

About Colds

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bogen said in a recent *American Family Physician* journal article and treating the symptoms is the only remedy.

"Remember that colds are self-limiting," he said. "Without treatment, a cold will go away in a week. With treatment, it will probably go away in seven days."

Choosing from the "phenomenal assortment of cold drugs" available over the counter can be confusing, Ellenbogen said, but it need not be expensive. For general aches and discomfort, he recommends combining aspirin and acetaminophen.

"When taken together, the drugs double the effectiveness of each other," he said. "Taking them for three or four days is probably enough. But don't stop just because you are feeling better. That feeling might be an indication that the aspirin is working."

He cautions persons using blood-thinning medications to check with their physicians about taking aspirin.

"To get relief from a runny nose, look for medications that contain 0.25 neosynephrine (0.125 for children)," he said. Both oral doses of pseudoephedrine and nasal sprays and mentho-inhalers are effective, he said. He warns users of nasal spray to discontinue use after five to seven days.

"If you feel you have to use it longer, it is probably the medicine that is causing the problem, so stop using it," he said.

Antihistamines can help stop congestion, he said, but they often make users feel drowsy. "But taking one or two pills at night when you have a cold can open up your head and help you sleep," Ellenbogen said.

There are some diet pills on the market that

AAC Awards Grant To Bennett

WASHINGTON, DC — The Association of American Colleges has announced a direct grant of \$7,000 to Bennett College, Greensboro, in the second round of competition under the Minority Achievement Program (MAP). Mrs. Regina George Bowden, director of the Field Studies Office, submitted the winning proposal entitled "Improving Minority Students' Professional Socialization Through Off-Campus Education Opportunities".

The proposal submitted by Mrs. Bowden will enable students to have access to and contact with black professional leaders in a diversity of work settings. The winning proposal plans "Incorporation of an on-campus preparatory seminar with a two-week field-based learning component in Washington, D.C., allowing students to investigate and become participants in the dynamics of social stratification as it relates to the black female professional. Students will participate in guided fieldwork, lectures and briefings, and formal study of social stratification concepts."

The funds for this grant have been provided by the Sears-Roebuck Foundation and will be administered by AAC. A regional representative of the Sears-Roebuck Company will make a personal presentation of the award to Bennett College.

Bennett has agreed to share information about its project with other interested campuses. This MAP-funded activity will be reported in progress and at its conclusion through AAC publications to the entire American higher education community.

Mrs. Bowden is the daughter of Mr. and Mrs. R.C. George of Dupree Street, Durham.

Determination in McNeill Case Due Within Week

By Donald Alderman

A determination to offer a felonious assault indictment against a local officer to a grand jury will be made by the District Attorney's office within a week.

Public Safety detectives sent an investigation of brutality charges against an Alcoholic Beverage Control police officer to the District Attorney Monday.

Leroy McNeill has charged ABC Officer Ronald Allen with unprovoked assault. He alleges Allen struck him in the head with a flashlight.

The assault charges stemmed from a raid of the McNeill home in the Walltown section of

Durham by Allen and two other ABC officers on November 7. McNeill says he was attempting to get the officers' names before being struck by Allen.

District Attorney Dan K. Edwards, Jr., said a decision on whether to render an indictment against Allen will be made in less than a week.

Edwards can also advise law enforcement officers on obtaining a warrant against Allen, or take no action in the matter.

McNeill, who still is under doctors' treatment for seizures he suffers as a result of the head blow allegedly delivered by Allen, expressed confidence in the public

safety detectives' investigation.

McNeill put obtaining warrants against Allen 'on hold' upon advice of the detectives. He said detectives thought their report findings will contain more evidence to support the charges.

Edwards will not discuss the report findings until he determines what action, if any, to take.

McNeill suffered a bruised brain, fractured skull and loss of hearing in his left ear, doctors say. He was treated at Duke Medical Center and released after a three-day hospitalization.

Edwards' decision will determine the future actions of McNeill and a local group investigating the incident.

Durham Branch NAACP president George Frazier said the local chapter's legal redress committee is studying other legal action possibilities. He declined to elaborate.

McNeill's next step, if not satisfied with the district attorney's decision, will rest heavily with the local chapter, NAACP.



Facing Arraignment

A former Pasadena woman, Mrs. Dorothy Woods, 39, from Miami, Florida who was extradited to Los Angeles November 25, appears in Los Angeles Municipal Court with her husband, John Woods, 50. They faced arraignment on charges she allegedly bilked the county out of more than \$377,000 in fraudulent welfare. Her husband surrendered himself to the District Attorney's office. UPI

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