

## Business In The Black 1981 — Outlook A Slight Depression Is Coming On

By Charles E. Belle

*Week Magazine* favored a year or two of severe recession or a depression to cure inflation. "My great example is that in the U.S. in 1921 and 1922, after six months of depression, prices came down 44%."

As old as Mr. Reagan is however, he did not experience such an economic period as a worker since Hier von Hayek is not Mr. Reagan's peer, but his senior by ten years. However, this "old school of thought" is likely to be tried in 1981 if for no other reason than Mr. Reagan can afford it during his expected "honeymoon with the public."

In this event, such glowing reports by the country's biggest banks and others, predicting "1981 promises to be a year of economic improvement" deserves a reexamination. Allowing inflation to hover above ten per cent is probably very unacceptable to the new conservative administration coming into the White House. Breaking the double digit barrier will be the chosen battle for Mr. Reagan's marines.

To provide housing for the increased housing demand because of the growth of the young adult population 25-35 years old, is also likely to be put on the back

burner until inflation is whipped. When consumers can see long term interest rates falling in front of their face, they will head for the market place and it will probably be closer to Christmas than Easter.

In any event, 1981 will bring a lower rate of inflation and a higher rate of unemployment under a conservative oriented administration in Washington this year.

Instability and thus timing of an improvement in the employment situation will pretty much follow the flow of oil. Petroleum prices will dominate both domestic and international conditions. Combined effect of domestic oil discovery and international difficulties with oil producers will play a major role in any early economic recovery in the U.S.

Unfortunately, even with a settlement of the Iran-Iraq squabble and sensational oil finds in America, a resurgent U.S. economy will not be allowed to run faster than the game plan of the President, Ronald Reagan. Reins will be put on the U.S. economy during 1981, either by the market place shortage of supply and/or political position.

This year will be dominated by the dollar. Fewer dollars. Dieting, as fat people know, can be dangerous to your health. Losing weight without the aid of a special program, plus doctors and other professionals could put you away for good. Great issues of the day like inflation, unemployment and U.S. inability to compete in the world markets will take stringent methods to correct inside of four years.

Ronald Reagan may have ranted and raged during the campaign to build up the U.S. military strength relative to the Russians, but neither he nor the USSR will need to fight a war if high unemployment and inflation rip America apart at the seams. Unemployment is high to start with in this country, especially in black America at fourteen per cent, according to the Department of Labor.

Thus, problems are obvious, solutions are not! A Nobel Prize-winning Austrian economist, Friedrich von Hayek, so-called intellectual godfather of today's conservative economics, when interviewed in *Business*

More people than ever—both young and old—are choosing to remain single and are enjoying the "singles" lifestyle. These people, whether single because of a divorce, the death of a spouse, a separation, or because they simply chose not to marry, today are more readily accepted by society, and obtaining financial advice and assistance is less complicated than in the past.

Loans are extended to single people with no regard of their marital status, and some single people today are getting mortgage and home improvement loans.

It is very important that young single people think that this time in their life is more than an interim period before they get married and have a family, even if that is eventually what they want to do. They can fool themselves into thinking that they do not need to save until they have a spouse and a family, without stopping to think that emergencies—medical or otherwise—can hit them



Eddie Causey

## How to get the most from your bank

By Eddie Causey

just as quickly as someone who is married. Singles need to realize the importance of having a savings plan, so they won't miss perhaps the easiest time in their life to save. Later on, if and when they have a family, money goes very quickly to satisfy the needs of a family.

There are many ways a single person's budget may be different from a married couple's or a family's. For example, a single person may spend more on entertainment, especially if he or she is dating. Several nights a week of restaurant dinners and movies can take quite a bit out of a single person's

salary. Also, if the single person lives alone, he carries the responsibility of his house or his apartment by himself. There is no spouse or roommate to share the expense of a newspaper, the utilities bill, the phone bill, magazine subscriptions, and other such items.

Many young people try to buy everything they need to start out on their own all at once. And it is true that young people just out of school in their first job will need much more than they probably ever needed. For the first time, they may need professional-looking business clothes which they had no

need for in school. Young single people may live on their own in apartments for the first time, which means they need to furnish an entire place by themselves. They may buy their first car, and will probably need to borrow money to do so. In all of these cases, it is better for single people to buy things gradually and build up a good credit rating instead of borrowing a lot at first only to find out that they can't meet the payments.

Making a budget is not only for married people with children. A single person should list all required expenses: mortgage or rent payments, college tuition payments, insurance (car, life and other), automobile payments, and monthly payments on other loans. Then the remaining money can be used on flexible expenditures: food (eating out, for example, costs more than eating at home), clothing, gasoline (riding a bus to work may cost less than driving to work), utilities, telephone and recreation and entertainment. If required expenses are equal to or more than take-home salary, cuts must be made somewhere in flexible spending or expenses.

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You can gain confidence. Begin looking at yourself in a different way than you have before. See yourself as a better, more intelligent person. remind yourself that you're more capable than you've been giving yourself credit for being. Actually convince yourself of this and you will find it is much easier to be successful in your daily endeavors.

The more you believe you are capable, the more capably you'll begin acting. As you prove to yourself that you are intelligent, talented and capable, your confidence in yourself will become a stronger, more forceful part of your life.

You may never be the greatest person the world has ever known. But you can become the best person you are able to become. You can become what, for you, is the best. Much of this success depends on the confidence you have in yourself. With a strong sense of self-confidence, you can begin achieving far more than you ever thought possible. It is this type of self-confidence that helps you in everything you do in life. It overflows from your home into all areas of living. You become a more confident person in everything you undertake.

There is a cycle to all of this. It is a sort of circle your life will begin taking. It is a very good, positive circle of success. It works like this? As your self-confidence improves, your performance will improve. As your performance improves, your self-confidence grows stronger. Get into the swing of this circle right now. Let it be the type of circle that helps you succeed and progress as a person.

Never, never run yourself down. Refuse to believe that you are a failure or that you can't accomplish a particular task. Begin building yourself up. Start feeding your mind with thoughts that are confident thoughts. Believe in your abilities. Really begin believing that you can and will do better and will succeed at anything that

## Coping

## The Key To Success

By Dr. Charles W. Faulkner

you try. This is faith — faith that makes your self-confidence strong and powerful and causes success to follow you wherever you go. Eventually, you'll become a super-confident person.

Consider, for a moment, that this means confidence — confidence that leads to a belief in your ability to be a success. By building a strong feeling of self-confidence you can actually be a more successful person than you

ever thought possible. It can and will work for you. You will learn to trust yourself and to build the faith in yourself that you need to achieve and do well. This trust, this faith in yourself will begin growing. It will grow stronger and stronger each and every day that you apply yourself to the responsibilities you have.

Another way of saying this is: Get rid of the negative things in your life. Eliminate from your life the things that say no. Begin putting to work the things that say: "Yes, this is possible, this can work for me, this will work for me." When you find yourself thinking that something won't work, tell yourself it will work. You can make it work — make it work by doing your very best.

## Happiness Through Health Too Many Vitamins Are Dangerous To Health

By Otto McClarrin

A young girl's mother had been giving her daily doses of 25,000 international units of vitamin A for two years. A 20-year-old college student, on the advice of a skin doctor, had been taking 50,000 units daily for two years for acne and had raised the dose herself to 400,000 units a day.

Suddenly, the four year old girl looked sunburned: her skin dry and scaling, her lips deeply cracked. Her hair was falling out. She complained of severe pain in her ankles and feet. Her palms were yellow. And she was going blind. Not slowly, but all at once for short periods. "Transient loss of vision," the doctors called it.

The college student wasn't much better. She could see all the time, but she often had double vision and her eyes twitched to the sides. Her skin was scaling all over her body. Her tongue was oozing blood. She was vomiting and chronically ill. The doctor thought she might have a brain tumor.

But the diagnosis in both these cases (reported in the *New England Journal of Medicine*) was vitamin poisoning. Both were suffering from a chronic overdose of vitamin A. When they stopped taking the vitamins, their symptoms cleared up within a month.

These are extreme cases, but not the worst cases on record. People have died of vitamin overdoses. In one bizarre case, a man's red blood cells exploded from a huge dose of vitamin C.

Americans are on a vitamin binge. We spent an estimated \$476 million on the little pills in 1976, and sales are running at about \$1.2 billion a year. At least a third of all adults (and higher percentages of college-educated adults) take vitamins in search of better mental and physical health, longer life, greater energy or a more active sex life.

Medical authorities hotly dispute the benefits from all this pill-popping. Studies support both sides of controversy, and new findings seem to turn up every week. The final word on vitamins has not yet been written. Out of the controversy has come agreement that if the dose is big enough, vitamins stop acting like foods and start acting like drugs. This has led to unanimity in the medical world about at least one aspect of vitamins: Taking too many can be dangerous to your health.

"There's no question that taking too many vitamins is harmful," says Dr. Richard Rivlin, chief of nutrition at Memorial Sloan-Kettering Cancer Center and New York Hospital. "But the level at which vitamins start acting as a poison is an individual matter. It varies from person to person."

To be safe, Rivlin suggests taking doses no more than two or three times the U.S. recommended daily allowance (RDA). "That would cover the needs of most

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