

# Farmer: Political Action Needed in Education Arena

**By Donald Alderman**  
Increased political involvement by teachers and other public employees can produce enormous power and that is the reason public employees have come under recent attacks, according to James Farmer, executive director of the Coalition of American Public Employees.

Educators must not be turned away from political action, Farmer

## More Than Lip Service Urged For Africa

DETROIT — The International Black People's Foundation, Inc., has been formed by a group of black Detroiters who feel that it is time to stop talking about Africa and start doing something to contribute to the development of black Africa.

To follow its own direction of "don't say, do", the Foundation started out by planning what may be one of the most important conferences ever to happen in Detroit. Entitled "Beyond Politics: Hunger and Thirst in the Horn of Africa; The International Mandate for African Americans", the one-day conference is scheduled for Saturday, November 14, at the Book Cadillac Hotel in Detroit.

To give the conference a grounding factor, the Foundation has called for the declaration of Friday, November 13, 1981 as African Refugee Day. To commemorate this day, a resolution was passed by the National Conference of Black Mayors making Friday the 13th African Refugee Day in all the cities headed by black mayors.

On the evening of Friday the 13th, the Foundation is planning a symposium on the "root causes" of the situation which has resulted in the severe refugee crisis on the continent of Africa and specifically in the Horn. The Foundation believes that it is only through communication of the complexities of the situation that any long range remedy or solution can be determined. Through this symposium, conference participants will have a greater capacity to participate in the conference and to offer resolutions which the foundation will take as directives in how it is to allocate its resources and develop its program components.

The conference will have six different workshops, a keynote address, a formal symposium and a gala event featuring the International Model Iman modeling native garb and others in a fashion

said while addressing a conference of the North Carolina Association of Educators Friday. Every group has a right to organize.

He urged the

educators to continue organizing, to join the effort that blacks, labor, women and minorities are fighting. That effort, Farmer said, is to broaden the perimeters

of democracy to include those who have been excluded.

"The struggle for freedom and democracy is never-ending. If enough people with suf-

ficient dedication join in the effort, we can succeed," Farmer said while urging the group to address many societal ills.

He said the struggle for freedom and democracy has seen limited success and the effort needs to be intensified because many national policies have recently come under attack. Affirmative action, the Voting Rights Acts and many other gains are under major assault.

Farmer said the powerful "new right" of today is composed of the same right-wing forces that blacks dealt with in

the sixties, now using more sophisticated tactics and strategies.

Farmer said many names of the conservative organizations of the past have changed, but many of the actors are the same. "They have gone underground, but have not died." The Hoover Institute produced some of today's conservative leaders.

He said groups such as the Moral Majority, who impose moral values upon society, are neither moral nor the majority. Those who argue that the Equal Rights Amendment is immoral or what

is Christian are also products of the new right.

Tuition tax credits and the voucher system — two proposals designed to aid parents of private school children — "sounds good," but would cut the heart out of education for most children," Farmer said.

Anti-public education sentiments have gained momentum and public employees have come under attack.

The North Carolina Association of Educators has recently attempted to address society's ills via political action, marking a rever-

sal in past practices. The group was warned by several politicians that political action could spell defeat if candidates they support do not win seats. The educators have continued to be politically active.

Farmer, a noted civil rights activist, founded the Congress of Racial Equality.

The conference was for NCAE Districts 9 and 11 which include the counties of Durham, Wake, Person, Orange, Alamance, Chatham, Caswell, Granville, Franklin, Vance and Warren.

## About Your Medicines



by The United States Pharmacopeial Convention, Inc.

### POTASSIUM SUPPLEMENTS

Potassium (poe-TASS-ee-um) is needed to maintain good health. Potassium supplements may be needed by patients who do not have enough potassium in their regular diet and by those who have lost too much potassium because of illness or treatment with certain medicines. Since too much potassium may also cause health problems, most potassium supplements are available only with your doctor's prescription.

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

- Potassium Acetate (poe-TASS-ee-um)
- Potassium Acetate, Potassium Bicarbonate, and Potassium Citrate [Potassium Triplex; Tri-K; Tri-Kates]
- Potassium Bicarbonate and Citric Acid [K-Lyte]
- Potassium Bicarbonate, Potassium Carbonate, and Potassium Chloride [KEFF]
- Potassium Bicarbonate and Potassium Chloride [Klorvess]
- Potassium Bicarbonate, Potassium Chloride, and Citric Acid [K-Lyte/Cl]
- Potassium Bicarbonate, Potassium Chloride, and Potassium Citrate [Kaochlor-Eff]
- Potassium Chloride [Kaochlor; Kaon-Cl; Kato; Kay-Ciel; K-Lor; K-LOR-10%; K-LOR-CON; Klorvess; Klotrix; K-Lyte/Cl; Slow-K]
- Potassium Chloride and Potassium Gluconate [Kolyum]
- Potassium Citrate and Potassium Gluconate [Twin-K]
- Potassium Gluconate [Kaon]

This information does not apply to:

- Potassium Citrate
- Potassium Iodide
- Potassium Permanganate
- Potassium Phosphates

### Proper Use of This Medicine

● Take this medicine only as directed by your doctor. Do not take more of it, do not take it more often, and do not take it for a longer period of time than your doctor ordered. This is especially important if you are also taking both diuretics (water pills) and digitalis medicines for your heart.

● Take this medicine immediately after meals or with food to lessen possible stomach upset or laxative action.

● If you miss a dose of this medicine and remember within 2 hours, take the missed dose right away with food or liquids. Then go back to your regular dosing schedule. However, if you do not remember until later, 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 or pharmacist.

● For patients taking the liquid form of this medicine:

—This medicine must be diluted in at least 1/2 glass (4 ounces) of cold water or juice to reduce possible stomach irritation or laxative effect.

● For patients taking the soluble granule, soluble powder, or soluble tablet form of this medicine:

—This medicine must be completely dissolved in at least 1/2 glass (4 ounces) of cold water or juice to reduce possible stomach irritation or laxative effect.

—Allow any "fizzing" to stop before taking the dissolved medicine.

show of African regalia for all occasions.

The Foundation in the past months has sponsored two speakers bureau events with Chris Thorne, from the United Nations High Commission on Refugees and Dr. Marie Gadsden, vice president of the Washington Bureau of the Phelps-Stokes Fund.

## Fashion Fair To Benefit Sickle Cell Research

The 23rd Annual Ebony Fashion Fair will be presented at the Royal Villa Motel, Raleigh, on Tuesday, November 3 at 8 p.m., sponsored by the Durham Chapter of Squaws, Inc. Mrs. Edna Harrington is local chairman of the activity. Other committee members are Mrs. Edna Becton, Mrs. Marian Jones, Ms. Shirley Green, Mrs. Emma Harris and Mrs. Josephine Hunter.

The Durham Chapter of Squaws supports local projects in addition to those selected by the national body. For the past nine years, it has contributed funds to a local sickle cell anemia patient for medical treatment. Each year at Thanksgiving and Christmas, the chapter adopts a family to which foods and gifts are given.

The famed traveling fashion show is produced by Mrs. Eunice W. Johnson, wife of the publisher of Ebony Magazine in Chicago. More than 200 exquisite garments from the collections of world-famous designers, complete with the latest accessories, make up the show's wardrobe.

This year's show is entitled "The Look Of Elegance".

## St. Mark Layman's Group Plans Bus Trip

The St. Mark Layman's Association is planning a three-day bus trip to the 1982 Worlds Fair in Knoxville, Tennessee, June 26-28.

If you are interested in joining the group for this trip, contact Ostella Criss, Sr., at 596-5171, after 7 p.m., for details. First payment deadline is Dec. 31.

● For patients taking the extended-release tablet form of this medicine:

—Swallow the tablets whole. Do not crush, chew, or suck on the tablet.

—If you have trouble swallowing tablets or if they seem to stick in your throat, check with your doctor. When this medicine is not properly released, it can cause irritation which may lead to ulcers.

● For patients using juices to dilute or dissolve this medicine:

—If you are on a salt (sodium)-restricted diet, check with your doctor before using tomato juice to dilute your medicine. Tomato juice has a high salt (sodium) content.

### Precautions While Using This Medicine

● Your doctor should check your progress at regular visits.

● Since salt substitutes and low-salt milk may contain potassium, do not use them unless told to do so by your doctor.

● Check with your doctor at once if you notice blackish stools or other signs of stomach or intestinal bleeding. This medicine may cause such a condition to become worse, especially when taken in tablet form.

### 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. Stop taking this medicine and check with your doctor immediately if any of the following side effects occur:

### Rare

- Irregular heartbeat
- Mental confusion
- Numbness or tingling in hands, feet, or lips
- Shortness of breath or difficult breathing
- Unexplained anxiety
- Unusual tiredness or weakness
- Weakness or heaviness of legs

● 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:

- Diarrhea
- Nausea
- Stomach pain or discomfort
- Vomiting

● 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 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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From the Cheryl Tiegs' Holiday Collection comes this two-piece, velour loungewear (\$48), in pale lilac, aqua, pink and cream. It's available from the 1981 Wish Book and most Sears fashion stores

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\*The yield of 12.140% is based on an annual rate of 11.513% compounded monthly with interest left on deposit until maturity. To earn \$2,000.00 interest on one All Savers Certificate at 12.140% you need to invest about \$16,474.00 if you leave interest on deposit to maturity. To earn \$1,000.00 in interest on one All Savers Certificate at 12.140% you need to invest about \$8,237.00 if you leave interest on deposit to maturity. These tax brackets are based on a married couple filing a joint return. The equivalent taxable rate shown assumes no more than \$16,474.00 is invested. Substantial interest penalty is required for early withdrawal.



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