There is an old adage which states that, "an ounce of prevention is worth a pound of cure." Unfortunately, the Reagan Administration seems to think otherwise.

We know that many of our young people, for various reasons, can't read or do simple arithmetic. They graduate from school or drop out without these skills. The result, often is unemployment, welfare dependency, low wages, dead-end jobs, or in some cases, a life of crime.

Title I of the Elementary and Secondary Education Act has proven effective in turning many of these young people around.

However, the Administration has embarked upon a course of action designed to cripple this program. The Administration seeks to reduce funding for Title 1 programs by forty per cent from a 1981 level of \$2.9 billion to \$1.7 billion in 1982. However, no less than \$4 billion is needed and can be effectively used by Title I.

The focus of Title I educational programs has been to improve educational opportunities for low income, handicapped, migratory, neglected and delinquent children in the crucial areas of reading and math. These are children who have special educational needs which are not being met through unsupplemented classroom instruction because local schools cannot afford the extras which these

Your mind is the most wonderful and effective instrument that you have for eliminating stress. It can however, be your friend or your enemy.

Every thought that you have causes you to feel good, bad or indifferent. Think about what this means to you. When you think about pleasant, relaxing things, your body and mind relax. When you think of problems, fears and unpleasant things, your body and mind experience stress and tension.

Try this experiment after reading this material: 1) Close your eyes. Think about walking through the most beautiful forest that you can think of. Perhaps you are in Hawaii. The weather is beautiful and the temperature is just the way you like it. It is spring time. The trees are beginning to bloom and pretty. flowers appear. There is a gentle breeze caressing your face and you feel better than you have ever felt before. All of the stress has left your body. What a wonderful feeling.

Now, close your eyes again. 2) Think about the following scene: You are driving along a highway. It is midnight and raining hard. You are many miles from home in a strange city. You are trembling from chills that are caused by a terrible cold. You really feel bad. Suddenly you hear sirens screaming.

After sixteen deadlocked ballots, the United Nations Security Council was unable to elect a new Secretary General. The contest between Mr. Waldheim of Austria and Mr. Salim of Tanzania could not be resolved.

dramatically, Then, Mr. Olara Otunnu of Uganda, in his capacity Security Council as President proposed that the two deadlocked can-

thought that Mr. Waldheim, though not officially in the race, would nevertheless be a strong candidate if Mr. Salim could be persuaded to withdraw and make room for another Third World candidate, not likely to be vetoed by the

United States. The Soviets and the Americans liked Waldheim. But the Chinese vetoed Waldheimbnuand

**President Cuts School** Aid To Poor Children

## By Congressman Augustus F. Hawkins

The importance of acquiring a sound education is perhaps no more apparent than today, as the winds of economic change are forcing many persons out of jobs in industries which were once thought to be immune to economic slumps. The condition of economic deprivation ensures that those without the basic educational skills are almost certain to lead a life of poverty with only the barest of necessities for survival.

That is why Title I programs for the educational-ly disadvantaged are working to effectively reduce the number of unprepared students coming out of our public schools. A 1978 report by the National! Institute of Education shows that elementary school pupils in Title I programs gained 7-12 months in reading achievement and 11-12 months in math achievement for each year of participation in such programs. These are modest gains, to be sure, but s other validated studies have indicated, programs

Is Your Mind Your Friend or Foe?

By Dr. Charles W. Faulkner

You see lights of police cars flashing as they rush to terrible automobile crash. Half a mile ahead of you in the distance, you see the tangled wreck of automobiles that have collided on the highway. You are frightened. You are terrified.

Children from economically disadvantaged

backgrounds come to school with a number of dif-

ficulties in tow. By and large, their parents have limited schooling which inhibits their ability to begin educational instruction in the home. Stuck in

low paying, unskilled jobs, these parents find they

must focus their attention on meeting the basic

needs of the family as opposed to expending scarce resources on educational materials for their

In addition, communities with large concentra-

tions of disadvantaged persons feel the pain of

economic slumps much more acutely than most other communities. Such conditions heaped upon

hundreds of years of oppression, deprivation and

neglect, quite naturally, have affected the children

of these communities in how they relate to learning

children need.

children.

in school.

Coping

The very though of such a distasteful scene has caused stress. The first scene relaxed you and made you feel good. These two narrations prove in a convincing manner that your thought control your feelings. If you want to feel good, you must think about relaxing things. If you want to feel bad, you think of tormenting, frightening things.

No one wants to feel bad but the mind sometimes seems to drift ot the very things that you do not want to think about such as problems, worries, tormenting people, fears and bad experiences. Sometimes, without even trying, you daydream about these things. And when the daydreamig ends you are nervous, tense, upset and full of stress.

Wouldn't it be nice if you could control your thoughts, think about pleasant things when you want to - and relax? Well, you can do exactly that. If you record on a cassette tape a description of the things that you want to think about when you are under stress, you would be able to achieve relaxation quickly and easily.

## such as Title I can effectively resolve academic defi-ciencies when direct remedial assistance is consis-

tent and continuous. Opposition to further budget cuts is mounting.

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As evidence of this opposition, a significant number of organizations dedicated to the interests of children met in Wash.ngton in early December of last year and formed the Coalition to Save Title I. The purpose of the Coalition is to tell the Administration that Title I must receive no less than the \$3.4 billion that the Congress mandated in the **Omnibus Budget Reconciliation Act of 1981. Even** with this funding, only 45% of those children eligible to participate in Title I will, in fact, be helped.

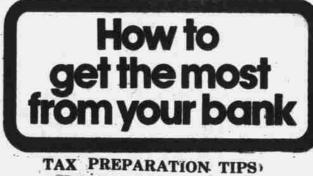
Members of the Coalition have contacted my office and I will be happy to refer any informational calls to the appropriate Coalition sources. The goals of the Coalition are vital if we are to prepare all of our children for the work world.

The economic pattern of the future is clear: more persons in search of fewer positions - which means that those persons with the least skills and preparation will be left out. We must take steps which will help many of our fellow citizens to raise themselves from dire economic circumstances through education. The ounce of prevention as provided by Title I will spare us the enormous toll of the cure.

You could guide your thoughts. You could direct your fantasies and actually control your feelings. This procedure is known 'as guided Fantasy, Directed Imagery or Visual Imagery. It is the technique that has gained great popularity and is used by many psychologists and stress management specialists as a means of putting people in control of their own feelings and emotions. I use this procedure successfully on a regular basis with my clients.

There will be a special treat for you in my ment column. I will provide you with the words that you can use for your personal Directed Fantasy. You will be able to read the material, record it on your tape recorder and listen to it whenever you want to relax.

It will be one of the most recommended and successful techniques for relieving you of stress that you have every used. So, get your tape recorder ready for my column next week, title: "Your Wonderful Guided Fantasy".



By William A. Brackney

Now that a new year has started, the time is a Third World candidate possible candidates still, ones to withdraw from background that makes right to begin some practices that will make next emerged who would then Council President Otun- the race. The remaining him acceptable, but not year's federal income tax return easier to prepare. by nu drew up a list of names were placed enthusiastically accep- A good system of record-keeping may also help

oed Waldbeim supporters, possible candidates and before the Council and table, to most nations, you stay within the budget you the This would satisfy the submitted their names to on the first ballot the The Third World sees have planned for yourself or

with



Peruvian Diplomat To Lead

The United Nations

**By Laura Parks** 

ceptable yet veto proof Salim out of the race, yet suaded the unacceptable diplomat

The latter scene has probably made you tense.

didates formally withdraw from the race to permit other candidates to emerge. At the time, when this

step was put forward by Mr. Otunno, it was

Americans vetoed Salim. Thus the deadlock. At the time, it was also thought that the Chinese would be persuaded to back a third term bid by Waldheim once an ac-

not work. With Waldheim and

be

Chinese and the Third the Council members for World, or so it was consideration. thought. It was a weak members were then askface-saving gesture to ed to indicate which end the deadlock. It. did names were totally unacceptable to them.

Peruvian candidate, Mr. in him a sympathetic your family. The Javier Perez de Cuellar figure, a man of the won. The new Secretary hand knowledge of the

General designate, Mr. myriad problems facing de Cuellar, is known to the nations attempting to Mr. Otunnu then per- be a cautious and careful

move out of the quagmire of poverty and the long heritage of colonial and neocolonial oppression.

emerging world with first

The West sees in him a man whose father was a Peruvian wealthy businessman. They see in him a man educated in Catholic schools and trained as a lawyer, gifted with the social and cultural graces appropriate to a man of his class. He is expected to understand Western concerns and fears.

The Soviets see him as a man who has first hand experience of the Soviet Union, having served there as Peru's first Ambassador to Moscow. In addition, they see in him a man with strong humanistic values, a man who will champion the cause of peace, the most important issue before the world.

asked, can such a man be forceful Secretary-General? The answer seems to be that on economic, social and cultural matters he will move toward acceptable compromises. On the matter of peace, he will emerge as an activist and join Pope John Paul II and the World Council of Churches in the rising tide of popular opposition to war and the nuclear arms race.

Ugandan The diplomat, Mr. Olara Otunnu, was warmly ap-plauded by the Security Council members for having devised and carried out the plan that broke the deadlock. Mr. Otunnu has made his mark. He will be a man to watch.

Read up on changes resulting

from the Economic Recovery Tax Act of 1981. Information is available from lawyers. bank trust departments, or an IRS office. There are changes in capital gains taxes, deductions for charitable giving, federal income taxation levels, and more.



Brackney

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Since the tax form for itemizing deductions is divided into several parts, it may be helpful to set up folders to keep records on taxes, interest charges, contributions and medical expenses you have paid.

 As you write checks, indicate what the check is for in the space provided. This makes it easy to readily identify possible deductions. • If you have a home mortgage, automobile or

other type of loan, you should receive a statement for each account early in the year show-ing how much you paid in interest the previous year. You will also receive statements on how much interest you have paid on credit lines such as bank charge cards. You may have to calculate for yourself from your monthly bills the interest you have paid on some retail store charge accounts.

Make contributions to charities, churches, political candidates or other causes with a check so that you have a record of how much you have given.

If you are self-employed, it is wise to have separate business and personal checking accounts. This will help you quickly identify possible business deductions.

The question is then . Canceled checks and other records such as medical bills or contribution receipts should be saved for at least three years in case you are audited by the IRS.

Banks will automatically deduct North Carolina intangibles tax from your savings and checking account each November. The amount will be shown on your bank statement and can be used as a deduction if you itemize your tax return. You will be billed for taxes due on your savings certificates or you can arrange to have the intangibles taxes paid from your savings or checking account.

It is a good idea to keep a record during the year on earnings other than salaries and wages which you receive, such as stock dividends.

 All interest earned on savings accounts, certificates of deposit or other savings instruments must be reported on your income tax return. If you have purchased a new All-Savers Certifi-cate, remember that there is a total \$1,000 tax

exemption per person (\$2,000 on a joint return) on interest which the certificate earns. If you have a safe deposit box at your bank, the rental fee will qualify as a deduction if the box is

used for the storage of taxable, income-producing stocks, bonds or investment-related papers . and documents.

If you have an Individual Retirement Account, remember that you pay no taxes on the interest earned until you begin taking the money out at retirement. The contributions you make to that account are tax-deductible but cannot exceed the allowable limits.

Many banks have supplies of federal income tax forms in their lobbies. You can pick them up there, from the Internal Revenue office or from the post office if you need extra copies.

William A. Brackney, a banker for 18 years, is vice presiden and manager of the tax section in the Trust Division at Wacker via Bank and Part Conternate Sing on Salem.

NOW YU CANMAK TAX.DF Bankers can call upon a broad range of pro-

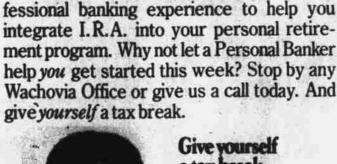
outvoted

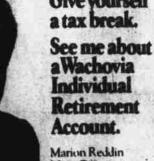
The new tax law makes it possible for you to deposit up to \$2,000 a year in a Wachovia Individual Retirement Account and deduct it from your taxable income ... even if you are presently covered. by a company retirement program.

You can deposit the money in large or small amounts, as often as you choose, whenever you choose. Your interest is based on high money market rates and it accumulates tax-free until you start making withdrawals. Of course, the law requires penalties on withdrawals before you reach age 59½.

What it all adds up to is a tax break for everyone who is worried about what inflation may do to his or her plans for retirement.

Want to know more? Wachovia Personal





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