

# lifestyle

## Aching Backs Often Caused By Posture

By BETH PARSONS  
Syndicated Columnist

Dr. John Harrelson has some optimistic news for back pain sufferers.

"Seventy-five million people in this country have a backache," the Duke assistant professor of orthopedics says. But only 10 to 20 percent of lower back pain sufferers need special care or hospitalization. The rest suffer from back pain caused by postural disorders that can be corrected.

Each year, 93 million work days are lost to lower back pain and \$5 million is spent in studies and research on the lower back, Harrelson says.

Lower back pain is characterized by low-grade nagging discomfort that usually gets better with rest and worse with overexertion. Most people with lower back pain, he said, experience morning stiffness also.

Harrelson defines the lower back as the last five vertebrae in the spinal column. Unlike the upper 12 vertebrae that are attached to and stabilized by the ribs, the lower five are supported by muscles and cartilage which enable the back to bend. Their movement, Harrelson

says, also makes them more prone to injury and overexertion.

"The human back, like a telephone pole, has guidewires to help hold it upright and in place," he says. "The guidewires for the back are the abdominal and the lumbo-dorsal muscles."

Harrelson says that when the supporting muscles are allowed to weaken or contract due to a lack of exercise or overeating, the back loses support and the spine may curve, over time, at the lumbar or lower back region. Excessive curvature of the spine caused by lack of support and poor posture is called lumbar lordosis and is most often responsible for lower back pain.

The solution for people suffering from lumbar lordosis is exercise to strengthen and stretch the supporting muscles, combined with a weight reduction or control program.

Harrelson stresses, however, that lower back pain may be caused by other conditions.

"Arthritis is a common cause of lower back pain," he says. "If you were to X-ray 100 people over 45 randomly, you'd find some degree of degenerative arthritis. We all get it to some degree as we get older."

He says tension and emotional stress can play a big part in back strain, too.

"A large percentage of people have back problems as a result of emotional stress," Harrelson notes. "To ignore the possibility of a psychology link is to lead a patient into unnecessary and costly treatments."

He said people also develop backaches as a result of poor posture. Wearing high heels, sleeping on a soft mattress, sleeping on your stomach, slouching at an office desk and driving in the wrong position all can cause lower back pain.

Harrelson advises people to pamper their back by getting daily exercise, relaxing their backs with some simple positions and avoiding harmful overexertion. He says medications are sometimes prescribed but he doesn't feel muscle relaxants (such as valium) are helpful in treatment and can be addictive if overprescribed.

The 10 to 20 percent of the people who have serious back problems, Harrelson says, may experience several symptoms, including constant pain, radiating pain, numbness and weakness and unexplained weight loss. Persons with any of these symptoms or a combination of these symptoms should see their doctors, who may refer them to specialists.

## Ruling: Generic Drugs Need Approval

The Supreme Court has ruled unanimously that prescription generic drugs must be approved by the Food and Drug Administration (FDA) before they can be sold.

"The Generic Pharmaceutical Industry Association, a trade group representing a

generic prescription drugs to the public."

Brand-name manufacturers were also happy with the decision, because they said brand names sometimes suffer because doctors prescribe generic substitutes; and if the doctors find the generic substitutes ineffective, they blame the active ingredient (which also is found in their brand-name counterparts) instead of the inactive element (which is not the same as in the brand-name drug, and can alter the speed and effectiveness of the drug).

This leads doctors to turn to other generics, the association said, instead of trying the brand name.

Still another lawyer for the Proprietary Association, a trade group of manufacturers of over-the-counter drugs, said the decision is not likely to affect the sale of items that don't re-

quire prescriptions.

The FDA has a different procedure for handling non-prescription drugs.

The Supreme Court's eight-page ruling was written by Justice John Stevens.

The Supreme Court decision upholds current FDA practice. It said federal law treats generic prescription drugs as new products that require FDA review, even though they contain the same active ingredients as already approved brand-name items.

The FDA said generic drugs must be cleared for these reasons:

- They are not identical to brand-name products, although they contain the same active ingredients, generic drugs typically contain different inactive elements.

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### Better Living

By JoAnne Falls

number of manufacturers and distributors, was pleased with the ruling," reports *The Wall Street Journal*. "Richard Givens, a lawyer for the group, said the Supreme Court decision will be likely to strengthen the acceptability of



Experts says that by drinking plenty of water and limiting your bathing to once a day, you can prevent getting rough, dry skin.

## Keeping Skin Moist

Do you suffer from rough, dry skin? Harsh winter weather, searing summer sun, drying wind and the moisture-sapping effect of overheated indoor air can be a real slap in the face. Short of hibernating in a steamy sauna, here are a few common-sense beauty tips that will help keep your skin soft and moist:

- Limit bathing to once a day, and keep baths or showers as short as possible.

- Use a very mild cleanser that won't strip the skin's precious natural oils. Remember to rinse well so you don't leave drying soap residues on your skin. Look for cleansing bars with a low pH level. They're more compatible with the skin's chemistry.

- After rinsing, blot lightly, leaving some water on your skin. Then seal it in with a rich, creamy moisturizer. For long-lasting protection without greasiness, use moisturizer daily on your face, elbows and knees -- or all over the body. It helps seal in moisture, preventing your natural skin oils from evaporating as quickly.

- Moisturize from within! Drink plenty of water (at least eight glasses per day) to restore your skin's fluid balance.

- Indoors, combat the parching effects of overheated, dry air by using a humidifier.

Follow these easy tips, and before you know it, your skin will be soft, smooth and healthy.

## SPRING INTO ART!!

April 11 - June 11  
Sign up now for your favorite art class!!

### CLAY

Class No.	Title	Day Time	Date	Weeks/Fee
106	Intermediate Wheelthrowing (Gonzalez)	M 7-9:30 pm	Apr 11-June 6	9/\$54.20
102	Introduction to Wheelthrowing (Mezey)	T 7-9:30 pm	Apr 12-June 7	9/\$54.20
104	Raku (Gonzalez)	W 7-9:30 pm	Apr 13-June 8	9/\$54.20
115	All Level Ceramics (Petersham)	TH 7-9:30 pm	Apr 14-June 9	9/\$54.20

### FIBER

Class No.	Title	Day Time	Date	Weeks/Fee
139	Spinning (Newman)	M 7-9:00 pm	Apr 11-May 23	7/\$34.40
121	Loom Basics (Foltz)	M/W 7-9:30 pm	Apr 11-May 11	5/\$57.50
135	Batik (Bell)	T 9:30-Noon	Apr 12-May 31	8/\$47.00
123	Pattern I (Thornton)	T/TH 7-9:30 pm	Apr 12-May 12	4/\$47.00
129	Tapestry (Forbath)	W 9:30-Noon	Apr 13-May 18	6/\$36.50
NA	Contemporary Needlearts "Wearing Your Art on Your Sleeve" (Rossi)	W 7-9:00 pm	Apr 13-June 1	8/\$38.50
125	Pattern III (Scarso)	W 7-9:30 pm	May 16-June 15	5/\$75.00
132	Finn Weave (Syrett)	M/W 7-9:30 pm	May 17-June 9	4/\$47.00
121	Loom Basics (Doub)	T/TH 9:30-Noon	May 17-June 16	5/\$57.50
		T/TH 1-3:30 pm		

### YOUTH

Class No.	Title	Day Time	Date	Weeks/Fee
020	Music (Ages 3-5)	M 3:30-4:30 pm	Apr 11-May 16	6/\$18.00
001	Drawing I (Ages 6-9)	M 3:30-5:00 pm	Apr 11-May 16	6/\$24.90
008	Drawing & Painting (Ages 10-12)	M 3:30-5:00 pm	Apr 11-May 16	6/\$24.90
026	Parent/Child (Ages 3-5)	T 3:30-4:30 pm	Apr 12-May 17	6/\$24.90
023	A Dab (Ages 6-9)	T 3:30-5:00 pm	Apr 12-May 17	6/\$24.90
005	Advanced Drawing (Ungraded)	T 3:30-5:00 pm	Apr 12-May 17	6/\$24.90
030	Clay Sculpture (Ages 10-12)	T 3:30-5:00 pm	Apr 12-May 17	6/\$24.90
074	Teen Pottery	T 3:30-5:00 pm	Apr 12-May 17	6/\$24.90
022	A Dab (Ages 3-5)	W 3:30-5:00 pm	Apr 13-May 18	6/\$24.90
007	Drawing & Painting Ages (6-9)	W 3:30-5:00 pm	Apr 13-May 18	6/\$24.90
034	Architecture (Ages 10-12)	W 3:30-5:00 pm	Apr 13-May 18	6/\$24.90
070	Teen Photography	W 3:30-5:00 pm	Apr 13-May 18	6/\$24.90
025	Pre-School Art (Ages 3-5)	TH 3:30-5:00 pm	Apr 14-May 19	6/\$24.90
028	Lots of Pots (Ages 6-9)	TH 3:30-5:00 pm	Apr 14-May 19	6/\$24.90
002	Drawing I (Ages 10-12)	TH 3:30-5:00 pm	Apr 14-May 19	6/\$24.90
072	Teen Drawing & Painting	TH 3:30-5:00 pm	Apr 14-May 19	6/\$24.90
061	Saturday Studio (Ages 3-5)	S 9:30-11:30 am	Apr 16-May 21	6/\$31.20
031	Saturday Studio (Ages 6-9)	S 9:30-11:30 am	Apr 16-May 21	6/\$31.20
032	Saturday Studio (Ages 10-12)	S 9:30-11:30 am	Apr 16-May 21	6/\$31.20

## PHOTOGRAPHY

Class No.	Title	Day Time	Date	Weeks/Fee
182	Camera Techniques I (Kale)	T 7-9:00 pm	Apr 12-May 10	5/\$21.00
185	Darkroom Techniques II (Klutz)	W 7-9:30 pm	Apr 13-June 8	9/\$55.20
181	35mm Camera Operation (Staff)	W 12:15-1:00 pm	Apr 13-June 8	9/\$18.90
197	Photo for the Artist (Smith)	W 7-9:30 pm	Apr 13-May 18	6/\$31.50
184	Darkroom Tech I (Lechleider)	TH 7-9:30 pm	Apr 14-June 9	9/\$55.20
196	Non-Silver Processes (Winnett)	SA 12:50 pm	Apr 16-May 7	4/\$51.00
192	Intro to Video (Tefft)	SA 2-4:30 pm	Apr 16-May 14	5/\$35.25
183	Camera Tech II (Kale)	T 7-9:00 pm	May 17-June 14	5/\$21.00
186	Darkroom Tech III (Winnett)	TH 7-9:00 pm	May 12-June 16	6/\$34.20

## METALS

Class No.	Title	Day Time	Date	Weeks/Fee
161	Jewelry Fabrication (Gobbie)	M 7-9:30 pm	Apr 11-June 6	9/\$51.20
161	Jewelry Fabrication (Gobbie)	T 9:30-Noon	Apr 12-June 7	9/\$51.20
169	Sculpture Fabrication (Chaffee)	T 7-9:30 pm	Apr 12-June 7	9/\$51.20
165	Casting Jewelry (White)	W 9:30-Noon	Apr 13-June 8	9/\$51.20
165	Casting Jewelry (White)	W 7-9:30 pm	Apr 13-June 8	9/\$51.20
170	Enameling (Vernon)	TH 7-9:30 pm	Apr 14-June 9	9/\$51.20

## GRAPHICS

Class No.	Title	Day Time	Date	Weeks/Fee
144	Life Drawing (Childs)	M 7-9:30 pm	Apr 11-June 6	9/\$51.20
159	Commercial Art (Russell)	M 7-9:30 pm	Apr 11-June 6	9/\$49.20
156	Design (Longinotti)	M 7-9:30 pm	Apr 11-June 6	9/\$49.20
147	Oriental Brushstroke (Wu)	T 9:30-Noon	Apr 12-June 7	9/\$49.20
148A	Watercolor - All Levels (Shen)	T 9:30-Noon	Apr 12-June 7	9/\$51.20
141	I Can't Draw (McClain)	T 7-9:30 pm	Apr 12-June 7	9/\$51.20
147	Oriental Brushstroke (Wu)	T 7-9:30 pm	Apr 12-June 7	9/\$51.20
143	Charcoal & Pastel Techniques (Popkin & McClain)	W 9:30-Noon	Apr 13-June 8	9/\$28.00
158	Art History II - 19th/20th Cent. (Hudson)	W 7-8:30 pm	Apr 13-June 8	9/\$49.20
146	Oil Painting II (Staff)	W 7-9:30 pm	Apr 13-June 8	9/\$51.20
148	Watercolor - All Levels (Shen)	W 7-9:30 pm	Apr 13-June 8	9/\$49.20
148B	Watercolor II (Sutherland)	TH 9:30-Noon	Apr 14-June 9	9/\$49.20
142	Drawing - All Levels (McClain)	TH 7-9:30 pm	Apr 14-June 9	9/\$51.20
145	Oil Painting I (Sutherland)	TH 7-9:30 pm	Apr 14-June 9	9/\$51.20

## CALLIGRAPHY WORKSHOPS with Peter Thornton, English Scribe.

Beginner May 2-6  
 Beginner May 2-6  
 Intermediate May 17-20  
 Weekend May 21 & 22

9:30 am - 1:30 pm  
 6:00 pm - 10:00 pm  
 9:30 am - 3:00 pm  
 9:30 am - 5:00 pm

## SPRING WORKSHOPS April 7 - 10

These workshops of 2 & 3 days duration are taught by professional artists and designed to help people who have had some experience in the medium.

CLAY: Basic techniques of applying luster and overglaze colors by using brush, pen, quill, & air brush. Fee: \$30

Instructor: Susan Risi  
 Fri. 6:30 - 9:30, Sat. 10 am - 5 pm, Sun. 10 am - 2 pm

FIBER: Workshop on painterly techniques using four types of dyes on a warp or a weft. Fee: \$70

Instructor: Cynthia Fornari  
 Thur. 6 - 10 pm, Fri. 9 - 9:30 pm, Sat. 9 - 6 pm, Sun. 1 - 6 pm

GRAPHICS: Drawing and painting the figure from live model. All media. Fee: \$30

Instructor: Norma Rogers  
 Fri. 6:30 - 9:30 pm, Sat. 9:30 - 4 pm, Sun. 10 - 1 pm

METAL: Introductory techniques in forging and shell forming using non-ferrous metals of copper, brass & bronze. Fee: \$75

Instructor: Betty Longhi  
 Fri. 1 - 6 pm, Sat. 10-5 pm, Sun. 10-2 pm

PHOTO: Light painting using portable light sources, plus principles of stereo-image photography. Fee: \$30

Instructor: Lorrin Meares  
 Fri. 6:30 - 9:30 pm, Sat. 3:30 - 10 pm, Sun. 1 - 4:30 pm

## REGISTRATION

REGISTRATION APPLICATION: \_\_\_\_\_ Date \_\_\_\_\_

Student Name \_\_\_\_\_ ( ) ( ) ( ) Youth Age \_\_\_\_\_

Category \_\_\_\_\_ Adult \_\_\_\_\_ Youth \_\_\_\_\_ Youth Age \_\_\_\_\_

Name for mailing if different from above \_\_\_\_\_

Mailing address \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

City \_\_\_\_\_ Business phone \_\_\_\_\_

Home phone \_\_\_\_\_

CLASSES: \_\_\_\_\_

Class No \_\_\_\_\_ Day of Week \_\_\_\_\_ Time \_\_\_\_\_

Class No \_\_\_\_\_ Day of Week \_\_\_\_\_ Time \_\_\_\_\_

Class Fee \$ \_\_\_\_\_ Lab Fee \$ \_\_\_\_\_ Total \$ \_\_\_\_\_

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