

TV Series Will Help Adults Get H.S. Certificate

CHAPEL HILL — If you did not finish high school, it's not too late to get your certificate. And you can do it right in your own home.

A television set, either at your house or at one of North Carolina's community colleges, will be your teacher and one of your lesson books.

"Your Future Is Now," a series of 60 half-hour TV programs, will give adults an opportunity to receive their high school certificates. The programs will appear three times a week on University of North Carolina television channels across the State beginning Oct. 2.

The TV classes will help adults improve their skills in reading interpretation, mathematics and use of English. These skills will help them pass the high school equivalency examination, officially called the Test of General Education Development or the GED test.

The series will offer 26 lessons on reading and interpreting short passages in literature, science and social studies, 17 lessons in English—grammar, spelling usage and vocabulary—and 17 lessons in general mathemat-

ics—arithmetic, beginning algebra and beginning geometry.

Three study guides at \$8.50 have been prepared for use with the series.

Each lesson will be broadcast twice on Tuesdays and Thursdays—at 2 p.m. and again at 7 p.m. On Sundays, the lessons will be repeated at 3 and 3:30 p.m. The series will run until May 9, with lesson vacations the weeks of Nov. 18, Dec. 23 and Dec. 30.

The following television stations will broadcast the programs: WUNC-TV (Channel 4) Chapel Hill; PUND-TV (Channel 2) Columbia; WUNF-TV (Channel 17) Linville; WUNF-TV (Channel 33) Asheville; WUNF-TV (Channel 58) Concord; WUNJ-TV (Channel 39) Wilmington; WUNK-TV (Channel 25) Greenville; and WUNL-TV (Channel 26) Winston-Salem.

"Your Future Is Now" is co-sponsored by the N. C. Department of Community Colleges and the University of North Carolina television network.

The 1970 Census revealed that more than 775,000 N. C. citizens over 25 years of age did not have high school diplomas or certificates.

It is not too late. "Your Future Is Now."

Lung Diseases Often Do Not Involve Pain

Some diseases of the lungs trigger pain. Most, however, cause mild or extreme discomfort instead.

The lungs are soft, spongy organs made up of millions of microscopic sacs which inflate and deflate like tiny balloons. Although the lungs are equipped with nerve endings that pick up pain, pressure, and other sensations, they do not have highly pain-sensitive nerves. Infections and diseases of the lungs, though, can cause pain, especially when the infection affects the thin membrane that completely covers each lung.

This thin membrane, called the pleura, surrounds a very narrow fluid-filled space between the lungs and the chest wall. Within this pleural space is a fluid that normally enables the lungs to expand and contract against the chest wall without any friction whatever. Unlike themselves, the membrane lining the pleural space is a rich network of nerve endings highly sensitive to pain. When the membrane is injured or irritated, pleuritic pain—commonly called pleurisy—can be sharp and stabbing. The fact that the pain is so intense usually directs the doctor to the site of the problem immediately.

In other lung diseases, such as flu, stiffness and pain in the muscles of the chest may occur. But this type of pain is usually dull and aching, made worse by muscular movement rather than by breathing.

Pain is not involved in lung diseases such as bronchitis, colds, TB. When any kind of breathing problems develop, they should always be checked out with a physician.

For more information about the symptoms of many different kinds of lung disease, contact your local lung association. They have the facts.

Register Now For Fall Classes At Textile School

Students may register now for fall quarter classes at N. C. Textile School in Belmont where classes are scheduled to begin on Monday, September 17.

Two year diploma programs are being offered in yarn manufacturing, weaving and designing, knitting and designing, mill maintenance, dyeing and finishing, and tailoring. These programs involve 15 hours each week.

A two-year associate degree program, involving 25 hours weekly, will be offered in textile manufacturing technology.

All programs are approved for veterans with half or full-time benefits and convenient schedules are available for all three shifts of employees.

JULY WETTEST
July is usually the wettest month of the year in North Carolina. Based on averages for the period 1911 to 1970, the July rainfall has averaged 8.53 inches near Wilmington, 5.65 inches at Raleigh and 5.19 inches at Laurel Springs in the mountains.

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FRYER PARTS
BUCKET-CHICKEN LB. **89c** LEG QUARTERS LB. **63c** BREAST QUARTERS LB. **69c**

"SUPER-RIGHT" HICKORY SMOKED
HAMS
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"SUPER-RIGHT" CORN-FED FRESH
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JANE PARKER OR COCONUT ICED Square Layer Cake 16-Oz. Pkg. **65c**
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CHECK AND COMPARE—ANN PAGE Pork and Beans 21-Oz. Can **19c**
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20c VALUABLE COUPON AP 50c VALUABLE COUPON AP 50c VALUABLE COUPON AP
SAVE 20c ON A 4-BATH BAR PACKAGE **LUX SOAP** WITHOUT COUPON YOU PAY 79c WITH COUPON YOU PAY ONLY **56c**
VOID AFTER SEPT. 8
SAVE 50c ON 8-OZ. JAR INSTANT TASTER'S CHOICE DECAFFEINATED COFFEE **\$2.09**
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WHITE, ASSORTED, OR DECORATED Waldorf Bathroom Tissue 4 Roll Pkg. **39c**
WHITE OR DECORATED Viva Towels 3 Jumbo Rolls **\$1.00**
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