

# Kick The Habit!

Dosher Memorial Hospital is sponsoring QuitSmart, a smoking cessation program, beginning Oct. 11.

QuitSmart was developed by Dr. Robert Shipley, director of the Duke Medical Center Stop Smoking Program. Jan Reichenbach, public health educator for the Brunswick County Health Department, will be instructor for the series. She received her training from Dr. Shipley and has been teaching his course for two years.

QuitSmart is a four-week program

with five classes to be held on Oct. 11, 18, 25, 27 and Nov. 1 at 7 p.m. in the hospital dining room. Participants must attend all five classes.

The program uses brand-fading for the two weeks prior to the quit date, which reduces the amount of nicotine being taken in by 80 percent by the participant's quit date. Cost of the program is \$20 per person, which covers the cost of the kit each person receives.

For more information or to reserve a place in the QuitSmart program, call (910)457-5271, ext. 276.



← To Wed Oct. 15

Larry and Patricia Lee of Leland have announced the forthcoming marriage of their daughter, Shaleen E. Brady, to Timothy K. Phelps of Holden Beach. He is the son of Nellie Phelps and the late Kenneth Phelps of Holden Beach. The wedding will take place Saturday, Oct. 15, at 1 p.m. at Sharon United Methodist Church, 2030 Holden Beach Road. A reception will follow; friends and relatives are invited.

**Miss Black Pearl Pageant Set Oct. 22**

The Miss Black Pearl Pageant Association is accepting applications for the Tiny Miss/Little Miss/Princess Pageant.

The Tiny Miss, category is for girls ages 4 and 5. The Little Miss category is for ages 6-8 and the Princess category, for ages 9 and 10. The pageant will take place Oct. 22.

For applications, call Stephanie Jackson at (910)457-6165, Erica Price or Delores Brown of Southport.

**SHALLOTTE'S NEWEST & FINEST SUPERMARKET**



**DELI • BAKERY  
HOT FOODS  
SALAD BAR**

Intersection of  
Main Street and  
Hwy. 130 W.  
754-3636

Serving Breakfast  
7-10 AM  
Lunch 11 AM-2 PM  
Open Daily 7 AM-10 PM

**HILLS CHOICE BEEF SALE**

BONELESS CHUCK **1.38** lb.  
**Roast**

BONELESS **1.69** lb.  
**Steaks or Stew**

DUBUQUE

**Canned Hams**

**HILLS SPECIAL PRICE** **5.99** 4 lb.

TOP BEE FRESH FROZEN

**Baking Hens**

**HILLS SPECIAL PRICE** **4.99** lb.

BRIGHTLEAF SLAB

**Bacon**

**1.39** 4 lb.

**BONELESS Pork Loin** **2.99** lb.

**BONELESS Pork Chops** **3.99** lb.

OUR FAMILY **Wieners** 12 oz. **59¢**

GWALTNEY MEAT **Franks** 12 oz. **89¢**

BRYAN SMOKED **Sausage** **1.99** lb.

JUBILEE **Bologna** 12 oz. **99¢**

While shopping at **HILLS** Friday and Saturday, try a cooked sample of Randy's Country Sausage.

**HILLS SUPER LOW PRICES - SUPER SERVICE - EVERY DAY**

2 LITER

**Pepsi**

**89¢**

OUR FAMILY 303 CANS

WHOLE OR CREAM

**Corn** 3/\$1

CUT GREEN OR FRENCH

**Beans** MIX OR MATCH

OUR FAMILY

**Paper Towels** 3/\$1 ROLLS

OUR FAMILY

**Macaroni & Cheese**

3/ **89¢**

7 1/2 oz. box

Our Family Bleach .....Gal. **79¢** Our Family Chunk Dog Food 20 lb. Bag **2.99** Hi Pro Dog Food ....20 lb. Bag **3.49**

## HILLS DELI-BAKERY

**CAKE SALE**

1/4 Sheet Cake **1.19**

1/8 Sheet Cake **59¢**

Cake-For-One **2.99**

Cupcakes...ea. **59¢** .....decorated **69¢**

**HILLS HOT FOOD**

Delicious **Fried Chicken**

4 Pieces **3.99**

8 Pieces **5.99**

Sliced To Order

Turkey ..... **2.99** lb.

Boiled Ham .... **1.99** lb.

Salads ..... **99¢** lb.

## HILLS FRESH PRODUCE

OUR FAMILY 64 oz.

**Fresh Orange Juice**

Regular **1.49**, Save **50¢** at **HILLS** **99¢**

FRESH GREEN

**Cabbage** **19¢** lb.

LARGE HEAD

**ICEBERG Lettuce** **59¢**



**SALE DATES OCTOBER**

WED	THUR	FRI	SAT	SUN	MON	TUES
5	6	7	8	9	10	11