



Wanda Murphy
... Wants husband



Cheryl Rivers
... Give to others



Wanda Marshall
... "Greatest mother"



Aaron Cason
... Peace on earth



This little fellow appears to be getting a bit restless as he waits for the bus with his mom. Anthony Vaughn, 5, and his mother, Paulette reside on Westwood Avenue. They were at a bus stop on South Blvd. on a recent gorgeous pre-spring afternoon.

Opinions On The Street

What Is The Greatest Gift You Could Receive?

There's an old saying that goes, "The grass is always greener on the other side of the fence," meaning that what you don't have always looks better than what you do have.

It's probably human nature that, no matter how much a person has, he or she wants something else. Aiding this perhaps innate desire for something more is the Madison Avenue advertising hype which leads us to confuse "want" with "need."

It was with these thoughts in mind that The Post's Opinion reporter set out to get people's responses to the question, "What would be the greatest gift you could receive?"

The answers were surprisingly un-materialistic.

The first three responses came from a group of young women who were on their lunch hour from Dilworth Child Development Center.

WANDA MURPHY of Clawson Court is a childcare teacher. Her initial response was, simply, "a husband." She explained, "I'm ready to be married, but I just haven't found the right one. I have a son, Ricky, who's four, and I'd like some others." After hearing what her co-workers said, she added, "And I'd also like to live a Christian life before others, so that I can win

others to Christ."

CHERYL RIVERS, a resident of Windsong Drive, described her job as "infant teacher." She approached the question from the point of view of not only receiving a gift herself, but being a gift to others. "I would like to live my life so that others may see Christ in me." Ms. Rivers is a member of Berean Seventh Day Adventist Church.

WANDA MARSHALL lives on Brooksvale Street. She also is employed at Dilworth Child Development Center and teaches 3 year olds. Her answer, too, has a Christian element. For her, the

greatest gift would be "to live my life the way Christ would want me to, and to be the greatest mother possible to my children." Ms. Marshall has three daughters: 5 year old twins, Shameika and Jameika, who attend Selwyn Elementary School; and 7 year old LaKeisha, who attends Ashley Park.

AARON CASON is a roofer who resides on Thornwood Road. His spontaneous reply to the question was, "Peace on earth, and no more hunger. If I could ask for anything and get it, that's what I would ask for."

VANESSA and **WALTER DAVIS**, a housewife and busboy, live on West Boulevard. They have three children. When asked this week's question, she replied, "Probably a car or money." He simply said, "Money."

Dr. Patrick Box: "There Are No

Preventive Measures To Avoid Arthritis

By **AUDREY C. LODATO**
Post Staff Writer

According to the Arthritis Foundation, every year one million people in this country find out they have arthritis. Over 36 million Americans — one in seven people — have some form of the disease. While there is no known cure for most kinds of arthritis (there are many types), a lot can be done to control arthritic pain and keep joints moving freely.

Because there are more than 100 related diseases lumped together as "arthritis" (the word means inflammation of a joint), it is dangerous for an individual to self-diagnose and attempt home remedies. A delay in getting medical attention or failure to closely follow prescribed treatment programs could mean permanent joint damage that could have been avoided.

Charlotte rheumatologist Dr. Patrick Box, chairman of the board of directors of the North Carolina Arthritis Foundation, explains that there are no preventive measures one can take to avoid most forms of the disorder, as there are to cut one's risk of heart disease or lung cancer say. But, Dr. Box continues, early treatment is important in preventing disability.

Probably because there is no cure for arthritis, because treatment requires patience and effort, and because what is effective with one patient does little or nothing to help another, some arthritics turn to worthless or even harmful "treatments" that promise relief. Those who succumb to promises of a cure are double victims — victims of the disease and victims of health fraud. Worthless arthritis remedies are estimated to cost arthritis sufferers a billion dollars annually.

There are several reasons why one arthritis treatment doesn't "work" for all arthritis patients. Besides the fact that there are many kinds of arthritis, Dr. Box notes that "within

the same type, there is a lot of variation of response to the same treatment." This may reflect genetic influences in how individuals respond to any medication. Too, one person might have a more severe form of the same kind of arthritis, which affects treatment.

One of the myths about arthritis is that it is a necessary evil of growing old. While it may be true that, if we live long enough, arthritis will affect most of us, the disease is by no means reserved for the elderly.

Osteoarthritis is the most common form of arthritis, affecting about seven percent of the population. This condition results from the effects of wear and tear on a joint. Weight-bearing joints, such as the ankles, hips, and knees, are commonly involved.

Rheumatoid arthritis, which is caused by a defect in the body's immune system, affects about one percent of the population and typically starts between the ages of 20 and 55. Hand and feet joints are most commonly affected.

Juvenile arthritis affects one out of 1,000 children in this country. While juvenile arthritis disappears as many children grow up, for others, the condition continues into adulthood.

Other of the more common types of arthritis include gout, which occurs when an excess of uric acid builds up and crystallizes in a joint; lupus, which inflames and damages many tissues in the body; ankylosing spondylitis, which fuses the bones of the spine, shoulders, hips, or other joints; and scleroderma, which results in a hardening of the skin and sometimes the inflammation of internal organs.

Some of the warning signs of arthritis, according to the Foundation, are swelling in one or more joints, early morning stiffness, recurring pain or tenderness in a joint, inability to move a joint normally, obvious

redness and warmth in a joint, or unexplained weight loss, fever, or weakness combined with joint pain. Symptoms like these warrant contacting your family doctor or a rheumatologist.

For more information about arthritis, contact the Arthritis Foundation at 393-2091. The local chapter's address is 4101 West Blvd.

Annual Barbecue

The annual barbecue of the West Mecklenburg High School PTA will be held Thursday, March 21, beginning at 11 a.m. Barbecue sandwiches sold in threes and barbecue plates which include slaw, potato chips and bread will be available at \$3.50. Desserts cost extra. Individual sandwiches will sell for \$1.25.

The proceeds from the barbecue will go for the improvement of the academic, athletic and service programs of the school.

For more information contact Gayle Smith at 399-9960.

KEEP INFORMED With A Subscription To... THE CHARLOTTE POST 376-0496

2 for 1



Buy's That Will Go to Your Head Every Week in The Post!

COUPON
Buy a Sonny's
BAR-B-Q DINNER PLATE
And get a second plate of equal or lower price
FREE!
Beef, Pork, Chicken or Ribs
Offer Good Thru April 11
Present before ordering • One coupon per person
Not Valid With Any Other Specials



Sonny's REAL PIT BAR-B-Q

• 4301 Monroe Rd. at McAlway
• 440 Tyvola Rd. at I-77
• 228 Eastway Dr. at N. Tryon

Pic 'n Pay Shoes®
Spring Preview SALE
Big savings on a fantastic selection of the newest styles for the entire family

All
WOMEN'S \$16.97 styles
\$4 off
...these & many more


All
MEN'S leather athletic & casual \$19.97 styles
\$5 off
...these & many more

All
CHILDREN'S \$9.97 & \$10.97 styles
\$3 off
...these & many more

• All \$7.97 hoodies... \$3 off • All Men's & boys' socks... 25% off • All cheer knee-hi's... 25% off

Shop these Charlotte area stores...
1. 3045 N. Graham St. (Hutchinson Plaza) 5. 5933 South Blvd. (K-Mart Plaza)
2. 1324 N. Central Ave. (Central Square) 6. Belmont Abbey Plaza (Hwy. 273, Belmont)
3. 6345 Albemarle Rd. (Lochmann's Plaza) 7. Matthews Plaza (Hwy. 74 & 51), Matthews
4. 3121 Freedom Drive

...and Pic'n Pay stores everywhere.
Sale prices good thru Sun. MasterCard, Visa or Choice. Open evenings & open Sun. 1-6pm.



DR. PAULA R. NEWSOME
Family Eye Care

Thanks Charlotte!

Dr. Paula R. Newsome and Staff wish to thank each of you for your support during her one year office anniversary. We look forward to serving the Charlotte area another ninety-nine years.

During the month of March, our anniversary month, we want to extend an invitation for you to visit our office located at 1028 W. Fifth Street, Suite B for a FREE COLOR ANALYSIS and FASHION EYEWEAR CONSULTATION. Call 375-3935 for your appointment.

Many thanks to you Charlotte!

*Sincerely,
Your Professional Eye Care Staff,
Dr. Newsome, Valerie & Regina*

Specializing in

- Examination & Treatment of the Eye
- Contact Lenses
- Children's Vision
- Sports Vision
- Aids for the Partially Sighted
- Fashion Eyewear

1028 W. 5th St., Suite B

Dr. Paula R. Newsome
Family Eye Care
Office Hours: 9-5 M, T, Th, F,
9-1 Saturday
(Closed Wednesday)
Call for Appointment
375-3935