

A Black Perspective

You & Your Health



Brenda

L.C. Coleman Says:

Senior Citizens United Triumphs

By Susan Ellsworth
Post Staff Writer

Senior Citizens in West Charlotte have won a victory. Through the efforts of L. C. Coleman and an organization he founded called "Senior Citizens United," about 46,000 senior citizens and 20,000 handicapped people in the Charlotte area can have free bus service in the off peak hours.

Elderly and handicapped people can now ride city buses at a reduced ticket price of 10 cents per ticket. The regular price is 40 cents. "Forty cents is a lot of money for these people to pay. Some of them have to use



L. C. Coleman

...Political leader these services three or four times each week. That's a lot of money," asserted Coleman.

He and his organization fought for three years to win this benefit for the elderly. "Senior Citizens United" already has a long list of accomplishments to its credit. They were responsible for getting a bridge built over route 1-85 and Beatties Ford Road; street widening on Griens Grove Road and a post office box at Oaklawn Avenue near First Baptist Church.

Coleman has not only worked to obtain discount rates for Senior Citizens, but has led a crusade for improved health care for the elderly. He is also a candidate for the County Commission in the upcoming election. Coleman is

the founder and president of the Westside Improvement Association and he owns two local businesses, Coleman's Westside Sundries and Tri-Corner Recreational-Center. He is married and has three children.

The Senior Citizens United, led by Coleman, will next tackle the job of securing free ambulance service for the blind and elderly.

CLEAN LIGHT FIXTURES

If you're thinking of putting higher wattage bulbs into your home light fixtures to increase the amount of light coming from them, first check to see if the situation can't be improved by a simple cleaning. A clean fixture sheds more light than one that has been collecting dust and bugs all year, remind agricultural extension specialists at North Carolina State University.

Black Accountants To

Stage First Awards Dinner

The First Annual Awards Dinner of the Charlotte Chapter of the National Association of Black Accountants, Inc., will take place on September 23, at the Radisson Plaza Hotel in Charlotte.

The Speaker for the evening will be the Honorable Howard Lee, Secretary of the North Carolina Department of National Resources and Community Development. Mr. Lee is a former Mayor of the City of Chapel Hill and was appointed to his current position by Governor Jim Hunt in January, 1977.

NABA is a non-profit corporation organized under the laws of New York in 1970. Currently there are twenty-five professional chapters and thirty-two student chapters throughout the United States. The present membership of NABA

is composed of individuals who are actively engaged in the field of accounting (public, private, government of education) and student members who are undergraduate students majoring in accounting or full time graduate students in graduate schools of business.

For more information about the organization or awards dinner, write to NABA, P.O. Box 16111, Charlotte, North Carolina 28216.

This Is Your Paper Use It!

Peptic Ulcer Disease

Those of us who are frequently under a great deal of stress and suffer from anxiety may also suffer from peptic ulcer disease. A peptic ulcer is a sore on the inner wall of the digestive tract near the stomach. There are two kinds of ulcers: a gastric is found in the duodenum, the part of the small intestine nearest the stomach.

It is estimated that at least 10 percent of the entire male population in the U.S. has peptic ulcer disease. There is a somewhat greater incidence among Black men between the ages of 20 and 50.

Peptic ulcer disease is believed to be caused by the action of gastric acid-the secretions of glands in the walls of the stomach for the use of digesting food. There is usually an increase in the amount of gastric acid and a decrease in resistance of the lining of the stomach to the gastric acid. It has been found that emotional or physical stress may increase gastric acid. Therefore poor diet, alcoholism, other diseases and stress interferes with the healing of a peptic ulcer. This disease may be present in persons without regard to economic level but often Black men have both the emotional stress to increase the secretions and the nutritional deficiency which reduces healing.

A major symptom is epigastric pain (pain above the stomach) occurring usually from 1 to 3 hours after meals. It is usually a burning or gnawing type pain and is relieved by eating or taking an antacid drug. There may also be some nausea or vomiting before the pain begins.

If peptic ulcer disease is untreated, certain complications, bleeding can occur or the ulcer may cause a hole or break in the wall of the stomach. Blood may be vomited or may appear brownish like coffee grounds. There may be blood in stool, giving it a tarry color. If blood is present, seek medical attention soon.

If food escapes from a break in the wall it can cause a severe infection. These are the main reasons why it is so important to follow the instructions of your physician if you have an ulcer.

Diagnosis is usually made after a series of x-rays and an examination of the gastric secretions from the stomach.

Ulcers frequently can be treated successfully and cured, but there is no easy cure.

First of all, smoking is usually prohibited and drinking alcoholic beverages is not allowed. Dietary control is usually the most important aspect of treatment. Certain

foods may aggravate the ulcer and prevent healing. The diet will depend on your state of health and the stage of progress of the ulcer. Small frequent meals which are free of stimulants, roughage, seasoning or greasy foods make up the most important part of the dietary treatment. Medications such as antacids or drugs to decrease the acidity may be used. There should be special effort made to relax and try to avoid emotional stress. It is especially difficult to achieve this since most of us are under pressure at work, or at home, etc. Remember that a larger percentage of Black men have peptic ulcer disease and relieving the stress may not be easy.

"Mystery" Opens Children's Theatre Season

The Children's Theatre of Charlotte and Explorer Post No. 259 will present "The Mystery at the Old Fort," a story of spies, Indians and strange happenings in the tunnels and secret passages of an old fort.

The play will run September 29 - October 1 and October 6-8 at the theatre, 1017 E. Morehead St. Performances are at 7:30 p.m. Fridays, 11 a.m. and 2 p.m. Saturdays and 3 p.m. Sundays. Tickets are available at the door, are \$1.75 Explorer Post No. 259, a

scouting program for youth with an interest in the dramatic arts, is sponsored by the Children's Theatre. The post was organized five years ago by Kevin Campbell, who has returned to direct "The Mystery at the Old Fort."

The cast and production crew are members of the Explorer post. Cast members are: Seth LeMay as Policeman Ed; Errol Stewart as Policeman Jim; Jess Dixon as Chief Charlie Horse; Kendra Hicks as Mrs. Bridges; Trudy McCorkle as Lizzie; Kitty

Season

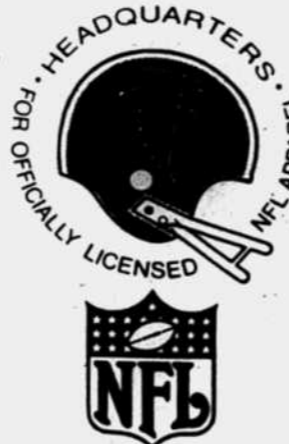
Hicks as Barbara; Kelly Hicks and Hanna Palin as Henriett Anders; Dennis R. Phillipi as Dr. Strange; and Kevin Campbell as Dr. Hammond. Roderick, a dog belonging to twins Kelly and Kendra Hicks, is also featured as Petey.

Dorn Pentess is serving as assistant director and stage manager. Kelly Hicks is in charge of the sets, and Stacey Smith is handling the lighting.

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Sale prices shown on this page good thru Saturday, September 23rd.



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