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Ex-Lax helps restore your system's own natural rhythm overnight. Gently. Dependably. Try it tonight. You'll like the relief in the morning. Chocolated or pills, Ex-Lax is "The Overnight Wonder." Read label and follow directions. C Ex-Lax, Inc., 1982

For constipation relief tomorrow reach for EX-LAX tonight.

Byrd

Conrad

Gist

Chronicle Camera

Are we doing enough to help starving Africans?

By IRENE PERRY Chronicle Staff Writer

The Chronicle polled residents and asked the question, "Do you think enough is being done for the starving people of Africa?"

Gerald Harris, teacher's aide: I don't think enough is being done -- especially by us. I plan to make a contribution as soon as I find out where to contribute logally.

Margaret Gist, payroll clerk: Enough is not being done. I think the federal government should be responsible for that type emergency aid. They have all the money because we pay all those taxes.

Marian Byrd, receptionist: I

don't think enough is being done. We have surplus grain in Americar just sitting there. We can share it. If we spend millions on spaceships to go to the moon, we can share millions for starving people.

Mildred Conrad, chore provider: People are beginning to do more. They are sending checks and food. I think they are doing a good job.

Phyllis Simmons, fast-food worker: Enough is not being done. But think about the people here that are starving. They may not be in as bad shape, but they are suffering.

Charles Thomas, retired: Not nearly enough is being done.

However, I believe more aid is soaking into those areas now. I contribute a part of my supplemental check.

Wynn

Goldie Spencer, housekeeper: I don't know much about it. I do think about it whenever I sit down and eat or whenever I see food thrown away.

Birdie Crockett, retired: It worries me to see it. It really does. Seems we should do something to help. I am on a fixed income. If it's the Lord's will, maybe I can do something to help. I hope my church does something about it.

Aurelius Carter, retired: Not

enough is being done, but then, we have the same thing in the United States. I think it's pitiful babies have to suffer for grown people's mistakes.

Thelma Williams, housewife: Not enough is being done. From what I see on TV, they are not getting enough help.

Gwendolyn Wynn, teacher: Enough is not being done, and something should have been done before now. The world knew about the problem as long as two years ago. That delay is what really magnified the problem. Everyone thinks America should do everything, but all nations should take part and help those people.



By JOANNE FALLS



Home Economics Extension Agent

Magazines and newspapers are warning consumers about some of the precautions that they should take when banking by automated tellers.

Handle your card with care. Handle your card as if you are handling cash money, because your card can

be used by someone else, leaving you to foot the bill. A dishonest employee can program the computer to divert funds into his or her own account if you fail to keep track of your transac-

tions and report discrepancies.

It is also possible for another person to gain illegal access to your acount if you are careless in using your card.

Go to a well-lighted, busy place to use the automated bank teller. Some machines will swallow your card if it is not removed in

30 seconds. This cuts down on the chance of someone else takingyour card if you forget and leave it in the machine.

Woman's Day gives the following advice to users of automated teller machines:

• do not deposit cash money in an automated teller machine. Your printed receipt is not considered proof of a deposit. If a computer malfunctions and erases the record, you could be out of the money.

• in using the automated teller, if you ask for \$50 and receive \$5 instead, call the bank immediately and report the mistake.

Because of the chances of having someone else gain access to your money, you should beware of the person who starts a friendly conversation with you after you have punched in your PIN, but before you complete the transaction.

Be suspicious of anyone who tells you that the machine is out from your account.

The personal identification number that gives you access to your account is called a PIN. It is not wise to put that number on your card. If your card is lost, then the person finding your card might use your account and draw out your money.

Never let anyone else use your PIN. If you lose your purse and someone calls pretending to be a policeman and says he needs your PIN for identification, do not give the number.

If anyone asks for your PIN number, report it to the bank immediately.

If you lose your ATM Card

MAN AND WOMAN

OF THE YEAR

and report it within two days, the law limits your loss, and you are required to pay \$50. If you wait longer, you are responsible for paying the full loss up to \$500.

You might want to limit your account to a small amount of money with no loan or overdraft privileges.

Guard you PIN and your bank card at all times. They are extremely convenient and very valuable.

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Guard you PIN and your bank card at all times. They are extremely convenient and very valuable.

The Winston-Salem Chronicle invites you to help in the selection of our third "Man and Woman of the Year" by filling out the nomination form below and returning it to us by mail at P.O. Box 3154, Winston-Salem, N.C. 27102 or in person to the Chronicle offices at 617 N. Liberty St.

Recipients will be chosen by the *Chronicle* staff and advisory board and will be judged on the basis of their contributions to the Winston-Salem black community during 1984.

Your nominees (one for ''Man of the Year,'' the other for ''Woman of the Year'') should be Winston-Salem residents and will be recognized in the Jan. 31 special edition of the *Chronicle* as well as receive commemorative plaques. Please print legibly and be as specific as possible in describing your nominees' accomplishments.

Nominations must be received by the *Chronicle* no later than 5:30 p.m. on Jan. 6.

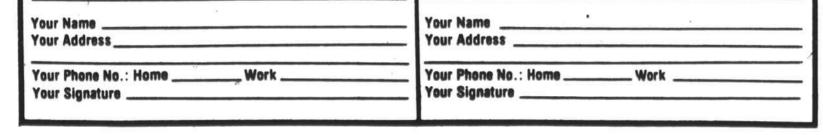
Women of the Yeer	Man of the Year
Nominee's Name	Nominee's Name
Nominee's Address	_ Nominee's Address
Occupation	Occupation
Nominee's activities, memberships, affiliations	Nominee's activities, memberships, affiliations
-	
· · · · ·	
Blass sublin briefly why you think this person	
Please explain briefly why you think this person deserves to be "Woman of the Year"	Please explain briefly why you think this person deserves to be "Man of the Year"
2	







of order while you are in the midst of a banking transaction. Never leave the machine before closing the electronic wire into your account. If you leave, the other person could lift money



At home, or at your favorite bar, when you go Misting, you make any night special. So experience the smooth mellow lightness of Canadian Mist. An imported Canadian Whisky.

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