



WELLNESS AND EXERCISE—Carding Superintendent Van Oxner discusses a daily exercise program with Ms. Margo Fleishman. Technical Services Director Marvin Gault, center, is reviewing a series of health related literature.

Supervisors Participate In Wellness Program

Achieving and maintaining a regular physical fitness program has assumed an increasingly important role in the lives of more and more employees.

The positive effects—both mental and physical of regular controlled exercise are readily acknowledged by experts in the field.

Ms. Margo Fleishman, Director of the Upper Savannah River Health District, discussed a well rounded wellness program with Clinton's management personnel during the regular monthly safety meeting.

"Eating the right foods, a regular scheduled exercise program, proper nutrition, and successful management of stress are

essential for good health," she added. "Many people contribute to their own poor health by excessive eating, smoking, drinking and not exercising."

The health educator presented a film which depicted various exercises and health practices for all age groups.

"It's important we make every effort to have good health habits," she emphasized. "If we suspect a health problem, we should seek medical advice early."

"We in South Carolina are often guilty of eating too many sweets, taking in too much salt, and over eat 'fatty' foods," she added.

Keep Your Checks In A Safe Place Until Cashed

It's your money. You put in your time and you earned it. Why put yourself in a position to lose your money if your paycheck is lost or stolen?

It is a simple matter to protect your paycheck, according to Payroll Department Manager, Keith McGee.

"Protecting your paycheck is largely a matter of caution," McGee said. "Don't endorse your paycheck until the moment you are ready to cash it or deposit it. If you endorse your check and it is lost or stolen, you are likely to lose your money. You have given someone an opportunity to cash your check without having to forge your signature. A merchant who cashes your check will usually not have to repay you if your endorsement was on the check at the time the thief or a finder cashed the check."

"Of all paychecks reported missing, 75 percent are lost," McGee continued, "so put your paycheck in a safe place as soon as you receive it. Don't make it easy for someone to steal it."

Merchants cashing payroll checks also have safeguards available to insure they are actually cashing the check for the employee to whom it belongs. The check

itself has complete identification of the employee, listing the employee's name as it appears on the Company payroll and employee's number. Merchants often require complete identification before cashing a check—unless the merchant knows personally the person for whom the check is cashed. To protect themselves, merchants should also place a "for deposit only" endorsement on all checks they cash as soon as they receive them.

"If a paycheck is lost or stolen, it takes a minimum of 30 days to replace it," McGee cautioned. "This is a Payroll Department policy. The 30-day period allows time for the paycheck to show up."

If your paycheck is lost or stolen, you should notify Assistant Departmental Superintendent immediately. The Payroll Department is then notified and a "stop payment" order issued to the bank on which the check is drawn.

"However," he continued, "most instances of lost or stolen paychecks could have been prevented if the employee had taken the proper precautionary measures."



Did you see...

One of several hundred Old Timers getting "Clothmaker" from mailbox ... Nurses Nell Haggart, Clara Odom and Mary Ann Stewart pondering over Generic Clinic supplies that are equal to name brand products but cheaper in price ... An employee reading about out-patient surgical procedures cost-saving features ... Bailey Plant employees expressing amazement at rapid pace with which modernization program is taking place ...

Dick Swetenburg reviewing weekly fabric sales sheet to determine status of Clinton's most popular selling styles ... Sonny King making his regular monthly safety and housekeeping inspection as an added accident prevention measure ... George Cato adjusting the safety proximity switch on the Lydia Drill press ... Numerous employees picking up Bailey Foundation scholarships and loans applications ...

Lewis Boyer pondering over all of the tax changes made by the Internal Revenue Service ... Marie Madden, Sadie Powers, and Grace and Cecil Wooten entertaining a group of Whitten Center clients with a series of special songs ... President George H. Cornelson expressing an interest in the Clinton and Geneva plants continuing their outstanding safety performances ...

Ray Shealy recalling the amount of progress that had been made over the last few years to update the Lydia Card Room ... Personnel Department staff assisting eligi-

bie Bailey Plant employees in filing for temporary unemployment benefits ... Lydia Plant security officers stopping an unauthorized vehicle from entering entrance gate ...

Clinton Mills employees continuing to express to their retail merchants their interest in purchasing American made textile items ... Ted Davenport assuming position on the Clinton YMCA Board of Directors ... Norman Craven congratulating son Buddy on being named "Youth of the Month" by the Clinton Exchange Club ... Ellis Crowder becoming more familiar with new Bailey carding equipment ...

Cecil Anderson double checking a pattern he had drawn on the draw-in machine ... Laurens County Advertiser readers commenting on Chairman Vance's letter to the editor complimenting the Advertiser's support of the "Made in USA" program ... Nellie Moore trying to recall number of rollers she had buffed as she completed 40 years continuous service to the company ...

Debbie Alexander checking the freight routes as to the fastest possible way to make a delivery of customer fabric ... Susan Moss studying diligently for a college exam ... Parents of this year's graduating seniors checking college tuition costs ... John Wallace and Hank Cronin explaining retirement benefits to eligible retirees ... An interested employee reading every item in the "did you see" column.

Married Couples Tax Deduction

Married couples who work are due for more tax relief, the Internal Revenue Service said.

The Economic Recovery Act of 1981 provided a deduction for two-earner married couples of up to \$3,000 in 1983, double the maximum amount allowed last year, further reducing the so-called "Marriage Tax Penalty."

For 1983, the IRS said, working couples will be able to subtract ten percent of the

lower paid spouse's earnings (minus certain deductions), to a top exclusion of \$3,000.

The IRS reminded taxpayers that they may take this exclusion on either Form 1040A or Form 1040. It is not necessary to itemize deductions to take advantage of this benefit.

Form 1040 filers should complete and attach Schedule W to their returns to claim this benefit. Form 1040A filers should use Part III of Schedule 1, found in the short form tax package.

Child Care Credit Helps Working Parents

Taxpayers who pay others to care for their children while they work may qualify for a special tax credit, the Internal Revenue Service says. This Child Care Credit applies not only to babysitters and day care centers that watch your child or disabled dependent while you work, but also to relatives and certain household workers you pay for this service.

This credit is available to married couples who file jointly, including those in which one spouse works and the other is a full-time student or disabled.

The credit also applies to a divorced or separated parent who has custody of a child under 15, even though the parent may not be entitled to a dependency exemption for the child. The parent claiming the credit must, however, have custody for a longer period during the year than the other parent.

A spouse who qualifies may take the credit if the other spouse is absent for the last six months of the taxable year.

The credit is from 20 to 30 percent of eligible expenses depending on the taxpayer's adjusted gross income. The maximum credit that may be taken is limited to \$720 for one qualifying person and to \$1,440 for two or more qualifying persons.

To qualify for the child and disabled dependent care tax credit, a taxpayer (1) must have income from work; (2) must have incurred the expense in order to work or look for work; and (3) must have maintained a household that included one or more qualifying individuals. Qualifying individuals are dependent children under 15 years of age, a disabled spouse or a disabled dependent of any age.