

## Family Medicine

"It is dangerous to take two drugs together without letting your doctor know about it," said Michele Shaw, a doctor of pharmacy with the Family Practice Residency Program at Charlotte Memorial Hospital. "They could cause an adverse effect," she said.

A patient, for instance, is given a commonly used antibiotic. He is also taking daily doses of an over-the-counter antacid. He continues to be bothered with an infection. "What happens here," Dr. Shaw explained, "is the antacid interacts with the antibiotic in such a way that the blood's ability to absorb and deliver it to the intended area is seriously hampered."

Dr. Shaw said some combinations of drugs—even some food—can actually cancel each other out when taken together. Some of the more tangy cheeses, for instance, should not be eaten by patients who are on certain courses of drug therapy for high blood pressure or by persons on certain anti-depressants used in the treatment of depression. Their interaction could prove fatal. Alcohol is frequently an offender in interfering with the desired effects of prescribed drugs, she pointed out.

Dr. Shaw revealed that many times patients are given a prescription and fail to have it filled—or, having had it filled, fail to take the medicine as directed. She said the number of patients guilty of this would surprise you.

"The doctor's directions may call for four doses per day," she noted. "After a couple of days, particularly if the patient begins to feel better, the medication is stopped. In many instances the

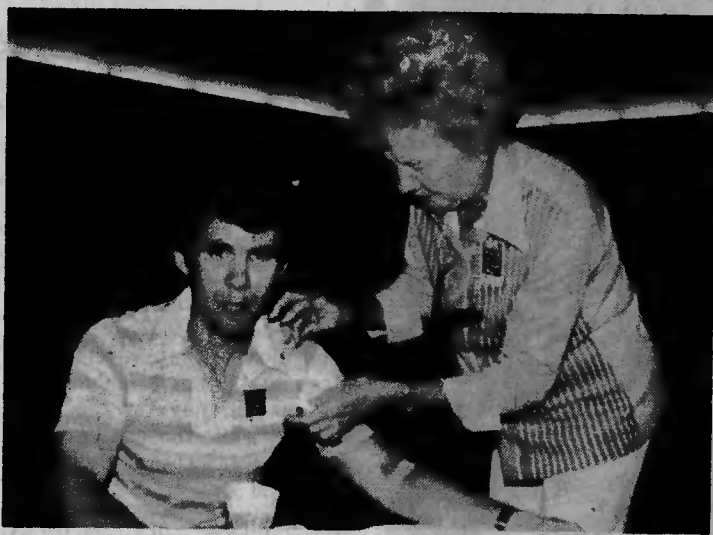
drug does not have a chance to fulfill its intended purpose."

Dr. Shaw finds it equally alarming that some patients will go back to old drugs if symptoms reappear—drugs that have been stored for some time in the medicine cabinet. This, too, can be dangerous. She said once an antibiotic has been dispensed in liquid form, its potency is influenced adversely to the extent that it may become completely ineffective.

Dr. Shaw cautioned patients to ask the doctor for an explanation if there is a question concerning directions. She said this is sometimes overlooked in the hurry of an office visit. It is far better to ask for additional instructions than to run the risk of misinterpreting what the doctor intended you to do. In many instances the pharmacist can serve as a source of information when he fills the prescription. He is an expert on drugs and their actions and should be concerned with likely hazards. Ask him—that's what he is there for.

Dr. Shaw decried the fact that we are bombarded by TV to take a pill, powder, a teaspoon of this or that. "One would think that medicine is the answer to all our ills," she lamented. "Drugs are dangerous and should be taken with care—as directed—no more, no less. Aspirin, for instance, accounts for 100,000 poisonings each year in the U.S. and is the cause of many deaths—especially among children."

Perhaps William Penn summed it up best in 1963 when he said, "The remedy oftentimes proves worse than the disease." (A service of the N.C. Academy of Family Physicians.)



**BLOOD DONOR** — Ted Godwin, First Security S&L, being pinned by Margie Atkinson after donating his 6th pint of blood at Brownson Memorial Presbyterian Church.

## Brownson Visit Success For Moore Bloodmobile

"One is never certain just what motivates people to change their day-to-day routine, but whatever the reason, I am glad for the motivation that brought enough people to the bloodmobile visit at Brownson Memorial Presbyterian Church on Friday, May 15, to reach our goal for the visit. This was a first during my one year of being chairman of blood services, and, I think an all time first. Our goal for the visit was 60, we had 68 register to donate with a total collection of 61 pints.

"I would like to express my appreciation to some of the banks, businesses, industries, public services, etc., for their participation in this visit—First Security, First Federal, First Colony, Fletcher Industries, ARO, NCNB, Sullivan Shoes, Sir Richards, John C. Muse & Company, Carolina Power and Light Company, Carolina Telephone & Telegraph Company. I most likely missed some for which I apologize.

"I would like to think that the success of this visit can be attributed, in part, to mailing some 300 notices to previous donors and church members, telephone recruiting, newspapers and radio, and person to person contact. I would like to thank my wife, Julie, for the person-to-person contact. Whatever the reason I do hope that future visits will be as successful. I hope that all who donated and those who did not will keep in mind that the Red Cross considers the donation of

blood a Community Responsibility. Without this we could never fulfill our commitment of providing our hospitals with their total supply of blood.

"Our 'Front Line' workers, the volunteers, for this visit were: Marge Olson, Marge Atkinson (both also donated blood), Mayo Dotson, Dolores Hammill, Cecile Cameron, Avenell Freeman (RN), Mary P. Bowne (RN), Louise Arnold, Eleanor Poe, Fran Steinsieck, and Cissy Smith. Our telephone recruiters were: Juanita Boros, Muriel Colvin, "olda McGrew, Virginia Baillie, Mary Delay, Muriel Kinsman, Lynn Abbott and Julie Hill. Many thanks to all of you for contributing your time and knowledge to the success of this visit.

"During this visit Mrs. Mary E. Maxson reached her 8th gallon; Harry L. Klabbatz his 54th pint; T. David Smith his 42nd pint; and the following reached their first gallon: Robert L. Campbell, David B. Gordon, William H. McRae, David R. Rock, and William H. Russell, Jr.

"Don't forget our next visit at Stanley Furniture Company, West End, on Wednesday, May 27 from 10-3:30. Please take an hour of your time and a unit of blood to provide a Life-Time for someone else."

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## Capital Comments

BY BILL NOBLITT

The State Board of Community Colleges and a host of business and industry people around the state find it a little unsettling that first, the 58-campus community college system is declared critical to the state's economic future; and then, its effectiveness hamstrung by budget cuts.

Charlotte businessman Carl Horn carried the complaint to the General Assembly the other day, taking care to speak softly, but making his point clearly.

Gov. Jim Hunt has proclaimed this the "Year of the Community College" in North Carolina, and reinforced that by labeling the system the "presumptive deliverer of skills training in the state."

At a time when the push is on for high technology, high skills, high wage developments—especially in computers and other microelectronics technology—the Community College system is being touted to prospects as a major attraction: the state will train employees in these new and exotic fields.

Such training requires increasingly modern equipment of the sort seldom found among the deteriorating inventory on the campuses.

### Cutting

But what the Community College Board sought for upgrading "the obsolete and minimal training equipment partially neglected for a decade" did not pass muster in Gov. Hunt's budget proposals to the General Assembly, Horn complained.

Indeed, said Horn sharply, "It is apparent that the Advisory Budget Commission had not heard of Gov. Hunt's proclamation of 1981 as the Year of the Community College when it passed on our budget request."

The Community College Board asked for \$33.2 million. This was reduced to \$12.6 million by the Advisory Budget Commission. But the basic \$7.6 million which the system had been getting every year to maintain and upgrade equipment has also been chopped, so the bottom line reads only \$5 million in new money.

This is "The most critical part" of the Community College program, Horn said. Business and industry fully expect the system to "respond to the needs of industry...growing increasingly more technologically complex." Also, the system is expected to provide the answers for "those citizens of our state who lack the very basic skills needed to find employment at all. These are persons who have minimal skills

in math, reading and writing, and for whom there are increasingly fewer and fewer jobs available," Horn said.

Budget constraints and the soaring price tags on high-tech equipment are well known to the state's business and industrial community. Says Horn: "We do not expect the taxpayers of this state to assume the total financial burden...we in the Community College System have rejuvenated our efforts to look for innovative and practical ways in which to supplement your state appropriations..."

### Donations

Horn said he as chairman of the Community Colleges Board is making one of his main missions

the recruitment of equipment from industry in the state. A special task force has been set up to solicit industries to donate usable surplus equipment; lend it to colleges, or allow the schools to use the equipment for training purposes within the plants where it is located.

"We cannot ignore the serious, and potentially destructive, state of the training equipment now used in the system. Without drastic improvement now and in the immediate future, the system will soon be unable to provide quality training for the existing and the new industries in North Carolina and for our citizens to be able to obtain the better jobs they require," Horn said.

## Wasted Water

Leaky plumbing fixtures waste millions of gallons of good water in North Carolina each year.

A leak as small as 1/16th-inch in diameter, which will produce a very fine stream of water, can waste almost 1,000 gallons of water in a 24 hour period, point out extension agricultural engineering specialists at North Carolina State University.

A 1/8-inch leak will waste 3,000 gallons of water in a 24-hour period. A pinhole leak, one that oozes a drop per second, will waste 170 gallons

a day. Leaky commodes are a frequent cause of wasted water. The commode that runs all the time may waste 500 gallons of water a day.

Unfortunately, not all leaky commodes are noisy. Some of them have flapper valves that let water seep by them without making noise.

One simple test to see if the flapper valve on a commode is snug is to add a few drops of food coloring to the water in the commode tank. If the coloring trickles into the bowl the commode has a leaky valve.

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## Capital Cloakroom Conversations

There is not a minute in the day that the greedy and selfish are not trying to find other ways to add to their already illegal barrel of cash flow. They drive in their big cars. They have their mansions with ten bedrooms and five baths when only two people live there.

Have you ever wondered who is paying for these unneeded and unused non-necessities. To start with, if you think for one minute that they have not found a tax loophole to do these unforgivable acts against the American Heritage, then you have been reading only the comic strips in your local newspapers.

The first few sentences from above, if anyone has bothered to read, are in reference to what is to come. Also, if anyone wants to leave the comics for a short time and listen to reality, please listen.

The working poor and the middle income citizens of our nation are carrying the brunt of our blunders.

The greedy at the top are just as bad as the greedy at the bottom. Both are staying awake at night to steal from the honest hard working tax payers of this

nation. Take a look at the illegal gambler. North Carolina and the rest of the nation is loaded with the illegal gambler. But no one cares.

Stop and think for just one minute. Who is really hurt when a bread winner, who never uses any type of alcoholic beverages, gets his pay check on Friday afternoon and comes home without one cent of it in his possession and has left a batch of IOUs to come out of his next paycheck. But again, who cares? Not the holy roller. If we would read on after the comic page we would find that compulsive gambling is far worse than drug addiction or alcoholism.

It has been stated over and over again that impulsive gambling by good and decent people has been more of a downfall for middle America than any other one sin. But the trillions of profits going into this black market, are tax free. And those calling the shots, whether in the counties, the state, or the nation prefer to let the poor continue to carry the unfair tax burden.

## Handicapped Mailbag

Bonnie Friesen of Charlotte is small, dark and pretty; her husband Dan, is tall, red-headed and handsome. They work together as founders of an organization that handles public relations for Miss Wheelchair, NC, and organizes seminars for disabled people.

Mrs. Friesen is North Carolina's Outstanding Handicapped Citizen for 1981, receiving her award at the award luncheon given by the Governor's Advocacy Council for Persons with Disabilities. She was nominated by Charlotte's Mayor's Committee, headed by Mayor Eddie Knox, and her nomination stated: "Bonnie lives by the code that she is disabled—but not handicapped. This attitude towards herself and life has helped her achieve her many accomplishments. She is a beautiful woman who inspires others to become active in the mainstream of life through her work and community activities."

Mrs. Friesen was only two years old when polio struck her down. That was thirty years ago and the Salk vaccine was still a dream. But her parents saw to it that she went to public school, and she studied for a career, learning drafting and design. She can drive a car, although she must use a heavy electric wheelchair. She not only handles a tough job, she is a homemaker.

Mrs. Friesen said her toughest hurdles were architectural barriers—(she had to be carried up and down stairs when she was in college)—and getting others to understand why she needed to function as an

independent person. There is no reason why any disabled person, given the intelligence and determination to do it, can't function that way, too. Mrs. Friesen proves it can be done, even though she cannot walk and has not since she was two years old.

(Handicapped Mailbag welcomes reader questions and answers. Write to Handicapped Mailbag in care of this newspaper.)

Mold thrives on cheese—even on those you don't like moldy. To prevent mold, wrap cheese in a cloth dampened with salt water before refrigerating.

Check the dates on perishable foods before purchasing. Be sure all food can be used before it spoils.

To launder fragile lace, basket it to a piece of cotton fabric.

Sticking a fork into meat to test for doneness is not a good idea. NCSU extension home economists point out that it releases juices and causes the meat to dry out.

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