



Ahmad Daniels
...HaF specialist

**Health Columnist,
Ahmad Daniels To
Write For Post**

By Loretta Mungo
Post Staff Writer

A new columnist will be coming to the Charlotte Post this month.

Ahmad Daniels, a local health and fitness specialist, will center his column, "Go For The Quality of Life," around the health issues and concerns that affect black people.

"Through this column I hope to get black people more preventive-oriented and less crisis-oriented." Explaining that statement, Ahmad Daniels said that too many black people only become concerned about their health when there is something wrong. He further stated that if black people became more concerned before a health problem arose, then there would be less of a need to be crisis-oriented.

In his column, Daniels will focus on the subjects of eating properly, cholesterol count, in addition to the general areas of health, nutrition and exercise. His column will be open to his readers to respond to his topics and to offer sound ideas to address. He stated that anyone with a health topic to write him in care of the Charlotte Post.

Daniels, a runner for 25 years, became interested in writing a column concerning health when he noticed the rapid growth of spas and aerobic classes. "While I was seeing a lot of exercise programs and institutions springing up, I didn't see many resources that sought to educate people about the how, why, and when of exercise and dieting. There was that need to be filled," commented the owner of Alternative Lifestyles.

"I want to familiarize readers about sound health practices. I want them to become conscious of the decisions they make; even when they shop for groceries, they should be reading the ingredients on the label," explained Daniels.

A graduate of North Carolina Central University, Daniels has attended seminars on health and conducted several road races in the city. He gives both individual and group counseling on health awareness.

**Toliver To
Keynote Banquet**

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It is the communications that Toliver finds most challenging about his job. "Communicating that something really good is taking place is challenging to me. You can have 100 good programs, but if no one knows about them, then they are no good. Coming up with new ideas that will benefit the small business owner also has its challenges."

Having worked with a Chamber of Commerce before, Toliver expressed the thought that he would always be involved in Chamber work somewhere.

A native of Pittsburgh, Pa., Toliver secured his B.A. in mathematics and sociology from Indiana University. He obtained his masters degree in sociology from Columbia University. Married to the former Eleanor Johnson, the Tolivers are the parents of two children and are expecting another child in October.

Looking forward to his forthcoming engagement as speaker of the Churchworkers of the Year banquet, Toliver said: "I think the Churchworker of the Year program is very innovative and I look forward to participating and doing my part."

Tickets to the banquet are \$25 each. Tickets can be bought in blocks of 10 for \$250. For more information, contact the Charlotte Post at 378-0496.

For Child Protection

New Law Means More Than Just Buckling Seat Belt

Chapel Hill - Compliance with North Carolina's newly revised Child Passenger Protection Law means more than just buckling a seat belt.

The proper restraint for a given child depends on that child's size, and no restraint provides full protection if it is not properly used.

Bill Hall, research associate at the University of North Carolina Highway Safety Research Center in

Chapel Hill, studies child restraint use for the center and the Governor's Highway Safety Program and has compiled the following tips for choosing the proper restraint and avoiding misuse.

TYPES OF RESTRAINTS

Infants weighing less than 18-20 pounds can only be transported safely in a rear-facing safety seat, either an infant carrier or a convertible seat used in the rear-facing position.

Once a child exceeds 18-20 pounds and can sit up, she or he can be turned around to face the front of the car in a convertible seat or in a seat designed expressly for toddlers.

Booster seats also are available for children weighing more than 20 pounds. Parents should be cautioned that most safety experts recommend booster seats not be used for smaller children, even though some manufacturers have recommended a weight range as low as 20 pounds. They may not offer as much protection for the smaller child, and it is much harder for the child to sleep in a booster seat.

The primary use for a booster seat is to provide a bridge between the toddler seat and a seat belt. They can be used for the very large two year old who has outgrown the toddler seat but is still required by law to be in a safety seat.

Seat belts can be used legally for children three years and older. Although it does not meet the letter of the law, a seat belt can be used for any child weighing at least 20 pounds and able to sit up unaided, if no safety seat is available.



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