

Community Scene

Clubs & Socials

Mt. Vernon Choir Celebration

Senior Choir One of Mount Vernon Baptist Church celebrated Christmas with a buffet dinner in the Fellowship hall of the church on Monday, December 20.

A program featuring the following choir members was presented before the dinner: Master of Ceremonies, Thomas Bass; Welcome, Annie G. Rogers; Scripture, Ralph Cousin-Judd; Musical Selection, Eddie and Olivia Williams; and Invocation and Grace, Virginia Mason. Carols were sung by the group accompanied by Ruth S. McCollum.

A dinner consisting of food items brought by choir members was served. Following the dinner, Santa Claus, Beverly Perry, distributed gifts, assisted by Rosalyn Cole, Ralph Cousin-Judd and Mildred B. Goode. Remarks were given by Mrs. McCollum, organist, and Mrs. Charlotte G. Tucker, president.

The social committee members were recognized: Mary C. Adams, chair; Mildred B. Goode, Cora McLeod, Virginia H. Mason, Theresa Dalton, Olivia Williams, Eddie Williams, Thomas Bass, Bernice Peterson, Rosalyn M. Cole, Moses Norwood, Maggie Gary, Beverly Perry, Ralph Cousin-Judd, and William Little, who was unable to attend due to illness.

In addition to the aforementioned persons, others attending were Mary Williams, Christine Johnson, Anita McCollum, Modessa Justice, William McMillion, Mary P. Long, Jean Scott, Marie Kearney, Velton Thompson, Aline Davis, Edna Thompson, Burnice Parker, Burnice Parker, Jr., Veronica Parker, Nefertiti Parker, Lizzie Crews, Lee Goode, Juanita Norwood, Hazeline Wilson, Aloha Reese and George Faulk.

Triangle Military Retirees' Wives

In keeping with its dedication of service to the community, Triangle Military Retirees' Wives, Inc. presented its annual gift of personal items for clients to the Coalition for Battered Women on December 21.

The members, who are wives of retired United States Armed Forces personnel, include President Barbara J. Lassiter, Renora H. Alston, Lucille P. Bethea, Johnnie W. Brown, Pattie M. Freeman, Naomi J. Jackson, Billie J. Jones, Ann B. McAllister, Enid Patterson, Annie M. Reed, Bettye L. Smith and Ruby H. Wilson.

The club recently sponsored a full campership to the NCCU Summer Basketball Camp and provided a family with food for Thanksgiving dinner.

West Durham Blossom

The West Durham Blossom Garden Club held its annual Christmas party recently at a local restaurant.

The program was prepared by Ms. Dorothea Johnson and Mrs. Julia Freeland. Attendees sang Christmas songs and carols, followed by the reading of the scripture by Gardener Mary McClary and prayer by Gardener Doris Reddick. Dinner was served and Santa Claus entertained.

Other gardeners present were: Naomi L. Parker, Harriett Miller, Margaret Fuller, Virginia Jackson, Alcase Bynum and Gertrude Gibson; guests Mmes. Helen Brown, Grace Dowdy and Billie Mebane; and Mr. Benjamin H. McClary.

Church News

Durham Ushers Union

The monthly program of the Durham Interdenominational Ushers Union will be held Sunday, January 9, 3 p.m., at St. John Baptist Church, 217 Onslow Street. Mrs. Helen Williams, program chairman, will preside.

Mr. Clyde Moore, Jr., president of the Durham Ushers Union, will deliver the president's address.

Other program participants scheduled are Rev. Hallie Small, Ms. Phyllis Thomas Thorpe, Mr. Frank McCrea, Mr. Louis Jones, Mr. Lee Brown and Rev. Robert L. Daniel, pastor of St. John Church.

The public is invited.

Saint Titus'

The first Sunday after Epiphany, The Baptism of our Lord will be celebrated at St. Titus' Episcopal Church with Dr. Patricia Page as guest preacher. Rev. Monroe Freeman, Jr., rector, will be celebrant. Guests for that service will include members of the J.E. Shepard Sermonia Club.

On Saturday, January 8, from 10 a.m. to 2 p.m., the Diocesan Conference on Women's Issues will be held. The program includes Holy Eucharist being celebrated by Rev. Virginia Herring, rector, St. Ann's, Winston-Salem.

Immediately following the Women's Issue Conference, Fr. Freeman will host a meeting of the 11 historically black churches to plan a Diocesan Celebration of Absalom Jones, the first African American priest ordained in the Episcopal Church.

Visitors are welcome to attend all activities at St. Titus'.

Covenant

The Youth Fellowship of Covenant Presbyterian Church, 1306 Lincoln Street, will sponsor "Youth Sunday" January 9 at the 10:55 a.m. service. Rev. Larry Edwards, a young charismatic minister, will be the guest speaker. The speaker is a staff associate of Church and Society of the New Hope Presbytery. The Intergenerational Choir will provide the music.

The public is invited.

West Durham

Rev. Frederick D. Terry was the guest speaker at the morning worship service Sunday, January 2, at West Durham Baptist Church, 1901 Athens Street. Rev. Terry was pastor of West Durham Baptist from 1965 to 1971 during which time the present church structure was erected.

Rev. Terry is presently chief of Chaplain Services, Veterans Medical Center, Bay Pines, Fla. He holds an honorary doctorate degree from Shaw University, his alma mater.

WORD WISE

Q: I used the word "shall" in a college paper. My professor wrote a note in the margin saying I should avoid that form as antiquated. But the sources I consulted said it was correct. Should I argue with my professor?

A: Shall is considered archaic in the newer dictionaries. Your professor was doing you a favor. A word may be technically correct, but no longer in common use. Use the word "will" instead.

Send questions or comments for Word Wise to P.O. Box 4367, Orlando, Fla. 32802-4367.

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TARNISH PROOF — If you think that Christmas belt buckle will become tarnished and lose its shine, cover it with a coat of clear nail polish.

ON THE ROAD — For all devotees of fast food! Try slipping all the money-saving coupons in your glove compartment. This way you have them on hand when hunger overtakes you and you won't miss out on any bargains!

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Social Security

Administration

New Year Resolutions From Social Security

A new year wouldn't be a new year without resolutions. There's something about a fresh start that brings out the urge to change or improve some facet of our lives. To lose weight or get more exercise, save more money or start writing or reading that novel are very important personal resolutions, but here are some helpful tips that should improve the way you deal with Social Security now or in the future.

If you're still working, resolve to check your name and Social Security number on your pay stub to make sure it matches the information on your Social Security card. This will ensure that you're getting proper credit for your work and earnings in Social Security's records — and one day will lead to the payment of your correct Social Security benefit.

YOU & YOUR CHILD

News & Notes

By Eileen Adams

* If you're a smoker who gave up smoking during pregnancy, but now picked up your habit again, take note. You still may be harming your baby. In a recent study of 433 infants who lived in households where someone smokes, 60 percent had a chemical in their blood which signified smoke absorption: cotinine. Unfortunately, efforts to blow smoke away from the baby make no difference. Nor did it matter if the baby was in a separate room from the smoker. The bottom line is — for the sake of you and the baby — quit smoking. If you can't, smoke outdoors for the sake of the baby.

* If your newborn cries all the time, yet you resist the urge to pick him or her up for fear of spoiling, you should know that experts believe "spoiling" cannot occur in very new newborns. In fact, babies aren't aware of their being spoiled until sometime after they are 4 or 5 months old!

* Nutrition experts have been telling all of us for years to eat a healthy, well-balanced breakfast to get us going each day. For kids, it may be even more important than originally thought. Nutritionists recently found that children who skip breakfast have significantly higher cholesterol levels than those who eat a regular balanced breakfast. Theories for this include the breakfast skippers who eat lots of junk food the night before, or because their hunger is at full throttle, devour hordes of junk food during school lunch. Whatever the reason, there's just another argument for getting the fuel in your kids early in the day.

* While your kids may not think it's "cool," perhaps one of the single most kind things you can do to protect your child's safety and well being is to invest in a bicycle helmet. Head injuries can be the most dreadful and the most common of injuries to child cyclists, yet recent statistics show that severe head injuries can be reduced by nearly three-fourths if a helmet is worn. Enough said for getting your kid a safety helmet?

Questions and comments for Eileen Adams should be sent to: Eileen Adams, "You and Your Child," c/o Tribune Media Services, 64 E. Concord Street, Orlando, FL 32801.

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THE HOME GAME

By Virginia Truax

HOLIDAY HAZARD — Turkey and meat grease stains should be treated by dampening the stain and rubbing with an enzyme detergent. Then wash in hottest temperature safe for fabric. Caution: Make sure stain is removed before putting in the dryer or ironing, since that will set the stain.

MEMORY JOGGER — Before you forget, file away a list of this year's Christmas exchanges, including your homemade food gifts. It will be helpful next year.

PICK ME UP — Houseplants seem to love many leftover liquids — stale club soda, weak tea and even the water eggs have been boiled in. Give it a try.

NEW LEASE ON LIFE — Weak AA batteries can be used for many months in small clocks which require very little electricity.

MAKE DO — Don't overlook a lipped cookie sheet as a good lay tray for children when traveling or confined to bed. Food, crayons or pencils won't slip off!

Resolve to get an earnings and benefit statement from Social Security to make sure your earnings are properly recorded and to get an idea of the Social Security retirement and disability benefits that might be payable to you and any survivors benefits that would be payable to your family if you were to die.

If you're nearing retirement age resolve to check with Social Security ahead of time to make sure you choose the best date to start

your Social Security benefits. You may be able to get some Social Security checks even though you're still working.

Resolve to read the booklet, "Understanding Social Security," available from any Social Security office, which provides an overview of what you need to know about Social Security and answers the question, "Will it be there when I need it?"

If you are already receiving Social Security benefits resolve to

report your 1993 earnings to Social Security by April 15, 1994 if you worked in 1993 and earned more than \$10,560 (if you were 65-69 in 1993) or \$7,680 (if you were under 65 in 1993). If you have any questions concerning Social Security contact your local office or call the toll-free number (1-800-772-1213) Monday thru Friday from 7:00 a.m. - 7:00 p.m. Local Office: 3308 Chapel Hill Blvd. Durham, NC 27707

ANNOUNCEMENT

Durham County Hospital Corporation (DCHC) Board of Trustees, with the authority of the Durham Board of County Commissioners, solicits applicants to fill five positions resulting from expiration of terms (terms expire August 31, 1994) on the Board of Trustees of the Durham County Hospital Corporation. Terms are for three years (September 1, 1994 through August 31, 1997). The governing body of DCHC is responsible for establishing policies, maintaining quality patient care, and providing for institutional management and planning.

Applicants must be residents of Durham County. Property tax listing must be current. County and City taxes must not reflect any delinquencies before an application is submitted.

Applications will be reviewed and considered by the Durham County Hospital Corporation Governance Committee. Based upon applications received, recommendations to the Durham Board of County Commissioners for their consideration in appointment of Trustees will be made by the Durham County Hospital Corporation Board of Trustees on Wednesday, March 9, 1994, at 3:00 p.m. in the Board Room of the George W. Watts Memorial Building on the campus of Durham Regional Hospital, 3643 North Roxboro Street.

Appointments will be considered by the County Commissioners on Monday, April 25, 1994, at 7:00 p.m. in the Commissioners Meeting Room, second floor, Durham County Government Administrative Complex (Renovated Courthouse), 200 E. Main Street.

For applications or additional information, contact: Mary E. Kritsch, Assistant Secretary, Durham County Hospital Corporation (470-6157) or Garry E. Umstead, Clerk to the Board of County Commissioners (560-0027).

DEADLINE FOR RECEIPT OF APPLICATIONS IS JANUARY 31, 1994