

# North Carolina Nurses Association Honors Two

## Special To The Post

Winston-Salem - Maida Dundon, R.N., of Clemmons, Laura Coker, R.N., of Winston-Salem, and Eleanor McConnell, R.N., of Hillsborough, were honored by the North Carolina Nurses Association for excellence in nursing practice.

Ms. Dundon received the

1985 NCNA-March of Dimes Nurse of the Year Award for contributions to maternal-child nursing practice. She is a Maternal and Child Health Nursing Consultant with the North Carolina Division of Health Services.

Ms. Coker received the Association's Medical-Surgical Nurse of the Year Award. She is a Nurse

Specialist and Coordinator of Clinical Trials in the Department of Neurology at Bowman Gray School of Medicine in Winston-Salem.

Eleanor McConnell was recipient of the NCNA Gerontological Nurse of the Year Award. Ms. McConnell is a Clinical Instructor in the School of

Medicine Program on Aging and Adjunct Instructor in the School of Nursing at UNC-Chapel Hill.

Cheryl Thornburg, R.N., of Lenoir County also was honored as winner in the Annual NCNA-American Journal of Nursing Writing Competition. The winning paper was a report on thoracic outlet

syndrome.

Awards were made to district associations that excelled in membership promotion. Jo Rountree, R.N., of Sunbury received the top award for individual membership recruitment activities.

The award presentations were made at the Association's Annual Awards Banquet.

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## You Are What You Drink

Americans are becoming increasingly concerned not only about the foods they eat, but also about the beverages they drink.

Are beverages as important a concern as foods? The answer is yes, according to medical experts. Studies increasingly show that Americans should cut back on sodium, especially to reduce

the risk of hypertension and should lessen their caloric intake.

And even artificial sweeteners are continuing under the scrutiny of regulatory organizations as a long-term health concern. It is, therefore, as important to read labels on beverages as it is on food.

To help you get off to a good start, the Perrier

company has prepared this chart as a quick and easy guide to the contents in most popular drinks. This information was provided by the products' respective company or reported by an independent testing laboratory.

Listings are according to a uniform 8 oz. size and not necessarily the product's container size.

BEVERAGE	CALORIES	SODIUM (mg)	CAFFEINE (mg)	SWEETENER (mg)
PERRIER	none	none	none	none
PERRIER WITH A TWIST	none	none	none	none
RAMLOSA	none	49.7	none	none
CANADA DRY CLUB SODA	none	50.0	none	none
DIET PEPSI	56	41.6	24.0	yes
V-8	46.7	740.0	none	none
GATORADE	60.0	110.0	n/a	yes
SPRITE	95.0	30.0	5.0	yes
COKE	96.0	9.0	30.0	yes
DR. PEPPER	96.0	18.4	26.4	yes
MOTT'S APPLE JUICE	106.7	none	none	none
HFC ORANGE	122.0	10.0	none	yes

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