

Recognition Day Held for Mrs. A. O. Eaton

The faculty, staff and student body of Shepard Junior High School held a Recognition Day for Mrs. Andolia O. Eaton on Wednesday, May 27. A program was held in the school auditorium at which time Mrs. Eaton was saluted for her 35 years of service to the field of education. Appearing on the program were her principal, H.E. Tatum, Jr.; two former principals, J.M. Schooler and H.C. McAllister; supervisor, Mrs. Edna L. Walker; pastor, Rev. L.A. Lynch; aide, Miss Gloria Brinkley; superintendent, Dr. Cleveland Hammonds and Miss Cubie Sanford, president of Shepard's Student Council. All speakers praised Mrs. Eaton for her dedication and contributions to the education of youth.

She was presented a plaque from the faculty, staff and student body of Shepard and one from the Shepard Student Council expressing thanks for 35 years of faithful service to education.

Music for the occasion was furnished by the Shepard Junior High School Chorus under the

direction of Mrs. Lois Wortham, Mrs. Emilie W. Scott and Mrs. E.D. Guion.

A reception followed in the library. Present in addition to Mrs. Eaton's family member in Durham were other relatives from Oxford, Henderson, Raleigh and Burlington. Also in attendance were Mrs. Josephine D. Clement, chairman; Dr. Thomas B. Bass and Dr. William Lawrence of the board of education and a numerous other friends of the honoree.

In her remarks, Mrs. Eaton thanked the members of the Shepard Junior High School Family for the occasion and labeled it "An Expression of Love." She thanked her fellow teachers and administrators for their professionalism and urged them to continue to provide high quality educational opportunities for all children. She challenged the students, as she said she had done for the past 35 years, to do their best every day and make sure it is their best.

Mrs. Eaton retires at the end of this school term.



St. Aug. Receives Donation To Archives

An Ira Aldridge sculpture was donated to Saint Augustine's College Archives collection last week by a friend of the college. L-R: Dr. Prezell R. Robinson, president of St. Augustine's shares an admiring glance at the sculpture with Dr. Everett Doye, head librarian, and Ted Thompson, Ted Thompson Distributors, Inc. This limited edition sculpture of Ira Aldridge, first black Shakespearean actor, is of intrinsic value and will be kept in the Archives of the library.

Chain Saw Great Tool When Used Properly, Great Danger Otherwise

Here's something to keep in mind if you are joining the

growing number of chain saw users in this country: thousands of people are treated for accidents involving these machines every year.

Chain saws, when properly maintained and used, can be highly productive, say forest resources specialists with the Agricultural Extension Service, North Carolina State University.

On the other hand, im-

proper or careless use can cost you a hand, a leg or a foot.

Wood cutting expeditions should be planned ahead so as to avoid the last minute confusion that can result in forgotten equipment or improper clothing or shoes.

Clothes should be comfortable but not loose. Saws can suck up neckties, a loose handkerchief and the hems of jackets. In hot weather, hanging shirt tails are particularly hazardous.

Shoes with non-slip soles are a must. Do not use a chain

saw when wearing slippers or soft shoes.

A hard hat will make you look more like a professional and might save your head.

Engine exhaust and a fast cutting chain will kick up dust and cast flying chips. Wear safety glasses to avoid eye damage.

Gasoline powered saws give out a loud, high frequency whine. Ear protection is recommended at all times.

Hearing damage can occur when a saw is operated for several hours without ear protection.

Resolutions

(Continued from Front)

operated from funds allotted by the Durham Housing Commission of which it is held accountable by HUD. The Commissions say that the resolution will better their ability to insure that tenants are properly and better represented according to tenant policy and that funds allotted to them by HUD can now be better distributed.

Much of the confusion surrounding the resolution developed around Section F of the resolution that stated that "the Resident Handbook be changed to delete Section 27 reference to 'The Tenant Steering Committee', and any action by the Housing Authority Commissioners which might be construed as establishing the corporation, the Durham Tenant Steering Committee, Inc., or its predecessor committee as the representative of public housing is rescinded." Tenants present interpreted this statement to mean that the Tenant Steering Committee was being dismantled, but commissioners say that that is a misinterpretation and that the resolution in no way affects the Tenant Steering Committee as the representative body of the tenants of public housing.

The new resolution also states that "after Jan., 1982, the Durham Tenant Steering Committee must assume responsibility for utilities, maintenance and spaces provided for their use." Commissioners say that this, too, was to insure that the procedure for securing funds for perating is within the stipulated HUD regulations, but it does not mean that no funds will be available for operation.

Mrs. Mary Martin, chairman of the Resident Council Ad Hoc Committee presented a Resident Council Recognition Policy which had been drafted by a committee consisting of two representatives of each of the 13 housing units. Mrs. Martin's policy governing the right of the councils had little trouble passing the Housing Commission, Friday morning.

Members of the Housing Authority Commission and the public housing staff say that they are now available to the public housing tenants to assist them in any way that they can to insure that their community councils work in their best interests.

DeShazor's To Hold 45th Graduation June 14

DeShazor's Beauty College will hold its 45th graduation exercise at the J.J. Henderson Housing Center, Duke Street Center Auditorium, on Sunday, June 14, at 2:30 p.m. Madame J. DeShazor Jackson, president of the college, invites the general public to attend.

Dr. Helen G. Edmonds, former dean of the Graduate School of Arts and Sciences and University Distinguished Professor of History Emerita, North Carolina Central University, will deliver the commencement address.

Graduate of the 1981 Class are: Ann Bowles, Elaine Boyd, William Cain, Barbara Earl, Jac-

queline Estes, Willie Mae Foster, Bernita Griffin, Glendora Harris, Angela Jones, Carolyn McCulley, Cecilia Owens, Lois Pettiford, Johnetta Pridgen, Leon Ragland, Betty Rhodes, Nancy Ross, Georgion Steele, Josephine Waddell and Kimberly Watson.

Post graduates are: Dorothy Buckner, Sandra Burch, Evelyn Cates, Peggie Gilmore, Theodore Green, Bertha Kimble, Del King, Dora Lyons, Shirley Lawson, Ida McClain, Beatrice Plowden, Cephus Williams and Betty Yancey.

Manicure graduates are Emma Carrington, Anita Keith and Kathy Pendergraft.

Black Party (Continued from Front)

minister of the host church, also noted radio and political figure, says "I feel that the National Black Independent Political Party offers a new ray of hope for the black struggle to secure our existence in this society. At this point it seems that both the Republicans and Democrats are wolves in sheep's clothing with no real concern for the hurting poor. It is my hope that the NBIPP corrals all people with real concern about the survival of minority groups. The local community is very excited about hosting this event and encourages all people to attend and investigate the intent of the NBIPP before casting judgement."

The convention has been endorsed by the Rocky Mount Ministerial Conference.

The National Black Independent Political Party-North Carolina is a new

political party committed to enhancing black political power through community organizing, institution building and electoral politics. There are ten local organizing chapters located in the state and numerous chapters across the nation. The party is committed to involving all black people irrespective of income, age, sex, current political affiliation or other matters.

The convention is heralded as a historic event rivaling the first post-Civil War National Black Political Convention held in North Carolina in 1867. Everyone is invited to attend. Registration is \$10 per person; children up to 16 years of age attend free. For more information, call (919) 782-4172 evenings or write NBIPP-NC, P.O. Box 26402, Raleigh, N. C. 27611.

About Your Medicines

by The United States Pharmacopeial Convention, Inc.

BETA-ADRENERGIC BLOCKING AGENTS

These medicines belong to a group of medicines known as beta-adrenergic blocking agents, beta-blocking agents, or more commonly, beta-blockers. They are used to treat high blood pressure. Propranolol and nadolol are also used to relieve angina conditions. In addition, propranolol is useful in the treatment of certain heart conditions, in the prevention of migraine headaches, and in the treatment of certain other conditions as might be determined by your doctor.

Beta-blocking agents are available only with your doctor's prescription.

This information applies to the following medicines. Some commonly used brand names are included in brackets.

Metoprolol (me-TOE-proe-IOLE) [Lopressor]
Nadolol (nay-DOE-IOLE) [Corgard]
Propranolol (proe-PRAN-oh-IOLE) [Inderal]

Proper Use of This Medicine

● Even if you feel well and do not notice any signs of medical problems, take this medicine exactly as directed. Do not miss any doses and do not take more medicine than your doctor ordered.

● Ask your doctor about your personal pulse rate before and after taking beta-blocking agents. Then, while you are taking this medicine, check your pulse regularly. If it is much slower than your usual rate, check with your doctor. A pulse rate that is too slow may cause circulation problems.

● Take this medicine with meals or immediately following meals unless your doctor tells you to take it on an empty stomach.

● If you miss a dose of this medicine, take the missed dose as soon as possible. If the next scheduled dose is within 4 hours (8 hours when using nadolol), do not take the missed dose at all and do not double the next one. Instead, go back to your regular dosing schedule. If you have any questions about this, check with your doctor.

● For patients taking this medicine for high blood pressure:

—Importance of Diet—When prescribing medicine for your condition, your doctor may also prescribe a personal diet for you. Such a diet may be low in sodium (salt) and/or calories to help you lose excess weight. Medicine is more effective when this diet is properly followed. Check with your doctor before going on any diet.

—Many patients who have high blood pressure will not notice any signs of the problem. In fact, many may feel normal. It is very important that you take your medicine exactly as directed and that you keep your doctor's appointments even if you feel well.

—Remember that this medicine will not cure your high blood pressure but it does control it. Therefore, you must continue to take it as directed if you expect to keep your blood pressure down. You may have to take medicine for the rest of your life. If high blood pressure is not treated, it can cause serious problems such as heart failure, blood vessel disease, stroke, or kidney disease.

Precautions While Using This Medicine

● It is important that your doctor check your progress at regular visits. This will allow the dosage to be changed if needed and to make sure the medicine is working for you.

● Do not stop taking this medicine without first checking with your doctor. Your doctor may want you to reduce gradually the amount you are taking before stopping completely. Some conditions may become worse when the medicine is stopped suddenly, and danger of heart attack is increased in some patients. Make sure that you have enough medicine on hand to last through weekends, holidays, or vacations. Do not miss any doses. You may want to carry an extra prescription in your wallet or purse in case of an emergency.

● Your doctor may want you to carry a medical identification card stating that you are taking this medicine.

● Before having any kind of surgery (including dental surgery) or emergency treatment, tell the doctor or dentist in charge that you are taking this medicine.

● Caution: Diabetics—This medicine may cause your blood sugar levels to fall. Also, this medicine may cover up signs of hypoglycemia (low blood sugar), such as change in pulse rate or increased blood pressure. If you have any questions about this, check with your doctor.

● This medicine may cause some people to become dizzy, lightheaded, drowsy, or less alert than they are normally. Make sure you know how you react to this medicine before you drive, use machines, or do other jobs that require you to be alert. If the problem continues or gets worse, check with your doctor.

● Your eyes, mouth, and throat may feel very dry while you are taking this medicine. Chewing sugarless gum may help relieve mouth and throat dryness. The use of nonmedicated or plain eye drops (artificial tears) may be helpful for eye dryness.

● This medicine will often make you more sensitive to cold. It tends to decrease blood circulation in the skin, fingers, and toes. Dress warmly during cold weather and be careful during prolonged exposure to cold such as in winter sports.

● Chest pain resulting from exercise or physical exertion is usually reduced or prevented by this medicine. This may tempt a patient to be overly active. Make sure you discuss with your doctor a safe amount of exercise for your medical problem.

Side Effects of This Medicine

● Along with its needed effects, a medicine may cause some unwanted effects. Although not all of these side effects appear very often, when they do occur they may require medical attention. Check with your doctor if any of the following side effects occur:

More common

Dizziness or light-headedness Unusually slow pulse

Less common

Breathing difficulty Mental depression
Mental confusion, Reduced alertness especially in elderly

Rare

Skin rash Unusual bleeding and bruising
Unexplained fever and sore throat

● Other side effects may occur which usually do not require medical attention. These side effects may go away during treatment as your body adjusts to the medicine. However, check with your doctor if any of the following side effects continue or are bothersome:

More common

Cold hands and feet Nausea
Diarrhea Numbness and/or tingling of fingers and/or toes
Drowsiness (slight) Unusual tiredness or weakness
Dryness of eyes, mouth, and/or skin

Less common

Constipation Headache
Hallucinations (seeing, hearing, or feeling things that are not there) Nightmares and vivid dreams
Sleeping problems

● Other side effects not listed above may also occur in some patients. If you notice any other effects, check with your doctor.

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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