



THE DAVISON FAMILY REUNION
...With the theme "Together Again"

Davison Family Stages Gala Reunion

Spirits could not have been soaring higher. Hearts had not quite slowed down from the Fourth of July observations when, on July 5, celebrations began for the Davison Family Reunion held in Charlotte.

The family was truly "Together Again" as the theme implied. And from the moment of arrival, members were able to do what many of us enjoy...eat. Snacks were served at Marie Steele's home and later on dinner was served at Anne and Wright Hunter's home.

Saturday, members had a choice of touring PTL or Carowinds. Upon return parties joined at Mae Orr's home for games, food, and fellowship. The Saturday night party, held at Days Inn, included talent, fashions, dancing and, once again, eating.

In the midst of kisses and hugs, the family also took time out to honor a family member. This year's honoree

is Della Davison Sullins. She was born in Lancaster County, S.C., but later moved to Charlotte with her family.

She attended Isabella Wyche School and later Second Ward High School. Mrs. Sullins and her classmates celebrated their 50th class reunion last weekend as well. She was guest speaker at the Friday night banquet.

She entered Lincoln School of Nursing in Durham, finished in three years and then worked for a short time at Randolph County Hospital in Asheboro. She then went to work at the U.S. Veterans Hospital, Tuskegee, Ala., where she met and married Palmer Sr. To this union three children were born: Palmer Jr., Alan Davison, and Marsha Marie. Her grandchildren include Jonathan, Alan Jr., Alana, Alisha, and Paul.

Continuing her education Mrs.

Sullins received her Master's from Indiana University. She has served as professor at Troy State University and Tuskegee Institute School of Nursing; served the state of Alabama as a consultant and in other capacities. She is a Lady Elk and belongs to numerous civic and social organizations.

She is a member of Bowens Methodist Church. She loves people and delights in making others happy. But this time her family members wanted to bring some happiness into her life and to give her a special honor surrounded with a magnificent barrage of love.

The reunion continued on Sunday with worship service at Mt. Zion AME Zion Church.

A final dinner and program was held at McDonald's Cafeteria and the last fellowship of family and friends was offered before family members began their journeys back to their home towns.

Hot Summer Weather Is Potential Health Hazard For The Elderly

Special To The Post
Raleigh - Hot summer weather is a potential health hazard for the elderly, according to Dr. Monroe T. Gilmour, a Charlotte physician and Chairman of the Governor's Advisory Council on Aging. Heat can place a dangerous strain on the older body, especially the heart. Older adults are very vulnerable to dehydration, heat exhaustion, and heat stroke, which can be fatal.

"During hot weather older people may not be aware that they are losing a lot of body fluid," he emphasized. "This can cause a drop in blood pressure, and a decreased blood flow to the brain."

Dr. Gilmour said that elderly citizens most vulnerable to heat-related problems are those with a weak or damaged heart, hypertension, diabetes, circulation problems, excess weight, or those who have suffered a stroke. Other factors that affect a person's reaction to heat are infection or fever, diarrhea, drinking, and skin diseases or

sunburn which may reduce sweating that helps cool the body.

"However, when the temperature is over 90 degrees, it becomes more difficult for the body to cool itself and eliminate excess heat," he added.

Warning signs in the body take the form of both physical and mental changes, Dr. Gilmour pointed out. Most older people feel hot, uncomfortable, and notice a lack of energy or loss of appetite during hot weather. These are mild danger warnings. More serious signs are dizziness, rapid heartbeat, diarrhea, nausea, throbbing headache, dry skin, chest pain, weakness, mental changes, breathing problems, fainting, vomiting and cramps. Older individuals should pay attention to these early warnings signs of heat illness because heat stroke can be fatal.

He noted that the best way to keep cool is to observe a few safety rules such as staying in cool surroundings that have fans or air condi-

tioners. A room temperature of 70-78 degrees is recommended.

Dr. Gilmour also recommends drinking plenty of water or other chilled fluids, taking cool baths and showers, and staying in the shade and breeze as ways to avoid heat-related illnesses. In addition, he suggests avoiding alcoholic beverages; avoiding heavy meals and hot foods and getting a doctor's advice about medication during hot weather. Some medicines or drugs, such as tranquilizers, increase the risk of heat-related problems.

He said that older people who cannot take care of themselves should be watched very carefully during hot weather. They should be offered water or chilled liquids frequently, and kept cool. The most dangerous ages for heat stroke are 65 and over.

"If senior citizens will slow down, get regular health check-ups, and follow these simple precautions they can enjoy a cool and relaxed summer," Dr. Gilmour concluded.

Mistakes Females Make When Reentering Job Market

By Teresa Simmons
Post Managing Editor
The biggest mistake a female can take when re-entering the job market is to settle for the first job that opens up.

At least that's the way Pat Nichols, a spokesperson and beauty-public relations manager for Avon Products, feels. An authority on several timely subjects including skin care, makeup and women re-entering the workplace, especially in direct sales, Mrs. Nichols recently visited Charlotte to share her expertise with Post readers.

"The biggest mistake," Mrs. Nichols explained, "for women re-entering the work force is not considering all the alternatives. Women sometimes feel they have to settle for the first thing that comes along because they may lack practical experience. They settle for uninteresting jobs, but they don't have to. The key is looking for both personal and financial satisfaction."

Mrs. Nichols advises one to assess the skills and strengths accumulated as a housewife, for instance.

"You may have used budgeting skills, you may be a good organizer in running the household or you may have kept the books for the bowling league or PTA. If you lack real practical experience you can still utilize your strengths when looking for a job."

To obtain that self confidence needed for successful job searching, Mrs. Nichols suggests that ladies always look their best. "Women in general in the U.S. have begun to



Pat Nichols
...Avon beauty manager

understand the value of appearance," she stated. "There have been numerous psychological tests, for instance, that have proven sales people improved in sales an average of 20 percent when their appearance was improved."

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Political image makers, Mrs. Nichols revealed, insist that constituents judge politicians by the following codes: 10 percent on what they say, 30 percent on mannerisms, and 60 percent on appearance. "If you appearance is not good," she continued, "then your credibility is lower."

To sum up common sense advice on re-entering the work force the following has been suggested by Mrs. Nichols: - have a positive attitude; feel good about yourself and present a good package; assess skills and strengths in looking for a job that matches those skills and strengths; and finally look your best.

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