

Flu Bug And Heart Patients, Here Are Some Treatment Tips

The first snow or ice storm calls to mind long dreary days of gray weather and that shut-in feeling, or if you're among the more fortunate, the winter months stir the urge to travel to a sunnier climate for a vacation. Unfortunately for most of us in North Carolina, winter only conjures up visions of the dreary days, icy winds, snow drifts to be shoveled and of course, influenza.

Since persons with heart or circulatory problems are more likely to be seriously affected than others if they develop the flu, the North Carolina Heart Association together with the American Heart Association recommends that those persons check with their physician as early as feasible about the advisability of vaccination.

Having A Wedding?
Call
Paul Lemmons
Phone 487-4502
Photographer



Projected totals for 1970 from the American Heart Association indicate that 24,500 people in North Carolina will die from cardiovascular disease. This figure is 53 percent of the entire amount of individuals who will die in the state this year.

The Public Health Service has noted that until good protection is provided consistently by influ-

enza vaccine, it is not recommended for healthy adults and children — only for those persons of any age with chronic debilitation conditions. These include:

- Rheumatic heart disease, especially mitral stenosis (a narrowing of the valve opening).
- Coronary heart disease and high blood pressure, particularly with evidence of inability of the heart to perform its function properly.
- Asthma, chronic bronchitis, cystic fibrosis, bronchiectasis, pulmonary fibrosis, pulmonary emphysema and advanced pulmonary tuberculosis.
- Diabetes mellitus or Addison disease.
- Older persons, who may have incipient or potential chronic cardiovascular and bronchopulmonary disorders, also should be considered candidates for vaccination.

Flu vaccine is administered in two doses, about two months apart, the American Heart Association notes. However, the interval can be reduced if an epidemic threatens. Those vaccinated within the past two years need only one booster dose.

IRS Answers Taxpayers' Questions

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.—I'm a full-time college student and think I will get a tax refund, if I don't have to count a \$750 scholarship as income. Is it income?

A.—Scholarships are generally not taxable and do not have to be reported for tax purposes. Since there are many different types of scholarships, you will want to check with the organization that gave you the scholarship to see if they have information on its tax status.

Q.—Why did the IRS drop the short form 1040A?

A.—One important reason was to make it easier for taxpayers to claim all the credits, deductions and exclusions they were entitled to under the tax laws. In recent years more and more taxpayers have found it to their advantage to itemize deductions as their income increased.

The new form 1040 is one basic page and actually calls for just about the same information that had to be entered on the front and back of the old card form. Over 30 million returns will need just the one-page Form 1040 to be complete, while another 22 million will have to attach only one additional schedule.

Copies of the schedules taxpayers will most likely need were included in the tax package mailed to some 75 million taxpayers.

Q.—I got married in December. Can my wife and I file a joint return for 1969?

A.—Yes, if you are married on the last day of your tax year, you can file a joint return. Your wife then cannot be claimed as a dependent on the return of another taxpayer.

Q.—Does the new tax form make any difference in the way a farmer handles his credit for gas used on the farm?

A.—No, the gas tax credit should be claimed as it has in the past by attaching Form 4136. The amount of credit claimed should be entered on line 21 of Form 1040.

Q.—What is the surcharge rate for 1969 and how do you figure it?

A.—The income tax surcharge is 10 percent for 1969. Tax surcharge tables are included in the tax packages and can be found on page T-1. These tables show the amount of surcharge based on the amount of tax liability and your filing status.

Remember that Schedule T, the tax computation schedule, will be just a worksheet for most taxpayers and need not be sent in with the Form 1040. Only if the taxpayer claims a special credit such as a retirement income, investment or foreign tax, or has to pay self-employment tax, should Schedule T be sent in with the return.

Sgt. Claude Navey At Phan Rang Base

WITH U. S. COMBAT AIR FORCES, Vietnam — U. S. Air Force Sergeant Claude D. Navey, son of Mr. and Mrs. Claude E. Navey, Rt. 4, Lincolnton, N. C., is on duty at Phan Rang AB, Vietnam.

Sergeant Navey, a liquid oxygen specialist, is assigned to the 35th Supply Squadron, a unit of the Pacific Air Forces, headquarters for air operations in Southeast Asia, the Far East and Pacific area. He previously served at Seymour Johnson AFB, N. C.

The sergeant is a 1966 graduate of Tryon High School, Bessemer City, N. C.

His wife, Linda, is the daughter of Mr. and Mrs. George S. Hoffman, Rt. 1, Bessemer City.

The U.S.S. North Carolina Battleship Memorial at Wilmington attracted a record number of 161,232 visitors this summer. A stalwart of World War II, at one time she was the greatest sea weapon ever built by the United States. The memorial is dedicated to the men and women of all the U. S. military services in World War II.

Tryon Palace, often called "The most beautiful building in Colonial America," has been fully restored and is open for tours daily, except Monday, at New Bern. Tryon Palace was the first official home of a North Carolina Governor.

Fontana Dam is the seventh highest dam in the world.

Herald Want Ads Pay

GENE DYE

Announces The Opening Of

DYE ELECTRIC COMPANY

802 HENRY STREET

- Residential, Commercial, Industrial Electrical Contracting
- Electrical Repair, Water Heaters, Ranges, etc. (no small appliances)

Business Phone 739-3591 Residence Phone 739-4066

Put yourself in this position... be your own boss!

JOIN THE FASTEST GROWING INDEPENDENT DEALER ORGANIZATION IN AMERICA!

Firestone has Dealer Franchises available

The Firestone Business Franchise... the most complete and the most profitable in its field. Training is provided by experienced personnel right from the planning stage through your daily operations in years to come.

Fast-moving, profitable merchandise — complete line of famous Firestone tires, plus thousands of other nationally-advertised home and auto supply items.

For choice locations act now.

H. E. STEGALL, JR., DISTRICT MANAGER

THE FIRESTONE TIRE & RUBBER COMPANY

4401 WILKINSON BLVD.
CHARLOTTE, N. C. PH. 399-5691

One HOUR "MARTINIZING"

THE MOST IN DRY CLEANING

537 EAST KING ST. TELEPHONE 739-5844

MON., TUES. & WED. SPECIALS

MEN'S OR LADIES' 2-PIECE SUITS.....\$1.00

LADIES' 1-PIECE DRESSES.....\$1.00

EVERY DAY SPECIAL

Shirts 25¢

Laundered Crisp-Bright Folded or On Hangers EACH

MON., TUES. & WED. "SPECIAL"

TROUSERS 3 OR 1.30

PLAIN SKIRTS OR SWEATERS ANY MIX OR MATCH

OPEN EVERY DAY 7:30 TILL 6 p.m. EXCEPT SUNDAY

File Request For ACP Program

A farmer's first move in doing conservation work under the Agricultural Conservation Program (ACP) should be to file a request. After the request is filed, then he may begin the work if he wishes to. However, a farmer can be assured of cost-sharing only after approval of the request by the ASC County Committee.

Farmers are advised that ASC County Committees cannot approve regular ACP cost-sharing for a practice completed before the request is filed.

Request for approval of a conservation practice under the regular ACP must be made beforehand at the County ASC Office, so that the County ASC Committee can budget the limited funds available and plan the conservation program for the year to best serve the interests of farmers and the public.

Under the ACP, the Federal government shares the cost of farm conservation practices needed in the public interest. The program is administered in each county by the farmer-elected County ASC Committee, with each request brought before the Committee for approval or disapproval.

The place where the first airplane lifted off the ground, near Kill Devil Hills, North Carolina is now a national historic site. There the Wright Brothers National Memorial stands in tribute to the adventuresome Ohio boys who chose to test their heavier-than-air machine on the North Carolina coast.

A total of 521,451 visitors to the Old North State stopped at the two North Carolina Welcome Centers from August 1968 to October 1969.

Stinnett Realty FOR SALE IN KINGS MOUNTAIN AREA

- 1 New House on Sunset Drive in Bessemer City, 3 bedrooms, all electric.
 - 1 Office Building in Bessemer City with seven individual offices, air conditioned and carpeted.
 - 100 Acres Land on Canterbury Road 500 feet on 29-74. Business property below Maple Leaf Steel Company.
 - Several lots for sale
 - Mobile home spaces for rent.
 - Mobile home for rent.
 - Sixty Acres Land inside city limits, 750 feet on Highway 161 across from J. E. Herndon Company.
 - Four rental houses
 - Located on Foote Mineral Rd. Don't Wait — call now. They are real bargains.
- Stinnett Realty**
739-2150 739-8234



Sale-priced Torino... special edition Car of the Year

The facts favor Ford! We took the lowest-priced hardtop we have—added special equipment at special savings.

You get dual racing mirrors, vinyl roof, carpeting, body side molding with vinyl insert, much more. Sale ends February 28!

Ford Country White Sale

SEE YOUR CAROLINA FORD DEALER

Southwell Motor Company Inc.
910 Shelby Road Kings Mtn., N. C.

CITY TAX LISTING IS UNDERWAY

Armory -- Monday thru Friday -- 8:30 to 5

List Early and Save Time-Listing Period Ends Feb 2 - Penalty For Late Listing