



One program at the Charlotte-Mecklenburg Youth Council allows Kay Henderson, Diane Robinson and Willa Wyatt to experience floral design.

For Disadvantaged Youth

Mecklenburg Youth Council

To Provide 42 Summer Jobs

By Teresa Burns
Post Staff Writer

Summer arrives in June and along with it 42 jobs for the economically disadvantaged youth. As part of the Charlotte-Mecklenburg Youth Council programming, from June 23 through August 29 marks a time when the youth can work and take courses.

The program allows 14 to 21 year olds who reside outside the Charlotte city limits, but within Mecklenburg County to choose from a list of various job openings. From sign painting, day care, floral design, secretarial positions to community services, even farm work and gardening positions are available.

According to Leroy Lewis Director of the summer program, "Participants are tested - general interest tests. They choose the positions." Most of the time the positions and test results correspond. And at least 75 percent would like to pursue their particular interest, career wise, Lewis revealed.

The program strives to do more than just provide jobs, Lewis explained. "We try to do more than hire. We have counseling, job preparation, and two days out of the week we have classroom study in academic areas."

In order to become a part of this program students must be planning to return to school in the fall and must be presently enrolled. And while the jobs allow money for necessary items for school, the classroom activities prepare them for school when it reopens, Lewis commented.

Classroom credits from the program are accepted by North Mecklenburg Senior High School and Alexander Junior High School. "Sometimes we have situations where young people just need a half of a unit to go from junior high to senior high," Lewis remarked. "This program allows students to work and not completely stop working to go to courses."

Veronica Price, worksite supervisor for the summer program feels that the work positions give students a sense of responsibility. "It gives the students a chance to learn what the job world is all about - reporting on time for instance. We try to impress that being responsible on the job is important."

"We also try to keep our students interested," Lewis added. "We are involving them in practical things they can use even if it is not career oriented."

The program provides transportation each summer and free day care for any participants with children.

EAST STONEWALL

The 59th anniversary of the Pastor's Aid Board will be celebrated Sunday, May 25, at 4 p.m. The guest concert artist will be Mrs. Thelma Robinson, a native of Greensboro.

Mrs. Robinson is a Head Start teacher in the Greensboro School System

As a soloist she has performed on television and radio. She has sung at state conferences, nationwide. Everyone is cordially invited to this special service.

ties. "Last year we only lost four students out of 50," Lewis said. "In a 12 to 13 week period that's good; we had gotten through to most of the students."

One student last summer even received a full four-year scholarship to Livingstone College from the agency she was placed in. Also fifteen students went up two reading levels according to Lewis.

Charlotte-Mecklenburg Youth Council, which has existed for seven years, has many other programs funded by federal, state and local revenues. A few of the programs include: CITA, Mini-Cities, YETP and Title II-D. These along with other programs aid

the purposes of the Council; to provide academic, economic, medical and social services to the youth of Charlotte-Mecklenburg; to discuss, study and resolve some of the major social economic and education problems of society; to increase achievement, attendance and participation in school activities and community-based projects for under-achievers and disruptive students.

The council's main office is located at 501 East Morehead St. located at a learning center located at 1222-24 East Tenth St. Plans have also been made to open a satellite agency at the old Torrence Lytle School in Huntersville.

Be Aware Of Certain Combination Of Food, Drugs

If you are taking medicine, the food you eat could make it work faster or slower or even prevent it from working at all. In fact, certain combinations of foods and drugs can produce results you didn't bargain for. Consider these examples:

-Washing down a pill with a glass of milk can be a waste of money if the pill is a tetracycline (an antibiotic) capsule. The calcium in the milk can impair your body's ability to absorb the tetracycline and you won't get your money's worth from the medicine.

-Taking as little as 4 teaspoons of mineral oil a day as a laxative can hinder your body's ability to use vitamin D, vitamin K and carotene, a substance the body converts to vitamin A.

-Combining alcohol with antihistamines, tranquilizers or antidepressants can cause excessive drowsiness and make it hazardous to drive a car or operate machinery.

-Eating salami and aged cheese and drinking Chianti wine can be dangerous if you are taking a certain type of medication for high blood pressure or depression. A substance in cheese and other foods can react with the medications (MAO inhibitor drugs) and cause a serious rise in blood pressure.

It should be obvious that taking medicine involved more than just putting pills into your mouth. You may also have to avoid certain foods or time yourself to use the medicine before, during or after meals. In many cases, taking a drug correctly will make the difference between a treatment that works and one that doesn't.

Your doctor or pharma-

cist is a good source of information about the best way to take medication and which foods and beverages to avoid, if any. It is important to tell the doctor about any unusual symptoms that follow eating particular foods, and to ask how drugs might interact with your favorite foods and beverages.

Not all reactions between foods and drugs cause problems. For example, eating fatty foods before taking a certain drug for fungus infection can increase its effectiveness.

However, it is more common for foods to interfere with a drug's action. Because of their acidity, citrus fruit juices and soda pop can cause some drugs to dissolve in the stomach instead of in the intestines where the medication would be absorbed into the bloodstream faster. Excessive amounts of natural licorice extract can counteract medication for high blood pressure, and foods high in vitamin K (liver and green leafy vegetables) can work in direct opposition to drugs prescribed preventing blood clots.

People who are taking medicines for long periods of time should know that drugs can sometimes interfere with the way the body uses food. For example, women who take "The Pill" may develop a deficiency of vitamin B6 and folic acid because of the Pill's ability to deplete these vitamins. Chronic use of diuretics (or "water pills") can cause serious

potassium losses. And non-prescription drugs can also lead to nutritional problems. Antacids, for instance, can lead to a vita-

min D deficiency if used on a long-term basis. The best precaution a consumer can take against

interactions is to follow the advice of a doctor or pharmacist and to heed the instructions that come with medications.

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