

### Capsule

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Championship Meet on Friday and Saturday of last week. Participating in this event were many potential olympic gold medal winners from the United States. Several "meet" and national records were broken during the competition.

#### HIGH POINT

Recreation Commissioner, John Russell; Mrs. Bettye Dockery, a teacher at Andrews High School; and City Councilman, S.E. Burford, expressed their opposition, and that of others, to the closing of the swimming pool at Washington Terrace Park. It is felt by these individuals, and others, that the swimming pool should be closed if it continues to receive such low priority as to its need for renovation and modernization of its filtering device.

The Parks and Recreation Department is seeking private land that can be used as garden spots by residents of the city. The High Point Community Garden project has become so popular that all available city-owned land was taken in two days and a waiting list now exists. Those individuals on the waiting list will be called on a first-come, first-serve basis.

Mt. Vernon Baptist Church had a "burning of the mortgage" in a formal ceremony at the church on Sunday, Feb. 16, 1975. This was the second time that Rev. F.O. Bass experienced a mortgage burning while serving as pastor of the church.

### News and Notes

**HIGH POINT** -- There will be a bus to pick up anyone wishing to attend Sunday School and church services at the St. Stephen A.M.E. Zion Church on Leonard Avenue.

Interested persons should call 883-0414, leaving name and address.

**WINSTON-SALEM** -- The Phi Beta Lambda, Business Club of Winston-Salem State University is sponsoring a free income tax assistance program for students and members of the community. Club members will assist in filling out federal and state forms.

The service is available: Monday-Friday, 9:00 A.M. - 12 Noon, Thursday Evenings, 6:00 P.M. - 8:00 P.M. Sessions are held in the Hauser Student Union - Ballroom C on campus. The service will continue through March 20.

**HIGH POINT** -- Y.W.C.A. EVENTS (Fourth Street Branch): February 19--Co-Ed Club, 6:30...Open Recreation, 7:00. Monday thru Friday --Adult Day Care, 7:00...After School Care, 3:00.

## SCOUTING

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Indian lore for that of the African Watutsi tribe. Last year, one troop went on a "rat hunt" through vacant tenements.

Chicago Scouts are working on disposing old cars, fire safety and vermin control.

Scout literature has been re-designed to fit certain ethnic or geographic language patterns. Much is now in Spanish.

Professional Scout Executives have changed also. Tom Rhone from Arizona, a district executive, drives a 1975 White-on-white Cougar XR7, wears "Superfly" suits and stacked shoes. The reason: "I've got to communicate to kids through the language of the streets." Wayne T. Brown, a black executive in inner-city Atlanta says, "The pimps and pushers are my competition. If you think we can beat them with the apple pie boy scout image, then man, you just don't know what's out there." Instead of hiking, some scouts are taking Karate and Kung-Fu.

There are still many things that could be changed in the movement, and a lot that is being challenged, such as the female role. But as one Scout Executive says, "I didn't get where we were by ignoring what's going on, and we're looking at the program harder now than ever before. The main problem though is still the adults. Everybody likes to criticize, but when you give them the opportunity to do something about it, the same old irresponsible excuses start coming. They just don't realize that it's the volunteers who run this thing, and without those dedicated ones who are now involved, the kids would not have the program."

In the face of all these new changes, the sales slogan is even more true, i.e., "Scouting today is a lot more than you think." It's encouraging to see such an Americans organization changing to meet the needs of the youth, yes, the black youth as well.

Arthritis Sufferers:

**WAKE UP WITHOUT ALL THAT STIFFNESS!**

New formula for arthritis minor pain is so strong you can take it less often and still wake up in the morning without all the pain's stiffness. Yet so gentle you can take this tablet on an empty stomach. It's called *Arthritis Pain Formula*. Get hours of relief. Ask for *Arthritis Pain Formula*, by the makers of Anacin® analgesic tablets.

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## Returns After Training Session

**GREENSBORO** -- Mr. Alexander O. Walker, Winston Mutual Life Insurance Company's Greensboro District Manager for the past ten years recently returned home following a five day training session in Daytona, Florida. Mr. Walker, an aspirant



by H. BOSWELL YORK, R. PH.

Is a shot of booze good for a hangover? -- B.N.  
That is still debatable, but if seeing is believing Dr. James R. Hoon of Sheboygan, Wis., has interesting pictures to show that a drink helps a hangover. He photographed the inside of the stomachs of two hungover volunteers before and after they took a "hangover shot." Photographs of their stomachs after the shots showed that they were more relaxed and produced less mucus. All in all they looked better. Note: This may be great for the stomach, but when do you sober up?

Are there any pills or capsules that can be taken for the treatment of leukemia? -- R.S.

Yes. They are indicated for lymphocytic and granulocytic leukemias. This does not mean that any patient with leukemia can take these medicines by mouth. Unfortunately, many patients cannot hold the medicine down. If this be the case, then medicine is usually injected directly into the body.

I take Indocin for recurrent arthritis. Is it okay to take aspirin with it for added relief? -- M.S.

Generally, no. Taking aspirin with Indocin may cause a decrease in the effectiveness of the Indocin, plus aspirin may cause stomach or intestinal irritation. Before you take any medication with this powerful drug, consult with your physician or pharmacist.

What vitamins make urine turn yellow? -- G.W.

Just one, Riboflavin.  
Does the smallest particle of water have shape? -- M.H.  
Chemists and physicists are still unable to precisely define its structure. Numerous theories describe it as being part crystal, part gel, neither solid nor liquid, even at room temperature. ((c) McNaught Syndicate, Inc.)

### From The IRS

**Greensboro** -- More North Carolinians are filing their Federal income tax returns earlier this year than at this same point in 1974.

During the first six weeks of this year's filing period, 444,849 residents of the Tar Hell state had mailed in their returns.

During the same period 29,119 returns were processed for refunds totalling almost \$9 million, an average of \$308 per refund. The average is about the same as last year. have indicated one or more taxpayer errors. The most

About eight percent of the individual returns filed

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#### DEADLINE

**THE DEADLINE** for news and pictures to appear in the TRIBUNAL AID is **THURSDAY NOON.**

Material arriving at this newspaper afterwards will be published the following week.

MAIL TO:

THE TRIBUNAL AID  
P. O. Box 921  
High Point, N.C. 27261

to the designation of Certified Life Underwriter (C.L.U.), continues to broaden his knowledge of life insurance through study and work.

This most recent workshop combined the latest in management development and training techniques. Its present designation is Life Insurance Marketing and Research Association (LIMRA). A large and influential insurance training organization, it boasts a membership of ninety per cent of the insurance companies of the U.S.

Walker's latest training trip included among other areas; Organization Evaluation, Development Training, Interviewing, Leadership Motivation, Leadership Behavior, etc.

Entering the Life insurance business in Fayetteville, N.C., Mr. Walker has been with Winston Mutual for twelve years.

### N. C. Fellows

#### Tap A&T

#### Students

**greensboro** -- Fifteen A&T State University students have been selected to participate in the North Carolina Fellows Program, a project designed to identify and develop future leaders for business, government and education.

The selections were announced by Dr. William Parker, director of the program at A&T.

Under the program, the students will spend much of the school year in on-campus seminars, informal meetings and other contacts with leaders in different fields.

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## Taxpayers Ask IRS

This column of questions and answers on federal tax matters is provided by the local office of the U. S. Internal Revenue Service and is published as a public service to taxpayers. The column answers questions most frequently asked by taxpayers.

**Q.** Please explain the rules for postponing the tax on the sale of my residence.

**A.** The entire gain you realize on the sale or exchange of your personal residence is not taxed at the time of sale if, within one year before or one year after the sale, you buy and occupy another residence the cost of which equals or exceeds the adjusted sales price of the old residence. Additional time is allowed if you construct the new residence.

The tax is postponed, not forgiven. Any gain not taxed in the year you sell your old residence is subtracted from the cost of the new residence, giving you a lower basis in the new residence to be used in the event of a later disposition. If you sell the new residence in a later year and again replace it, you may continue to postpone any tax on the gain you realize. In addition, a special provision of the tax law allows you to exclude from your gross income all or part of the gain realized from

the sale or exchange of your residence if you were 65 or older when the transaction took place.

For more information on selling your residence, pick up a copy of IRS Publication 523, "Tax Information on Selling Your Home." You can get it free from many IRS offices.

**Q.** How do I report the \$50 I won and the \$10 I lost in the football pool at my office?

**A.** Your total gambling winnings must be included in your income regardless of your losses. If you itemize your deductions on Schedule A, Form 1040, you may deduct your gambling losses incurred during the year to the extent they equal your winnings. You may not deduct gambling losses if you take the standard deduction or use the tax tables to compute your tax. In the example, if you have no other winnings or losses, you should report the \$50 as income and deduct the \$10, if you itemize, rather than reporting only net winnings of \$40.

**Q.** I recently received a check from a client in payment for services I had rendered. Since I'll be leaving the country soon on a business trip and may not return before the end of the year, I probably won't cash the check before next January. Do I have to pay tax on this income for this year or for 1975?

**A.** A valid check that you have received or that is available to you before the end of the year is income to you in that year even if you do not cash the check or deposit it to your account until the next year.

**Q.** As a member of the National Guard, I receive a small clothing allowance for purchasing my uniforms. I must pay the balance of the cost of uniforms not covered by the allowance. Can I deduct this balance?

**A.** Yes, you may deduct the unreimbursed cost of your uniform if military regulations restrict you from wearing it except while performing duties in the Guard. In computing the deduction, the cost must be reduced by any nontaxable allowance you receive for these expenses. The expense may only be claimed if you itemize deductions on Schedule A, Form 1040.

**IT'S AMAZING!**

IT TOOK THE WELL-DRESSED MAN OF THE 18<sup>TH</sup> CENTURY MORE THAN 2 HOURS TO ADJUST AND POWDER HIS WIG!

IN THOSE DAYS, ONLY THE MEN WORE RIBBONS!

THE PENGUIN IS THE WORLD'S FASTEST SWIMMER... IT CAN EASILY SWIM 30 MILES AN HOUR FOR 150 MILES, WITHOUT STOPPING!

ONLY WOMEN WERE PERMITTED TO BAKE BREAD IN SYRIA IN THE 5<sup>TH</sup> CENTURY SINCE MEN WERE NOT CONSIDERED WORTHY ENOUGH TO BE ENTRUSTED TO MAKE SUCH AN IMPORTANT FOOD!

IN BORNED BREAD IS MADE FROM THE DRIED STARCH OF THE SAGO PALM!

VANILLA IS DERIVED FROM A SPECIES OF THE ORCHID... ONE OF THE RAREST FLOWERS.....

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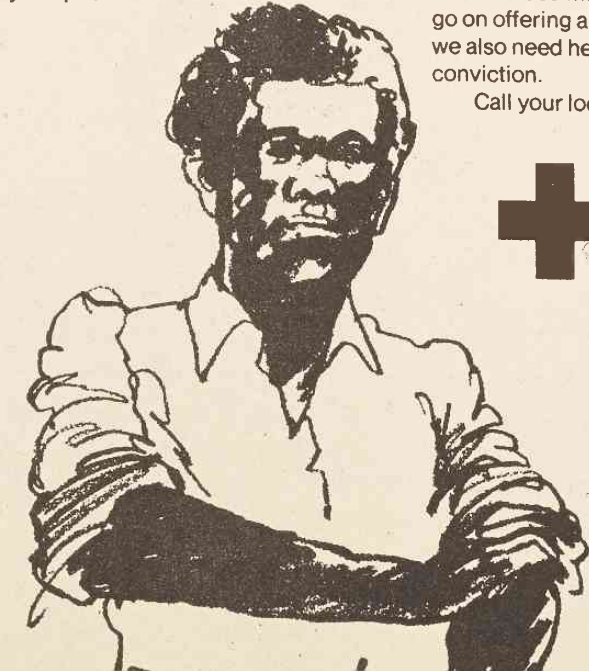
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Remember: Red Cross is more than blood drives. It's more than helping the thousands of victims of disasters. In fact, American Red Cross tackles over 100 different kinds of "Helping People" jobs -- in the city, the suburbs wherever you are.

We need money, it's true, so we can go on offering all our free services. But we also need hearts. And hands. And conviction.

Call your local chapter. Join us.



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