

The Music Shapers



Ella Fitzgerald - SOUNDSTAGE, Dec. 5



Joan Armatrading - SOUNDSTAGE, Dec. 12



George Benson - SOUNDSTAGE, Dec. 19
FROM JUMPSTREET, Dec. 13



Stevie Wonder - FROM JUMPSTREET, Dec. 6

A Month of Specials:
Soundstage
Fridays at 11:00
From Jumpstreet
Saturdays at 3:00
OnCenter
The UNC Center for Public Television
Channel 4

This ad made possible by a grant from the Corporation for Public Broadcasting



An outstanding black explorer in the early 1500s was Estevanico, who opened up New Mexico and Arizona for the Spaniards.

Let's Ask The Experts!

When it comes to buying carpet, many consumers are a little mystified by the many types available. Since carpet can add more to a room than almost anything else, it can pay to consult experts such as those at Bigelow, makers of fine carpet since 1825:



Good carpet that is firm and dense is more durable than others.

Q. How can I recognize a quality carpet?

A. In any carpet there are clearly visible signposts to quality, but there are also hidden qualities your eyes never see. To recognize quality, take the carpet in your hands and feel it. Bend it back. Look into the pile.

Quality carpet is a finely balanced combination of pile height, pile density (how close the yarns are to each other) and the ply (or number of strands) of the individual yarns. The more fiber a manufacturer packs into an inch, the better the carpet will wear.

Generally, the best guide to fine carpet is the deeper, the denser, the better. For overall quality, however—the kind you see and the kind you don't—it's smart to rely on the manufacturer's good name, plus the advice of a reputable dealer. Both build their reputations on satisfied customers. For answers to other questions, send 25 cents for the booklet, "Everything You've Always Wanted To Know About Carpet," to Bigelow-Sanford, Inc., Dept. of Consumer Information, P.O. Box 3089, Greenville, SC 29602.

Health-Wise

A HEALTHY FAMILY VI—HEALTHY SENIOR CITIZENS

Allan R. Magie, Ph.D., M.P.H.

Aging is a subtle, lifetime process. There are vast differences between individual aging patterns, though. In fact, even within a single person body functions age at different rates.

Four out of every five of America's older citizens have one or more chronic conditions, and their medical treatment accounts for about one-third of the nation's health-care expenditure.

For this group, not only must further increases of life be achieved, but each individual must be allowed to seek an independent and rewarding life in old age.

Work and social activity. Employment or volunteer activities are important if the individual is accustomed to working. An active social life is also important to good health. Senior citizens should maintain ties with family and friends, and avoid isolation.

Exercise. Regular physical activity provides both physical and psychological benefits, helping maintain joint movement and body balance, and promoting complete relaxation. For the senior citizen, daily walks are the best.

Nutrition. Regular, balanced meals are important. Particular care should be taken to include vegetables—sources of iron, calcium, and fiber—and legumes instead of red meat.

Preventive services. Some problems encountered in aging can be detected and corrected at early stages. A check-up every two years until age 75, and once a year



after that, is recommended. Tests should include blood pressure check, hearing and vision exams, breast exam for women, urinalysis, red blood cell measurement, and examination of the stool for blood.

Medication. Too much medication is frequently given to older people. Often fewer kinds of medication and lower dosages will suffice.

Immunization. Influenza and pneumonia are special concerns. Older people should be immunized against these whenever necessary.

Home safety. Falls are the leading cause of accidental injury and death among older adults. Housing should have good lighting, sturdy rails and steps, non-slip floor surfaces, and fire detection and protection measures.

Services. Unnecessary institutionalization should be avoided. Older adults should be provided with safe and affordable housing, dietary assistance through group meals and home meals, transportation and communication service, recreation and educational opportunities, and other services necessary in order for them to live comfortable and meaningful lives.

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Child's Room Should Reflect Personality

Decorating a child's room calls for communication between parent and child.

And, in the long run, the exchange of ideas and expectations can be more important than the final appearance of the room, believes Wilma Hammett, extension house furnishings specialist, North Carolina State University.

So let your child help decide what's to go into the room. And learn what your youngster expects from his surroundings.

Clip ideas from magazines and catalogs, Mrs. Hammett suggests. Discuss these together. Then choose room decorations to coordinate with your child's interests.

When decorating a child's room, consider his individuality, Mrs. Hammett suggests. If a child enjoys drawing, painting or coloring, cover the walls with "chalkboard" paint or easy-care vinyl. Then a youngster can create

without causing damage.

For other children, printed carpet squares with bright numbers for hopscotch and figures for games might be an entertaining room addition.

One reminder: when decorating, remember to place all pictures and furnishings at a level the child can see and use.

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