



Summer Medical Training Program

The Summer Training and Enrichment Program (STEP) began on Monday, June 8, and will run through July 17, at Saint Augustine's College. Shown above are two Wake County participants being greeted by STEP faculty coordinators, (l-r): Dr. Raymond Davis, chairman of the Department of Biology at St. Aug.'s and program director; Craig Goodson of Enloe High School; Ms. Rosita Huyer of Enloe High School; and Clarence Branch, professor of Biology at St. Augustine's.

St. Aug.'s Summer Program In Progress

RALEIGH — The Department of Biology of Saint Augustine's College is conducting a six-weeks summer enrichment program for high school ris-

ing seniors and graduated seniors who are interested in becoming health professionals. The 1981 session of the Special Training and Enrichment Program

(STEP) in Health Careers began June 8 with eighty participants representing eight states including the District of Columbia and 68 high schools. They are

enrolled in courses in basic chemistry, bio-organic chemistry, trigonometry, pre-calculus, basic composition, and speech. The program ends July 17.

In addition to being a high school junior or senior, to be selected, one must have been a minority or educationally and/or economically disadvantaged. Thus, the program participants include American blacks, Native American Indians and caucasians. All books, fees, tuition, room and board are paid for the project. Participants are also provided with a stipend.

This project, which was funded by the Department of Health and Human Services, will be conducted during the summer of 1982 also. Any students interested in the health careers program at St.

Satisfied feeling

Not only does the vast majority of Americans have health insurance coverage today, most are very satisfied with it, reports the Health Insurance Institute.

In a national survey by the Institute, 7 in 10 respondents said they are satisfied with how promptly insurance company claims are paid and with medical services and treatment. It also found that 7 in 10 are satisfied with the proportion of medical care costs covered by their health insurance.

Augustine's College or the STEP project, may contact Dr. Raymond Davis, chairman of the Department of Biology and the program director, by calling 828-4451.

Livingston Gets New Grid Coach

SALISBURY — Mel Rose has taken over the helm of the Livingston College "Fighting Bears" football team, which compiled a winless 0-10 record in 1980 at the AME Zion Church-related school here.

A former member of the Charlotte Hornets of the World Football League, Rose was outstanding as an offensive guard and center. While in Charlotte, he served as an assistant football and head track coach at Olympic High School. He was an assistant at South Carolina State, coaching the offensive line as a graduate assistant and later, following a brief stint at Williams College in Williamston, Mass., as defensive coordinator under Head Coach Bill Davis. Two time Gold Bowl champions, MEAC champions and in 1980, SCSC's Rose coordinated a defense that led the nation in defense against the rush. He also served as head golf coach.

When contacted about the head coaching position at Livingston, Rose said, "It was a very difficult decision, because I had a great working relationship with Coach Davis, the players, school officials and the community; however, I knew the challenge of being a head

coach, the tradition of Livingston College, having remained steadfast for over 100 years due to members of the AME Zion Church, who struggled to fulfill their mission,

was a tremendous motivating factor."

Rose's family includes his wife, the former Mrs. Doris Miller of Charlotte, and daughter Nia Malika. Rose stressed that he

wants "parents to understand that if I recruit their son, he will be well disciplined, well behaved and working toward a college degree or he won't be around very long."

About Your Medicines

by The United States Pharmacopeial Convention, Inc.

TETRACYCLINES

Tetracyclines belong to the general family of medicines called antibiotics. They are given by mouth or by injection to help the body overcome infections and are also given by mouth to help control acne. Demeclocycline and doxycycline may also be used for other problems as determined by your doctor. Tetracyclines are available only with your doctor's prescription.

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

- Demeclocycline (dem-e-kloe-SYE-kleen) [Declomycin]
- Doxycycline (dox-j-SYE-kleen) [Doxychel, Doxy-Tabs, Vibramycin, Vibra-Tabs]
- Methacycline (meth-a-SYE-kleen) [Rondomycin]
- Minocycline (mi-noe-SYE-kleen) [Minocin]
- Oxytetracycline (ox-i-te-tra-SYE-kleen) [Oxy-Kesso-Tetra, Terramycin]
- Tetracycline (te-tra-SYE-kleen) [Achromycin, Bristaclyne, Cyclopar, Panmycin, Retet, Robitet, Sumycin, Tetracyl]

Proper Use of This Medicine

Tetracyclines should be taken with a full glass (8 ounces) of water to prevent irritation of the esophagus (tube between the throat and stomach) or stomach. In addition, most tetracyclines (except doxycycline and minocycline) are best taken on an empty stomach (either 1 hour before or 2 hours after meals). However, if this medicine still upsets your stomach, your doctor may want you to take it with food.

If you are taking the oral liquid form of this medicine:

—Use a specially marked measuring spoon or other device to measure each dose accurately, since the average household teaspoon may not hold the right amount of liquid.

Do not take milk, milk formulas, or other dairy products within 1 to 2 hours of the time you take tetracyclines (except doxycycline and minocycline) by mouth since they may keep this medicine from working as well.

If you are taking doxycycline or minocycline:—These medicines may be taken with food or milk if they upset your stomach.

To help clear up your infection completely, keep taking this medicine for the full time of treatment even if you begin to feel better after a few days; do not miss any doses. This is especially important if you have a "strep" infection, since serious heart problems could develop later if your infection is not completely cleared up.

If you do miss a dose of this medicine, take it as soon as possible. However, if it is almost time for your next dose and your dosing schedule is:

- 1 dose a day (for example, for acne)—Space the missed dose and the next dose 10 to 12 hours apart.
- 2 doses a day—Space the missed dose and the next dose 5 to 6 hours apart.
- 3 or more doses a day—Space the missed dose and the next dose 2 to 4 hours apart or double your next dose.

Then go back to your regular dosing schedule.

If this medicine has changed color, taste, or looks different, has become outdated (old), has been stored incorrectly (too warm or too damp), or otherwise appears to have broken down, do not use it. To do so may cause serious side effects. Discard by flushing it down the toilet. If you have any questions about this, check with your doctor or pharmacist.

Do not give tetracyclines to infants or children under 8 years of age unless directed by your doctor since they may cause permanently discolored teeth and other problems.

Precautions While Using This Medicine

If your symptoms do not improve within a few days (or a few weeks or months for acne patients) or if they become worse, check with your doctor.

Do not take aminosalicylate calcium; antacids; calcium supplements such as calcium gluconate, calcium lactate, or dicalcium phosphate; magnesium salicylate; magnesium-containing laxatives such as Epsom salt; or sodium bicarbonate (baking soda)

within 1 to 2 hours of the time you take any of the tetracyclines by mouth. In addition, do not take iron preparations (included also in some vitamin preparations) within 2 to 3 hours of the time you take tetracyclines by mouth. To do so may keep this medicine from working as well.

Before having surgery (including dental surgery) with a general anesthetic, tell the doctor or dentist in charge that you are taking a tetracycline. This does not apply to doxycycline.

Some people who take tetracyclines may become more sensitive to sunlight than they are normally. When you first begin taking this medicine, avoid too much sun or too much use of a sunlamp until you see how you react, especially if you tend to burn easily. You may still be more sensitive to sunlight or sunlamps for 2 weeks to several months or more after stopping this medicine. If you have a severe reaction, check with your doctor.

If you are taking minocycline:—In addition to the precautions mentioned above, minocycline may cause some people to become dizzy, lightheaded, or unsteady. Make sure you know how you react to this medicine before you drive, use machines, or do other jobs that require coordination. If these reactions are especially bothersome check with your doctor.

Side Effects of This Medicine

Along with its needed effects, a medicine may cause some unwanted effects. In some infants and children, tetracyclines may cause the teeth to become discolored. Even though this may not happen right away, check with your doctor if you notice this effect or if you have any questions about it.

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

- Cramps or burning of the stomach
- Diarrhea
- Increased sensitivity to sunlight (rare with minocycline)
- Itching of the rectal or genital areas
- Nausea
- Sore mouth or tongue
- Vomiting

In some patients tetracyclines may cause the tongue to become darkened or discolored. These changes are only temporary and will go away when you stop taking this medicine.

If you are taking demeclocycline:—In addition to the side effects mentioned above, check with your doctor also if any of the following side effects occur:

Less common

- Excessive thirst
- Greatly increased frequency of urination or amount of urine
- Unusual tiredness or weakness

If you are taking minocycline:—In addition to the side effects mentioned above, check with your doctor also if any of the following side effects continue or are bothersome:

More common

- Dizziness, lightheadedness, or unsteadiness

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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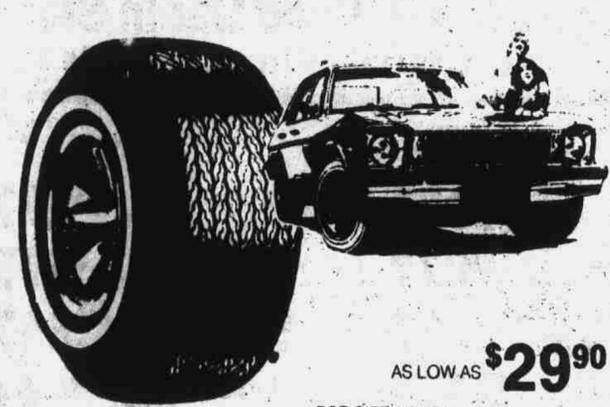
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Atlanta NAACP Youth Safety Centers Draw Wide Support



The fourth and largest facility in the Youth Safety Center Program sponsored by the Atlanta Chapter of the NAACP was recently opened.

Present for the Community Appreciation Night celebration were senior management representatives of the program's major corporate sponsor, Burger King Corporation, and its Atlanta area restaurants.

State Senator Julian Bond, president of the Atlanta NAACP, said "We knew we had to establish a permanent, ongoing program to safeguard our children and to prevent others from becoming victims."

Mrs. Jondell Johnson, executive director of the Chapter, said, "We decided to provide places to which children are escorted, where they can be closely supervised, comfortable and secure during the hours between close of schools and when their parents arrive home from work."

The Centers offer children the chance to develop artistic skills, to sharpen their academic abilities, and to learn about career opportunities.

More than 100 children are now enrolled in the four locations and plans exist to widely expand the program for the summer months.

Sen. Bond continued, "A program of this scope needs all the help and support it can get. That's why we're so pleased that our major corporate sponsor, Burger King Corporation and that they have become so involved in the success of this effort. With this kind of help, and more like it, we'll be able to include

hundreds of more children in the program for the summer vacation time."

Peter Schweitzer, executive vice president of Burger King said: "We are proud to be able to make a financial contribution to the establishment, staffing and supply of the four Centers. As members of the community we are people as well as businessmen. Happily, we are in the enviable position of being able to combine these roles to benefit this vital campaign to keep the children of Atlanta safer."

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