



LIVING COLOR

If you were in the vicinity of First Union National Bank uptown last Friday, you may have caught "Living Color." The group performed for lunch hour entertainment in front of the bank. First Union hosts programs each Friday afternoon. (Photo by Jim Black Photographers)

Ranks Sixth In Nation

State's Infant Death Rate Has Improved Substantially

"Although we still have a long way to go, it is wonderful to see the improvement and to know that mothers and infants are getting healthier and that our programs are working."

"I think this improvement can be attributed to several things. First of all, the perinatal program established by the legislature and expanded by Governor Hunt is now assuring that high risk pregnant women and critically sick newborns are getting the very best care possible."

"We have seen a dramatic improvement in the numbers of women who are seeking prenatal care. In 1977, 73.10 percent of pregnant women sought prenatal care, in 1980-81, 76.6 percent had the care they needed. More medically indigent women are now provided delivery services. In 1977, delivery services were provided to 1,358 women while in 1981, 2,705 women were provided this service. More patients are also now being served through our high risk perinatal clinics. In 1977-78 there were only 624 patients served in these clinics, in 1980-81 there were 2,127 women served."

"In addition, our two-year-old high risk infant identification, screening

and tracking program in which 95 percent of all newborn records are now being reviewed for risk factors in alerting parents to potential health problems with their newborns. Through this program, more children are getting specialized health care as soon as problems are detected. As a result of this program, in 1980-81 parents and physicians gave permission for health tracking of 8,465 infants so that they could be assured that any health problems would be detected as soon as possible."

"The combination of these programs along with Governor Hunt's increased emphasis on assuring that adequate medical manpower is available in all 100 counties through the rural health services program has provided a broad range of medical services that is helping to assure that children born in North Carolina are born healthy," says Dr. Sarah Morrow.

The reduction of infant mortality in North Carolina is one of the top goals of the Hunt administration.

Reminder About Fake Forms

One of the many schemes used by illegal tax protestors to avoid paying Federal income taxes is the filing of a false W-4 Form. Employee's Withholding Allowance Certificate, with their employer, the Internal Revenue Service says.

By claiming an exaggerated number of dependents on the W-4, the employee hopes to avoid the withholding tax system and ultimately drop off the tax rolls by not filing income tax returns.

Whenever a worker claims more than nine exemptions, or claims exemptions from tax withholding and wages usually

exceed \$200 per week, the employer is required to send a copy of the W-4 to the IRS. The IRS will send the employee a letter asking him or her to complete a form which involves computing the correct number of exemptions.

Upon receipt, the IRS analyzes the information, determines the allowable numbers of exemptions and notifies the employer. If the employer fails to complete and return the computation worksheet to the IRS, the employer is instructed to withhold as if the person was single, claiming one exemption.

Children are not miniature adults. Their minds are different. They cannot make their

Child Safety Restraints

It's your child's life...but it's YOUR DECISION.

At least 80 out of every 100 children who die in automobile crashes could survive if their parents would make the effort to secure them in crash-tested safety seats.

Like most parents, you recognize everyday threats to your baby's life. You protect your child from sharp objects and poisons around the home and immunize him/her against childhood diseases. However, do you realize that more North Carolina children are killed in motor vehicle accidents than by any other single cause? In fact, your children are much more likely to die from auto accidents than from childhood diseases, such as rubella, diphtheria, polio, measles, and whooping cough. Yet 95 out of every 100 young North Carolina children who are in car crashes have not been buckled up by their parents.

In a crash or sudden stop, only the car stops suddenly. The occupants within the car continue moving until something stops them. Restrainted occupants are safely stopped by belts, but unrestrained occupants are thrown against the windshield or dashboard, or even out of the car.

Children are not miniature adults. Their minds are different. They cannot make their own safety decisions. Their bodies are different. They need their own special restraint systems.

The most effective way to safely secure a child in a car is to have him/her ride in a crash-tested infant carrier or safety seat. The seat belts that come in cars should be used rather than no protection at all.

Because children aren't old enough to make their own safety decisions, the only people who can decide to protect them are parents and other adults.

It's your child's life...but it's your decision.

Prime Time Group

A Prime Time Group for Women over 40 is being held at WomanReach, 1009 East Blvd. The group will meet on Wednesday afternoons from 2-4 p.m. beginning in September.

The Prime Time Group will be learning positive coping skills for mid-life along with exploring options.

To register, call 334-3614 and set up an appointment for a visit with one of the WomanReach peer counselors.

Coffee Drinkers

When they make coffee at home, 16 percent of all coffee-drinkers use decaffeinated brands. In restaurants though, only 6 percent ask for caffeine-free coffee.

How To Feel Good During Pregnancy

Some women experience gastrointestinal problems during pregnancy. Others never do.

But there are ways to relieve the nausea, constipation and heartburn you may feel, says Sarah M. Hinton, extension foods and nutrition specialist at North Carolina State University.

"The reasons for nausea and vomiting in early pregnancy are not known," she explains. It usually disappears after the third month.

Women who feel nauseated should eat a few crackers, some dry cereal, or toast before even getting out of bed. They should get up slowly.

"Eat five or six small meals a day," Mrs. Hinton advises. "Never go for long periods without food."

Drink fluids between, rather than with meals. And drink apply juice, grape juice and carbonated beverages when nauseated.

Avoid greasy or highly-seasoned foods, Mrs. Hinton says. And be sure to have fresh air in rooms where you sleep or cook.

Exercise, fiber and liquids help prevent constipation, the specialist says.

If it occurs, eat more raw fruits and vegetables, dried fruits, stewed prunes and

apricots and prune juice.

"Use whole grain cereals and breads," when constipated, Mrs. Hinton says. And drink more liquids, including a glass of warm water when you get up.

"If constipation continues talk to your doctor," Mrs. Hinton advises. Do not take any over-the-counter drugs or home remedies.

Heartburn may be a problem in the last months of

pregnancy. "As your baby grows, there is increased pressure on your stomach," Mrs. Hinton explains.

To reduce heartburn, eat five to six small meals a day; limit fatty, fried and spicy foods and wear clothes that are loose around the waist.

"Again," Mrs. Hinton warns, "never take a medication before talking to your doctor."

Bridge Club Names Johnson

A Charlottean and former eight-year treasurer for the American Bridge Association has been elected president-elect to that organization.

George Johnson, who organized the Metrolina Bridge Club in Charlotte in 1979, is an ABA Ruby Diamond Life Master, ACBL Life Master, has been a member of the American Bridge Association since 1952, promoting bridge throughout the South for almost 15 years through his affiliation with various bridge organizations.

Johnson serves as director of finance for the Charlotte Sectional Center of the U.S. Postal Service, he is a 32nd Degree Mason and Past Potentate of NABBAR Shrine Temple, Past Ex-

alted Ruler, N.M. Turner Elks Lodge and served on committees for Goodwill Industries and the Boy Scouts of America.

A trustee at Greater Bethel AME Church, Johnson resides at 1128 Rocky Ridge Drive in Charlotte. He was elected at the 48th Annual Summer Nationals of the ABA which recently convened in Cleveland with 2,500 members attending.

Quarterly Meeting

The Quarterly Meeting of the Charlotte-Mecklenburg Hospital Authority Board of Commissioners scheduled for Tuesday, October 27, 1981, is rescheduled for Tuesday, September 29, 1981, at 7:30 a.m. at the Charlotte Rehabilitation Hospital.

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GARDEN FRESH MACARONI SALAD

- 2 cups (7 ozs.) elbow macaroni, cooked, drained
- 1 1/2 cups chopped cucumber
- 1/2 cup shredded carrot
- 1/2 cup chopped green pepper
- 1 cup KRAFT Sandwich Spread
- Salt and pepper
- Lettuce
- 1 hard-cooked egg, sliced

Combine macaroni, cucumber, carrot, green pepper and sandwich spread; toss lightly. Season to taste, chill. Serve in lettuce-lined bowl. Garnish with egg slices.

4 to 6 servings

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Besco CHILD'S Chewable Vitamins with Iron, 100 tablets	\$1.99
"CONTAC" 10 pack Cold Capsules	\$1.49
"Besco" Buffered Aspirin, 100 Tablets	.99
BLOOD PRESSURE KIT with stethoscope	\$12.99
Dexatrim - Lose Weight Fast - 20 Capsules	\$2.59
Efferdent Denture Cleanser, 40 Tablets	\$1.19
"SOFTSOAP" 10.5 oz. Liquid -- white-gold-brown	\$1.19
Disposable Butane LIGHTERS	3-\$1.00
Mennen SPEEDSTICK Deodorant 2.50 oz. size.	\$1.49
Less Mennen Maimin offer. 50 your price	.99
SilverStone Aluminum Cookware, 3 pieces	\$3.99
Cello Tape 1050" x 1/2" Roll	3-\$1.00
"Nature Valley" GRANOLA BARS 10 oz. pack	\$1.29 ea.

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