

Bout With Flu Can Be Serious

In case you haven't noticed, we are already into this year's flu season. The season generally runs from September through the following spring. While this is not considered a serious year for the flu, for certain high-risk groups a bout with the flu can be a serious threat to life.

The flu, or influenza, is a contagious respiratory disease caused by a virus. During the course of the disease, the tissues of the respiratory tract become inflamed, and sometimes actually damaged. Fortunately the tissues usually heal within a couple of weeks.

Symptoms of the flu include fever, chills, weakness, loss of appetite, and various aches and pains of the head, back, arms and legs. The flu sufferer may also have a sore throat and a dry cough, nausea, and burning eyes.

For most of us, the flu is not a very serious disease. While it may keep us in bed for a week or so, it is usually taken care of by rest, aspirin for fever, and plenty of fluids. For others, however, complications can set. After fighting the flu the body's defenses are weakened and the body becomes more susceptible to infection and complication. Most of these complications are bacterial infections with bacterial pneumonia being the most common. For anyone with a high risk, this can be a very serious illness.

Those who are high-risk include:
 -any adult or child with a chronic lung disease.
 -any adult or child with a heart disease.
 -any adult or child with a chronic kidney disease.
 -any adult or child with diabetes or other chronic metabolic disorder.
 -anyone over the age of 65.

If you find that you are in the high-risk category you should be vaccinated against the disease each year. While there are risks of adverse drug reactions to the vaccine, the risks are small compared to the risks of bacterial pneumonia.



THE YOUNG ADULT GOSPEL CHOIR
 ...Of Steele Creek AME Zion Church

Steele Creek Young Adult Choir Observes Sixth Year

By Cynthia Bell
 Post Staff Writer
 The Steele Creek Young Adult Gospel Choir recently celebrated its sixth anniversary at their church, Steele Creek AME Zion Church. Many choirs from North and South Carolina were on hand to help celebrate.

The choir was organized in 1971 when they first sang Soprano, Alto, Tenor, and Bass as a group. Later in that year they became the Steele Creek Young Adult Choir under the direction of John Nicholas and Melvin Phifer, the president.

William McCullough became the new director in May of 1976, according to the choir's president, Ulysses Phifer Jr. Other officers for this year are: Calvin Glover, Vice-president; Ethel Erwin - Secretary; Christine Erwin - Assistant Secretary; and Clyde Phifer - Treasurer.

The Sopranos for the choir are: Sylvia Adams, Christine

Erwin, Jackie Glover, Betty Heath, Betty Phifer, Carolyn Phifer, Helen Phifer, and Tangelia Reddick. The Altos are: Karen Adams, Patricia Caldwell, Juanita Chisholm, Ethel Erwin, Delores Kilgo, Sarah Kilgo, Pam Rankin, Yolanda Reddick, Shelia Washington, and Betty Ann Weathers. Tenors are: Calvin Glover, Bob-

by Harris, Leon Harris Clyde Phifer and James Phifer. The Basses are: Willie Erwin, Ulysses Phifer Jr., Richard Patterson, and Benny Weathers. The choir has done an outstanding job and given many concerts this year.

Recently the choir was in concert with the Dixie Hummingbirds, The Volinairs, the the Supreme Angels.

"The choir's next concert is scheduled November 20th (the third Sunday in this month) at Mount Zion AME Zion Church in Belmont, North Carolina. The Choir can also be heard every first and second Sunday

at Steele Creek AME Zion Church on York Road.

Rev. DeGranville Burke Will Offer Unique Christmas Gift

By Jeri Harvey
 Post Staff Writer

If you're looking for a unique Christmas gift for the man or woman "who has everything" perhaps you might be interested in a suggestion from Rev. DeGranville Burke.

As you know, Rev. Burke is in the process of compiling "A History of Brooklyn" on slides and tapes. With the assistance of the Afro-American Cultural and Service Center, he is collecting data depicting Brooklyn before it was damaged by neglect and finally leveled to make way for urban renewal.

Interest in the project has been good and there have been numerous showings of the slides about the city.

To further promote the project and to raise funds for more research a booklet is



Rev. DeGranville Burke

... Compiling history being compiled containing 50-75 key pictures from the slide collection. These pictures show well-known institutions, people and street scenes from the Brooklyn area.

According to Rev. Burke,

Davis Enlists In U. S. Air Force

Roger E. Davis, son of Mr. and Mrs. Willie Davis, of 2215 Albemarle Road, has enlisted in the U.S. Air Force.

Airman Davis, a 1973 graduate of West Charlotte High School, joined under the Air Force's Delayed Enlistment

Program (DEP), which allows him to accumulate time in the Air Force Reserve until he enters active duty on December 20, 1977.

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"These would make an excellent Christmas gift for friends and relatives that would be different from the usual gift."

He said ads are being sold to help defray the cost of the brochure. The brochure is being produced by W.B. Bulluck and ads begin at \$12.50. Interested persons may call Rev. Burke at 377-3222 for further information or the Afro-American Cultural and Service Center at 374-1565.

The price of the brochure and the completion date will be announced at a later date. All proceeds will go toward completing research on the "Brooklyn Story" and to do research for a similar project on First Ward and Greenville.

Metrolina Chapter

To Meet Sunday
 The Metrolina Chapter of Morehouse Alumni will hold a meeting Sunday, November 13, at 7 p.m. at The Gallery, 1408 E. Morehead Street.

All former Morehouse students are urged to attend. Business of importance will be discussed.

W.B. Bulluck - president, Wesley Celment - vice president and Sam Young - secretary.

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Blacks And The Energy Crisis

Energy, Jobs And Blacks

By Mark Hyman
 Mark Hyman Associates, Inc.
 Special To The Post

What has energy to do with jobs in the community...especially the black community?

Without question energy and jobs are two sides of the same coin. For instance, each time a manufacturer, large or small, which consumes hundreds and thousands of kilowatts of electricity, or millions of cubic feet of gas...moves away to the suburbs or to some spacious countryside...the city and the inner city suffer. Because the move takes with it scores, even hundreds, of jobs. In too many instances the already underemployed blacks with the firm are unable to follow because of transportation and housing problems.

What the plant moves to gain tax breaks elsewhere, or from over taxation in the local community, the fact remains that an employer and an ener-

gy user has gone. The same principle goes for a closed supermarket, laundry, drug-store, shoe shop or filling station.

Meanwhile the inner city staggers under non-profitable and constant redevelopment, ripped away housing replaced with luxury townhouses and highways, and a rapidly declining community economic stability. In short, fewer and fewer jobs.

Four weeks ago U.S. Representative Henry S. Reuss from Wisconsin took a strong public position on rebuilding the inner city as both a humane and practical way of helping the economy. Imagine, a congressman from Wisconsin, who has only two cities in his state with more than a handful of blacks, strongly proposing a plan to stop the eroding economic and human condition of blacks and the poor in the inner cities.

Even though energy was not

mentioned directly, it can be plainly read in his suggestions to the President:

1. Make a change in the rules for investment tax credits and tax free revenue bonds which will make it more appealing for companies to build plants in central cities instead of the suburbs.
2. Halt the building of new federal offices in Washington and build them in cities where jobs are needed.
3. Stronger enforcement of open housing and fair employment laws...plus putting an end to suburban zoning so that low income city residents can move with their jobs.

Representative Reuss shows a deep sensitivity into the plight of blacks and the poor in the central cities and, at the same time, shows that energy and jobs are two sides of the same coin.

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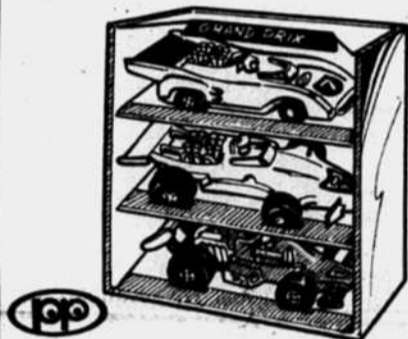
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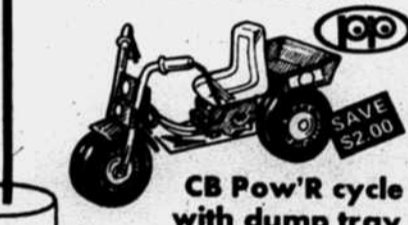
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