

A Black Perspective

You & Your Health



-Brenda Kennedy BSN

Sinusitis

By now everyone has realized that "spring has sprung". For those with allergies to pollen, grass, etc., this can be the most unpleasant and uncomfortable season. It is believed that allergies can be one of the main causes of sinusitis.

Sinusitis means inflammation of the sinuses. The sinus is an open cavity within the skull. There are eight sinus cavities. These are not fully developed until late adolescence although children do have sinuses and are subject to problems with them.

The inflammation of the sinuses - sinusitis - may also be caused by virus infections, bacterial infections, and, in the opinion of some experts, by emotional factors.

Such inflammation may cause pain directly over the involved sinus cavity or "referred" pain to the teeth or other structures in the head.

Most cases of acute sinusitis are caused by swelling and closure of the openings in the sinuses as a result of an

of the factors mentioned, especially allergies. These openings end in various portions of the inside of the nose. Therefore, keeping these openings clear from the very start of symptoms of nasal congestion may prevent a great many future attacks of acute sinusitis.

Apply local heat with a heating pad or warm compresses (cloth or towel soaked in hot water) to the affected sinuses and nose. This will give some relief. Your medicines must be fitted to your own particular needs. Do not use any medicine (not even medicine you buy without a prescription) without telling your doctor. If drugs are prescribed, carefully follow the instructions. If nose drops or nasal spray is called for, be careful not to over-use them - remember they are medications, too.

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Carowinds Begins 1979

Paladium Entertainment

Carowinds theme park will begin its 1979 Paladium entertainment on Saturday, April 28 with B.J. Thomas performing in the 9,000-seat outdoor Paladium amphitheater.

Park officials stated that the disco group Chic will perform on Saturday, May 5 followed by the Village People on Saturday, May 12.

B.J. Thomas on April 28 and Chic on May 5 will both perform shows at 3 and 8 p.m. The Village People will perform one show only at 8 p.m. on May 12.

B.J. Thomas began his career in 1965 recording the Hank Williams ballad, "I'm So Lonesome I Could Cry."

Thomas' hit singles include "Raindrops Keep Falling On My Head," "Eyes Of A New York Woman," "Hooked On A Feeling," "Everybody's Out Of Town" and "Another Somebody Done Somebody Wrong Song."

In 1979 Thomas won a Grammy-award for Best Inspirational Song with "Happy Man."

The tempo at the Paladium will change to a disco beat on May 5 when Chic performs at Carowinds.

Chic's debut on the charts came with the single "Dance, Dance, Dance (Yowsah, Yowsah, Yowsah)" followed by "Everybody Dance" and "Le Freak," the largest selling record in Warner Brothers-Elektra-Atlantic Records

history.

Another disco group, the Village People, will perform one show only in the Paladium at 8 p.m. on Saturday, May 12.

Having released four albums since their debut in 1977, the Village People are best known for their hit singles, "Y.M.C.A.," "Macho Man" and their latest release, "In The Navy."

Admission to the B.J. Thomas, Chic and Village

People concerts will be \$2 in addition to the \$7.95 front-gate admission into Carowinds.

Carowinds, located on the North Carolina-South Carolina border 10 miles south of Charlotte on I-77, is now open weekends until its daily schedule (CLOSED FRIDAYS) begins on June 9.

Check the ads in the Charlotte Post each week for the best bargains in town.

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A Tale Of Two Spiffies.

Once upon a time there were these two dudes. One day dude one said to dude two, "Spring."

To which dude two replied, "Sure is."

So, dude one headed out to Ralph's Factory Outlet to get himself a suit.

But, dude two, being the wiser of the two, headed, instead, to Milton's at 516 South Tryon Street. They both paid \$89.90.

But, dude two knew the difference. You see, the suit from Ralph's was made to sell for \$89.00. But the suit from Milton's was actually made to sell for \$185.00. The way Milton's does business, it just happened to wind up at \$89.00. (Usually does.)

The first couple of weeks of spring, both dudes were dandies in their splashy new suits, and the women went crazy with desire.

However, about a month later, the dudes passed on the street in their spring suits. "Your suit from Ralph's is fading," said dude two. And it was.

"Your suit from Milton's still looks new," said one. And it did.

"Then, about two months after that our two friends met again.

"Man, your spring suit still looks nice," said dude one.

"Thanks," said two. "How's yours?"

"Worn out," said one. And it was. "But what do you expect for \$89.90?"



"I expect mine to last for the next three years," said two. And it did.

MORAL: You can go to Ralph's and buy a nice cheap suit. Or, go to Milton's and buy a nice suit cheap.

Milton's

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The Sunday after Easter, April 22, there will be a pre-celebration of CELEBRATE CHARLOTTE. The block in front of the store will be closed off for a Block Party to CELEBRATE CHARLOTTE. Three of Charlotte's finest bands, clowns, magicians, art flowers, surprise specials in the store and mostly... Fun for the whole family. Time of party: 2-6 p.m. Sunday afternoon.