Pal secretary; Mozell Flintall, historian; Genevieve Rogers, chaplain; Lillie Adams, Mattie Jones, Ozell Flowers and Pauline Hart. (Second row: Alice Wilson, Louise Thompson, Lura Holeman, third vice president; Laura Thorpe, Vergie Mangum, Queen Cooper, Bessie

Pratt, Pearl M. Walker, Christine Sales, Rosetta Cobb, secretary; Mable Bryant, Willie M. Jones, Mile Williams, program chairman; and Lula Hester. Not shown are: Mmes. Mary Vanhook, treasurer; Elizabeth Jones, Mildred Gattis, Aldine Mebane, Arnie Alston, and Elizabeth Edwards, who 21 years ago, helped organize the Thrifty Saving Club with the aid of Mrs. Beatrice Holeman and Mrs. Elnora Ransom.

### Pentecostal Fellowship Is Active At NCCU

While liberal lifestyles are pervasive on most university campuses, there is a group at North Carolina Central University whose moral ideology is tradition — The Pentecostal Fellowship Organization (PFO).

Too often the wrongs of college life fo to print, said Ms. Maxine Wells, president of PFO, adding, "there are two sides to every coin." Everyone

doesn't participate in the freedoms of the liberals, but that is all you hear or read.

The social liberties of college life today are evidenced in the use of drugs and alcohol, pre-

marital sex, and the frolic of all night dancing.

On the other hand, some students are very conscious of moral values. The PFO membership of nearly 100 students take a firm stand on moral

values and reach out to other students and to the community.

The PFO program consists of revivals, Sunday morning worship services, and Bible studies, in addition to a tutorial service

offered to all students.

PFO choir tours have taken them throughout the Triangle area, to Rocky Mount and Fayetteville in North Carolina, as well as to Chicago, New Jersey and Ohio.

While the more liberal-minded student is quite obvious, there are students, such as the PFO members, who are steadfast in their moral and religious credos and practices.

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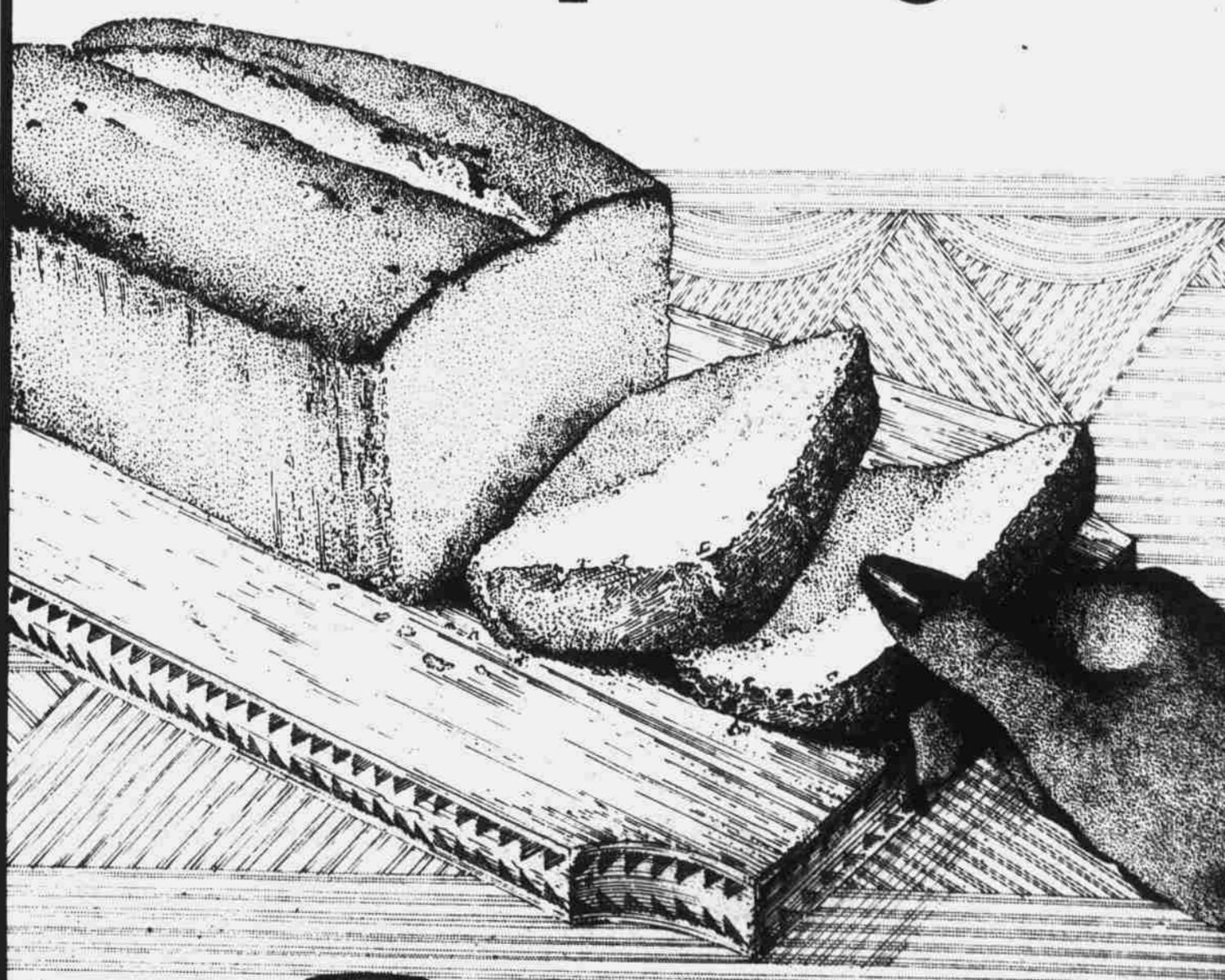


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## About Your Medicines

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### General Information About Use of Medicines

For your own safety, health, and well-being, it is important that you learn about your medicines. The information that follows is general in nature and applies to the use of any medicine.

- Tell your doctor and pharmacist about any medical problems you may have and all medicines you are now taking or have taken in the past few weeks. Don't forget over-the-counter (nonprescription) medicines such as aspirin, laxatives, and antacids.
- Before having any kind of surgery (including dental surgery) or emergency treatment, tell the doctor or dentist in charge about any medicine you are taking.
- Tell your doctor and pharmacist if you have ever had an allergic or unusual reaction to any medicine.
- Most medicines contain more than their active ingredient. If you are on a low-salt, low-sugar, or any other special diet, or if you are allergic to any substance, such as yellow dye, before taking any medicine check with your doctor or pharmacist about what is contained in it.
- If you are pregnant or if you plan to become pregnant, check with your doctor before taking any medicine. Certain medicines may cause birth defects or other problems in the unborn child. For other medicines, safe use during pregnancy has not been established. The use of any medicine during pregnancy must be carefully considered.
- If you are breast-feeding a baby, check with your doctor before taking any medicine. Some medicines may pass into the breast milk and cause unwanted effects in the infant.
- Take medicine exactly as directed, at the right time, and for the full length of time prescribed by your doctor. If you are using an over-the-counter (nonprescription) medicine, follow the directions on the label, unless otherwise directed by your doctor. If you feel that your medicine is not working for you, check with your doctor.
- Keep all medicines out of the reach of children.
- Child-proof caps on most prescription medicines for oral use are required by law. However, if there are no children in your home, and you find it hard to open such caps, you may ask your pharmacist for a regular, easier-to-open cap. He or she is authorized by law to furnish you with a regular cap if you request it.
- How to store your medicine: Store medicine away from bright light in a cool, dry place such as a kitchen cabinet or the bedroom, out of the reach of children. Do not store medicine in the bathroom, where it is too warm and humid, or in the refrigerator unless you are told to do so.
- Different medicines should never be mixed

in one container. Always store your medicine in its original container, kept tightly capped when not in use. Do not remove the label since directions for use and other special information appear there.

- To avoid mistakes, do not take medicine in the dark. Always read the label before taking, noting especially the expiration date, if any, of the contents.
- If you think you have taken an overdose of any medicine or if a child has taken a medicine by accident: Call your poison control center or your doctor or pharmacist, at once. Keep those telephone numbers handy. Also, keep a bottle of Ipecac Syrup safely stored in your home in case you are told to cause vomiting. Read the directions on the label of Ipecac Syrup before using.
- If you notice unusual reactions or side effects while taking any medicine, check with your doctor or pharmacist.
- After your doctor has told you to stop taking a medicine, ask if you should save it for future use. If not, discard by flushing it down the toilet. Never give your medicine to anyone else. It has been prescribed for your personal medical problem and may not be the correct treatment for another person.
- It is a good idea for you to learn both the generic and brand names of your medicine and even to write them down and keep them for future use.
- Do not be embarrassed to ask questions about any medicine you are taking. To help you remember, it may be helpful to write down any questions you have and bring these questions with you on your next visit to your doctor or pharmacist. Also, if you want more information about your medicines, ask your doctor, nurse, or pharmacist.
- Many prescriptions may not be refilled unless your pharmacist has first checked with your doctor. To save time, do not wait until you have run out of medicine before requesting a refill. This is especially important if you must take your medicine every day.

NOTE: The above information is abstracted from the 1981 editions of *About Your Medicines* and *USP Dispensing Information*. It is not sufficient to make an evaluation as to the risks and benefits of taking a particular drug in a particular case or to provide medical advice for individual problems and should not alone be relied upon for these purposes. Should you desire additional information or if you have any questions as to how this information may relate to you in particular, ask your doctor, nurse, or pharmacist.

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