Letter To The Editor Dear Editor:

How many of us are dismayed at the outrateous 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 irreparabe 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 babies, unborn and repeating it three days later on another city, with effects that are still occurring today. How many of 2s 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

How very un - American and un - Christian to plan for waging a war of inconcievable horror that will end in the death of this nation and all her people! 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

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 st for the meal, however

donation is appreciated.
All senior citizens are accuraged to participate in his program. For more pecific information and ctions to the nutrition ite in your county call 482 -

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

A&P QUALITY HEAVY WESTERN GRAIN-FED BEEF

Ground Chuck

Cut Free!

CHOLESTEROL FOR THE BALANCED MEAL

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.



Sliced Beef Liver

A&P QUALITY HEAVY WESTERN GRAIN FED BEEF **Cubed Steak**



ANN PAGE HOMESTYLE OR

Buttermilk Biscuits

P&Q BRAND—INDIVIDUALLY WRAPPED **Cheese Food Slices**

Silverbrook - Grade A

Gallon \$ 1 99 Homogenized Milk

CREAMY VELVET

99

Star Kist Tuna

Lipton Tea Bags

Lemon Juice

Grocery Specials

Mayonnaise

61/2 oz. 79¢

CAROLINA PRIDE

Sliced Bologna SIRLOIN END CUT PORK CHOPS Ib. 1.79 **Country Style Pork Chops**

U.S.D.A. INSPECTED FRESH-WHOLE **Frver Legs**

BLUE RIDGE Sliced Bacon

Fresh With Quality CALIFORNIA RED CARDINAL, BLACK EXOTIC, OR THOMPSON GREEN

CALIFORNIA—SWEET & JUICY VINE RIPENED Cantaloupes

GOLDEN YELLOW-RIPE READY TO EAT DOLE 3 lbs. **Bananas** FIRM CRISP FRESH

Broccoli

PERFECT FOR SALADS RED RIPE **Cherry Tomatoes**

CRISP TENDER TASTY each only 59¢ Celery **CRISP TENDER FRESH** Carrots

Paper Specials



5¢ OFF LABEL-YOU PAY ONLY **Clorox Bleach**

15¢ OFF LABEL—YOU PAY ONLY Cold Power Laundry 49 oz. Detergent box

P&Q BRAND DIET ORANGE, GINGER ALE, Diet Cola Or Diet Root Beer

A&P Two Ply White **Paper Towels**

VHITE OR ASSORTED **Banner Tissue**

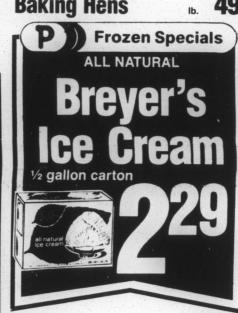
300 ct. **Scott Napkins** pkg. DOG FOOD Field Trial Ration 15. bag

Beef Specials A&P QUALITY HEAVY WESTERN GRAIN-FED BEEF 26 lb. cut free

Hot Dogs

U.S.D.A. INSPECTED FROZEN **Baking Hens**

900



ice milk BEEF, CHICKEN, TURKEY

Ann Page Pot Pies

SAL. STEAK, MEAT LOAF, CHICKEN, TURKEY, **Ann Page Dinners** MORTON CHOCOLATE OR LEMON 14 oz. 99¢ **Cream Pie**

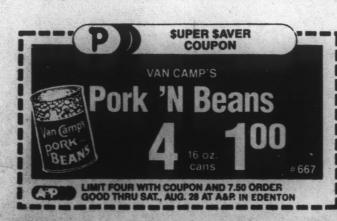
A&P REGULAR OR CRINKLE CUT 2 lb. 79¢ **French Fries**

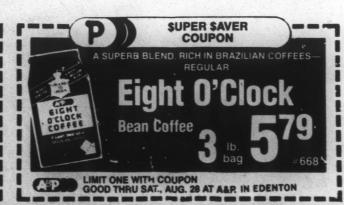


Aqua Fresh Tooth Paste ADULT-SAVE 1.98 DX Toothbrushes 2

TWIN PACK-SAVE 2.40

398 Scope Mouthwash 2 24 oz. btls.







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