

"Trapped" Feeling Can Be Avoided

RALEIGH — It's no fun to feel "trapped" by your home and family. So do something about it, advise extension home economics specialists, North Carolina State University.

The first step is to honestly admit your dissatisfaction or frustrations, without feeling guilty, they suggest. Talk to your husband, a friend or a neighbor, but don't become a nag or a bore on the subject. After all, everyone has "trapped" feelings some of the time.

How can you keep from becoming a victim of "trapped" feelings and boredom? By keeping busy, by sharing yourself with others, by coming out of emotional hiding.

Try to rediscover and develop the natural ability to relax that you had as a child. Develop the courage to show your natural feelings. Use your inner resources such as imagination, contemplation, perception.

Use external resources only to supplement the inner resources—don't demand to be entertained. Respect your true self, not some image of yourself, the specialists suggest.

You can never avoid boredom completely. And you shouldn't try to. The trick is to not let it get you down.

Questions and Answers



Fifteen years ago this month, the first social security disability payments were made to 96,500 disabled workers. Today, nearly 3 million disabled workers and members of their families get monthly cash payments, according to social security officials.

When social security disability benefits were first paid in July 1957, only disabled workers between 50 and 65 were eligible for payments, a spokesman said. "Today, disabled workers of any age under 65 can receive disability payments. And certain members of their families can get monthly checks, too," he said.

To be eligible for social security disability payments, which start in the 7th month of disability, a worker must be so severely disabled that it looks like he'll be unable to work for a year or more. But he should file for benefits as soon as he becomes disabled. Generally, he must have worked in employment covered by social security for at least 5 1/4 years—and 5 years of the work must have been during the 10 years before his disability began.

The work requirement is lower for workers disabled before age

18, the spokesman said. "Young people may be eligible for benefits with as little as 1 1/2 years of covered work, depending on when they become disabled," the spokesman said. "A worker between 24 and 31 need credit for having worked under social security half the time between 21 and the time he became disabled. Before age 24, the worker needs credit for 1 1/2 years of work in the 3-year period before his disability began."

When a worker applies for disability payments, he submits medical evidence to establish his disability. Then, physicians and other disability experts in a state agency—usually the state's vocational rehabilitation agency—decide whether the worker is disabled under the social security law, the spokesman said.

"In most cases," he said, "the state agency can make the determination on the basis of medical evidence and the applicant's own statement. If additional evidence is needed, more tests may be requested at government expense."

In addition to monthly cash payments, vocational rehabilitation is available to certain disabled workers, the spokesman said. Disabled workers with a good potential for rehabilitation are referred to state agencies by social security.

Rehabilitation can include job training, physical therapy, and similar services.

Since 1965, when rehabilitation became a part of the disability program, social security's investment in rehabilitating disabled workers has saved \$1.65 in benefits for every \$1 invested in rehabilitation, the spokesman said.

QUESTIONS AND ANSWERS
Q.—After working for nearly 30 years, I can feel myself slow-

2,339,000 Cars On N. C. Roads During 1971

North Carolina residents bought \$1,360 million worth of new automobiles in 1971 from 790 franchised new car dealers, according to figures released by B. Wade Isaacs, executive vice president of the North Carolina Automobile Dealers Association.

The average North Carolina new car dealer in 1971 employed 25 persons and paid an annual payroll of \$171,000, Mr. Isaacs said.

The figures are from the 1972 edition of "The Franchised New Car and Truck Dealer Story," published by the National Automobile Dealers Association. Other North Carolina highlights from the report:

—There were 2,339 million automobiles on North Carolina roads in 1971 and 628,000 trucks and buses. The U. S. total was 112 million vehicles.

—North Carolina highway users in 1971 paid a total of \$507 million in state and federal taxes.

—There were 610 franchised new truck dealers in North Carolina in 1971.

—North Carolina's new car dealers represented 3 per cent of the total retail establishments in the state. Dealer sales of \$1,360 million in 1971 were 16.8 per cent of the state total, the \$136 million annual dealer payroll was 13.7 per cent of the state total, and the dealer work-force of 19,500 employees was 9.3 per cent of the state total.

ing down physically in the last few years. How serious a disability must I have to get monthly social security disability payments?

A.—For social security purposes, you are considered disabled if you have a severe physical or mental condition which keeps you from doing any kind of substantial work and which is expected to last a year or longer.

Q.—I'm a homemaker. I've never worked outside my home except last summer when I worked in a friend's store. Could I get a refund of my social security contributions from that job?

A.—No. Social security contributions cannot be refunded. But the work credits remain on your record; and, if you take another job, covered by social security, you'll continue to build your social security protection.

IN MEMORIAM TO MY HUSBAND

The home we shared together, is just a house now. With memories.
Your loving voice, I cannot hear your face I cannot see.
I know our Lord, knew what was best,
When He called you home.
But until now, I never knew, A night could be, so long.
Together we faced, many storms of life,
and our love, for each other grew.
Until the day, you, were called away,
Now, nothing seems right, without you.
Yet, I must face another day. For I know, my life, must go on.
But, oh! my dear, I never knew, A night could be, so long.
I've heard it said; that time would ease,
the aching in my heart.
But time goes by, so slowly dear,
Since we had to part,
So until, I hear your voice again,
and feel the touch of your hand,
My prayer will be, Dear Lord help me,
Your will to understand.
I know we will, be together,
In Heaven, so bright and fair.
I'll never, ever, be lonely again.
For death, can not enter there.
Soon I will follow you, my dear,
When my race, on earth, is run,
We will be so happy, in that land
Where, night will never come.
Mrs. Thurman F. Moss

The Department of Labor administers programs and monitors compliance with legislation to benefit the American worker in the areas of manpower, occupational safety and health, labor-management relations, international labor, employment standards and labor statistics. The department also provides a complete range of publications on its work in these areas.



SAFE AS AMERICA U.S. SAVINGS BONDS

Wage Report Given

Minimum wage and overtime underpayments of \$3,160,089 to 15,477 employees were found in North Carolina during the 12-month period of June 21, 1971 through June 20, 1972 by compliance officers of the U. S. Department of Labor's Wage and Hour Division. The officers also found 356 minor children were employed in violation of the child labor provisions of the Fair Labor Standards Act (FLSA).

This information was released today by James E. Patching Jr., regional administrator of the Department's Employment Standards Administration in Atlanta.

Of the underpayments, \$1,018,001 were due employees because of the employers' failure to pay the applicable minimum wage. Underpayments of \$1,755,000 were due to the failure of employers to pay time and one-half for overtime work.

Patching also reported that 819 employees were found underpaid in accordance with the Equal Pay Act (an amendment to FLSA) in the amount of \$344,976 in North Carolina.

"Most employers usually make good the underpayments on a voluntary basis when they are made known to them by the Labor Department compliance officers," Patching pointed out. "However, in cases where back wages are not paid voluntarily the employee can seek them through private counsel or by asking the Secretary of Labor to sue on his behalf."

Patching said further that underpayments in the southeastern region during the same period totaled \$22,236,129, involving 106,410 employees. The region is composed of North Carolina, Alabama, Mississippi, Georgia, Tennessee, Kentucky, South Carolina and Florida.

Employees covered under FLSA are entitled to \$1.60 an hour and time and one-half after forty hours worked over 40 in a work-week, unless specifically exempt. Employees covered under the agricultural section of the Act are currently entitled to a minimum of not less than \$1.30 an hour.

Additionally, the Labor Department enforces such Acts as: Age Discrimination in Employment, Walsh-Healey and Public Contracts, Davis-Bacon, Contract Work Hours Standards, Service Contract, and the Wage Garnishment law.

Three area offices of the Wage

and Hour division are located in North Carolina: 401 BSR Building, 316 East Morehead Street, Charlotte, 28202; 220 Federal Building, 324 Market Street, Greensboro, 7402; and 374 Federal Building, 310 New Bern Avenue, Raleigh, 27611. There are also field stations throughout the state.

DRY LUMBER

Preventing wood decay in buildings begins with the selection of the lumber that goes into the constructing, according to North Carolina State University specialists. They suggest using only sound kiln or air-dried lumber with a moisture content below 2 per cent. Properly dried lumber should be grade marked. Grade marked lumber is the industry's guarantee of quality.

UNPRUNED LOOK—

One of the keys to proper shrub pruning is to keep them looking as if they were unpruned. Except where formal-looking shrubs or uniformity is desired, North Carolina State specialists believe shrubs should be pruned in a way that leaves them with the points and deep shadows that give them a natural appearance.

A girl can dream, can't she?



This time you're absolutely going to save something out of your paycheck. But, then, you really do need that pantsuit, a new coat and, of course, that perfume Eric likes so much.

Before you know it, the money's gone... and all you've got saved are your dreams.

That's why the Payroll Savings Plan is such a good idea for a single girl. When you join, an amount you specify is set aside from your check and used to buy U.S. Savings Bonds. And, it's all done before you get your check—so you can't help

but save. U.S. Savings Bonds. To help you save more than dreams.



Now U.S. Bonds pay 5 1/2% interest when held to maturity of 5 years, 10 months (4 1/2% the first year). Bonds are replaced if lost, stolen, or destroyed. When needed they can be cashed at your bank. Interest is not subject to state or local income taxes, and federal tax may be deferred until redemption.

Take stock in America.

Now Bonds mature in less than six years.

... Mail's moving faster. For a lot of reasons. But I'd say the reason behind it all is Zip Code. ...
Sherry Gladney, Postal Worker, Chicago, Ill.

How to mail a letter today when you want it delivered tomorrow.

Out of town.
Be sure to use Air Mail. And remember to include a Zip Code in the address. Mail before 4:00 p.m. from any specially marked Air Mail box. Or by 5:00 p.m. at your Main Post Office. You'll get next-day delivery to major cities within 600 miles almost all the time. And, second-day delivery anywhere in the country.

In your town.
Again, be sure to include a Zip Code in the address. Mail by the last pickup before 5:00 p.m. That's it. You'll get next-day delivery in your town and the area around it, most every time you mail.

These Zip Code tips can help you.
If you don't know a Zip Code, just look in the handy Zip Code Section of your phone book. Or call your local Post Office. Always put your Zip Code in your return address. So people can copy it down. People really depend on the mail, and the mail depends on Zip Code. Un-zipped letters can slow down all the mail. So put a Zip Code on everything you mail.

Help us help you. Use Zip Code.

Your Postal Service

WEATHER BULLETIN!

COMING-A WINTER HEAT WAVE IN YOUR HOME!

the exciting new
SIEGLER
OIL HOME HEATER

AUTOMATIC CONTROLS!
Just DIAL your comfort!
Push a button to start or stop the FLOORSWEEP!

now gives you amazing
SWEEPING SUPER HEAT

The golden louvers in the floor heat outlet are motor driven to rotate back and forth—sweeping the heat over the floor. All new in performance, styling and exciting colors, this new SIEGLER gives you a new dimension in heating comfort. See it soon!

McGINNIS Furniture

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