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"THE VOICE IN THE BLACK COMMUNITY"

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ATTRACTIVE MARY HOYLE
...Engaging businesswoman

Mary Hoyle Is Beauty Of Week

By Teresa Burns
Post Staff Writer

Our beauty just doesn't take any kind of business. Actually, she prefers people hungry for good home-cooked food. Three months ago our beauty, Mary Hoyle, along with her husband Howard, opened the Hoyle Bar-B-Cue and Seafood House at 2316 LaSalle Street.

Mrs. Hoyle, the businesswoman, would like her business to expand nationally. Her strategy is to "buy the best and serve the best."

"Today people want first class everything," Mrs. Hoyle stated. "The key is having a successful business in whatever you do, get the best and do your best."

Some of the advantages of owning a business according to Mrs. Hoyle is meeting people and being your own boss. But it is also a lot of work. In fact, Mrs. Hoyle has barely enough time to enjoy her interests:

dancing, swimming, and tennis.

"We really haven't gotten the staff situated as yet, and that means we often work around the clock," she stated.

Our Libra beauty's favorite entertainer is Michael Jackson - mainly because she considers him a super star. She also feels that her husband is a star in his own way.

"The person I most admire is my husband, Howard," Mrs. Hoyle stated. "He is really working hard to get our business off to a good start, and I admire him for that."

Mrs. Hoyle and her husband have four children, Frederica, Leshila, Howard and Katerina. She is a member of the Church of God.

Our beauty seems to possess a happiness combined with a contentment rarely found; for she knows that "life can be beautiful when you enjoy everything you do at your best."

Convalescent Ambulance Service Gets New Policy

The Board of County Commission has recently adopted new policies covering convalescent ambulance service in Charlotte-Mecklenburg.

All convalescent calls, which are non-emergency calls, must be ordered by a doctor. Local doctors are being advised that their order should be based on medical necessity for patient transportation by ambulance, versus some other means of transportation such as automobile or taxi cab.

All persons who request convalescent ambulance service will be asked to pay in advance, although the service will not be denied if no pre-payment is made. Ambulance service will not be provided for convalescent Page 4

Dr. Raleigh Bynum Named "Optometrist Of The Year"

By Anthony Hayes
Post Staff Writer

At the awards banquet of the 12th annual Optometrist's Convention, Dr. Raleigh W. Bynum was named the "Optometrist of the Year."

The convention, held at Hilton Head in South Carolina, featured Senator Julian Bond of Georgia as guest speaker.

The National Optometrist Association is an organization of about 1,500 members (including members in the Philippines, Canada and Africa) that stands for dedicated services and untiring efforts toward the betterment of visual care for minority citizens. Next year's convention will be in San Diego, California.

In reference to his chosen career, Bynum said, "I had a desire to interact with people on a one-to-one basis and in a situation where I could be of some help to them. Optometry has few emergencies...and is not painful to the patient." As a music major in college, Bynum's first career choice was to be a professional musician (he plays the trombone).

Bynum further explained that through a grant issued by the national Optometric Society, he was chosen to oversee the recruitment of blacks and other minorities in optometry for the south-east area. Bynum has practiced optometry at 951 South Independence Blvd. since 1973. Prior to that location, between 1967 and 1973, he practiced at the

City Offers Heat Relief For Ederly

The City of Charlotte Neighborhood Centers Department and the Parks and Recreation Department are participating in a community-wide effort to provide relief from the current heat wave.

Geared primarily to senior citizens, the program makes air-conditioned buildings available to those people suffering most from the heat.

People needing relief from the heat can visit the following Neighborhood Centers facilities from 8-5 p.m. with evening and weekend hours to be arranged upon request:

Belmont Regional Center - 700 Parkwood Avenue
Greenville Neighborhood Center - 1330 Spring Street
Amay James Neighborhood Center - 2415 Lester Street

The Parks and Recreation Department has four air conditioned recreation centers that the elderly are encouraged to use to escape the heat. These centers are open Monday from 9 a.m. to 4:30 p.m. and Tuesday through Saturday from 9-9 p.m. Refreshments and planned activities will be available to senior citizens.

Parks and Recreation Facilities involved in this program are:

Tuckaseegee Recreation Center - 4820 Tuckaseegee Rd.; Methodist Home Recreation Center - 3200 Shamrock Drive; Grayson Recreation Center - 950 Beal Street; Amay James Recreation Center - 2425 Lester Street.



Everyone socializes at the family reunion and cookout at the home of Mr. and Mrs. Withers Rickett (on Ridge Ave.). Mrs. Helen Rickett was in charge of coordinating and hosting this year's reunion, which included the Rickett family, Willie and Daisy Leaman, Ashley Fulwyler, Robert and Katie Reeves, Thelma Harris, Milas and Janie McClain, Bill Cathy, and Bernard, Deborah, Jermarr and Tarryn Reeves.

During Hot Weather Period North Carolinians Are Urged To Use Good Judgement

Special To The Post

RALEIGH - North Carolinians are urged to use good judgement about participating in strenuous activities during the hot weather we are experiencing - especially the elderly persons who already have health problems such as heart conditions, and very young children.

This advice comes from Dr. J. N. MacCormack with the Division of Health Services of the N.C. Department of Human Resources.

"Thus far, we have not received any information from local health departments about deaths or other health problems caused directly by the hot weather we have been experiencing," said Dr. MacCormack.

But he warns, "people should slow down when it is real hot. Your body can't do its best in high temperatures, and could do its worst. The problems caused by real hot weather tend to be more severe with age. People with ailing or weak hearts should take it easy and stay where it's cool during hot spells."

Dr. MacCormack offers the following suggestions for preventing heat related health problems and even death:

- When your body warns you that the heat is too much and you feel faint or exhausted, reduce your level of activity IMMEDIATELY and get into a cooler place.
- Dress in lightweight, light-colored clothing.
- Eat less (especially proteins) because foods increase your body's metabolic heat production and water loss.
- Drink plenty of water and other fluids as long as the hot spell lasts - don't dry out.
- Increase your salt intake, unless you are on a salt restricted diet for high blood pressure or some other health problem.
- Vary your thermal environment; try to get out of the heat for at least a few hours each day if not at home, then at a cool store, restaurant, theater - anything to reduce your exposure time to the heat.
- Don't get too much sun - sunburn hurts the body's ability to cool itself.
- Get as much rest as possible.
- In addition to worsening already existing health problems, excessive heat can cause several other problems such as heat cramps, heat exhaustion and the much more severe heat stroke," Dr. MacCormack added.
- "Heat stroke is a severe medical emergency. Some of the symptoms are flushed skin, sharp rise in temperature, pulse is bounding and full, blood pressure high, and delirium or coma are common. A doctor should be summoned immediately or get the patient to the hospital. Reduce body temperature with cold water sponging. Delay can be fatal."

The annual family reunion of the Crockett-Bickey family will be held Saturday, July 26. The ceremony will begin at 1 p.m. followed by an all-afternoon fellowship dinner.

On Sunday, July 27, the family will worship at Clinton Chapel A.M.E. Zion Church on Rozzells Ferry Road.

If you wish to attend contact one of the members of the correspondence committee for further information. Or call James Crockett in Charlotte at 1-704-375-2961 or Miss Bella Houz in Edgemore, S.C. at 1-803-789-5305.

University Received Grant To Train CETA Employees

Special To The Post

Johnson C. Smith University has entered a contract with the city of Charlotte to conduct an Employability-Job Survival Skills Training Program for 175 Comprehensive Employment and Training Act (CETA) employees.

There are six different titles that come under CETA with each having its own federal guidelines and regulations. Employees coming under Title II B are considered public service employees and must complete 48 hours of classroom instructions on job training skills.

To conduct the training program, the university has received a \$53,341 grant from the U.S. Department of Labor.

The training period will run from July 23-September 30. Two sessions will be held at McCrorey Hall, the social science building, during that time. The first session will begin registration on July 23 for classes that will run through August 7.

Sixty students between the ages of 18-60 will participate in the first session. The session, to be held Monday-Friday, will include two classes in the morning (8 a.m. - 12 noon) and two classes in the afternoon (1 p.m. - 5 p.m.) with 15 students in each class.

While various training programs have been held throughout the city to train public service employees before, this is the first time the program has been held at JCSU.

This will also be the first time the training modules, being used by JCSU, will have been used to train CETA employees in Charlotte-Mecklenburg, said Dr. Harold Lerner, JCSU urban studies director and program coordinator.

Lerner said that each class will include video and cassette tapes, role playing, practicing and discussions. Each module will

provide a complete program of skills so participants will have a better understanding of themselves and a better understanding of how to search for positions in non-subsidized employment.

Categories of training will include communication skills such as clarifying communications and active listening; interpersonal skills which includes taking initiative, accepting responsibility, positive reinforcement and handling conflicts; self-help which includes building self confidence and self assertiveness; specific employable skills such as pre-interview preparation, controlling the interview, job search and explaining what CETA is.

"We've found that a lot of people have misconceptions about what CETA really is," Lerner said. "Since the participants have been in this positive program, they need to be capable of explaining the program in a positive light so that their previous job experiences will count in their favor in the new job," Lerner said.

Instructors for the classes will be Helen Taylor Caldwell, JCSU sociology instructor and Brenda Bilal, JCSU writing center facilitator.

Transportation Committee To Meet Monday

Every Monday (from July 14-August 25), the Mayor's Transportation Committee will hold a series of meetings with bus and transportation equipment manufacturers. These meetings, which are open to the public, will feature presentations of new types of buses and transportation equipment by various manufacturers. The meetings will be held at the City of Charlotte Training Center on Fourth Street (in the City Hall Annex), and will begin at 7:30 p.m.

The Monday presentations will find the manufacturers outlining the features and advantages of their buses, and then on Tuesday of the same week, the bus will serve a transit route system to give the citizens an opportunity to ride the bus. On Wednesday, the bus will be displayed at the Square (Trade and Tryon Streets) for public inspection. Those citizens who ride the various buses will receive a questionnaire to determine their opinion of these new types of equipment.

The tentative schedule for presentations show that on July 14th, the Bluebird Bus Company will present their "small bus." On July 21st, the Chance Bus Company will present a "tandem bus" (a bus with one or more cars attached without the ability for passengers to walk through to other cars). July 28th will find the Icarus (Crown Coach) Company presenting an "articulated" bus (a bus with a car attached,

Little Theatre Will Be Held

The Little Theatre of Charlotte Student Theater Guild will be presenting the comedy, "Butterflies Are Free" July 13, August 1, 2 and 3 at the Little Theatre of Charlotte, 501 Queens Road.

Curtain - 8:15 p.m.

Post's 10 Best Dressed Men - Turn To Entertainment Section

Post's 10 Best Dressed Men - Turn To Entertainment Section



Dr. Raleigh Bynum
...Popular politician



HEREDITY is something every MAN believes in until his own SON begins acting like a DARN FOOL.