

Medicare Insurance Still Available

People who didn't sign up for Medicare medical insurance when they first became eligible or who have cancelled the protection once can enroll now through March 31 at any social security office.

Medicare medical insurance is offered automatically to people who reach 65 and are eligible for social security benefits - and to disabled people under 65 who have been entitled to monthly social security benefits for 24 consecutive months or more. Nine out of 10 people eligible are enrolled in the program, according to John H. Ingle, Manager of the Durham Social Security Office.

"But some people decline the protection when they're first eligible," he said. "And some sign up once and cancel later. They can enroll in the first 3 months of any year."

Medical insurance helps pay doctor bills and other medical expenses and is the voluntary part of Medicare,

funded by individual premiums and Federal general revenues. The basic premium is \$7.20 a month through June 1977. It will be \$7.70 a month for the 12-month period starting in July 1977.

"People who decline Medicare Medical Insurance and delay signing up for more than a year pay a higher premium," Ingle noted. "People who sign up and cancel later can re-enroll only once."

Medical insurance supplements Medicare hospital insurance, which is funded by social security contributions from workers, employers, and self-employed people.

"People 65 and over who are not eligible for social security or railroad retirement benefits can apply at any social security office and get Medicare hospital insurance by paying a premium," Ingle said.

"The basic premium is \$45 a month through June 1977. It will be \$54 a month for the

12-month period starting in July 1977. People who buy hospital insurance must also sign up for the medical insurance," he said.

People who have worked long enough under social security or the railroad retirement system can get Medicare if they have permanent kidney failure. Their wives or husbands or children may be eligible for Medicare if they have permanent kidney failure.

Medicare is administered by the Social Security Administration, an agency of the U. S. Department of Health, Education, and Welfare.

Energy Use

More efficient use of energy to heat and cool homes and office buildings, plus other conservation measures, can perhaps make the greatest single contribution to solving the nation's energy problems. One study estimates that overall energy savings up to 33 per cent can be realized by a combination of strategies including "leak plugging," changing methods of transportation, improving management of lighting and heating systems, slower driving and more energy-efficient household appliances.



SECRET BIRTHDAY - Mrs. Martha Maude Albright celebrated her birthday on December 23. Her great-granddaughter, Michelle Elaine Lambeth, from Wappinger Falls, New York, was in Durham to celebrate with her. Michelle is the daughter of Mr. and Mrs. Perry Lambeth, and the granddaughter of Mr. and Mrs. Earl Lambeth. Seated, left to right: Perry Lambeth, Mrs. Mildred Lambeth holding Michelle Elaine, Mrs. Martha Albright. Standing, T. Earl Lambeth and Mrs. Edna Lambeth. Mrs. Albright says her age is her secret.

Household Technicians Invite Carter To Breakfast

CHARLOTTE (CCNS) - When Jimmy Carter takes his oath of office January 20, at least 30 members of the local chapter of Household Technicians of America, Inc., will be there looking on as guests.

According to Mrs. Luciel MMcNeel, community leader and local board member of the national organization, more than 400 household workers will be coming to Washington for the inaugural address. Buses chartered by the Household Technicians of America (HTA) and the National Council on Household Employment (NCHHE) will be bringing workers from Maryland, Ohio, New York, Detroit, North Carolina and Florida.

On Inaugural Day, Jan. 20, NCHHE and HTA are sponsoring a breakfast rally at All-Souls Unitarian Church in D. C. This program has been designed to provide an opportunity for household workers to offer prayers of support for the new administration to aid the working poor. One speaker from each affiliate will be given three minutes to tell how Carter's Administration can be more supportive of low income working people. President-elect Carter or his representative has been requested to be present at the breakfast.

The Household Technicians of America has been around as a national organization for the past six years, but the local affiliate has been organized since 1960.

"In those days we got \$2 to \$3 per day, and had to

pay our own carfare," stated Mrs. McNeel, long a champion and a fighter for human rights. "Now they pay us up to \$25 per day and carfare, but there are plenty of people in this city (Charlotte) that do not get that much."

"But we're going to Washington not just for the household workers but for all poor workers," she stated, recounting on the theme of the event organized by NCHHE and HTA, "Sweep in a new era of

concern for the working poor." "Each group is asked to bring a broom with the name of the city on it," she said. Some of the workers who attend the inaugural ceremonies are scheduled to ride in the inaugural parade, holding the brooms with their identifying tags.

FOOD BASKET

Sherried Rice
Drain 1 small (6 to 8 oz.) can of sliced mushrooms, saving the liquid. Add enough water to make two cups. Add 1 bouillon cube, the drained mushrooms, 2 cups packaged precooked rice and 2 tablespoons of butter. Cook according to the package directions for the rice. Stir in one-quarter cup dry sherry and 2 tablespoons chopped parsley. Serve hot.

Blueberries
Blueberries will not grow in normal garden soils. They need acidity much higher than is found in the average garden and too high for the growth of most flowers and vegetables.



HONORED - Mr. and Mrs. Willard Bass originally from Durham who now reside in Fayetteville were honored at a party on Saturday December 18, marking their Silver Anniversary. The couple's six children, Rhonda, LaVonna, Williard, Jr., Darrell, Tammy, and Valoria Bass were hosts. They gave a party that was a memorable one for their parents. An anniversary motif was used.

Happiness Through Health
by Otto McClarrin

DOCTORS SAY ALCOHOL CAN BENEFIT HEALTH:
A leading authority in the field of alcohol abuse claims that alcohol can be beneficial to health - when used properly and in measured amounts. Dr. Morris Chafetz, former director of the National Institute on Alcohol Abuse, says that alcohol does not kill brain cells as is commonly believed, and that it does not shorten the lifespan of the drinker, nor reduce his or her ability to think clearly.

In a new book, "Why Drinking Can be Good for You" (Stein & Day), Chafetz points out that every second, millions of body cells die and are replaced by other cells. There is no sound study, he adds, that conclusively proves that alcohol speeds up this natural process in the brain.

Also, he says, on the average, moderate drinkers live longer than those who abstain. The reason appears to be that moderate drinkers generally are the kind of people who enjoy social life and have life-

enhancing activities.

NEW ULCER DRUG REPORTED:
After 12 years of research and tests in 26 countries, Smith Kline and French Laboratories announced recently in London they will market immediately a new drug for treating peptic ulcers and related disorders.

The drug is cimetidine, which Smith Kline will sell under the name Tagamet. The company said that the drug reduces harmful stomach acid secretions to a degree never possible until now except by surgery.

"Using the most stringent measurement of ulcer healing known - direct endoscopic examination of the stomach and duodenum - physicians saw complete healing of peptic ulceration in a matter of weeks," the firm stated in detailing the multi-nation tests. The researchers said they synthesized nearly 1,000 chemical compounds in search of one that would inhibit stomach acid secretion.

1,000's are enjoying our Big Push for "QUICK FOODS!"
"Easy to Prepare - Easy to Serve - Easy to Pay For!"
Check the Long Line of Values - You Will Be Glad You Did!



Prices Good Thru Saturday, January 15, 1977

100% Pure
GROUND BEEF
3 lb. or more **69¢** lb.
Smaller Packages Slightly Higher

U.S. Choice Tender
CUBED STEAK
lb. **\$1.89**
Pan Ready!

Whole Grade A
FRYERS
lb. **37¢**

Betty Crocker
CAKE MIX
Assorted Flavors
16 oz. **51¢**

PRODUCE
MEXICAN VINE RIPE **TOMATOES** 39¢
GOLDEN RIPE **BANANAS** 18¢
FLORIDA **ORANGES** 59¢
5 LB. BAG

Grade A Large
EGGGS
DOZ. **79¢**

Whole Supply Last!
Butterball TURKEYS
lb. **49¢**

Valleydale
FRANKS 69¢
12 oz.
Valleydale Pork **SAUSAGE** 69¢
lb.

Nabisco
CRACKERS 49¢
1 lb. Box
Sheaf's Southern Gold
MARGARINE 3 \$1.00
1 lb. Plugs

Wholesan
ORANGE JUICE
6 Pt. Carton
6 oz. **99¢**
Frozen Can

Chef Boy Ar-Do
SPAGHETTI & MEAT BALLS
15 oz. Can **43¢**

Star **CHICKEN SALAD** 89¢
15% oz.
Farm Fresh Rog. or Old Fashion **BREAD** 1 1/2 lb. Loaf
Hamburger or Hot Dog **ROLLS** 8 Pk. Cello
3 For **\$1.00**

Jeno's
PIZZA 89¢
Cheese 13 oz. Sausage 13 1/2 oz.
Hamburger 13 1/2 oz.
Pepperoni 13 1/2 oz.

Ore-Ida
POTATOES 69¢
2 lb. Bag
Crinkle Cut French Fried

BURD'S
FOOD CENTER
DURHAM, NC

DURHAM - COR. MIAMI BLVD. & LIBERTY ST. OPEN 'TIL 10

HENDERSON 1501 Dabney Drive Open 'Til 10 Thurs & Fri	OXFORD 111 McClanahan Street Open 'Til 10 Thurs & Fri	ROXBORO Madison Blvd Open 'Til 9 Thurs & Fri
CHAPEL HILL Eastgate Shopping Center Open 'Til 10 p.m.	PITTSBORO Highway 64 East Open 'Til 9 Thurs & Fri	CARRBORO Main Street Open 'Til 10 Thurs & Fri