

outreach

Human Resources in Action
in North Carolina

Mimi Cunningham

It happens in housing projects, community centers, school lunch rooms, churches and in one instance a national guard armory.

It is often accompanied by singing, games, hand-work, lots of conversation, and occasionally some flirting and courting.

And, most of the time participants are given a free ride to and from the scene.

Beauty contest? Flower show? Social?

It may be considered a social or sorts, but the main purpose of the happening is to provide 4,600 North Carolinians over age 60 with a nutritious, hot lunch and a little fun thrown in.

North Carolina is currently participating in a nationwide effort to provide nutrition and opportunities for socialization to a portion of America's growing number of older adults.

Congress enacted legislation in March, 1972, which established Title VII (nutrition program) of the Older Americans Act. In June, 1973, the legislators appropriated money to implement the measure.

In mid-August the N.C. Governor's Coordinating Council on Aging received a federal grant of \$2,218,000 to provide hot meals five days a week. Funds were to be allocated by the Council to areas interested in contributing matching funds on a 90 percent federal/10 percent local basis.

By the end of this past December, 24 projects had been funded covering 54 counties, with approximately 100 meal sites designated.

The project is expected to become fully operational by March 31. To date it has met with enthusiastic approval from the older folks it was meant to serve as well as from most communities which are involved.

The program is aimed at older adults who either cannot afford to eat properly, who lack the skills, desire or knowledge to prepare nourishing meals, or who have limited mobility, according to Robert Q. Beard, director of the Governor's Council on Aging.

The program offers one meal at lunch which must provide one-third of the adult minimum daily nutrition requirement. A typical meal includes a three ounce portion of protein (meat or fish), one-half cup each of two vegetables, bread, butter or margarine, one-half cup of fruit and

dessert, with milk available if desired.

There is no charge for the meal and no income eligibility requirement. Any person over age 60 is eligible, but participants may contribute if they wish to do so.

While serving participants a nutritious, wholesome lunch is of key importance, the program is not in existence just to provide food. At the same time other supportive services are being provided at the meal site.

All meal sites provide some type of transportation to get participants to and from the site, either by bus, through volunteers recruited from the community, civic clubs, carpools, etc.

Informational programs on nutrition education, health and welfare counseling are presented along with recreational opportunities. Eventually each local meal program will set up an information and referral system to help the older adults find answers and direction.

For further information, contact your local Council on Aging or Jamie Hatfield, Governor's Council on Aging, 213 Hillsborough Street, Raleigh, N.C. 27603.

Pre-School Shots Set

RALEIGH— A preschool immunization roundup for children who will be entering school this fall for the first time will run through April, according to Dave Collie, assistant coordinator for North Carolina's Immunization Program.

Collie warned that it will take all the period from now until school starts for children who have not had the required immunizations to catch up. Because of spacing requirements, he said it normally takes about a year to give the whole series of shots if a child has never had any. Some 13,000 North Carolina children attempted to start to school last year without the proper shots. Many were turned away.

Minimum immunization requirements for a child to start to school are three DPT shots (diphtheria, tetanus and whooping cough), three polio doses and one of red measles.

Collie said admittance can be granted on a provisional basis provided written evidence the shots have been given is presented

within 30 days after school starts. The public health specialist urged parents to check their child's immunization record now and make every effort to bring it up to date before the fall term of school.



Consumer's Corner

by Barry L. Boneno
Executive Director
High Point Consumer
Credit Counseling

Cars and furniture seem to be two consumer items that help to put most families behind the eight ball for the longest time. I am going to concentrate on cars in this article. At a later date, I will give detail pointers on purchasing furniture.

When purchasing a used car, there are some things to check.

Interior: Check all lights, windows, doors, safety belts, accessories. Don't be discouraged if an otherwise sound car has a bit of soiled upholstery. It can be cleaned or re-covered at little cost.

Tires: Evenly worn tires of the same brand suggest a well-maintained car. Beware of worn treads on tires with worn or painted sidewalls. They're probably cheap recaps.

Under the Car: Fresh oil means a leak, but a drop or two is normal in older cars. Get down on your knees and study the color of the

exhaust pipe: light gray to white - engine is running hot; medium gray-healthy engine; black and gummy- engine is burning oil and piston rings may be worn.

In the Driver's Seat: The car should start promptly, smoothly and without unusual noise. Check the dashboard gauges and warning lights. Listen to the engine idling and wide open for strange clicks and grinding that warn of trouble.

Road Test: Don't just drive around the block. Run the car in stop-and-go traffic and on high-speed roads. Acceleration should be smooth and strong in all gears. Rear-end rumbles usually mean a worn transmission. Apply the brakes lightly at 50 mph. They should respond immediately without pulling the car to one side.

For further information, contact Mr. Barry Boneno, 142 Church Avenue, or call 885-0041.

1040 U.S. Individual Income Tax Return
Taxpayers Ask IRS

This column of questions and answers on federal tax matters is provided by the local office of the U.S. Internal Revenue Service and is published as a public service to taxpayers. The column answers questions most frequently asked by taxpayers.

Q. Is it true that a retiree may be entitled to a tax credit for 1973 when he files his return?

A. Yes. If you are a retired U.S. citizen or resident, had \$600 of earned income in each of any 10 calendar years before 1973, and had retirement income during 1973, you may be entitled to a tax credit. In addition, just by filling out a few lines on Schedule R and your tax form, you can get the IRS to compute the retirement income credit for you. See your tax form instructions for details.

Q. My husband and I are legally separated. I have custody of our daughter. Does this mean I can claim her as a dependent?

A. That depends. First, you and your husband together must have furnished more than one-half of the child's support for 1973. Secondly, the child must be in your or your husband's custody for more than half the year.

If these conditions are satisfied, then generally the parent having custody of the child for the greater part of 1973 is entitled to the dependency exemption. However, there are exceptions to this rule. Your husband may be entitled to the exemption if he contributed at least \$600 toward the child's support during the year and the decree of separate maintenance or a written agreement specifies that he is entitled to the exemption.

Another exemption arises if he paid \$1,200 or more of

support for the child in 1973 and you do not establish by a clear preponderance of the evidence that you furnished more for support.

Q. I heard that there are five tests that must be met for a taxpayer to claim a person as a dependent. What are they?

A. For a person to qualify as your dependent for 1973, the following tests must be met: 1) You must furnish over half of the dependent's total support during the calendar year; 2) Unless the person is less than 19 years of age at the end of the year or a full-time student during five months of the year, you may not claim him as a dependent if his gross income is \$750 or more; 3) The person must be a member of your household and live with you for the entire year or be closely related to you; 4) He must be a citizen or national of the U.S. or a U.S. resident, or a resident of Canada, Mexico, Panama Canal Zone or the Republic of Panama for some part of the year; and 5) The person must not file a joint return unless one is not due but was filed merely to obtain a refund.

Q. I had a part-time job last summer to pay college tuition. I didn't earn enough to pay income tax, but I'm going to file a return to recover income tax withheld from my pay. Can I check off \$1 of the tax withheld for the Presidential Election Campaign Fund?

A. No. You can only designate \$1 (\$2 if married filing jointly)

if you had at least that much tax liability.

Q. I pledged \$100 to a charitable organization in December 1973. I was billed in January 1974 and just paid the bill. Can I deduct this amount on my 1973 return?

A. No. Contributions must actually be paid before the close of 1973 to be deductible on your return for that year.

Q. Can I file my tax return without my Form W-2?

A. You should make every effort to obtain your W-2 form from your employer to insure a proper return.

However, your return must be filed on time. If you do not have all your Forms W-2, report all your income and attach a statement explaining how you computed any tax withheld for which you claim credit, but for which you have no Form W-2.

If, after you have filed your return, you receive a Form W-2 for income that you did not include in your return, or if you find your estimates of income and withholding tax to be incorrect, file an amended return, Form 1040X. This form is available at any IRS office.

Q. Do you have a booklet that describes tax law changes for 1973 Federal income tax returns?

A. Yes. IRS Publication 553, "Highlights of 1973 Changes in the Tax Law," is available free from your local IRS office. Taxpayers seeking more details may purchase IRS Publication 17, "Your Federal Income Tax," from Internal Revenue offices and many post offices for \$1.00. Mail orders may be made to the Public Documents Distribution Center, Pueblo Industrial Park, Pueblo, Colo., 81009. The price for mail orders is \$1.25.

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Health Hints
by
Dr. BENJAMIN A. WILLIAMS
Dentist
High Point, N. C.

Dear Dr. Williams: Sometimes I have severe headaches. Is it possible for my teeth to cause this problem? K.W.

The answer to your question is yes, but let us examine more closely some of the reasons and other symptoms related to your question.

Dental problems that most often cause headaches are impacted teeth, tissue growing over wisdom teeth and the loss of several back teeth.

Many people do not have the required space in their jaws to accommodate the third molars commonly known as wisdom teeth. When there is not enough space in the jaw, the wisdom teeth may come through the gums rotated or pushed against the tooth in front of it. Sometimes teeth may not come through the gums at all due to obstruction by bone or teeth. This is called impaction of the teeth.

Some of the reasons for impacted teeth are heredity, rickets, anemia, syphilis, tuberculosis or malnutrition.

The most common symptoms caused by impacted teeth, whether they be wisdom teeth, cuspid or eve

teeth, or any of the other teeth or simply teeth that never come into the mouth, are severe pain in the upper and lower jaws, pain in front and behind the ears.

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