



Unexpected Arrival

BELLE GLADE, FLA. — Ms. Mary West, 16, holds her daughter Cassandra Olympia, born 31 hours after she played varsity basketball for her Glades Central Raiders Saturday, March 1. Ms. West said she was not aware she was pregnant. Cassandra was born at Mary's home at 4 a.m. Monday. UPI Photo

Judge R.C. Erwin to Receive Honorary L.L.D.

MISENHEIMER—Richard Cannon Erwin of Winston Salem, judge of the North Carolina Court of Appeals, will be awarded an honorary Doctor of Laws (L.L.D.) degree from Pfeiffer College in Misenheimer at the college's commencement exercises May 4.

The honor has been approved by the full faculty and board of trustees of Pfeiffer College, acting upon the recommendation of a joint trustee-faculty Honorary Degrees Committee. In making the announcement, committee chairman Mrs. Robert M. Smith Sr. commented, "The trustees and faculty of Pfeiffer College are indeed pleased to recognize the lifelong leadership and service of Judge Richard Erwin in this very special way. He is certainly a prominent North Carolinian, but he is also much more. His tireless and unselfish efforts behind the

scenes—in his community, in his church, in numerous schools and colleges, and in the legal profession—are what make him a truly great man."

Joining Mrs. Smith in her praise of Erwin, Pfeiffer president Dr. Cameron West added, "Richard Erwin is one of those rare individuals who gives 100 percent at everything he chooses to undertake. He has been a highly respected and successful lawyer, legislator, and judge, and he has been a leader among the lay members of the United Methodist Church. Senator Robert Morgan recently nominated him for the post of Federal District Judge for the Middle District of North Carolina. The entire Pfeiffer College community looks forward to May 4, when we will recognize Judge Erwin for his truly remarkable life of service."

A native of Marion, Erwin served as a First Sergeant in the U.S. Army during World War II. He received the B.A. degree from Johnson C. Smith University in 1947. In 1951, he earned the L.L.B. from Howard University School of Law.

From 1941 to 1977, Erwin was a practicing attorney in Winston-Salem as senior partner in the firm of Erwin and Beatty. He is a member of the Bar of the U.S. Supreme Court, the North Carolina Bar Association, and the North Carolina Association of Black Lawyers. He is also a past president of the Forsyth County Bar Association.

Erwin is a former state representative, serving in the General Assembly from 1975 through 1977. He has also served on the North Carolina Board of Education and for eight years on the Winston-Salem-Forsyth County

School Board. He served as chairman of the board of trustees of Bennett College from 1968 to 1979, a period in which the college made great strides under his leadership. He is presently on the boards of visitors of both Johnson C. Smith University and the North Carolina Central University School of Law and has also served on the board of visitors of the Divinity School of Duke University.

Erwin is a member of the North Carolina Penal Study Commission, a life member of the state P.T.A. Association, a member of the board of directors of the North Carolina 4-H Development Fund, and a former member of the board of trustees of the Children's Home in Winston-Salem and of Amos Cottage.

Erwin is a member of Saint Paul United [Continued on Page 13]

Largest Single Policy Ever Written By NCM Taken Out By Woman

The largest single policy ever underwritten by North Carolina Mutual Life Insurance Company has been taken out on the life of a Winston-Salem woman.

The \$1.3 million policy was purchased by Miss Muter Evans, 26, owner of a Winston-Salem radio station. She becomes NCM's only million dollar policyholder. The historic life insurance purchase was engineered by C.P. Booker, manager of NCM's Winston-Salem district office.

Miss Evans purchased WAAA, Winston-Salem's only radio station with black-oriented programming, last October. A Williamston native, she joined the station while still a student at Wake

Forest University in 1974. She served the station in various capacities, including director of the News and Public Affairs department, sales representative, executive vice president and general manager, prior to becoming owner.

With the policy on Miss Evans, NCM is now a partner in two of the largest single life insurance policies ever issued on the lives of black Americans. In 1979, NCM was one of six predominantly black life companies that participated in underwriting a \$1 million policy on George Johnson, president of a cosmetics firm that markets primarily to blacks.

NEWS

FOR SENIOR CITIZENS

MEDICINE: GETTING THE BENEFITS

Elderly people generally take more medicines, and therefore run a greater risk of having problems with drugs.

But if you learn how to prepare for a visit to your doctor, what questions to ask, how to take your medicines, and what side effects you should watch out for, you can avoid many of the risks and maximize the benefits of your medicines. To guide you, the National Institute on Drug Abuse has prepared these suggestions.

Your Doctor
Tell the doctor all he or she needs to know in order to diagnose your problem and prescribe the proper

medication. Bring all the medicines you are using or a list of them, including non-prescription medicines like aspirin and laxatives. Prepare a list of your allergies and any medicines to which you have had a bad reaction.

Before you leave the office, ask your doctor the name of each drug he prescribes, what it is for. Ask when, how often and for how long you should take it, and whether there might be any side effects that you should report.

The Institute also points out your pharmacist can provide you with valuable information about the side effects of prescription and



You can make your medications work more effectively for you.

Your doctor can help make sure your medications are right for you.

over-the-counter medicines. Also, your pharmacist may be able to give you easy-to-open caps in place of the childproof ones.

A System
To get the most benefit from prescribed drugs and to reduce the risks, take them according to direction. If you have to take several different medicines at different times during the day, it can be complicated and hard to remember. Organizing a system will make it easier.

Some people use check-off charts. Others count out their pills for the day each morning and put them in a cup. But some medicines like nitroglycerin lose their strength if exposed to air. Others must be kept refrigerated. Ask your pharmacist which method would be all right for you.

Side Effects
To stay as healthy as possible,

pay attention to how your body responds to medicines and be sensitive to side effects.

If you take several drugs each day, you might experience unusual combination effects. Some such interactions are planned for by doctors to your advantage, however, others can cause problems. If you experience bad side effects, your doctor may be able to prescribe a substitute drug.

A folder and film, "Elder-Ed: Using Medicines Wisely," has been prepared by the National Institute on Drug Abuse to help you maximize the benefits you get from your medicines. The folder is available for \$2.50 from the U.S. Government Printing Office, Washington, D.C. 20402. To arrange for a loan of the film write RHR Filmedia, 1212 Avenue of the Americas, New York, N.Y. 10036.

Tax Tips: Casualty Theft Loss

When we hear of another person suffering damage to property, or if their house is burglarized, we seldom entertain the thought that it could happen to us. The truth is all of us are subject to such losses, and the Internal Revenue Service allows a tax break in some case.

Casualty losses include damage from a hurricane, tornado, flood, storm, shipwreck, fire, or accident. Accidents may be by automobile, sonic boom, or vandalism. The loss of trees, shrubs, and other plants through disease do not qualify as casualty losses.

Casualty losses can be claimed, not only for personal property, but also to business property. Losses to personal property carry a \$100 deductibility, but there is no deductibility

for business property. In other words, you can deduct the full damage to business property.

Unfortunately, theft losses are common. Nowadays, many homes are being burglarized for gold, silver, and other precious metals or coins. It's a good idea to keep an inventory of all personal property and a good estimate of the fair market value of each item. The IRS allows a theft loss only for that portion not reimbursed by insurance. And, if the insurance company reimbursement is more than the fair market value of the item, the difference must be declared as income.

If you need more information concerning casualty or theft losses, ask the IRS for Publications 547, and 584.



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1-LB. BOX **43¢**

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6 12-oz. Cans **\$1.99**

Rome Apples
3 1-lb. Bag **89¢**

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SINGLE ROLL **44¢**

Country Club Ice Cream
1/2-Gal. Ctn. **99¢**

Green Cabbage
1-lb. **12¢**

Fresh Made Glazed Donuts
Doz. **99¢**

Tomato Soup
10.75-OZ. CAN **15¢**

White Grapefruit
3 For **\$1**

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Amish Baby Swiss Cheese
1-lb. **\$2.99**

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