

YOU & YOUR HEALTH

A BLACK PERSPECTIVE



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Allergies

By now most of us already know that this is one of the worst allergy seasons - spring. We recognize this not only because the weather is warmer but because of the increased number of runny noses, watery itching eyes, etc.

There are several types of allergies. There are allergic reactions to medications, foods, dye, perfume, dust, pollen, etc. Some of us are much more sensitive to some of these. Because of our sensitivity to them, we are bothered with various symptoms when in direct contact with them.

Seasonal allergies are very important such as hay fever. This is caused by sensitivity to certain substances - most commonly pollens and spores of molds. Pollen is the fertilizing element of flowering plants. It is a fine dust easily airborne, that enters the body by inhalation. Mold is a fungus that grows on animal and vegetable matter. The spores of mold are dust-like reproductive units that are also present in the air we breathe.

The amount of pollen in the air varies with the season and geographic area. Many hay fever sufferers are very reactive to the spring pollens from grasses and trees; others have a peak between mid August and mid September.

Allergies should be recognized as more than a mere nuisance.

They cause lack of sleep, loss of appetite, lowered body resistance, etc. - and many sufferers develop asthma.

These allergies can be relieved, although not cured by antihistamines and other medications. A series of preventive injections (desensitization) may be recommended in advance to the season. It is always helpful to try and avoid areas where these annoying agents may be found more often.

UNC-TV To Air

General Assembly

Sessions

UNC-TV will air daily coverage of the 1980 session of the North Carolina General Assembly beginning Wednesday, June 4 at 7 p.m. on Channel 58. Each day while the legislature is in session, THE GENERAL ASSEMBLY TODAY will report on the activities of the House and Senate, and the various committees. Richard W. Hatch and Audrey Kates will be there with the details.

This year the legislature will concentrate on adjustments to the budget passed in June, 1979. Two major pieces of legislation that will be debated are pay raises for teachers and state employees.

Special To Star "Goldie And Liza"

"Goldie and Liza Together," the highly praised two-woman musical variety special in which Goldie Hawn and Liza Minnelli join their wide-ranging talents for an hour of song, dance and drama, will be rebroadcast Saturday, May 31 at 8 p.m. on WBTB, Channel 3.

The special is in the form of a show within a show, spotlighting the two stars in song, dance and dramatic numbers, linked by the friendly rivalry and hard work involved in putting a show to-

gether.

As the special opens, the two friends, heading separately for the studio to start rehearsals, express misgivings about their ability to match the other's performance, in the song "Insecure." Arriving at the soundstage, they prepare for their individual numbers and then are seen through each other's eyes in spectacular solos.

Miss Hawn does a rousing workout with a group of body-builders

as she sings the Village People hit "Y.M.C.A." Miss Minnelli dances and sings the torrid "Bad Girls" from the hit musical "Chicago," in which she starred on stage.

The two visit a recording studio where they record a duet, "The Other Woman," and pick colorful clown outfits from the studio's wardrobe racks for the fast-moving "One Step" song and dance.

In a break from the musical theme of the special, the two then appear in a dramatic sketch entitled "Is Anyone Home?" In it, they portray roommates at a crucial crossroads in their relationship, touched off when their apartment lights go out.

Then comes the actual day of the "show," when Goldie and Liza makes last-minute preparations backstage and do three dazzling production numbers, including a sizzling Charleston with a group of dancers in "All That Jazz," the popular song about friendship, "Together," and the finale, "It's What You Can."

"500" Expanded To 3-Hour Telecast

ABC Sports will present an expanded three-hour telecast of the Indianapolis "500," the most important auto race in the world, when it airs exclusive same-day coverage, Sunday, May 25 at 9 p.m. on ABC-WSOC, Channel Nine.

The Indy "500," an ABC prime time presentation for the tenth consecutive year, had been televised by ABC Sports from 1971 through 1979 as a two-hour special. The mammoth spectacle is one of the biggest single-day sporting events in the world on the basis of attendance (estimated at 300,000) and prize money (in excess of one million dollars.)

ABC Sportscaster Jim McKay will anchor the coverage. Also

"Alice"

Flo can hardly contain her excitement as she awaits the arrival of her latest beau, long-distance trucker "Mel" Sy. At the grunts hit the fan when Sy arrives and introduces Flo to Toni, his pretty female trucking partner, on "Alice," to be rebroadcast Sunday, May 25 at 9 p.m. on WBTB, Channel 3.

Flo wants to prove to Sy that she's as good a trucker as Toni and Alice's help. It's not long before an unsmiling Sy is wishing he stayed in the driver's seat and bypassed Mel's Diner.

"One Day At A Time"

Best Man Claims He's Best, In Conclusion of Two-Part Episode. Julie's whirlwind romance turns into the most difficult decision she's ever had to make, in the conclusion of a two-part episode of "One Day at a Time," to be rebroadcast Sunday, May 25 at 8:30 p.m. on WBTB, Channel 3.

reporting the action in this richest of auto races will be three-time World Driving Champion Jackie Stewart, Chris Schenkel, Chris Economake, Bill Flemming, former Indy-car driver Sam Posey and Dave Diles.

Defending Indy "500" champion Rick Mears, a winner of the race from the pole position in only his second try at the storied Indianapolis Motor Speedway, will be one of seven past champions among the leading entrants.

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