

Medicare Hikes Effective Jan. 1

Continued From Page 1

The coinsurance amount for the 21st through the 100th day of care in a skilled nursing facility (SNF) will be \$25.50, up \$3.

Blue Cross and Blue Shield of North Carolina will absorb all of the higher deductible and all of the coinsurance except for SNF increase for those who have Medicare supplemental coverage through the health plan. The SNF coinsurance amount is not covered by those benefits.

The 1980 deductible and coinsurance amounts will remain applicable if a Medicare patient starts a period of illness with a hospital stay beginning in 1980, although he receives services in 1981. The period of illness, however, must be continuous, stated plan officials.

Blue Cross and Blue Shield of North Carolina also administers Part A Medicare basic benefits for the Social Security Administration.

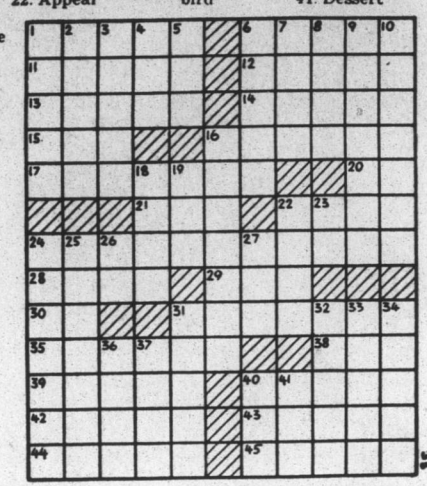
CROSSWORD

ACROSS

1. Falls to win
6. Muffler
11. Aside
12. One who sharpens a razor
13. Smelly, as sea water in ship
14. Ascended
15. Single unit
16. Devices to secure ships ropes
17. Wed again
20. Exclamation
21. Man's name
22. Skin opening
24. Somnam-bulist
28. One o'clock, e.g.
29. Perish
30. Close to
31. Women
35. Shape again
38. Mature
39. Threefold
40. Sleepy
42. Cavalry weapon
44. Ventilated
45. Older
46. Annoying on

DOWN

1. Work
2. Think
3. Capital of Oregon
4. Unit of work
5. Pigeon
6. Like a stratified rock
7. Apple center
8. Celebes ox
9. Re-establish
10. Newer
16. Thronged
18. Not windward
19. Twilled fabric
22. Appeal
23. Sign as correct
24. Frighten suddenly
25. True to the fact
26. Printer's measure
27. Point
31. Sneer
32. Dens
33. Wading bird
34. Sows
36. Obey
37. Former
40. Weakens
41. Desert



Weight Watchers Plan Ends Table Disputes

One of the chronic complaints of parents worried by extra pounds is that any weight loss plan is difficult to maintain when other family members are not concerned about losing weight.

"With the advent of the Weight Watchers New Food Plan, much of the dissatisfaction on both sides can be resolved. This innovative plan allows so many foods and cooking techniques, that the

person losing weight can enjoy many family favorites right along with the spouse and kids," says Art Weiner, Area Director for Weight Watchers of Delmarva, Inc. "Popcorn at the movies, relish on a hamburger and sauteed mushrooms for a steak are just a few of the new foods and cooking techniques now available on our New Food Plan."

The menus described below will please parents and kids alike. Pocketbooks will also get a break, because the delicious meals on the Weight Watchers New Food Plan can be economical. New cooking techniques, such as stir-frying and sauteeing allow members to turn leftovers into out-of-the-ordinary meals.

For example, the roast turkey served for dinner in the following menu can be used in countless recipes - from breakfast to dinner, stir-fried turkey dishes to omelettes - and can be portioned out and frozen for another week's menu-planning. That's the advantage of The Weight Watchers New Full-Choice Food Plan. You decide what you would like to eat and when, and in the Weight Watchers classroom, you can

learn how.

Once your family tastes Peanut Butter "Ice Cream" and Honeyed Sweet Potatoes, they'll be clamouring for encores. On the Weight Watchers New Food Plan, you can all enjoy dining together.

Weight Watchers Daily Food Plan:

Morning Meal
Tomato Juice (1 cup)
Oatmeal, 1 serving (¾ ounce uncooked); with Raisins (2 tablespoons)

Midday Meal
Mixed Green Salad with 1 ounce Cheddar Cheese Strips plus 2 teaspoons Reduced-Calorie Mayonnaise
Enriched Roll (1 ounce)
Peanut Butter "Ice Cream" (see recipe below)

Evening Meal
Roast Turkey (3 to 4 ounces)
Honeyed Sweet Potatoes (see recipe below)

Green Beans (½ cup) with Sesame Seeds, toasted (½ teaspoon)

Tossed Salad with 1 teaspoon Vegetable Oil plus Wine Vinegar to taste
Coffee or Tea

Snacks (Planned)

Chocolate-Flavored Low-Calorie Milk Pudding (½ cup)
Baked Apple (1 small, cored and baked with Cinnamon Stick inserted in center)

Peanut Butter "Ice Cream"
Makes 4 servings
12 ounces vanilla-flavored dietary frozen dessert
¼ cup plus 2 tablespoons smooth peanut butter

4 graham crackers (2½-inch squares), made into crumbs
Place frozen dessert in medium bowl and allow to soften slightly. Add peanut butter and blend thoroughly.

Line a 3½ x 7½ x 2¼-inch loaf pan with plastic wrap. Don't worry if it is not smooth. Fill lined loaf pan with frozen dessert, pressing to fill corners. Tap pan gently on table to eliminate air spaces. Cover and freeze until firm.

Life chilled "ice cream" block out of pan by grasping ends of wrap. Spread cracker crumbs on sheet of wax paper. Place "ice cream" on crumbs and, with your hands, press crumbs into sides and top of "ice cream" block. Return to freezer; chill until firm. Carefully transfer to serving dish and cut into 8 slices, 2 slices

per serving.
Each serving is equivalent to: ½ serving Milk; 1 serving Fruit; 1½ tablespoons Peanut Butter; ½ serving Bread.

Honeyed Sweet Potatoes
Makes 4 servings
2 medium sweet potatoes, 6 ounces each

2 teaspoons honey
¼ teaspoon each ground cinnamon and ground nutmeg

Wrap each sweet potato in foil; place on baking sheet. Bake at 425 degrees F. for 40 to 45 minutes or until tender. Let stand until cool enough to handle. Reduce heat to 350 degrees F. Slice sweet potatoes lengthwise. Scoop out pulp and reserve shells. Transfer pulp to medium bowl; add honey, cinnamon, and nutmeg. Beat with electric mixer until smooth and fluffy. Spoon an equal amount of mixture into each reserved shell. Place on baking sheet and bake until heated through, about 15 minutes.

Each serving is equivalent to: 1 serving Bread Substitute; 1 serving Extras

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Jobs Counselor Visits Jan. 22

Cephus Kimble, Job Corps counselor, will be at the Chowan County Department of Social Services during the morning hours of January 22. Those who desire to make an appointment should call 482-7441.

The author of a letter retains the same literary rights in it as if it were a short story, poem or novel. It is therefore illegal to publish someone else's letter without his permission, even if it was written to you.

Holiday Fatality Estimate Is Grim

It's 2 A.M. on New Year's day and spirits are soaring as part of the group breaks into yet another chorus of "Auld Lang Syne."

Is anything wrong with this holiday picture? Not yet, but there easily could be if one of the drunken revelers decides to drive home. According to the National Safety Council, drinking is a factor in about half of all fatal traffic accidents. In 1979, 25,000 Americans died as a result of motor vehicle accidents involving drivers who had been drinking.

National Safety Council reports show also that during last year's New Year's holidays, 493 persons lost their lives in traffic accidents and 21,700 suffered disabling injuries. The council predicts that this year 420 to 520 persons will lose their lives and 19,000 to 23,000 will be injured during the holiday weekend.

To help insure that your happy holidays are safe ones as well, the Insurance Information Institute offers some suggestions.

...If you decide to drink and drive, know your limit and stay below it.

...If you go to a party with someone else, one of you should either not drink or should restrict the drinking to insure a safe return.

...Do not drink on an empty stomach.

...Eat something while you are drinking.

If you are hosting a party this year, the Institute offers these tips.

...Provide a non-alcoholic punch or eggnog for those who either do not drink at all or are choosing not to drink because they are driving.

...Provide snacks or hors d'oeuvres so that your guests will have something to eat while drinking.

...Be prepared to either put up guests for the night or to provide alternate transportation for those who should not drive.

Following these suggestions should enable you to ring in the New Year in both a merry and accident-free manner.

Men and women, who learn to laugh at themselves, even privately, are on the road to self-improvement.

So says the VA...

ER...AH... DON'T YOU THINK SHOULD WAIT, LOLLY?



Contact nearest VA office (check your phone book) or a local veterans group.

Jewelry Jottings

Hindu priests once wore pearl amulets with 27 pearls. Three was a holy number and 27 is 3 times 3, so it is an especially sacred number. The pearls also had religious significance of their own.

We can make up a necklace or bracelet with any number of pearls you wish, or perhaps you'd prefer a pin or earrings. Start the New Year right ... with jewelry!

Davis Jewelers

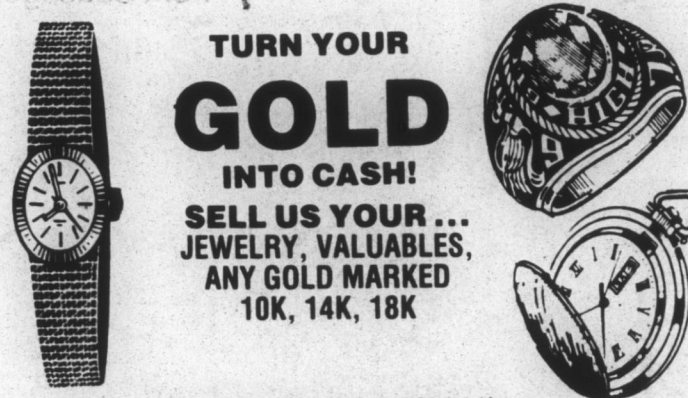
Downtown Edenton

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WE BUY ANYTHING MARKED STERLING REGARDLESS OF CONDITION:

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(cups, spoons, rattlers)

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