



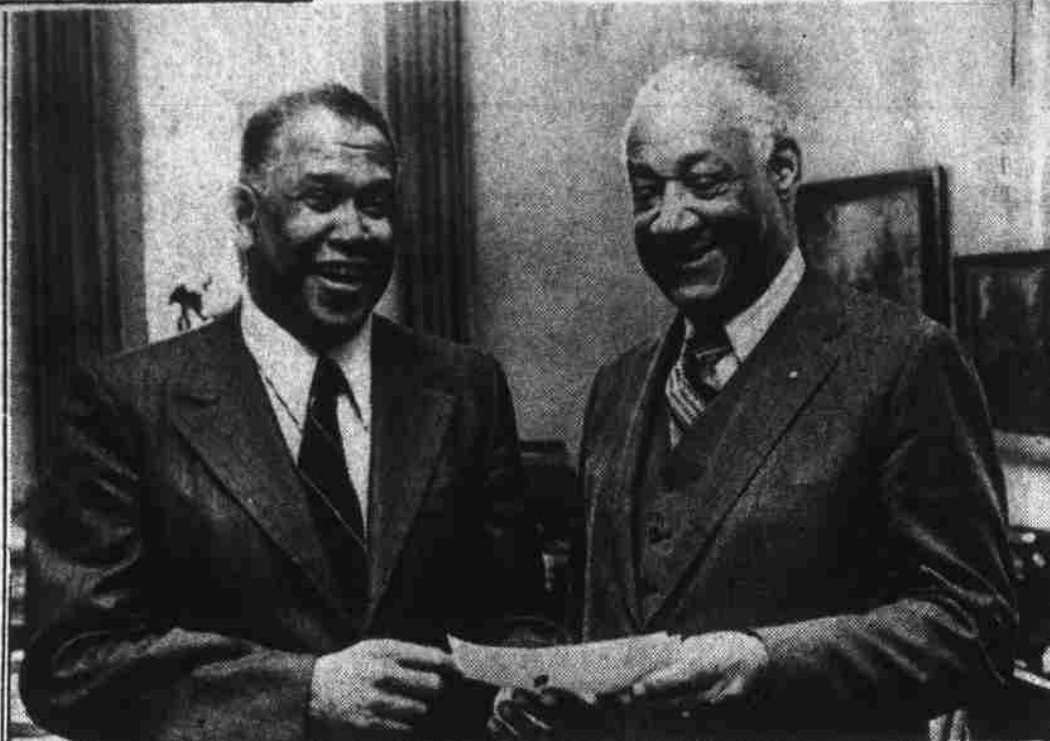
FLORIDA CELERY, GOOD AND THRIFTY

Florida celery growers produce this sweet, crisp vegetable so efficiently that it seems always to be attractively priced and this season is no exception.

Try Celery "Finocchio" when you're looking for a "different" vegetable. In a large skillet combine 2 cups chicken bouillon, 1 teaspoon minced onion, 1/2 teaspoon fennel seed, salt and pepper to taste. Add 4 cups sliced celery and simmer, uncovered, 8 to 10 minutes.

Celery and Cucumber team deliciously: Melt 3 tablespoons butter or margarine in a large skillet. Add 6 cups sliced celery and 1/2 cup chopped onion; saute 5 minutes. Then add 2 cups sliced, peeled cucumbers; 1 teaspoon ground cumin seed; salt and pepper to taste. Saute 2 minutes longer and serve hot.

Fruited Celery is especially good with chicken, turkey or pork. Melt 3 tablespoons butter or margarine in large skillet. Add 6 cups sliced celery and 1/3 cup minced onion; saute 3 minutes. Add 1 cup diced, unpeeled apple; 1/2 cup raisins; 1 1/2 teaspoons salt and 1/2 teaspoon ground ginger. Saute 3 minutes longer until celery is crisp-tender.



CLARK COLLEGE RECEIVES GRANT—Mr. Edward L. Simon, vice president of Atlanta Life Insurance Company, presented checks totalling \$5,500 to Dr. Vivian Henderson, president of Clark College for the United Negro College Fund. This grant was made by the Alonzo F. and Norris B. Herndon Foundation, and the Atlanta Life Insurance Company. Jesse Hill, president.



EQUALITY DISCUSSION—Velma Strode (center), director, Office of Equal Employment Opportunity, U.S. Department of Labor, discusses goals of the Labor Department's Equal Employment Opportunity program, with Samuel Becton, Manpower Administration, and Thelda Y. Samuels, Occupational Safety and Health Administration, two of the 34 employees serving as EEO counselors for Department employees in Washington, D.C. Becton is a native of Durham, and attended North Carolina Central University.

Med. Ins. Deductible For 1974 And 1975

Doctor bills for October, November, and December may in some cases count toward the \$60 annual deductible for both 1974 and 1975 under the "carry over" provision of Medicare medical insurance, according to John H. Ingle, Social Security Manager in Durham.

Medicare medical insurance doesn't pay for the first \$60 in covered medical expenses in a calendar year. "But people who haven't had covered expenses over \$60 before October, November or December," Mr. Ingle said.

"Any expenses you have during the last 3 months of the year that can be counted toward your deductible for that year can also be counted toward the deductible for the next year," he said.

The carry over rule helps people who might otherwise have to pay the \$60 deductible twice in a short period of time at the end of one year and at the beginning of the next year, Mr. Ingle explained.

Bills for covered medical services should be attached to a

filled-out request for Medicare Payment form and sent to Prudential Insurance Company of America. Request for Medicare Payment forms are available at any social security office and at many doctor's offices.

Medicare medical insurance helps pay for the doctor bills and many other medical expenses of people 65 and over, of disabled people who have been entitled to social security disability benefits for at least 24 consecutive months, and of many people with

chronic kidney disease. The medical insurance is the voluntary part of Medicare, funded by individual premiums and Federal general revenues. Medicare is administered by the Social Security Administration, an agency, of the U.S. Department of Health, Education, and Welfare.

The Durham Social Security Office is at 2022 Guess Road. The phone number is 286-7731.



By Mrs. Dan Gerber

With the energy crisis and high fuel costs, many families are keeping thermostats at a lower level. An important fact to remember is that lower temperatures seem more comfortable and are more healthful if there is a reasonable amount of moisture in the air. Doctors and pediatricians have long recognized the value of adding humidity to winter-dry air.

An easy, yet economical way to do this is with the humidifier-vaporizers now widely available. These come in a wide range of models with features and prices to suit every need and budget.

To make baby's room more comfortable, use one of the efficient portable units with exclusive Hanksraft safety features. If baby has a cold, he or she will be able to breathe easier with the cool mist from a vaporizer nearby.

Make living areas more comfortable for everyone by using one of the air circulator-humidifiers with contemporary styling and easy portability. These units operate for pennies a day, run for hours without refilling and also help prevent dry air damage to furnishings and woodwork.

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PAUL ENGRAM
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JSU Launches Therapeutic Rec. Program

The Health, Physical Education and Recreation Department at Jackson State University is offering a new four-year program that culminates with a baccalaureate degree in therapeutic recreation.

The program is designed to train students in rehabilitative and recreational services for handicapped individuals.

To qualify for entrance into the program a student must have a minimum 2.50 grade point average and present three letters of recommendation.

Scholarship funds are available for persons interested in pursuing a degree in the therapeutic recreation program.

A recent nationwide study indicates that there are numerous job opportunities for professionals in the areas of sociological, physiological, and educational rehabilitation for the handicapped.

The program has been implemented in an effort to meet the needs, limitations, and interests of handicapped persons through a comprehensive curriculum in therapeutic recreation.

Persons interested in the program or those desiring further information should contact Mr. Willie Daniel, associate director of therapeutic recreation program, at Jackson State University, telephone 948-8533, Ext. 291.



ATTEND ANNUAL MAYOR'S PRAYER BREAKFAST—Dr. Wendell P. Russell (left), President of Federal City College and DC Teachers College, talks with top District of Columbia officials, Mayors Walter Washington (center) and Congressman Walter Fauntroy, at the Annual Mayor's Prayer Breakfast held recently at the Washington Hilton. Dr. Russell delivered the keynote address, "The Coming Together of a City."



ALI'S NOT QUIET ON THE JEFFERSON FRONT—The Jeffersons soon find out moving up in the world doesn't necessarily mean happiness actually, it's creating quite a bit of tension in the household, as Archie Bunker's former neighbors begin a new and luxurious life as stars of their own comedy series, "THE JEFFERSON," premiering Saturday, Jan. 18 on WTVD Ch. 11. Pictured (l to r): Series stars Isabel Sanford, Sherman Hemsley and Mike Evans as Louise, George, and Lionel Jefferson, respectively.

File Early, Beat The Tax Rush!

GREENSBORO—North Carolina taxpayers should have their 1974 Federal Income Tax forms in hand no later than December 31, according to Mr. Robert A. LeBaube, District Director for Internal Revenue Service.

"There are no major changes in this year's package over last year's," LeBaube remarked.

IRS recommends that taxpayers begin assembling the records they will need to file their tax returns as soon as possible. In fact, now is a good

time to develop a system for keeping records for next year.

Taxpayers are again urged to use the peel-off label furnished with the forms package. If a taxpayer has moved this year, he should correct the label before attaching it to the return. Be sure and include correct social

security numbers for both husband and wife on a joint return, even if one had no income.

Employers are urged to furnish W-2 forms to employees as soon after December 31 as possible and no later than January 31.

Taxpayers can get refunds in four to five weeks if they file returns in January and February. Later filers may have to wait up to eight weeks for a refund.

It's your money, so why wait, file early and get your refund early.

STATEMENT OF CONDITION
American Federal Savings & Loan Association of Greensboro
 707 East Market Street, Greensboro, N.C.
 After the Close of Business December 31, 1974

Assets	
Mortgage Loans and Other Liens on Real Estate.....	\$7,261,371.95
All Other Loans.....	272,795.98
Real Estate Owned and in Judgment.....	51,640.76
Cash on Hand and in Banks.....	328,939.85
Investment and Securities.....	108,400.00
Fixed Assets Less Depreciation.....	58,326.32
Deferred Charges and Other Assets.....	86,444.62
Total Assets.....	\$8,277,919.48
Liabilities and Net Worth	
Savings Accounts.....	\$6,312,915.69
Advances from Federal Home Loan Bank.....	1,282,000.00
Other Borrowed Money.....	200,000.00
Loans in Process.....	239,910.74
Other Liabilities.....	26,292.28
General Reserves.....	166,814.00
Surplus.....	49,986.77
Total Liabilities and Net Worth.....	\$8,277,919.48

NO OTHER SAVINGS AND LOAN ASSOCIATION IN GREENSBORO IS PAYING HIGHER EARNINGS ON SAVINGS THAN AMERICAN FEDERAL

The association's savers received \$151,437.33 in dividends for the six months ending December 31, 1973. Dividends paid to savers for the year 1973 totaled \$313,247.77. During the year 1973, the increase in savings was \$578,351.19 or 10.73% with an increase in mortgage loans of \$777,545.91 or 12.95%. The association's assets increased \$1,034,373.19 or 14.79% bringing the total to \$8,030,215.51 at year's end.

We invite you to open a savings account or add to your account today.

- 5 1/2% Paid on Passbook Savings
- 5% Paid on 3 Month Certificates (\$1,000 Minimum)
- 6 1/4% Paid on 12 Month Certificates (\$1,000 Minimum)
- 6 1/2% Paid on 2 Year Certificates (\$5,000 Minimum)
- 6 3/4% Paid on 2 1/2 Year Certificates (\$1,000 Minimum)
- 7 1/4% Paid on 4 Year Certificates (\$1,000 Minimum)

ALL DIVIDENDS ARE COMPOUNDED DAILY AND PAID QUARTERLY

Officers and Personnel	Directors
J. Kenneth Lee.....President	E.E. Smith, Sr.....Chairman
A.S. Webb.....Exec. V-P and Secretary	Melvin T. Alexander
Melvin T. Alexander.....Vice-President	Waddell Hinant
B.J. Battle.....Treasurer	Arthur Lee, Jr.
Miss Mildred J. Brown.....Office Secretary	J. Kenneth Lee
	Charles A. McLean
	Julius A. Rankin
Mrs. Louise H. Morales.....Teller	Arthur S. Totten
Mrs. Joan J. Halth.....Teller	Clarence M. Winchester
Michael X. Baskerville.....Teller	
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AMERICAN FEDERAL SAVINGS AND LOAN ASSOCIATION OF GREENSBORO IS THE ONLY "FEDERALLY CHARTERED" ASSOCIATION IN THE STATE MANAGED AND DIRECTED BY BLACKS

LEGALS

NORTH CAROLINA

DURHAM COUNTY

CO-EXECUTOR'S NOTICE

The undersigned having qualified as co-executrices of the Estate of Julia Evans Freeman, deceased, late of Durham County, this is to notify all persons having claims against said Estate to present them to the undersigned on or before the 6th day of June, 1975 or this notice will be pleaded in Bar of their recovery.

All persons indebted to the Estate will please make immediate payment to the undersigned. Ruth Tounsel Taylor Ernestine E. Young, Co-Executrices of the Estate of Julia Evans Freeman 2515 Kirby Street, Durham, North Carolina 27707.

H.M. Michaus, Jr., Attorney Post Office Box 2152 Durham, North Carolina, 27702

January 4, 11, 18, 25, 1975

NOTICE OF DISSOLUTION OF DURHAM ARCADE COMPANY

Notice is hereby given that Articles of Dissolution of DURHAM ARCADE COMPANY were filed with the Secretary of State of the State of North Carolina on December 12th, and that all creditors of and claimants against the corporation are required to present their respective claims and demands immediately in writing to the corporation so that it can proceed to collect its assets, convey and dispose of its properties, pay, satisfy, and discharge its liabilities and obligations, and do all other acts required to liquidate its business and affairs.

L.W.W. HORTON P.O. Box 2331 Durham, North Carolina.

January 4, 11, 18, 25, 1975

NOTICE OF DISSOLUTION OF BELK LEGGETT OF BOULEVARD MALL, DURHAM, N.C., INC.

Notice is hereby given that Articles of Dissolution of BELK LEGGETT OF BOULEVARD MALL, DURHAM, N.C., INC., were filed with the Secretary of State of the State of North Carolina on December 12th, and that all creditors of and claimants against the corporation are required to present their respective claims and demands immediately in writing to the corporation so that it can proceed to collect its assets, convey and dispose of its properties, pay, satisfy and discharge its liabilities and obligations, and do all other acts required to liquidate its business and affairs.

L.W.W. HORTON P.O. Box 2331 Durham, North Carolina

January 4, 11, 18, 25, 1975

LEGAL NOTICE

Having qualified as administrator of the estate of Sadie Ellis Martin deceased of Durham County North Carolina, this is to notify all persons having claims against said estate of exhibit them to the undersigned at 609 Bacon St., Durham, on or before the 1st Oct. 1975, or this notice will be pleaded in bar to their recovery. All persons indebted to said estate will please make immediate payment.

This the 2nd day of January 1975. Estate of Sadie Ellis Martin deceased Louise Price Administrator.

January 11th, 18th, 25th, Feb. 1.

ADMINISTRATOR'S NOTICE

Having qualified as administrator of the estate of Rebecca L. Brown, deceased, this is to notify all persons having claims against the estate of Rebecca L. Brown to present them to the undersigned within six months from date of the publication of this notice or same will be pleaded in bar of recovery. All persons indebted to said estate please make immediate payment. This 18th day of January, 1975.

Mechanics and Farmers Bank, Administrator Estate of Rebecca L. Brown, deceased

January 18, 25, February 1 and 8, 1975.