

**Letter To The Editor**

Dear Editor:

How many of us are dismayed at the outrageous plan of the Reagan administration to deliver the mail after nuclear war? How many of our tax dollars have been used to create a 300 - page plan for the U.S. Postal Service to "deliver the mail" after nuclear war? God only knows to whom or by whom or from whom letters will be mailed! How absurd to think of such an impossible response to nuclear war. As Admiral RaRecque (USN Ret, former nuclear submarine commander) has said, "This plan is an insult to the American people."

It is becoming more obvious all the time that many of our current administration leaders are preparing for nuclear war without an understanding of the true results for human life. They think that human life (i.e. perhaps their own personal lives) can somehow survive. Medically, biologically and socially, this will not be possible. As a physician who has studied this awful subject, I feel obligated to let people know that there is overwhelming medical evidence that there is no longterm survival possible from nuclear war, both because of massive radiation to humans around the world, and because of irreparable damage to the entire ecosystem on which human life depends.

If this latest outrageous plan does not bring a cry of protest from concerned American citizens, I don't know what will. We ought to worry about the increased paranoia generated in other countries by our official government talk of getting ready to wage "protracted nuclear war." After all, only one nation on this earth has ever dropped an atomic bomb on people, killing 100,000 innocent civilians, including newborns and unborn babies, and repeating it three days later on another city, with effects that are still occurring today. How many of us have paused this month to remember Hiroshima and Nagasaki, and to remember what nation dropped those bombs?

We must let our Congressmen and President hear from all of us who care about life. Maybe we don't appreciate financing our own way to Armageddon with our taxes (\$247 billion military budget). I agree we need defense - but not suicide. It is our right and duty as Patriotic Americans to speak out in favor of life and against the contemplated destruction of this beautiful earth and all of God's children.

The only way to survival in the nuclear age is through sound, intelligent diplomacy with the others who live on this planet, with whom we disagree on certain issues; that takes both guts and brains.

Sincerely,  
Candace N. Corson, M.D.

**Nutrition Program**

If you are at least 60 years of age, or the spouse of someone who is 60 or older, you are invited to take advantage of the lunch program offered in your county.

Your county has a nutrition program offered to you as a senior citizen by the Albemarle Regional Planning and Development Commission, of which your county is a member.

A hot nutritious lunch, socializing, fun, information and referral for senior citizens are offered Monday through Friday throughout the year. These services are offered at a specific nutrition site located in your county. There is no required cost for the meal, however, a donation is appreciated.

All senior citizens are encouraged to participate in this program. For more specific information and directions to the nutrition site in your county call 482-7155.



ADVERTISED ITEM POLICY: Each of these advertised items is required to be readily available for sale at or below the advertised price in each A&P Store, except as specifically noted in this ad.

PRICES EFFECTIVE THRU SAT., AUG. 28 AT A&P IN EDENTON  
ITEMS OFFERED FOR SALE NOT AVAILABLE TO OTHER RETAIL DEALERS OR WHOLESALERS

A&P QUALITY HEAVY WESTERN GRAIN FED BEEF **Ground Chuck** 3 lbs. or more **1.68** lb.  
A&P QUALITY HEAVY WESTERN GRAIN FED BEEF **Whole Rib Eyes** Cut Free! 9-12 lb. Avg. **3.59** lb.

**LOW CHOLESTEROL RECIPES FOR THE BALANCED MEAL**

Last week, A&P started a series of recipes for dishes that are low in cholesterol. Many people are concerned with limiting cholesterol in their diets for health reasons. Watch this column for the next several weeks and combine these recipes to make a well balanced low cholesterol meal.

**LOW CHOLESTEROL FRUIT SALAD AMBROSIA**

- 2 medium bananas
- 3 tablespoons fresh lemon juice
- 2 medium oranges
- 1 cup seedless grapes
- 1/4 cup raisins
- 1/4 cup slivered almonds
- 1/2 cup coarsely chopped walnuts
- 2 teaspoons coconut extract
- 2 teaspoons vanilla extract
- 2 teaspoons sugar

Slice bananas and gently toss with lemon juice to prevent browning. Drain off excess juice. Peel oranges, remove heavy membrane if necessary, separate sections and cut sections in half. Combine bananas, orange pieces, grapes, raisins, almonds and walnuts in medium bowl. Combine extracts and sugar. Pour over fruit mixture and gently toss until fruit is coated. This versatile salad can be used as an accompaniment dish or as a healthful satisfying dessert.

**P Beef Specials**  
A&P QUALITY HEAVY WESTERN GRAIN FED BEEF  
**Rib Eye Steaks**  
Boneless  
**3.99** lb.  
**Boneless Bottom Round Roast**  
lb. **2.29**

**The Butcher Shop**  
with supermarket prices  
**P Poultry Specials**  
U.S.D.A. INSPECTED FRESH FRYER BOX-O-CHICKEN OR WHOLE  
**Fresh Fryers**  
2 in a bag  
Limit 2 bags, please  
**44¢** lb.

**P Beef Specials**  
A&P QUALITY HEAVY WESTERN GRAIN FED BEEF  
**Whole Bottom & Eye Round**  
20 to 26 lb. avg. cut free lb. **1.69**

A&P TENDER **Sliced Beef Liver** lb. **69¢**  
A&P QUALITY HEAVY WESTERN GRAIN FED BEEF **Cubed Steak** lb. **2.89**

CAROLINA PRIDE **Sliced Bologna** 12 oz. pkg. **1.19**  
SIRLOIN END CUT PORK CHOPS lb. 1.79  
Country Style Pork Chops lb. **1.79**  
U.S.D.A. INSPECTED FRESH-WHOLE **Fryer Legs** lb. **89¢**  
BLUE RIDGE **Sliced Bacon** 1-lb. pkg. **1.49**

ALLGOOD **Hot Dogs** 12 oz. pkg. **88¢**  
U.S.D.A. INSPECTED FROZEN **Baking Hens** lb. **49¢**

**P Dairy Specials**  
A&P CHILLED  
**Orange Juice**  
1/2 gallon carton **99¢**

**THE FARM**  
Fresh With Quality  
CALIFORNIA RED CARDINAL, BLACK EXOTIC, OR THOMPSON GREEN  
**Seedless Grapes**  
lb. **79¢**

**P Frozen Specials**  
ALL NATURAL  
**Breyer's Ice Cream**  
1/2 gallon carton **2.29**

ANN PAGE HOMESTYLE OR **Buttermilk Biscuits** 8 oz. 10 ct. cans **4.79**

CALIFORNIA—SWEET & JUICY VINE RIPENED **Cantaloupes** 15 Size each only **88¢**  
GOLDEN YELLOW—RIPE READY TO EAT DOLE **Bananas** 3 lbs. for **1.00**  
FIRM CRISP FRESH **Broccoli** Large 14 Size each only **99¢**  
PERFECT FOR SALADS RED RIPE **Cherry Tomatoes** pint box **69¢**  
CRISP TENDER TASTY **Celery** Jumbo 24 Size each only **59¢**  
CRISP TENDER FRESH **Carrots** 2 lb. bag **59¢**

Autocrat **Ice Milk** 1/2 gal. Ctn. **99¢**  
BEEF, CHICKEN, TURKEY  
**Ann Page Pot Pies** 3 8 oz. pkgs. **1.00**  
SAL. STEAK, MEAT LOAF, CHICKEN, TURKEY  
**Ann Page Dinners** 11 oz. pkg. **79¢**  
MORTON CHOCOLATE OR LEMON  
**Cream Pie** 14 oz. pkg. **99¢**  
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**French Fries** 2 lb. pkg. **79¢**

**P Grocery Specials**  
CREAMY VELVET  
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ANN PAGE qt. jar **99¢** qt. jar **79¢**

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P&Q BRAND  
**White Bread**  
Sandwich Sliced **2.99** 24 oz. loaves

**P Paper Specials**  
A&P Two Ply White  
**Paper Towels**  
2 big rolls **88¢**

**P Weekly Specials**  
2 Litre  
**PEPSI COLA**  
**79**

CHUNK LIGHT—IN OIL OR IN WATER **Star Kist Tuna** 6 1/2 oz. can **79¢**  
FAMILY SIZE **Lipton Tea Bags** 24 ct. pkg. **1.29**  
SENECA **Lemon Juice** 32 oz. bl. **99¢**

5¢ OFF LABEL—YOU PAY ONLY **Clorox Bleach** gallon jug **79¢**  
15¢ OFF LABEL—YOU PAY ONLY **Cold Power Laundry Detergent** 49 oz. box **1.59**  
P&Q BRAND DIET ORANGE, GINGER ALE, Or Diet Root Beer **Diet Cola** 2 liter bottle **69¢**

WHITE OR ASSORTED **Banner Tissue** 4 roll pkg. **99¢**  
ASSORTED **Scott Napkins** 300 ct. pkg. **1.49**  
DOG FOOD **Field Trial Ration** 25 lb. bag **3.79**

25¢ OFF LABEL—YOU PAY ONLY **Aqua Fresh Tooth Paste** 6.4 oz. tube **1.29**  
ADULT—SAVE 1.98 **DX Toothbrushes** 2 for only **1.00**  
TWIN PACK—SAVE 2.40 **Scope Mouthwash** 2 24 oz. btl. **3.98**

**P SUPER SAVER COUPON**  
VAN CAMP'S  
**Pork 'N Beans**  
4 16 oz. cans **1.00**  
LIMIT FOUR WITH COUPON AND 7.50 ORDER GOOD THRU SAT., AUG. 28 AT A&P IN EDENTON

**P SUPER SAVER COUPON**  
A SUPERB BLEND, RICH IN BRAZILIAN COFFEES—REGULAR  
**Eight O'Clock Bean Coffee**  
3 lb. bag **5.79**  
LIMIT ONE WITH COUPON GOOD THRU SAT., AUG. 28 AT A&P IN EDENTON

**P SUPER SAVER COUPON**  
IN QUARTERS  
**Blue Bonnet Margarine**  
1-lb. pkg. **29¢**  
LIMIT ONE WITH COUPON AND 7.50 ORDER GOOD THRU SAT., AUG. 28 AT A&P IN EDENTON

701 North Broad St. - Edenton, N.C.