

In the Armed Services

Airman William Y. Locklear, son of William C. and Esther M. Locklear of Pembroke has graduated from Air Force Basic Training at Lackland Air Force Base, Texas. During the six weeks of training the airman studied the Air Force mission, organization and customs and received special training in human relations. In addition, airmen who complete basic training earn credits towards an associate degree through the Community College of the Air Force.

IT'S INCOME TAX TIME

GREENSBORO—Almost 3.4 million North Carolinians will receive their 1984 Federal tax form packages during the week of December 26, 1984, the Internal Revenue Service has announced.

Each recipient will receive the type of form he or she filed last year, the IRS said. However, filing a different form may be beneficial due to some changes.

For instance, the 1040A, called the short form, allows the taxpayer to claim certain adjustments, credits, and deductions formerly required to be filed with the 1040 long form. A taxpayer may file the 1040A and still claim the Individual Retirement Account adjustment, the deduction for a married couple with

two wage earners, the tax credit for child or dependent care, and also the deduction for up to 20% of the first \$300 of contributions to qualified organizations. Deductions for other expenses must be claimed on Schedule A, filed with the 1040.

William Lovelace, Chief of the Taxpayer Service Division said, "Last year, about 675,000 North Carolina taxpayers filed the 1040A."

The Federal tax package has two sets of the basic forms and schedules so the taxpayer may use one to compute the tax and keep the other for mailing in. The 1040A and 1040EZ forms are contained in the same package, the IRS said.

Roanoke holiday compared to party

CHAPEL HILL — When the Roanoke Island colonists celebrated the first Christmas in North Carolina 400 years ago, the festivity probably resembled a modern office party more than a religious observance.

Although little information exists on Roanoke Christmases, the colonists probably passed the holiday season as they did in Elizabethan England, with plenty of feasting, drinking and dancing, said William Powell, a North Carolina history expert and professor at the University of North Carolina at Chapel Hill.

"It's not unreasonable to assume that Christmas customs, like any other customs, would have been maintained," Powell said. "The colonists would have done at home if they had the resources."

Yuletide celebrations in Elizabethan England were elaborate, with people dressing up, wearing costumes, parading, feasting and dancing, Powell said.

The English celebrated the 12 days of Christmas. They elected a Lord of Misrule, who decreed outrageous laws and led the people to church dancing all the way. Wassail cups overflowed and fireworks lit the skies.

The season was expensive for the gentry, who bought massive quantities of food and fancy clothes, such as silk hats and large ruffled collars. For example, one nobleman served 118 rabbits, 12 sheep and 441 gallons of beer to guests during one week.

Gambling was a favorite Christmas activity. Often the stakes were high. One unlucky gambler lost 800 pounds sterling during the holiday.

Some religious reformers, such as the Puritans, protested that the Elizabethan celebrations did not maintain the religious spirit of Christmas. Their complaints were ignored, Powell said.

While Elizabethan Christmas customs did not focus on religious devotion as much as the Puritans would have liked, the holiday season did provide a release from social tensions and boosted community spirit. The upper classes shared with the impoverished.

"It was an occasion of giving gifts to the poor," Powell said. "It wasn't all for themselves."

Ordinary workers, such as farmers, craftsmen and apprentices, were allowed to go to unlicensed houses for drinking during the holidays. There they could play all of the games that

were usually illegal for their class, such as tennis and cards.

Although Roanoke colonists probably tried to replicate an Elizabethan Christmas in North Carolina, some of the customs would have changed.

"They wouldn't have had the ingredients to make the fine foods that they did in England," Powell said. "They would have killed deer, squirrels and rabbits instead."

Colonists also probably invited native Americans to their celebrations, Powell said.

"I would guess that the people at Roanoke Island would have had the Indians present because Thomas Harriot would have been interested in getting the Indians to convert to the Anglican faith, and Christmas was a religious occasion."

Some of North Carolina's 19th-century Christmas custom resembled the traditions of Elizabethan England.

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DID YOU KNOW?

There is solid evidence that nonsmokers can suffer lung disease from exposure to the cigarette smoke of others, according to a recent report from the Surgeon General of the United States.



The 515-page report states that cigarette smoking can make a significant measurable contribution to the level of indoor air pollution.

Children of families with parents who smoke appear to have small, but measurable differences in tests of pulmonary function when compared to children from families whose parents are non-smokers.

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An Interview On

MIGRAINE HEADACHES

... With Dr. Harvey C. Schultz, Jr. D.C.



DOCTOR OF CHIROPRACTIC

Question: When is a headache really a headache?

Answer: When it's a migraine ... which is as severe a "Headache" as any health problem can be.

"Just exactly what is a migraine headache?"

This frequently asked question was put to Dr. Harvey C. Schultz, Jr. D.C., of the Schultz Chiropractic Center, to better identify the relationship of the migraine to other types of headaches.

"Before I answer the question," says Dr. Schultz, "let me say that we Doctors make a mistake too often of using names or 'labels' of serious conditions without explaining them. Just because a person may not know the name of his problem, that doesn't mean he isn't experiencing pain and discomfort."

According to Dr. Schultz, migraine is the most cruel type of headache.

"Let me describe a typical migraine attack," he says. "It can start with a heavy feeling over the eyes. The individual generally becomes depressed with the thought of going through another bout with migraine."

The pain begins at the base of the skull and radiates or

throbs, to one or both sides of the head. Some senses become extra acute ... for instance loud noises seem painfully louder. The least jarring or stooping aggravates the pain. Black spots or flashes or zig-zag lights come before the eyes. Often there is vomiting."

What Dr. Schultz has just described is a typical migraine attack. At the first stages of the migraine condition, the symptoms may be less severe. But left untreated they will most surely intensify and in many cases become a lifetime of sheer agony.

What causes a migraine?

"Nerve pressure at the base of the skull is the first cause," says Dr. Schultz. "Technically, mid-dorsal nerve pressure impairs the tone of the pyloric valve, diminishing the efficiency of digestion. Bile entering the stomach becomes difficult to dispel. The lower pelvic organs may produce low back nerve pressures."

Modern Chiropractic, such as that practiced by Dr. Schultz, is known to be most successful in the treatment of migraine headaches. Pain pills and headache remedies only offer temporary relief, if any relief at all.

For Further Information Call Or Contact

Schultz Chiropractic Center

4902 Fayetteville Road, Lumberton, N.C.

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