



PRESENTING PLAQUES—Charles Avery Society presents Saint Augustine's College members of the Charles Avery Society who were not present for the first banquet received plaques during a special activity, left to right: Dr. Prezell R. Robinson, president of St. Augustine's College Dr. Marshall Bass, Chairman of the Board of Trustees, Dr. Randy Proctor, Vice Chairman of the Board, Dr. M. Moran Weston, Trustee and Dr. Putman Flint, Trustee.

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Samuel Blackwell, M.D.
Frances Griffiths, M.D.
and
Kathy Swartz, PA-C
Are Pleased To Announce The Relocation Of Their Office
For The Practice Of Family Medicine To:
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Wake Health Services, Inc.
Medical Care for infants, Children, Teens and Adults

Samuel Blackwell, M.D. Frances Griffiths, M.D. Kathy Swartz, PA-C 618 W. Jones St. Raleigh 755-1888	Jim Hartys, M.D. Joyce Hoff, RN FNP 102 N. Tarboro Rd., Raleigh 829-1901	West Lawson, M.D. Bill Dotts, RN FNP 729 Hunter St., Apex 362-5201
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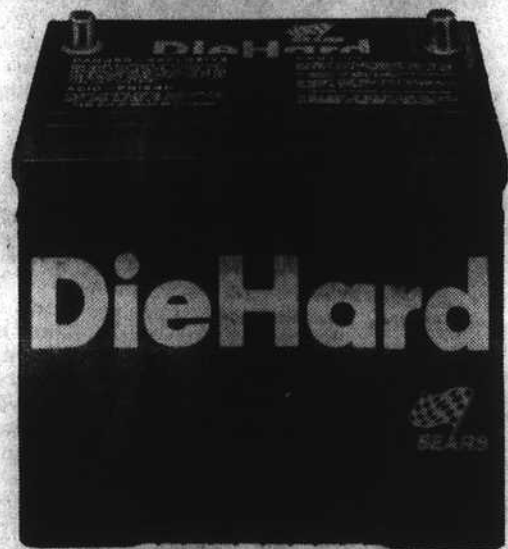
CAJUN ROAST—For the novice cook, the thought of roasting may conjure up a state-occasion type of meal, but savvy cooks know that roasting is one of the most fool-proof ways to serve a small group or a crowd. The only equipment needed is an oven and a meat thermometer. This Cajun pork roast is from a boneless single loin.

School Program Seeking Adults As Volunteers

Wake County Communities In Schools (CIS), the successful stay in school program that was piloted in Wake County last year, needs adult volunteers at four school sites who can provide positive role modeling, academic instruction and encouragement, and enriching experiences to students in a one-on-one setting. Devoted to collaborative actions to identify and meet the needs of families in crisis, and to help children of these families stay in school, CIS will serve over 300 students at East Wake High, Zebulon Middle, Garner High, North Garner Middle, and Millbrook High Schools in 1991-92.

Required skills are a desire to work with students who are experiencing academic difficulty and a belief in the ability of all individuals to learn and to reach their potential. Volunteers will visit students at the school for 1 class period, 1 day per week, for 1 school year. Persons interested in finding out more about this opportunity are requested to call the CIS office at 821-7731.

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NEWS OF OLDER AMERICANS

Sleep's Role In Driving Performance

Public health experts are raising awareness of a factor that may influence an older person's performance behind the wheel: sleep deprivation.

Among all age groups, sleep—or the lack of it—may play a key role in 200,000 to 400,000 traffic accidents each year. According to current estimates, more than 20 percent of all drivers have fallen asleep at the wheel at least once.

"Older drivers generally alter their driving practices in response to deficits in vision and physical fitness," said Andrew A. Monjan, Ph.D., M.P.H., deputy associate director for neuroscience and neuropsychology of aging at the National Institute on Aging (NIA). "Many older people are not controlled by work-day schedules. They drive when conditions are the safest, that is, during daylight hours and when traffic is light."

While older people drive less than the younger population, mile for mile, drivers over age 65 are involved in more accidents and fatalities than any other age group except those ages 16 to 24, according to the Automobile Association of America Foundation.

More than half the older drivers surveyed in a recent Gallup Poll said they get sleepy during the day at least three or four times a week. For 55 percent, this usually occurs between noon and four p.m.

A recent report from the National Institutes of Health estimates that more than half of the 30 million Americans now over the age of 65 experience some sleep disruption.

If you are experiencing repeated sleep disturbances or drowsiness during the day, talk to your doctor.

The NIA and National Commission on Sleep Disorders Research suggest these tips to reduce tiredness while driving:

•Midday drowsiness is a normal part of the sleep-wake cycle. Try to arrange short and long driving trips



to accommodate your body's biological clock.

•Driving long distances can produce sleepiness. Stop along the way for regular breaks—and try to share the driving. Avoid eating big meals before driving.

•If you experience fatigue, yawning or loss of concentration while you are driving or if your eyes begin to burn, don't fight it; pull off the road immediately and rest.

•Keep the temperature inside the car cool. Wear sunglasses to reduce glare and keep the windshield clean—inside and out.

•Medications may affect driving ability. Some have side effects—such as drowsiness, confusion or loss of concentration. Alcohol also has side effects that can impair driving ability. No driver should get behind the wheel after drinking. All drivers should be aware of the medications they take, the possible side effects, and the potential interaction with other drugs and alcohol.

The "Sleep and the Older Driver" survey was funded by an educational grant from The Upjohn Company and is part of Upjohn's continuing commitment to enhance understanding about the importance of sleep. For more information on getting a good night's sleep, write to: Don't Take Sleep Problems Lying Down," P.O. Box 307, Coventry, CT 06238 or to NIA, Information Center, P.O. Box 8057, Gaithersburg, MD 20898-8057.



"WE DON'T THINK THEY SHOULD SMOKE"

That young people and smoking don't go together has long been the position of the tobacco industry. And the industry has recently launched aggressive new programs with the express purpose of putting cigarettes further out of reach of young people. Here's what we're doing:

- Supporting state laws that would prohibit the sale of cigarettes to those under the age of 18.
- Supporting state legislation to require supervision of vending machines in locations frequented by minors.
- Requiring cigarette ads on billboards to be at least 500 feet from any elementary, junior or senior high school or children's playground.
- Sharply limiting the distribution of product samples and premiums.



To help retailers enforce state laws prohibiting the sale of cigarettes to minors, we are providing a sign like the one shown here for display where cigarettes are sold. There is also a new booklet available from The Tobacco Institute for families with young children. It's called "Tobacco: Helping Youth Say No." It helps parents help their children resist peer pressure to smoke. For a copy write to R. J. Reynolds Tobacco Company, P.O. Box 1207, Winston-Salem, NC 27102.

R. J. Reynolds believes that these new tobacco industry programs will help young people understand that smoking is NOT part of growing up.

