

Ms. Jane Gray Describes Her Twins As "Terrific"

By Teresa Simmons
Post Staff Writer

"Terrific" is the way Jane Gray describes life with her twins, Ashley and Ashford. "Once you get used to two babies, it's not really difficult. I had a lot of help from my family members and friends."

Lamart, father of the twins, has an identical twin. He can, no doubt, relate to the fact that keeping two children involves a little more than rearing one.

"The doctors didn't know that I was going to have twins until two days before delivery. I was rather large so I asked them could it be possible for me to have twins. On my last appointment, they did a scan and found two heartbeats."

Two days is a short time to prepare for two babies instead of one, but Ms. Gray adjusted well. Now that the twins are nine months old, she makes sure that the same amount of attention is given to both.



Lamart Barber and Jane Gray
.....With twins Ashley and Ashford

Ashley is a girl and Ashford is a boy. "They are not alike; they have very different ways. There are certain foods one likes while the other can't stand it. At times they are jea-

lous of one another but they still get along pretty well." Many times Ashley and Ashford may not be recognized as twins. "I seldom dress them alike," revealed Ms. Gray.

The Gray family is another multiple birth family participating in the various programs sponsored by the Iota Chapter of Chi Eta Phi, Inc. Sorority (local nursing soror-

ity). Twins on Parade will be held in April. There will also be seminars on the joys and problems of having multiple births.

financial and educational counseling, and interactions with other multiple birth families. Films on nutrition will also be shown.

Deduction For Working Couples Offer Tax Break

Greensboro - In 1983, more than one-half married taxpayers in North Carolina claimed a new deduction on the Federal tax return for working couples who filed joint returns. The maximum deduction was \$1,500, based on five percent of the lower of the two incomes.

This year, the deduction has been doubled to a maximum of \$3,000, or 10 percent of the lower of the two incomes. An additional 50,000 couples in North Carolina may be eligible for the tax break, the Internal Revenue Service said. And, computing the deduction is not difficult.

Since the deduction is used to figure adjusted gross income, it is not necessary to itemize deductions, which means the taxpayers may use Form 1040A. If the taxpayers use the Form 1040 and itemize, the short Schedule W, found in the tax instructions, is used to compute the deduction.

Not all income qualifies for this deduction. The in-

come must be earned income, such as wages, salaries, and tips. Income one spouse pays another does not qualify, nor does income from interest, dividends, pensions, annuities, and unemployment.

Also, when figuring the working couple's deduction, adjustments to income such as contributions to an IRA, employee business expenses, and disability income exclusion must be used to reduce the earned income amount.

How does the deduction actually work out? For example, John and Jane are married and both work and file a joint return. John earns \$20,000 and Jane earns \$15,000. If Jane contributed \$1,000 to an IRA, her qualifying earned income would be \$14,000 and the allowable deduction would be \$1,400.

For additional information about the married couple's deduction, call the IRS at 1-800-424-1040, toll-free.

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Depression Is Health Night Out Topic

By David Roberson
Special To The Post

Durham - Although medication and psychotherapy can be highly effective in combating depression, positive thoughts and actions can also be important tools in overcoming the condition, according to a Duke University Medical Center psychiatrist.

"Depression is an epidemic in this country," said Dr. J. Ingram Walker, assistant professor of

psychiatry. Walker said one of every four people will be clinically depressed over a lifetime. At any given time, he added, five to seven percent of the population is suffering from depression.

The six different types of depression are caused by stress or genetic predisposition that deplete the supply of certain chemicals in the brain, Walker said. Typical symptoms of depression are sleep disturbance or a decrease in energy, appetite or sex drive lasting longer than six weeks.

Anti-depressant medication increases the chemicals in the brain needed to eliminate the symptoms of depression, Walker said, and psychotherapy can help victims of depression learn how to deal with conflicts that contribute to the condition.

But Walker said positive thoughts can help prevent depressive attitudes.

"You can talk yourself into feeling better," he said.

A healthy lifestyle including good nutrition and daily exercise can also help one maintain a positive attitude, he stated.

For those interested in preventing depression, Walker offered several tips:

Get up early in the morning and allow time to

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start the day in a relaxed manner.

Eat a large breakfast and lunch, but a light supper.

Break work or other activity into segments of about 90 minutes to help avoid buildup of tension.

Read

Set aside time to get together and talk with the family in a relaxed atmosphere.

"By practicing this preventive medicine, we can do better every day," Walker concluded.

Forum Set For Congressional Candidates

Candidates for the 9th Congressional District seat will meet informally with their potential constituents during a Candidates' Forum sponsored by seven women's organizations at 7:30 p.m., Wednesday, April 4, in the Uptown YWCA, 418 E. Trade St.

The forum, which is free and open to the public, is sponsored by the Charlotte Women's Political Caucus, Black Women's Caucus, Cardinal Business and Professional Women's Club, District 5 Nurses' Association, Charlotte National Organization of Women, YWCA Public Affairs Committee and Woman in Communications, Inc.

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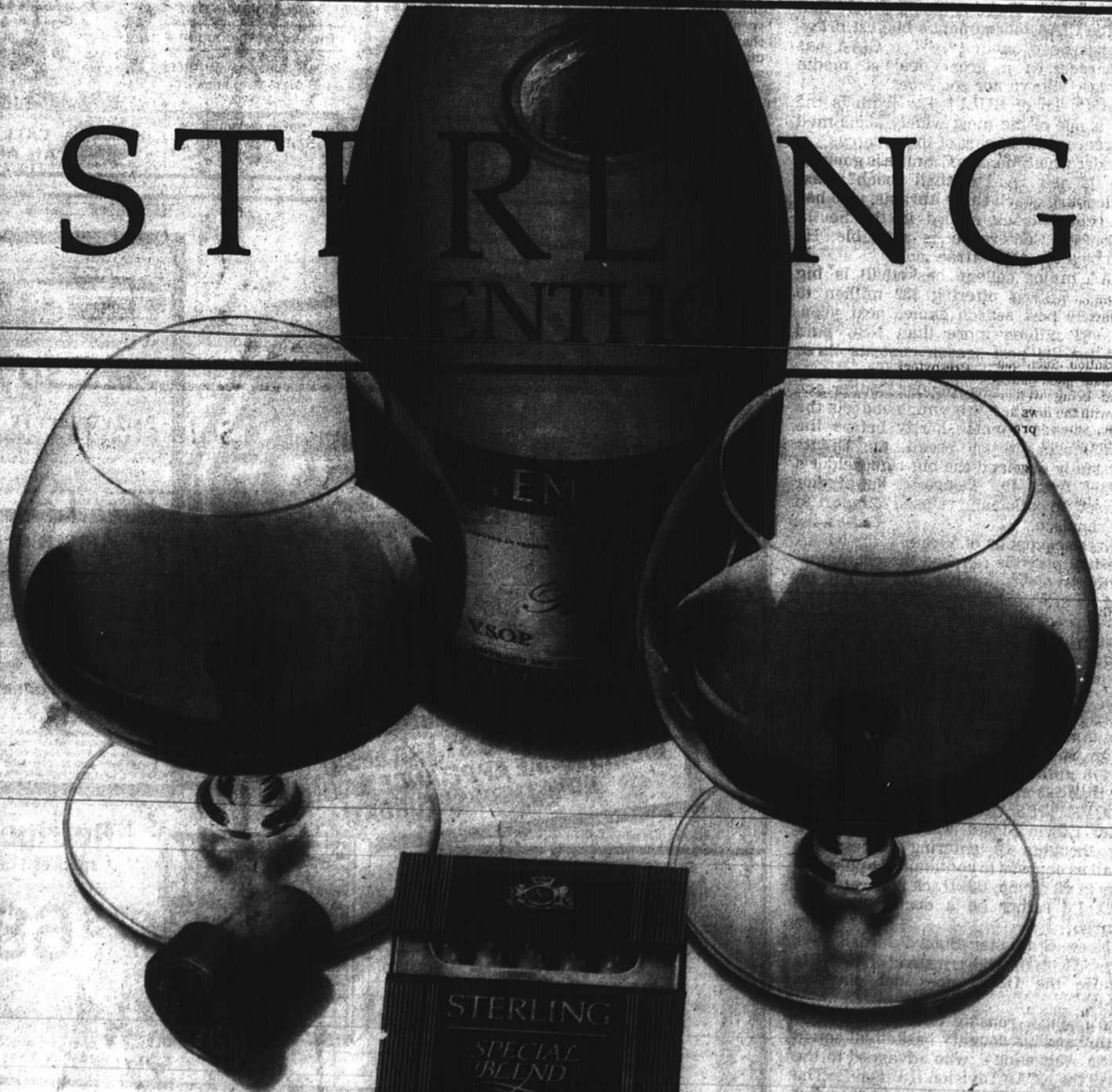
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