

## Paying Taxes Upsets Everyone!

Paying taxes upsets everyone. Other factors that cause stress vary widely for each individual. These factors aren't inherently good or bad. And, by finding out what causes you stress, and learning how to deal with it, you can actually make stress work for you.

April 17-19, pick up a free take-home stress kit at one of the 600 Medicine Shoppe pharmacies nationwide during their Second National Stress Program. The free kit includes everything you need to give yourself a complete stress audit: a 40 question stress test, answer key, personal stress profile and an eight-page "Coping with Stress" booklet.

St. Louis University's Stress Management Group developed the Stress Kit. The group's director, Dr. Kathryn Cramer, explains how the kit works. "The test helps determine your stress points. Then, test scores are used to develop your personal stress profile. Last, the 'Coping' booklet helps you interpret your profile and offers practical tips for managing stress."

According to the American Academy of Family Physicians, stress is linked to two-thirds of all doctors' visits and six of the leading causes of death. Stress jeopardizes your ability to fight disease and infections, even common colds. Yet, Dr. Cramer notes, "Many people are still unaware of the direct relationship between stress and health. Learning to handle stress effectively can also improve your energy level, self-confidence and motivation."

To learn what stresses you and how to redirect the ill-effects of stress, pick up a free take-home Stress Kit April 17-19. Check your Yellow Pages for the Medicine Shoppe nearest you.

### Taft Seminar

The University of North Carolina at Charlotte has been selected for the 17th straight year to host a Taft Seminar for Teachers June 16-27.

Directed by Schley R. Lyons, interim dean of the College of Arts and Sciences, the Taft Seminar is a program upgrade and motivate good teaching of the United States Constitution and two-party government in elementary and secondary schools. During a two-week period, the Taft Seminar will offer teachers daily contact with practicing politicians from both parties and others involved in the political process.

Teachers are awarded tuition, on-campus housing if needed, meals and all books and monographs required for the three-hour, graduate-credit course. An enrollment fee of \$85 for on-campus students and \$60 for commuter students is the only cost.

Teachers interested in attending the Taft Seminar must fill out an application form no later than May 9. Selection of the 35 participants will be made by May 16.

For registration forms or other information, contact Dr. Lyons at 704-597-4303 from 8 a.m. to 5 p.m. weekdays.

### NFB Barbecue

The Queen City Chapter of the National Federation of the Blind is having a barbecue on Saturday, April 12, at Oakhurst Elementary School, from 11 a.m. until 3 p.m.

Plates will be \$4.50. Everyone is encouraged to come and enjoy themselves.

Oakhurst Elementary is located at 4511 Monroe Road.

### PTA Barbeque

Cochrane Junior High School will host a PTA Barbeque on Friday, April 11, from 10:30 a.m. until 8 p.m.

Tickets cost \$4.50, for a plate or three sandwiches.

The school is located at 6200 Starhaven Dr.

### Barbara Davis

Continued From Page 1A

CPCC Board of Trustees, the Barber-Scotia College Board of Trustees, the Anita Stroud Foundation, the Charlotte chapter of the Smart Set, and the Holidays, a bridge club. She also belongs to Our Lady of Consolation Church.

Other interests include reading and conducting weddings, which she calls "one of my biggest avocations."

With so many activities, it's no wonder she lists time management as one of her strengths!

The Davises have a daughter, Karen Davis Dixon, who is also active in the sorority and a school psychologist for Charlotte-Mecklenburg Schools; and a three-year-old granddaughter, Rika Blondene Dixon.



It's a big deal when Frances B. Russell turns 50. At least her family thinks so. They gave her a lavish birthday party recently at the Scottish Inn and both food and relatives were there in ample amounts. A former Charlottean, Mrs. Russell now resides in Maryland. She is a private duty nurse with two children. She loves all-outdoor sports, especially tennis. A member of the Straight Gate Baptist Church where she serves as a missionary, Mrs. Russell thinks

it's just "wonderful" that she has turned 50. Mrs. Russell left Charlotte 22 years ago and confessed that she misses the city. As life of the party Mrs. Russell was having a grand time being around her loved ones and said, "I thank my family for my surprise." Mary Reeves, Judy Weaver and Maxine Coates (also pictured above) shared the limelight with Mrs. Russell. Their birthdays were recent, too.

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