

Dental Decay Is Leading Health Problem Among Children

RALEIGH++ The leading health problem among children in the United States is dental decay. Good dental health is essential for proper nutrition, correct speech and

socialization. Untreated dental problems can cause infection and lead to serious illness, according to Dr. George Dudley, head of the Dental Services Program of the Division of Health Services, N.C. Department of Human Resources.

February 3 through 9 is the 31st National Children's Dental Health Week. The purpose of the week is to focus attention on the prevention of dental health problems at the time it is easiest to stop them from occurring—in childhood. North Carolina has the oldest public health dentistry program in the country. The Dental Public Health Program which was founded in 1918 began working early to instill the basic ingredients of sound dental health: nutri-

tion, proper cleaning of teeth and gums and, later, fluoridation.

"All teeth, including baby teeth, need to be guarded against tooth decay," Dr. Dudley said. "Baby teeth are not only essential to good nutrition when a child's body is growing the fastest, they

are also important in the proper development of permanent teeth. Children with severe dental problems also have trouble with speech and

social development which can have life long complications," Dudley said.

"Children's Dental Health Week is designed to draw attention to this aspect of the development of a healthy adult," he concluded.

Preventive dental health services are offered through local health departments.

Second Gear Allows Motor To Do Most Necessary Braking

Motorists savvy to the vagaries of winter driving put their automobiles in second gear—never low—and pump their brakes lightly when traveling down an ice-slick highway.

Second gear allows the motor to do most of the necessary braking, without running the danger of throwing the car into a skid, as low gear would be likely to do.

Pumping the brakes instead of continuous braking, gives the driver maximum steering control while the brakes are off and maximum braking power when the brakes are on.

HOW TO GO ON ICE AND SNOW... now being offered free by the Carolina Motor Club.

T. Ed Pickard, President of the 181,000-member motoring federation, covering both Carolinas, said, "the little booklet contains much useful information, and a good many tips for motorists who are forced to drive in adverse weather conditions." We still feel the best advice is to stay home and not get out in it though," he added.

In addition to advice about driving on ice and snow, the pamphlet provides a check list of maintenance precautions that should be taken to insure that your car is in proper operation condition for winter driving. Information is also

provided concerning the type of equipment to have on hand for winter driving, and what to do if your car should go into a skid.

The booklet is offered free to the general public at all Carolina Motor Club offices. Copies may also be obtained by sending a stamped, self-

addressed, business-size envelope to "HOW TO GO ON ICE AND SNOW," Carolina Motor Club, P.O. Box 30008, Charlotte, North Carolina 28230.

Freddy Leger To Participate In NIE Meetings

West Mecklenburg High Principal Freddy Leger is one of eight principals in the U.S. invited to participate in a series of meetings on the principalship to be conducted by the National Institute of Education (NIE).

Involved with research and development activities to further equality of educational opportunity, the NIE is in the process of studying the principalship. Among the topics to be considered are: selection

of principals, training and support of principals; equity issues in the recruitment of women and minority principals and the impact of federal policies on the principal's role. The eight principals will begin meeting in Washington, D.C., February 12-13. Two subsequent meetings will be scheduled.

Leger has been with CMS since 1956, serving as a teacher at Berryhill Elementary and Coulwood Junior High,

assistant director of the Neighborhood Youth Corps, assistant principal at Olympic High and principal at Coulwood Junior High. He has been principal at West Mecklenburg since 1973.

Has your name been in the Charlotte Post lately? Keep us informed of what you are doing so that we can let your friends know by running it in Charlotte's fastest growing weekly.



BARGIN HUNTERS
Judging from the smile on this unidentified customer's face, one gets the opinion that she's found an excellent buy at the Junior League Wearhouse downtown.

Thrift Shop Offers

Clothing At Low Price

by Susan Ellsworth
Post Staff Writer
The Junior League Wearhouse, a non-profit thrift shop operated by the Junior of Charlotte offers clothing at low prices.

"We are going to help people who can't afford expensive clothes," asserted Ms. Jane Holding, a promotion spokesperson for the League.

Located uptown on 5th St., across from Belk's, the warehouse features men's, women's, and children's clothing.

Although most of the clothes are donated, some articles especially evening wear, are taken on consignment (owner receives half of the selling price).

All clothes must be in style, clean and in good condition to be accepted.

"Two-thirds of the clothes are donated and one third taken on consignment," according to Ms. Holding. Children's items may sell for 25 cents, shoes are under \$10, better dresses also under \$10, and evening wear up to \$40, Mr. Holding said.

The shop is open Tuesday through Saturday 9 a.m. - 4 p.m.; cash and credit cards only are accepted.

Organized as a fund raising project, the Wearhouse provides financial aid for programs sponsored by the Junior League.

"All proceeds from the Wearhouse go back into the Community," Ms. Holding emphasized.

The Junior League is presently channeling their funds into researching a project to do for the elderly, encouraging uptown development, and aiding child advocacy by increasing public awareness of issues that effect children—

Improve

Shopping IQ

With These Tips

Want to improve your shopping IQ? Here are a few tips from specialists with the North Carolina Agricultural Extension Service:
Know the product and the business from whom you are buying.
Get warranties in writing and read them.
Read all advertisements carefully before buying.

children's rights, family matters workshops and child abuse.

Discovery Place, an uptown development project will house museum where children and adults can borrow parts of the collection.

"It is geared to the small child who wants to touch everything," commented Kathy Southerland, chairperson of the Wearhouse.

In previous years, the League has supported a drug education center, Charlotte Nature Museum, and speech and hearing center, Ms. Southerland said.

Post Office

Examination

Announced

The United States Postal Service announces an examination for the position of Distribution Clerk, Machine, at the General Mail Facility, 2901 I-85 South, Charlotte, NC 28228.

The beginning salary is \$7.27 per hour. All applicants will be required to take a written examination designed to test the abilities required to perform the duties of the position, and must pass vision and manual dexterity test. They must have reached their eighteenth birthday on the date of filing, or be age sixteen and a high school graduate. Candidates will receive consideration for employment without regard to race, religion, color, national origin, sex, political affiliations, or any other non-merit factors.

Individuals in this position are required to operate a machine which sorts and distributes letters. They must read address Zip Codes and key codes using a special purpose keyboard.

Applications may be picked up at the Postal West Trade Street Station, 401 West Trade Street, Post Office Building, Room 106, Charlotte, NC 28202; or at the General Mail Facility, Personnel Office, Room 05, 2901 I-85 South, Charlotte, NC 28228.

Completed applications are submitted to: Examinations Specialist, General Mail Facility, Charlotte, NC 28228. Applications will be accepted only between February 5, 1979 and February 9, 1979. Applications received after this date must be postmarked on or before February 9, 1979.

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WHOLE BONELESS BEEF RIBS

18 TO 24 LB. AVG. WT.

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LB.

WHOLE FRYERS

2 IN A BAG. LIMIT 2 BAGS. PLEASE

48¢

LB.

PORK CHOPS

QUARTER LOIN SLICED

\$1.58

LB.

FRANKS

OR SLICED BOLOGNA

\$1.00

12 OZ PKGS.

BEEF LIVER

SLICED

79¢

LB.

RIB STEAKS

RIB ROAST \$2.28

\$2.38

BONE-IN LB.

SPARE RIBS

SMALL AND MEATY

\$1.48

LB.

SLICED BACON

ANN PAGE BRAND—2 LB. PKG. \$2.59

\$1.36

1 LB. PKG.

DINNER FRANKS

SMITHFIELD BRAND—MEAT OR BEEF

\$1.29

1 LB. PKG.

BEEF ROUNDS

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LB.

FISH STICKS

A&P JUMBO

\$1.49

24 OZ. PKG.

PORK SAUSAGE

QUALITY BRAND FRESH—HOT OR MILD

99¢

1 LB. PKG.

SLICED BOLOGNA

OSCAR MAYER (12 OZ. PKG. \$1.39)

98¢

8 OZ. PKG.

GROUND CHUCK

FRESH

\$1.58

LB.

MACARONI & CHEESE DINNER

KRAFT 3 7 1/2 OZ. PKGS.

88¢

TOMATO SAUCE

HUNT'S PLAIN 4 8 OZ. CANS

88¢

COCA COLA

2 LITRE NO RETURN BOTTLE

59¢

MILLER LITE BEER

8 7 OZ. NO RETURN BOTTLES

\$1.69

GIACOBBAZZI LAMBRUSCO

24 OZ. BOTTLE

\$2.49

QUICK OATS

(42 OZ. PKG. 99¢)

49¢

18 OZ. PKG.

FRIED CHICKEN

MORTON'S FROZEN

\$1.99

2 LB. PKG.

CORN FLAKES

A&P QUALITY

53¢

12 OZ. PKG.

PIE SHELLS

A&P REGULAR

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HABISCO REG. PRICE \$1.25

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TOTINOS PIZZA

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GREEN ONIONS (BUNCH) OR CRISP 1 LB. BAG

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