

In Uptown Charlotte

Second Free Lunch Hour Seminar Begins January 22

The Mecklenburg County Commission on the Status of Women will sponsor a second series of free lunch hour seminars in uptown Charlotte beginning Thursday, January 22.

Interested persons are invited to bring their lunches

and attend the programs which will be held on Thursdays from noon to 1 P.M. at the Charlotte Chamber of Commerce, 129 W. Trade Street.

The series of five seminars will be as follows:
January 22, "What Assertive Behavior Is...and Isn't."

A discussion of the difference between non-assertive, assertive and aggressive actions and how your behavior influences others' reaction to you. Coordinated by Peggy Howie, assistant vice president of NCNB Corporation, and Cathy Watson, group counselor with Florence Crittenton Service.

February 19, "Values: What's Really Important to Me?" How your values influence your choices regarding job, family and how you live. Coordinated by Louise Robinson, counselor at Central Piedmont Community College.

Community College. March 18, "Goal Setting." How to utilize your values and strengths setting goals. Coordinated by Veegie Short, education and human relations consultant.

The Commission on the Status of Women sponsored the first series of lunch hour seminars in November and December. The second series has been planned in response to interest expressed by the participants in the earlier programs.

February 5, "How to Assert Yourself Without Putting Others Down." Skits and role playing will illustrate effective use of assertive behavior. Also coordinated by Peggy

March 4, "Recognizing Your Strengths." A discussion of how to recognize your strengths and build on them. Coordinated by Eulada Watt, counselor at Central Piedmont

Food Town Plans Two New Super Markets

Two new Food Town Super Markets are planned for Greensboro, according to an announcement made jointly by Food Town president Ralph W. Ketner and developers McCoy Development Corporation of Greensboro and Southern Real Estate of Charlotte.

One of the new stores will be located in the Lawndale North Plaza shopping center on Lawndale Drive near Pisgah Church Road. The second unit will be constructed in the Holden South Plaza, located at the intersection of Holden Road and West Vandalla Road.

Both super markets will occupy 24,928 square feet of floor space. Adjoining the Lawndale North Plaza Food Town will be a 7,000 square foot national drug store, and adjoining the Holden South Plaza Food Town will be a 5,000 square foot national drug store. Tentative opening dates for the two stores has been set for the fall of this year.

Food Town currently operates 30 super markets in

Piedmont North Carolina, with additional stores under construction in Pineville, Statesville, and Mt. Airy.

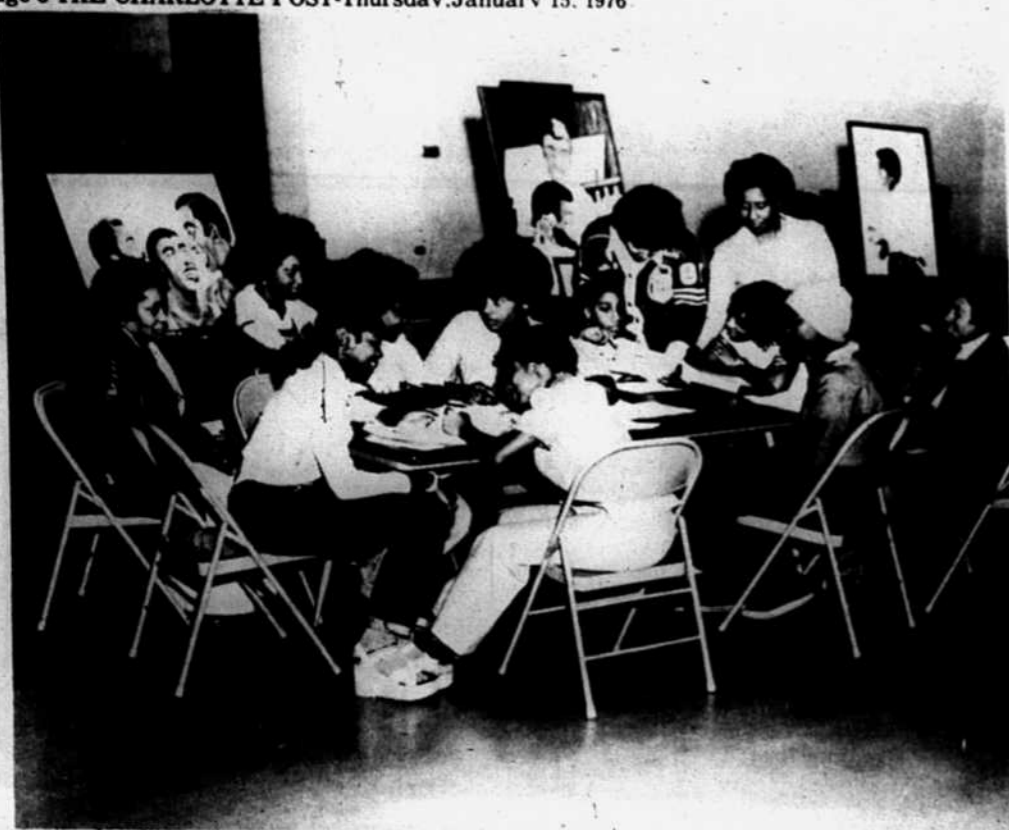
Last week Food Town Stores and Lowes Super Markets of North Wilkesboro announced the approval in principal of the merger of the two chains, bringing to 78 the number of stores expected to be in operation by the end of 1976.

Computerized Registration System

Coming To UNCC

The University of North Carolina at Charlotte has appointed an assistant registrar to help with the development of a computerized registration system.

He is Douglas Francis Sutherland, who currently is responsible for the computer scheduling of all registration materials, analysis and grade reports at the University of Massachusetts, which has more than 24,000 students.



GETTING ACQUAINTED SESSION was part of the first of 7 cultural activities to be held for 9 young ladies, and their parents, who will participate in this year's ZETA INVOLVEMENT PROGRAM (ZIP) sponsored by Delta Zeta Chapter of Zeta Phi Beta Sorority. Seated at table, left to right, are ZIP Girls Pamela M. Young, Delores Reid, Shari V.

Garnett, Donna Byrd, Venisa M. Lowman, Katie Harris and Valerie Floyd. Pam Kirkpatrick and Mary McClintock are not pictured. Other, left to right, Mrs. Reasie Reid, Mrs. Loretta Young, Brenda Slade, Associate Chairperson, Mary Streater, Chairperson, and Mrs. Helen Floyd. Photo by Peeler.

Delta Zetas Sponsor First

Zeta Involvement Program

By James Peeler
Post Feature Writer

Delta Zeta Chapter of Zeta Phi Beta Sorority held the first of a series of 7 Cultural Activities that will constitute their annual ZETA INVOLVEMENT PROGRAM (ZIP) for 1976 last Saturday afternoon at Greenville Community Cen-

ter. This year's Zeta Involvement Program has as its objective the Development of Self Confidence; Exposure to cultural Aspects such as drama, music and fine arts; helping one to better find herself in society; being of more service to the community in which one lives; and, an Awareness of means of protection of oneself.

The program is headed by Soror Mary Streater, Chairperson, and she is assisted in her efforts by Associate Chairperson Brenda Slade.

The first of the Cultural Activities for the ZIP GIRLS consisted of a lecture by Charlotte Artist and retired school principal B. D. Roberts who displayed a considerable number of his paintings; and, a get acquainted Session followed by refreshments.

ZIP Girls involved in this How much does it cost you to give your full support to the Charlotte Post? Only \$8.00 per year - the purchase price of a year's subscription. Be sure to get your copy each week. YOUR SUPPORT HELPS!

year's program are: Pamela M. Young, Delores Reid, Shari V. Garnett, Donna Byrd, Venisa M. Lowman, Katie Harris, Valerie Floyd, Pam Kirkpatrick, and Mary McClintock.

Other scheduled activities for the girls, according to Chairperson Streater, include attending a Johnson C. Smith University Basketball game, attending church services at Johnson C. Smith and a Luchon on campus, a Bowling outing followed by a treat at the Pizza Hut, attending a sorority meeting followed by an Entertainment Hour and conclusion of the Calendar of Events for ZIP Girls with a Cookout at the home of Soror Streater on May 15.

Officers of the 25-member Delta Zeta Chapter are: Philistine Dumlup, Basileus; Clarissy Knox, Anti-Basileus; Elizabeth Hutchinson, Corresponding Secretary; Eloise Morton, Grammateus; Jane Reid, Tamais, Brenda Slade, Faculty Advisor in charge of undergraduates; and Almetto Alexander, Phylacter.

Jaycees Receive

Alcohol Project

Threshold Grant

The Mecklenburg Jaycees have been awarded an alcohol project grant by the United States Jaycees new responsible drinking education program called "Operation THRESHOLD". "Operation THRESHOLD" is made possible by a grant to the United States Jaycees Foundation from the National Institute on Alcohol Abuse and Alcoholism.

Lloyd Keller, President of the Mecklenburg Jaycees, states, "We're delighted to undertake this project. I am particularly gratified that our national Jaycees program called "Operation THRESHOLD" is taking a really positive approach utilizing a responsible drinking theme for those who choose to drink." Operation THRESHOLD is attempting to provide Jaycees and the American people who choose to drink with responsible drinking guidelines and attitudes. By encouraging sensible drinking practices and tips, Jaycees hope to reduce the rate of problem drinking, alcohol abuse, and alcoholism in the nation.

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