

lifestyle



Renee Burton is one of Winston-Salem State University's 1,126 black females registered for this semester. The school, which has traditionally had a much higher female enrollment than male, is moving away from that trend with black women accounting for only 50.39 percent of its registered students. The percentage of male students at WSSU is increasing, according to the university's Research Department.

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Where The New Jobs Are Going To Be

A cloud of uncertainty seems to hang over the heads of almost all workers today in the face of change and high technology.

Such rapid change makes it extremely hard for people to determine what kinds of training will be needed to find jobs or cope with modifications in their present positions.

According to news reports, research and a new Labor Department study of employment trends within the next seven years, some jobs are expected to be available in even greater numbers in the future.

For instance, in spite of the advent of computers, jobs expected to grow 27 percent to nearly 24 million in the next seven years include bank tellers, bookkeepers, accounting clerks, cashiers, secretaries and typists.

Jobs predicted to jump 32 percent to 19.5 million by 1990 include beauticians, janitors, bartenders, cooks and firefighters.

Jobs in the field of transportation are predicted to grow 26 percent to 4.4 million workers, and will include bus drivers, taxi drivers, train operators and forklift operators.

Thus, more job training will be needed in the future, and many employees will need to be re-educated to take new jobs, or handle changes on the job.

Better Living By JoAnne Falls

Under a new government program that will go into effect in October 1983, local businesses in America will design and operate training projects funded by federal block grants to the

states. U.S. News points out that the new program will replace CETA, but will not allow stipends or general wage subsidies for the trainees.

This is how the new program, called PICs, is set up to work:

- Seventy percent of the funds will go for training.
- Fifteen percent will be used for administration.
- And 15 percent may be used for other purposes, including participation in on-the-job training.

About one million people are expected to be trained annually under the new program, and these trainees will include the young, the poor and the long-term jobless.

Students should seek reliable professional advice concerning the best careers to choose, what to study and where to study to keep pace with technological advances.

Health Point

What To Do About That Nagging Headache

By JANET PIERCE-FRYE
Syndicated Columnist

Nine out of 10 people have suffered from it. Sufferers often are young adults under 40. And the causes are still not completely understood. It's a headache — a pain that is no respecter of sex, race or social status.

Headaches are very common, according to Duke University neurologist Dr. Barrie J. Hurwitz, and create discomfort and disability to the patient but don't often involve serious disease.

There's a misconception that headaches mean serious brain disease, Hurwitz said. In fact, less than 10 percent of headaches are probably caused by a serious illness. Most headaches can be treated by minor pain killers like aspirin, but severe headaches may need a doctor's care. If you are taking several aspirin every day to treat a persistent headache, he said, you need to see a physician. Hurwitz warned that abuse of pain killers can have serious side effects.

In diagnosing headache pain, Hurwitz said the most important thing is for the doctor to take down a detailed medical history and give the patient a good physical exam.

He said there are three main types of headaches: those relating to blood vessels or blood flow in the head, such as the migraine; muscle contraction or tension headaches, and traction and inflammatory headaches due to disease or infection.

The most common types are the migraine

headache and the muscle contraction headache. The tendency to have migraines often runs in families and warning symptoms include dizziness, nausea, visual disturbance, thick speech, chills, tremor, pallor and numbness, which are thought to be caused by a constriction of arteries in the head. As the dizziness and other symptoms diminish, a severe pounding headache begins as the blood vessels enlarge and dilate, increasing the blood supply.

Some migraines are related to hormone levels, he added, and some women develop migraines before their menstrual cycles.

A number of drugs are available to physicians for treatment and prevention of migraine headaches, in addition to pain killers.

Hurwitz added that changes in diet have also helped some people get relief from migraines. These dietary suggestions are to:

- avoid alcohol, especially red wines.
- avoid aged or strong cheeses.
- avoid eating chicken livers, herring or canned figs.
- avoid monosodium glutamate.
- avoid cured meats.
- avoid chocolate.
- avoid fatty, fried foods.
- eat three well-balanced meals each day instead of skipping meals.

Through trial and error, a migraine sufferer might find out if leaving out certain foods helps his problem.

Duke psychologist Dr. Richard Surwit

discussed another common headache, the muscle contraction headache or tension headache, and a different approach to treatment. In a chronic muscle contraction headache, he said, the scalp may be sore to touch from severe contraction. A number of different muscle groups could be involved in the contraction headache, but often the trapezius muscles at the base of the neck and shoulder area are the culprits.

"A reliable, relatively quick, economical way to correct the severe muscle contraction headache is through biofeedback and relaxation therapy," Surwit said. He demonstrated how biofeedback works: An electrode on the head is converted to sound, lights or lines on a TV screen. The electrodes on the head record contraction and the muscle activity is transformed into light and sound.

By seeing the tension in his muscles, a patient can be trained to relax the tense muscles that are causing the headache. "We tell them to practice 20 times a day to relax for one minute at a time," Surwit said.

Surwit pointed out there is a definite relationship between stress or tension and the frequency and intensity of contraction headaches.

Two ways to cope with stress are to relax, through deep breathing and exercise, for example, and to be more effective socially.

"Many people with (muscle contraction) headaches are nonassertive," Surwit said. "They don't want to create a fuss. We can use assertive training techniques. We train them to be more effective socially."

Extension Notes

Will Youngsters Listen To Sound Advice?

By JOAN GOSPER
Syndicated Columnist

Do youngsters listen?

They did when nutritional information was presented in the cafeteria at Stanford University over a nine-month period.

Researchers presented information on calories, fat and cholesterol content, other nutritional facts and recommendations for food choices, and it made a dif-

ference, says Sarah Hinton, extension nutrition specialist at North Carolina State University.

Nonfat milk consumption increased significantly, mainly cutting into the sales of whole milk and low-fat chocolate milk.

The longer the information was available, the greater the effect, but even when it was presented for a short period of time, the students responded. The

authors report they were pleased that the low-cost, point-of-choice nutritional information program had a favorable influence on food selection, Mrs. Hinton says.

Dazzling Colors

Today's carpets come in an array of colors that dazzle the eye.

"Carpets can be constructed with lower face weights — the weight of the

material per square foot of the part above the backing — which look and feel like the heavier weight carpets. But they will not wear as well," says Wilma Hammett, extension furnishings specialist at N.C. State.

To compare similar carpets, ask about denier, ply, stitch and gauge, she says. The higher each figure is, the better the carpet.

A high-density carpet which has fibers closer

together, is considered to be a better carpet because it will last longer. Denier relates the yarn size and weight, in grams per 9,000 meters. For example, a nylon yarn 9,000 meters long that weighs 1,400 grams is called 1,400 denier, Mrs. Hammett says.

The denier of a bonded carpet can be half that of a tufted carpet.

The number of single
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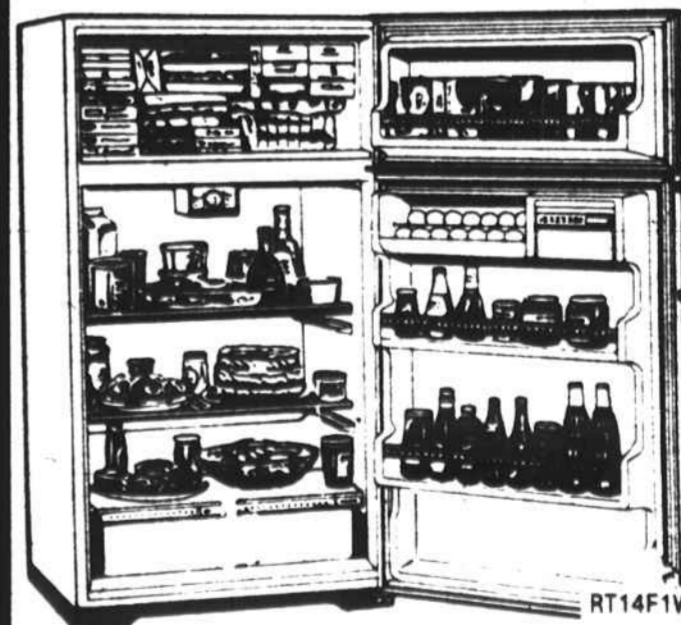


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