

Extended Day Optional School

Many times the traditional education system is slow in changing its ways. For example, who would dream of having flexible school hours and a choice of subjects? However, educators are beginning to realize that all people don't need the same thing at the same time.

North Carolina has dared to be different and try some new things to really help young people get an education "tailored" to the individual, according to State School Superintendent Craig Phillips. One new education adventure has been the establishment of the extended day/optional school program. It is a part of the regular school program, said Phillips, with some modifications. It provides flexibility in terms of time, course content, and teaching methods.

"The basic curriculum," Phillips explained, "is designed to meet the particular and unique needs of certain individuals. It includes academic instruction; occupational training with pre-employment preparation, occupational skill training, and supervised on-the-job experience; extracurricular activities; guidance and social services."

According to Assistant State Superintendent for Program Services Jerome Melton, the extended day/optional school program is for all boys and girls between the ages of

16 and 18. Youth enroll in the program for a variety of reasons. Some of the enrollees are students who cannot take all of the courses they want during the regular school day. Others are school-age youth who have dropped out for some reason, students who need to work, school-age parents or "push outs."

Melton pointed out that each student's program is individualized so that he or she can succeed in school and on the job. Many of the students work in the community while they attend school to continue their education and earn credits for a high school diploma. A study of the enrollees in the first optional schools show that a majority of the students are returning to their regular school for the purpose of earning a high school diploma.

In January, 1974, the State Board of Education approved twenty-three locations for extended day/optional school programs. The actual enrollment as of May 25, 1974, was 1,306 students. Of this number, 244 received their high school diplomas in June and 698 had been placed in jobs through the program. As of November 7, 1974, there were twenty-seven programs in operation with an enrollment of 2,036. Approximately 23 additional programs are in various stages of being established.

"The extended day program cuts across all disciplines and program offerings, and at the same time is flexible," said Melton. "It is devoid of the regimentation and constraints so commonly associated with traditional school programs."

The extended day program is an alternative within the regular school operated at any time of the day or week. Phillips emphasized that it is for students to continue an educational program which has been interrupted or otherwise not completed satisfactorily during the regular school.

Under the direction of Wayne Dillon, State Coordinator of the extended day/optional school program, every effort is being made to work with local coordinators of the extended day/optional school in building a comprehensive curriculum for the program.

THE HOME GAME

by MARY FUREY CRYMES

BATH BAUBLES — Here's a fun-to-make gift for those extra Christmas remembrances you always need. Concoct your own sweet-smelling bath salts and package them in pretty bottles. The magic formula is 5 pounds of Epsom salts, 2 teaspoons of food coloring 1 tablespoon of glycerine and 10 drops of perfume. Start saving salad dressing bottles now to use as containers. The interesting shapes are just right. Dress up the bottle cap with a pretty bow.

CALICO CHARMERS — If you're gifting friends with Christmas cookies and homemade candy, make marvelous containers out of those cylinders that stacked potato chips come in. Cover with a bright calico print (use glue or white liquid paste) and add ball fringe around the outside of the lid for a lovely, old-fashioned looking box. For smaller containers use the ones shortening comes in, and don't overlook sets in matching calico for a really lavish gift.

WAX WOES — If you're planning any candlelit dinner parties, here's how to get rid of tallow spots on the tablecloth. Harden the spot with an ice cube and scrape off with a knife. For white wax, cover with blotting paper and press with a hot iron, moving the paper often. When no more wax appears, dab the spot with cleaning fluid. For colored wax, dab with a solution of one part denatured alcohol to two parts water.

RECYCLED WRAPS — Have you noticed lately that gift-wrapping can cost almost as much as the gift? Get in the habit of saving any salvageable ribbon, bows and paper. Freshen up the paper with a light spray of starch on the wrong side, then press with a WARM iron. Leftover wallpaper makes a great gift-wrap with extra flair.

CUDDLY CUTIES — Now's the time to start making some cuddly stuffed animals for junior Christmas gifts. To prevent your creation from having a neck that droops to the floor, rescue the cardboard tube from a roll of toilet tissue and insert a piece of it between the head and the body. Place under the tree without wrapping, and watch the kids' eyes light up.

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Employment Of Handicapped Grows

RALEIGH - The number of handicapped workers employed by North Carolina's state government more than doubled during 1974. Governor Jim Holsinger announced today.

Holsinger reported on the results of a survey conducted by the Governor's Council on Employment of the Handicapped.

The survey showed that the 17 state government departments currently employ 1,904 handicapped persons, as compared with the 929 reported in the 1973 survey.

Leading the state government departments in hiring the handicapped is the Department of Human Resources, which reports 854 handicapped employees. In 1973, the Department reported 395 handicapped workers.

A breakdown of the handicapped persons hired by the other departments is as follows: Commerce, 334; Transportation and Highway Safety, 314; Social

Rehabilitation and Control, 116; Natural and Economic Resources, 100; Agriculture, 50; Public Instruction, 32; Administration, 29; Revenue, 26; Cultural Resources, 26; State Treasurer, 8; Justice, 5; Military and Veterans Affairs, 5; Labor, 3; Insurance, 2; State Auditor,

0; Secretary of State, 0. The survey information includes type of handicap -- such as visual, hearing impairments, orthopedic deformity, prosthesis used, mental disorders, chronic diseases, etc. It also contains the sex and job classification of each employee.

Veterans Administration

Make certain the right person is beneficiary on your GI insurance policy, the Veterans Administration reminds five million veterans covered under its government life insurance program. Otherwise, you may add to emotional stress of survivors when it is discovered the intended beneficiary was not named on the policy.

In such cases, according to VA Regional Office Director H.W. Johnson, VA is obligated by law to pay insurance proceeds to the beneficiary of record. Most of the agency's insureds are World War II veterans who carry National Service Life Insurance.

The problem of insurance benefits going to an unintended recipient arises in most instances because the veteran simply never gets around to changing his beneficiary, Johnson said.

In a typical case, the veteran named his mother as beneficiary when he first took out his policy. When he married, he forgot to

notify VA that he wished to change his beneficiary. Besides emotional stress, the result often is unwarranted financial hardship, especially for his widow and young children.

Johnson urged any veteran who wishes to ascertain or change his beneficiary to contact the VA Insurance Center to which he pays his premiums -- either in Philadelphia or St. Paul. Be sure to provide as much information as possible, including policy number, full name and address.

Helps Shrink Swelling Of Hemorrhoidal Tissues

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Doctors have found a medication that in many cases gives prompt, temporary relief from pain and burning itch in hemorrhoidal tissues. Then it actually helps shrink swelling of these tissues caused by inflammation.
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outreach
Human Resources in Action
in North Carolina
by Jean Peterson

YOU AND YOUR HEALTH
By Peter J. Esse, M.D.

HOW TO HANDLE CONVALESCENCE
Dear Dr. Esse: My husband had a severe heart attack three weeks ago. His doctor advises, now that he is convalescing at home, that he stay away from business at least another two months.

But my husband prides himself on not being a "frayed cat." He is already on the phone to his office and sales people. He tells me that he can't possibly stay away for two months.

Besides, he thinks most patients with heart attacks almost scare themselves to death. They baby themselves too much. He has a friend who has sold his business, given up his golf, and lives like an invalid. Why? Because he has had a heart attack and wants to prevent another. "I'm not going to live like that," my husband says. "I'd rather be dead."

What do you suggest? — Mrs. F.
COMMENT: You and his doctor had better get together to see if you can drive some sense into him. One extreme is as bad as another. Living scared "like an invalid" isn't something I recommend. But neither is it advisable to invite another heart attack by becoming too active too soon. It takes time for the sick heart to restore itself. When a main coronary artery has been blocked off, collateral circulation doesn't form overnight. Therefore, my suggestion to your husband is that he be thankful that he has recovered from his heart attack. And to show his appreciation by living in low gear for a few more weeks. There will be time enough later for almost full return to business, golf, social distractions — and a normal way of life.

Convalescence — no matter what the original illness or operation — is a critical stage in recovery. Resumed activity should be gradual. This is as true for activity following an attack of flu as it is following gallbladder surgery or convalescence from tuberculosis.

I have observed many unnecessary tragedies in patients who might have been well on the way to complete recovery — they spoiled it all by being too impatient during convalescence. In case of illness, do not try to resume normal activities too soon. Give the body and mind a chance to readjust.

For Mrs. J.: I recall the old-fashioned methods of treatment for sciatica. When a husband came down with an attack of pain in the back and leg, many a wife would use him as an ironing board — running a hot iron up and down, hoping the heat would help. Sometimes it did.

But in your husband's case, I suggest that diagnosis is more important than temporary treatment with a hot iron. Insist that he follow his doctor's suggestion to have X-ray studies. What's necessary is to discover the reason for his back and leg pain. Is it due to arthritis? To disc trouble in the spine? To something else? Treatment will be more effective after the diagnosis has been made.

For Mr. C.: Blood in the urine may be due to a stone in the kidney or in the ureter (the tube leading from kidney to bladder). Especially with your history of having passed a stone three years ago.

But there may be some other reason. This is why your doctor recommends special X-ray study of your bladder and kidneys. He wants to be sure that tumor or infection isn't the cause.
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CALORIE COUNTDOWN
BY SUSAN DUFF MASTRO

TOMATOES FOR DIETERS
One of the nicest things Mother Nature ever did for us dieters was to make the tomato. Luscious and sweet, one fresh red tomato of average size (three inches in diameter and about seven ounces in weight) contains just 40 calories. A raw tomato makes a great hunger-killing snack between meals — in the afternoon, I sometimes eat one like an apple sprinkling salt and pepper on each bite. You can also slice it, sprinkle lemon juice (one tablespoon, four calories), some dried dill, garlic salt and pepper, and enjoy it like a salad for just 44 calories altogether. Or, cut a tomato into wedges and use your favorite salad seasonings along with some diet dressing. My favorite is an Italian diet dressing which has just six calories in a tablespoon — about three tablespoons cover a wedged tomato nicely and that costs you only 58 calories total.

For breakfast, you can scramble some cut-up tomato pieces into your eggs. Prepared in a Teflon pan with no fat, two scrambled eggs a la tomate add up to no more than 200 calories. For lunch, split a tomato into quarters leaving the sections attached to the bottom and spoon in four ounces of water-pack tuna. This is an attractive wholesome dish which only amounts to 184 calories. As an exciting side dish to serve with supper, thick slices of tomato (say, four slices to one average tomato) sprinkled with oregano and garlic powder, then broiled for about three minutes is a delicious addition to your meal.

In addition to being low in calories, tomatoes are high in two essential vitamins: each average tomato has about 1650 International Units of vitamin A and 42 milligrams of vitamin C. That's great nutrition for such a low calorie count. And the high food value and low calories of tomatoes are not diminished when you eat them from the can. Canned tomatoes, including solids and liquids, have just 50 to 60 calories (count depends on brand) per cup, in addition to 2170 International Units of vitamin A and 41 milligrams of C.

If you like your tomatoes in other forms, catsup, which you're likely to use more sparingly, adds zip to foods for just 75 calories per quarter cup — and chili sauce which really adds ping, has only 62 calories per quarter cup. Tomato juice is a great pick-me-up for dieters at a mere 44 calories per eight-ounce cup.

And now that meat prices are so high and we've been forced to buy the less expensive and usually tougher cuts of meat, tomato sauce is a great stewing solution for preparing them. The regular plain sauce has 60 calories per cup; with mushrooms, it has 75; with onions 90; and with tomato tidbits, also 90 calories. Tomato paste which is much more concentrated, has 217 calories per cup, but we usually use less and dilute it for cooking purposes.

FREE OFFER FOR BUDGET-MINDED DIETERS: Looking for low-cal, low-cost recipes to spruce up inflation-plagued meals? Look no more! Send a postcard to me in care of this newspaper (include your name, address and zip), and receive a FREE cookbook with lots of tomato sauce recipes which are as easy on the waistline as on the pocketbook. This 10-page booklet has 40 delicious recipes illustrated in color. Please mention the name of the booklet, "Tomato Recipes," and allow several weeks for delivery.
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Mental Health in North Carolina is beginning a new era. The patients and residents of our state mental health facilities will be the prime beneficiaries. With the recent trend toward guaranteeing the individual rights of various minority groups, North Carolina, as well as other states, is taking a fresh look at those aspects of institutional living which have a dehumanizing effect on patients seeking help with mental problems.

The 1971 General Assembly began the process by discussing legislation pertaining to patients' rights. The actual law was passed early in the 1973 General Assembly and amended by the 1974 session. The patients' rights legislation applies to the state mental hospitals, retardation centers, alcoholic rehabilitation centers and community mental health centers.

In commenting on the patients' rights legislation, Dr. N.P. Zarzar, director of the Division of Mental Health Services, stated, "The patients' rights bill serves to remind all of us that no one, simply by virtue of being a patient in a treatment facility for the mentally ill or mentally retarded, loses the exercise of his civil and human rights without due cause and due process. This bill protects such basic rights as the rights to dignity, privacy and humane care."

The policy also insures patients the right to live as normally as possible while receiving care and treatment. Attempts are being made to make both the exterior and interior of the hospitals and retardation centers more attractive and homelike.

Other patients' rights

include the right to:

-Send and receive sealed mail and to have access to writing material, postage, and staff assistance when necessary.

-Make and receive confidential telephone calls.

-Receive visitors and to make visits outside the institution.

-Have access to facilities or equipment for physical exercise several times a week and be out-of-doors everyday.

-Keep personal clothing and possessions.

-Participate in religious worship.

-Keep and spend a reasonable sum of money.

Civil rights retained by the patient of a mental health facility include the right to register and vote, to marry and divorce and to make purchases and dispose of property. These rights can only be revoked if the patient has been legally declared incompetent.

Driver's licenses can not be revoked unless otherwise prohibited.

Physical restraints and seclusion are only used when necessary to prevent danger of abuse of himself or others or as part of treatment. The law includes the protections of reporting and observation when such actions are required. Corporal punishment is not allowed.

The right to treatment is also listed in the legislation. Each patient is to have an individual treatment or habilitation plan developed by the mental health or mental retardation professional.

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