

AIDS seminar

Until people are ready to talk about their illness, others should be considerate of their wishes.

Lancaster said it tortures and tears the victim's life apart if family and friends do not understand the facts of the illness.

"The only cure for AIDS right now is knowledge," he said.



AIDS Seminar panelists included (l to r): Dr. Edmond Hogan, chair of the Mental Health Department, WCC; Dr. James Atkins, local physician; Peter Barcus, Director, Home Health and Hospice Care; Dr. D. A. Mays, Director, Wayne County Health Department. Photo: Michelle Albrecht

Wellness Day a hit

By: Michelle Albrecht

On March 21, WCC hosted its first Wellness Day.

The three-hour event was organized by the WCC Wellness Committee consisting of co-chairs Shirley Boyd and Annette Lewis, Cindy Archie, Bill Bennett, Carolyn Braxton, Yvonne Crespo, Norma Dawson, Mike Futrell, Debbie Harris, Judy Hodges, Jerry Kornegay, Jamie Pate, Mike Saylor, Al Strohm, and Marie Sullivan.

Lewis organized the day which featured ten exhibits manned by area health care professionals.

At each exhibit booth various diagnostic tests were performed and students asked the volunteers many health-related questions.

The various stations included the WCC Nursing Department who hosted a blood pressure testing center.

Also, cholesterol screenings were administered by volunteers from the Wayne County Health Department.

Paula Cummins, a certified diabetic technician, checked blood pressure levels and Vic Rios measured lung capacity.

Podiatrist Dr. Lind Hall was available for consultations on foot problems, and dermatologist Dr. John Jennings gave advice on melanoma/skin cancer.

Perry Simmons, sickle cell anemia consultant, gave information and advice to many students.

Susan and Bob Crenshaw, owners of Health Habit, set up a booth with a variety of natural foods such as all natural peanut butter, dehydrated fruit, and hotdogs made from soybeans instead of animal flesh.

Volunteers from Franklin Bakery gave samples of bread.

Approximately 300 people registered out of the 500 who attended, including students, staff, faculty, and others.

The participants who attended three or more exhibits were eligible for door prizes donated by Pepsi of Goldsboro, Service America Corp., Village Inn Pizza Parlor, Katlyn's Restaurant, Imajez Unisex Salon, and Sportsman World.

The Wellness Event was a way of promoting good health in the work place and making students, faculty and staff aware of good health practices, according to Lewis, who called the day "a great success."

According to committee members, the enthusiasm and participation of the college may bring about a repeat performance next year.

1. I have been in a mutually monogamous relationship or have had no sex at all since 1978—the approximate year AIDS appeared in the United States.

2. I have not used or shared any IV drug needles since 1978.

3. I have not received a blood transfusion or any blood products between 1978 and March 1985.

You ARE at risk if you answer YES to any of the following statements:

1. I have had sex with a gay or bisexual man who has had multiple partners.

2. I have shared IV drug needles or have had sex with someone who has.

3. I have had sex with a heterosexual man or woman who has had many lovers.

4. I have had blood transfusions between 1978 and March 1985—when AIDS testing began—or had sex with someone who has.

5. I have hemophilia or have had sex with someone who has hemophilia.

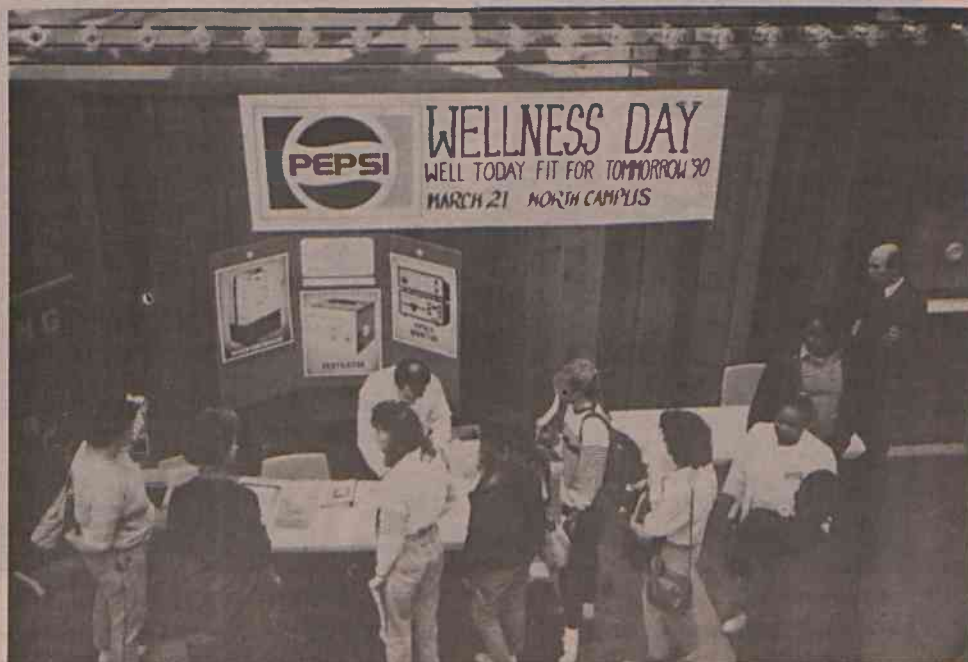
Always use preventative measures to protect yourself from the possibility of acquiring the AIDS virus.

AIDS: are you at risk?

By: Michelle Albrecht

AIDS is not highly contagious. HIV is not spread through the air, in food or by casual contact at home, work, or school.

You are NOT at risk if you answer NO to all of the following statements:



Students and staff queue for Wellness Day station manned by Vic Rios. Photo: Bill Bennett