

# What's happening!

**JOY AND PAIN...**The Midway Lounge on Statesville Avenue usually hums with a regular rhythmic beat on Mondays' fun nights. However, last Monday night the beat was irregular and the hum rose several octaves. At times the pitch was really feverish. The reason for the unevenness of the tempo was the NCAA Championship basketball game.

An ordinary Monday night consists of games of backgammon, dominoes, whist, chess and uno, embellished with the serving of delicious chicken wings. Last week the games were the same, only intensified by the excitement of another game that pitted the All-American Tarheels against the minorities' favorite Hoyas.



**BOB JOHNSON**

The conversations were brisk and apprehensively dovetailed to satisfying the financial arrangements made at some earlier time. The overall atmosphere resembled that of a stock exchange with prices rising and falling with every basket made by these two evenly matched teams.

The eventual joy and pain of it all came shockingly into focus when Fred Brown of Georgetown made an errant pass into the hands of UNC's James Worthy with eight seconds left on the clock. And just like in the movies, the All-American team takes out. It was clearly registered in the faces of the basketball enthusiasts, how they felt in their hearts and in their pockets. Since the game was a by-product of the evening, it didn't take long for the regular rhythm to return. Curt Ardrey, William Boyer, Billy Whitmire, Mr. and Mrs. David Young, Diane Wingard, Myrina Dawkins, Gloria Tatum, Gwen Diggs, Ida Austin, Calvin Harris, Steve Morris and Howard Swift were just a few of the people caught up in the pulsations of a memorable fun night.

**GOLF TOURNAMENT...**Nature gives to every time and season some beauties of its own. Just like from morning to night and from the cradle to the grave, the succession of changes are so gentle and easy that we can scarcely mark their progress.

The beauty given to spring, which has quietly engulfed us, is the bosom-full of blossoms that decorate the trees, and the warmth for us to enjoy outdoor endeavors. One such endeavor is the game of golf.

The Par-Busters Golf Group will begin their season with their seventh annual 4-Ball Golf Tournament. The Pawtucket Golf Club will be the battleground for the two-day, 36-holes, medal play tournament. The dates are Saturday and Sunday, April 3-4.

Trophies will be awarded to each first, second and third place team in each flight. There will be five flights. Each team will be fought after Saturday's round of play.

Registration starts Friday, April 2, from 8-11 p.m. at the Par-Busters Club House, 1901 Freedom Drive.

Saturday night, April 3, from 8 p.m. til 1 a.m., a social hour will be held at the Par-Busters Club House.

For further information, call the Pawtucket Golf Club, 394-5890 or John Love Sr., 392-1036.

**FULFILLING EXPERIENCE...**Yulanda Johnson, the daughter of Judge and Mrs. Clifton Johns, has been so thrilled lately that she finds it difficult to sleep at night. Her fast-paced days and sleepless nights come from anticipation.

The lovely Garinger senior, along with 68 other Garinger students will spend eight wonderful days in Europe, April 2-10.

Student Tours of the Cultural Heritage Alliance from Philadelphia, PA, is sponsoring this jaunt that has been donned "The Heart of Europe."

The students from Charlotte will meet students from all over the country in Atlanta, GA Friday, April 2. From there they will fly to and spend time in Heidelberg, Germany; Lucerne, Switzerland; Cologne, Germany, and Paris, France.

In Europe, Yulonda will have an opportunity to mingle with high school students from all over the world.

**THE CHARLOTTE POST**  
**CHARLOTTE'S PRIDE AND JOY**



No matter how busy he is, he always stops to listen to you. You should see the looks on his patients' faces when he comes to see them. His patient rapport is unbelievable. He is superb with the nursing staff and with the student nurses. He always is patient and eager to explain things to us when we have questions. He came to work with a big box of corsages for all the nurses at Christmas...these are just a few of the nice comments from the nursing staff on 3CD & E who recently honored Dr. Charles James for his contributions to CMHMC. The nurses, together with Utilization Review, invited Dr. James to give them a lecture on "geriatric patients" on March 11-which turned out to be a surprise buffet luncheon in the internist's honor.

## Control The Aging Process Improving Quality Of Life

By Ernest Messer  
Special To The Post  
...RALEIGH - Age is only a state of mind. We've all seen people who are old at 20; while others are youthful at 90.  
We all get older, but we can control the aging process. If we begin early to take care of ourselves, by drinking and eating in moderation and eating a nutritious diet, we can add to our years of productivity.  
It is never too late to take care of yourself. An active 60 or 70 year old person can prolong those good supple

years. The body needs plenty of exercise. Establish an exercise routine and stick to it. A good run or walk can alleviate stress, stimulate your mind, and keep your body youthful and useful.  
Keep busy. That's another good health rule that becomes more important as you grow older. If a person works all of his life, and then suddenly retires, it can be a demoralizing experience. Some older people become inactive. It may take a little effort to get out of bed in the morning but everyone should get

up, and keep a schedule of work. They will feel better. A person should work as long as possible. He will retain an interest in life, and keep his mind and body alert.  
We have excellent programs in North Carolina to help the older adult stay healthy, but it is up to each individual. He alone can take that first step to a fulfilling older life. An older adult must make the decisions that lead to being alert and active or being bedridden.

## Troopers Do More Than Write Tickets?

If you happen to be one of the many motorists ticketed for speeding or some other traffic violation by a trooper, you may find consolation in knowing they do more than write citations.  
According to Colonel J. T. Jenkins, Commander of the Highway Patrol, troopers performed almost 200,000 acts of courtesy during 1981.  
Jenkins pointed out that the primary responsibility

of the Patrol is traffic law enforcement, but he emphasized the interest troopers have in their roles as public servants. "They take great pride in assisting stranded motorists, giving travel directions for tourists, and providing other services for the motoring public," Jenkins said. He said changing flat tires and assisting motorists to obtain gas are everyday occurrences.  
According to Jenkins,

troopers are often credited with saving the lives of accident victims or citizens who experience cardiac arrest or other potentially fatal attacks. "Although we are not in the ambulance business, on numerous occasions some of our troopers have found themselves in a losing race with the 'stork' and became instant obstetricians," he said.

READ THE CHARLOTTE POST

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# SAVE \$5-\$7

## Exterior 1-Coat Paints



**WeatherBeater Satin**

SAVE \$7  
Reg. \$17.99

**10<sup>99</sup>** gallon

Sears Best exterior latex covers in one coat, is stain and mildew resistant. In many beautiful colors. On sale until April 10.

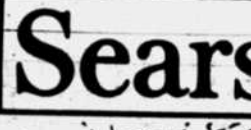
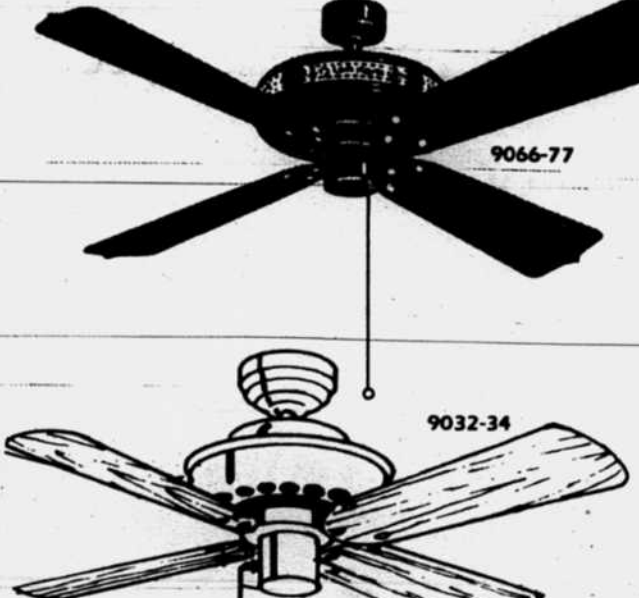
**Survivor Satin**

SAVE \$5  
Reg. \$14.99

**9<sup>99</sup>** gallon

A terrific exterior paint with one-coat coverage, in many colors. Now on sale until April 17 at Sears.

For one-coat results, all Sears one-coat paints must be applied as directed.

**SAVE \$30-\$60**

**SAVE \$60, 52-in. Ceiling Fan with Hardwood Blades**

Regular \$259.99

**199<sup>99</sup>**

Handsome 3-speed deluxe model comes in white or brown with antique brass-finished trim on metal housing. Thru April 10.

**SAVE \$4 on 1-coat Fashion Interior Latex**

Flat, Reg. \$13.99 Semi-gloss, Reg. \$14.99

**9<sup>99</sup> 10<sup>99</sup>** gallon

Bring Spring inside your house with a fresh new coat of Sears 1-coat latex. It's washable, colorfast and spot resistant. On sale now at Sears until April 17.

**SAVE \$150 on 1-HP Safety-shrouded Air Compressor**

Delivers 7.0 SCFM at 40 PSI, 100 PSI max. Has 12-gal. air tank. Thru April 17.

Regular \$499.99

**349<sup>99</sup>**

**SAVE \$2, 40-lb. Box of Sears Laundry Detergent**

Use only 1/2 cup for an average family sized washload. On sale until April 17.

Regular \$17.99

**17<sup>99</sup>**

**1-gallon Liquid Detergent**

Convenient liquid in easy-pour bottle. Thru April 17. Save \$1.30.

Regular \$5.99

**5<sup>99</sup>**

**SAVE \$5 32-gallon Permanex Trash Can**

Regular \$19.99

**14<sup>99</sup>** Thru April 17

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