

Health and Safety Tips

The American Medical Association

Say Lady...

By Sara Hume
Service Representative
Carolina Power & Light Co.

Summer camp season is approaching again. If your boy or girl is planning on going to camp this year, it's time to start getting ready.

First, of course, select a camp. This depends on several factors, such as how much you can afford, do you want a camp nearby, or some distance away, do you want a camp for boys or girls only, or a co-ed camp? Most cities and larger towns aren't far from a Scout or Y camp that charges only nominal fees. Or, there are the private camps in the mountains that cost much more.

Make your choice of camp, then fill in the registration forms and get them in the mail promptly. The better camps fill up early.

Find out about the camp's health and safety provision. Will the staff have pre-camp health examinations, including kitchen and maintenance personnel? Is there a doctor or registered nurse on duty at all times? Is the food prepared under safe conditions? Are menus planned by a trained dietitian? Does the camp have a well equipped infirmary? Are all campers required to have a physical examination and a physician's certificate?

Most camps on the approved list of the American Camping Association will meet all of these health

requirements. And you certainly have the right to be particular when your child's safety and health is involved.

Arrange with your physician for your child's pre-camp checkup now. The doctor may find a minor health problem that can be corrected before camping time.

An important factor in selecting a camp is to make certain that the age level fits your child. The announced age span covers a wide range of years, but in most camps the children are of roughly the same age. Find out whether your child will be assigned to a group in his own age bracket.

The swim periods are a highlight of the day at most camps, and almost all of them have qualified water safety instructors in charge of swimming, with trained lifeguards as assistants. If your child cannot swim, the daily training at camp will be a good way to learn. But don't take the waterfront arrangements for granted. Make certain the pool or lake is sanitary and well regulated.

If possible, talk with the camp director and one or two of the counselors. Let them tell you about the camp program, and then decide for yourself whether the camp is right for your child.

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And I see where a professor of chemistry in one of those big colleges is claiming that the worm in the apple is a "better source of vitamins" than the apple. Maybe it's the worm a day in the apple that has been keeping the doctor away all these years. I tell you, Mister Editor, life is getting complicated. Personal, I may come down to the end of my days a little short on vitamins but I aim to keep on eating the apple and dodging the worm.

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To show farmers the best method of chemical weed control in corn, three of the agronomists have prepared an easy-to-read folder containing essential information on the subject.

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The N. C. Agricultural Extension Service at State College has its 1963 circular on peach spray information ready for peach growers.

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THE DUPLIN TIMES

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A Duplin County Journal, devoted to the religious, material, educational, economic and agricultural development of Duplin County.



"GOT A NICKEL MISS FITT? WE WANT TO TOSS TO SEE WHO PAYS YOUR SALARY THIS WEEK!"

Uncle Pete From Chitlin Switch

SAYS

DEAR MISTER EDITOR:

I see by the papers where a fellow in North Carolina sent the State tax office a check for \$3, said he didn't owe a tax but just "wanted to help out." They had to send the check back on account of they ain't got no legal machinery for the State accepting cash gifts.

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Changes in Social Security

BY: Elva V. Fridgen
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In the course of her very searching comment she said, "Everyone of us is some 'word' made flesh. There is a single word by which each of us might be known. It may be loyalty, purity, honor, fairness, or kindness, but whatever it may be, we are its incarnation. 'The Word made flesh.'"

Names were extremely important among the ancients and should be among us. But there is a sense in which each of us chooses his own name by the choice of his manner of life. It would be a valuable thing for any of us, therefore, if we were to take a little time to search our own souls honestly and relentlessly to decide what name we have incarnated.

If all our character with its virtues and its faults were to be summed up in one word, and that word was given to us as a name, by what name would we actually be known?

BY: James Temple
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As a self-employed farmer you enjoy a number of rights under the provision of the Social Security Act. You and your family are protected against loss of income brought about by old-age, disability, and death provided you have properly filed your tax returns and paid your self-employment taxes.

In addition to these rights, you also have certain obligations under the Social Security Act as an employer. The most important of these obligations is to report the wages you pay to your farm employees so that they can get the same protection you are enjoying.

Not all farm employees are covered by Social Security. However, any employee to whom you pay at least \$150 in cash wages during the year, or any employee who works for you at least 20 days during the year (regardless of total earnings) must be reported. You should file these reports with the Internal Revenue Service at the end of each year. As an employer there are four things you should do:

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For further information on this or any other social security matter, contact your Social Security District Office at 311 East Walnut Street in Goldsboro. Office hours are 8:45 a. m. to 5:00 p. m., and the telephone number is 734-1491.

When the Goldsboro District Office was opened in January 1962, 13,455 people in the four county district comprised of Wayne, Lenoir, Duplin, and Greene were receiving \$647,366 per month, or \$7,768,392 per year in social security benefits.

One year later, the same four-county area had 15,428 people receiving benefits at the rate of \$746,102 per month, or \$8,953,224 per year, an increase of \$1,184,832 per year.

This increase can be attributed to the changes in the law in recent years, as well as to the growth of our retired population.

It is believed that more people in the district could draw social security benefits if they knew about the law, and for that reason they are urged to visit or call the local social security office whenever they

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