

Expressions In Poetry

by WILLENE RUCKER

Come here. Come just a little bit closer. Are you ready to escape from reality just for a second? Lie down if you wish, or sit in your easy chair--prop your feet up. Close your eyes. Meditate on something pleasant; something stimulating to the mind and the soul--the inner most part of you.

Take a deep breath. Exhale v-e-r-y slowly. Begin gently massaging the muscles at the base of your neck. Um-m-m! Doesn't that feel relaxing! Continue massaging if you like, but don't stop meditating.

I'm going to interject a thought into your imagination. Let's say it's a beautiful, soothing autumn day--with the sun shining brightly and the wind blowing briskly; not like a lion's roar, but soft as a cat's meow. The gold, scarlet and brown leaves are falling all around you. The wind is whispering through the trees. You're excited because everything is so full of the season's transformation.

You begin to walk leisurely, taking in the scenery. This route is familiar to you. You see a house that you seem to recognize. You go up the walk-way. Things look very familiar. Go inside. This is your house.

Now gradually open your eyes. You are back to reality.

Tax Law Change Can Lead To Savings For Taxpayers

Greensboro--Remember how welcome that tax rebate was last Spring? Well, the rebate was only one small part of a new law that can lead to additional tax savings for millions of Americans filing returns this year.

For instance, the "low income allowance"--a tax-free allowance designed to remove low income taxpayers from the tax rolls--has been increased to \$1,600 for a single taxpayer, to \$1,900 for married persons filing jointly and to \$950 for married persons filing separately. This, of course, is above and beyond the \$750 provided per exemption.

Generally, to figure the amount on which a taxpayer must first pay tax, add \$750 for each exemption to the low income allowance. A single person, therefore, could earn up to \$2,350 tax free; couples without children up to \$3,400. As another example, a married couple filing jointly with three children normally would be entitled to five exemptions (one exemption for husband, wife and each child). This means the family would not

have to pay tax on income up to \$5,650 (\$750 x 5 - \$3,750; \$3,750 + \$1,900 - \$5,650.)

In addition to boosting the low income allowance, the new legislation also has increased the standard deduction to 16 per cent of the taxpayer's adjusted gross income, to a maximum of \$2,300 for single persons, \$2,600 for married couples filing joint

returns and \$1,300 for married persons filing separate returns exceeds \$44,600.

In any case, before claiming the child care and dependent care deduction, taxpayers should read the instructions provided with their tax forms very carefully. If they still have a question about eligibility or how to compute the deduction, taxpayers should call their nearest Internal Revenue Service office toll free. It's particularly important to remember that the higher limit on adjusted gross income will not take effect for most taxpayers until 1976.

CONSUMERTIP

+ Play the supermarket "name game."

Remember: "fruit drinks" can be 90 per cent water, sugar and artificial flavoring.

"Egg bread" usually contains only half an egg and mostly coloring, at an extra cost that could buy you four fresh eggs.

"All meat franks" can contain 10 per cent water and 30 per cent fat.

The law requires the listing of ingredients by quantity. So a can of beef stew listing water first and meat last has more water and less meat than anything else.

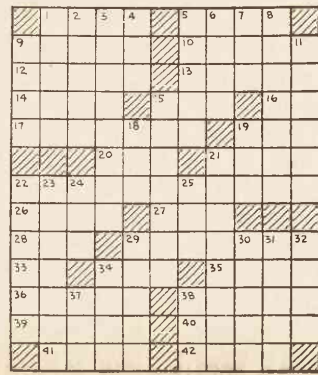
FREEZONE IS FOR CORNS THAT HURT.

Why fool around with painful corns, when Freezone can help you remove them. Try it. You'll see. In just days, the corn will be gone...the hurt will be gone. Painlessly. No dangerous cutting. No ugly pads or plasters. Drop on Freezone--take off corns.



CROSSWORD

- ACROSS
- "Lavender and Old"
 - Diminutive of Alice
 - Full of brown
 - Half ems
 - Fishhook
 - A wise man
 - English author (Moham.)
 - Insides of hands
 - Climbing plant
 - A-tiptoe
 - Knave of clubs in loo
 - Sr.'s name-sake
 - Caustically
 - English poet
 - Little child
 - Audience
 - Handle roughly
 - Inspiration for "The Star-Spangled Banner"
 - Chills and fever
 - Owined
 - Fish
 - Mudguards
 - Saint
 - French town
 - Splicing pin
 - Jump
 - Rabbit fur
 - Eagle's nest
 - Roman magistrate
 - Pickle solution
 - Sow
 - Employs
- DOWN
- Reluctant
 - Shade of brown
 - Interferers (naut.)
 - Ribbed
 - Silk fabric
 - Sets of eight
 - Regret
 - Chinese dynasty
 - Punished, as by cabinet
 - Unlucky
 - Weird type
 - Shower
 - Craf
 - Father (Arab)
 - Warship
 - Office
 - Unlucky
 - Warship



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caused by inflammation. Doctors have found a medication that in many cases gives prompt, temporary relief from pain and burning itch in hemorrhoidal tissues. Then it actually helps shrink swelling of these tissues caused by inflammation. The answer is Preparation H. No prescription is needed for Preparation H. Ointment or suppositories.



Clisby Webb

Clisby W. Webb is a Southern Railway locomotive engineer. Before coming to Southern, Clisby spent six years in the U. S. Marines and two of them as heavyweight Golden Gloves Champion in Okinawa.

After becoming part of Southern Folks, Clisby completed the month-long course in locomotive engineering at our training school near Atlanta. Then another five months of on-the-tracks training under another qualified engineer.

Now Clisby's regular run as an engineer is hauling freight between Birmingham and Atlanta, a distance of 160 miles. The train may stretch as far as two miles behind him and he may haul as much as 8,000 tons of freight on the 5 to 7-hour trip.

What does the future hold for Clisby and the other Southern Folks? Participation in one of the real growth industries of America.

Railroads now carry more freight each year than all the trucks, airplanes and barges combined. And by 1990 we expect a 100 percent increase in railroad traffic levels.

We think this means a profitable future for Southern Railway and Southern Folks.

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THE RAILWAY SYSTEM THAT GIVES A GREEN LIGHT TO INNOVATIONS

Form 1040 US Individual Income Tax Return 1975

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. Because of an injury, I missed 40 days of work. The sick pay I received during this time equalled my normal weekly pay. Can I exclude this sick pay from my income?

A. Generally, whether sick pay may be excluded from income depends on the rate of the sick pay for the first 30 days of absence. In a case like yours, in which sick pay is more than 75 percent of normal weekly pay, you must be out of work at least 30 days to exclude any sick pay from your income. So your 40-day absence qualifies you to exclude the sick pay received after the first 30 days.

When the sick pay is less than or equal to 75 percent of normal pay, the sick pay is excludable from the first day if you are hospitalized, and after seven days if not hospitalized.

For more information on sick pay deductions, see IRS Publication 522, "Adjustments To Income For Sick Pay."

Q. I took two days off from my two week vacation trip to attend a district sales meeting in the city I was visiting. Are any of my expenses deductible as business expenses?

A. Any expenses directly attrib-

utable to the business conducted during the two days may be claimed as a business expense deduction. However, since the trip was primarily a vacation, none of your travel expense, including meals and lodging, is deductible as business expense.

You should back up any business deduction claims with receipts and detailed notes of what you spent, where, and for what business transaction.

Q. My wife and I have a joint savings account. How do we divide the interest for taxes?

A. If two or more persons hold savings accounts, bonds or other interest-producing investments jointly, local law determines what share of the interest each receives. You and your wife should report your respective shares of interest in the same way you report other income.

Notes & Reminders

Continued from Page 1

31, it will no longer be legal to require a spouse's signature on a joint credit if the only reason for securing the signature is to identify sex or marital status.

HOLIDAY SCHEDULE AT HIGH POINT'S YWCA

MON. Dec. 22 2-8 p.m.
TUES. Dec. 23 2-8 p.m.
WED. Dec. 24 2-8 p.m.
FRI. Dec. 26 2-8 p.m.
SAT. Dec. 27 1-5 p.m.
SUN. Dec. 28 1-5 p.m.
MON. Dec. 29 2-8 p.m.
TUES. Dec. 30 2-8 p.m.
WED. Dec. 31 2-8 p.m.

All plunges 50¢ or Dipticket: 10 swims for \$4.00. When Building is closed enter on Perpetual Loan parking log side of building going down the steps.

WINSTON-SALEM--Concerned Women for Justice, a state-wide organization, along with the senior citizens of Winston-Salem, will visit Central

Prison in Raleigh, Saturday, December 13, at 10 a.m.

The senior citizen's band will furnish music and entertainment. Gifts and refreshments will also be distributed.

Anyone caring to donate gifts may do so by calling 723-2736 or 725-1442 and your gift will be picked up at your request.

GREENSBORO--Basketball registration is now being held at Hayes-Taylor YMCA for women who are interested in joining an adult basketball team.

Register today!!!!!! For further information call or come by Hayes-Taylor YMCA, 1101 E. Market Street, Greensboro, N.C. Phone: 272-0197 or 272-0198.

HIGH POINT--Fourth Street Y.W.C.A.: Monday thru Friday--Adult Day

NOTICE OF COMMUNITY DEVELOPMENT PUBLIC HEARING

MONDAY, DECEMBER 15, 1975 at 7:30 P.M.
IN THE COUNCIL CHAMBERS OF THE MUNICIPAL OFFICE BUILDING ON SOUTH HAMILTON STREET

THE COUNCIL OF THE CITY OF HIGH POINT, IN CONJUNCTION WITH THE CITIZENS ADVISORY COUNCIL WILL HOLD THE FIRST PUBLIC HEARING ON THE CITY OF HIGH POINT'S SECOND YEAR COMMUNITY DEVELOPMENT PROGRAM ON MONDAY, DECEMBER 15, 1975 AT 7:30 P.M. IN THE CITY COUNCIL CHAMBERS. THE PURPOSE OF THE PUBLIC HEARING IS TO PROVIDE CITIZENS OF HIGH POINT WITH AN OPPORTUNITY TO PARTICIPATE IN THE DEVELOPMENT OF THE SECOND YEAR APPLICATION AND FOR THE CITY COUNCIL AND CITIZENS ADVISORY COUNCIL TO OBTAIN THE VIEWS OF CITIZENS ON COMMUNITY DEVELOPMENT AND HOUSING NEEDS OF THE CITY.

ROY B. CULLER, JR., MAYOR
CITY OF HIGH POINT
P.O. BOX 230
HIGH POINT, N.C.