

SUPER TIRE BUYS

at the

BUFFALO

UNIROYAL

VISA

TWO STEEL BELTS
WHITEWALLS \$24.99

155/80R-13
FAST TRACK
PLUS F.E.T.

ASK ABOUT OUR FREE MILEAGE GUARANTEE

TIRE SIZE	LOW PRICE	FET
155/80R-13	\$24.99	\$1.50
175/80R-13	27.99	1.83
185/80R-13	29.99	1.90
185/75R-14	32.99	2.00
195/75R-14	34.99	2.13
205/75R-14	37.99	2.34
205/75R-15	38.99	2.44
215/75R-15	41.99	2.59
225/75R-15	44.99	2.74
235/75R-15	46.99	2.96

LIMITED QUANTITIES—NO DEALERS PLEASE!!

STEELERS

UNIROYAL

MasterCard

BUY 4 UNIROYAL STEELERS \$100

And Uniroyal Will Send You U.S. SAVINGS BOND

Buy 2 And Get A \$50 Bond
Also TIGER PAW PLUS • ROYAL SEAL • LAREDO'S

Quantities Limited

\$21.49

165/80R13
Plus FET 1.67
BLACK WALL
ALL OTHERS
WHITEWALL

Price Based on Purchase of 4 Tires \$100 BOND CASH VALUE \$50 After Holding Bond only 6 Months

TIRE SIZE	OUR REGULAR LOW, LOW PRICE	TODAY'S PRICE AFTER REBATE	F. E. T.	TIRE SIZE	OUR REGULAR LOW, LOW PRICE	TODAY'S PRICE AFTER REBATE	F. E. T.
165/80R-13 Blk*	33.99	21.49	1.67	205/75R-15	60.99	48.49	2.47
165/80R-13 Wht*	39.99	27.49	1.67	215/75R-15	62.99	50.49	2.59
185/80R-13	43.99	31.49	1.92	225/75R-15	65.99	53.99	2.68
BR78-13**	47.99	35.49	1.91	235/75R-15	69.99	57.49	3.01
175/75R-14	49.99	37.49	1.83	GR70-15	62.99	50.49	2.74
185/75R-14	51.99	39.49	2.04	RAISED WHITE LETTERS			
195/75R-14	55.99	43.49	2.18	BR78-13**	47.99	35.49	1.91
205/70R-14	59.99	47.49	2.23	205/70R-14	59.99	47.49	2.23
205/75R-14	58.99	46.49	2.24	205/70R-14	58.99	46.49	2.34
215/75R-14	60.99	48.49	2.48	225/75R-15	64.99	52.49	2.88
225/75R-14	64.99	52.49	2.68	235/75R-15	69.99	57.49	3.01

*PRICE AFTER REBATE is based on purchase of 4 tires and cash value of \$100 US Savings Bond after holding for only 6 months.

QUAKER STATE LUBE & OIL
\$6.88
Up to 5 qts. 20W-40W Quaker State Super Blend.

40 MONTH BATTERY
\$34.95 (exchange)
Most U.S. cars

FRONT DISC BRAKES
• New Pads
• Turn Rotors \$59.95
• New Grease Seals
• Check Hydraulic Fluid

MICHELIN Raised White Letters
165/80R-13 \$44.95 PLUS FET

\$500 INSTANT CREDIT. (CALL STORE NEAREST YOU TO FIND OUT HOW TO QUALIFY)

Tryon at 27th
2325 N. Tryon
332-7111

HOURS M-F 8 TO 5:30, SAT. 8 TO 3
Tryon Opens at 7:30 AM M-F

Monroe at Eastway
4001 Monroe Rd.
376-7481

Lake Norman/Cornellus
20409 Main - Cornellus
892-3712

BUFFALO TIRE AND AUTOMOTIVE CORP.

Selwyn at Colony
2837 Selwyn
332-1567

WE ARE MORE THAN A TIRE STORE... BUFFALO TIRE MEANS SERVICE!!

Bike riding, jogging and swimming are the many ways you can keep in shape this summer. If you prefer skating, roll along with Nikki, 7, a student at Dilworth Elementary School (Post Photo by Lori Grier)

Wheelchair Athletes Finally Receiving Deserved Recognition

By Karen Parker-Post Staff Writer
According to Joe Russel, wheelchair athletics are finally getting the recognition they deserve.

The paraplegic who has been disabled for seven years following a car accident, stated he is pleased that he has been able to spend the past four years participating in wheelchair competitions. Russel has gained as much acclaim as the sport itself. He is a former basketball player for the Carolina Tarheels and presently is playing for the Winston-Salem Triads basketball team.

In 1981, Russel placed third in the featherweight division when he pushed 245 pounds at the National Wheelchair Games. On April 29 he set a record at the Southern States Regional by pushing 280 pounds weighing in at 123 pounds. One of his latest achievements occurred at Tuscaloosa, AL, where he attended the Dixie Regional Featherweight Event. Again Russel set another record. This time he scratched a record of 265 pounds by pushing 275.

The gold medals and plaques symbolize one of Russel's greatest honors—to once again qualify for the National Wheelchair Games. During June 15-19, he will spend time in Honolulu, Hawaii, with nine other Charlotte competitors as they vie for various titles against other

teams in the United States. Besides weightlifting, Russel will also participate in table tennis. He holds the record in this sport at the Dixie and Southern State Regionals.

Russel is confident his performance in the national competition will qualify him for the 1983 World Games. "Right now I work out at World's Gym where Roger McWorter is my trainer," Russel commented. He also trains at home on personal equipment and gets in some training while he is instructing other disabled people at Central Piedmont Community College in physical fitness. Russel teaches assistance exercises at CPCC every Tuesday and Thursday, 5:30-6:45 p.m.

Russel describes himself as a "serious athlete." One of his objectives is to encourage more Blacks to become involved in wheelchair sports. "I'm the only black in the Charlotte Wheelchair Athletic Association, and it gets lonely sometimes," he confessed. He also admitted "prejudice doesn't stop because a person is in a wheelchair."

However, exemplifying a sense of confidence and determination, it's apparent Russel might even excel to become a member of the U.S. team in 1984 for the Paralympics. If so, he will be fulfilling a dream to compete with athletes around the world.

Poison Ivey's Spreading

Special To The Post
This native plant pest has been spreading rampantly, much to the distress of susceptible people; there are very few who are truly immune.

Poison ivy is not an ivy at all, although it is capable of attaching itself to posts, walls and trees and climbing to great heights. It belongs to the sumac family and like its cousins, poison oak and poison sumac, contains in all its parts a sticky resin capable of creating irritation.

Gardeners frequently may develop rashes from contact with poison ivy roots not otherwise visible. Smoke from burning of these plants can also be a source of very severe irritation.

While some people claim to be so sensitive that they develop a rash and itch without ever touching poison ivy, the likelihood is that they have, in fact, made a secondary contact with pets, work clothes or shoes that have touched the plant and contain the toxic resin. The resin remains for months, and dead plants can produce irritation for a year or more.

There are many remedies for the itching and of poison ivy including some uncertain or ones long-honored: smearing the flowers, leaves or jewel weed on the skin, or the application of the sap from a sassafras, a cornmeal paste, or a paste of soda can be helpful. However, the use of ammonia,

or more recently containing cortisone derivatives, are found in the drug stores. Those excessively sensitive may require immunization through injections available from their physicians.

The most important aspect of poison ivy control is to prevent its establishment in the garden or at the edges of driveways and roads. There are effective weed-killer sprays sometimes requiring two applications a week apart for vigorous plants. Care in application is necessary to avoid killing desirable plants nearby.

Pulling up the poison ivy plants also is a good method but requires extreme care to avoid contact with any part of the plant by using heavy gloves and long-sleeved garments. Thorough washing with warm soapy water after such work is advisable.

Many people have learned to recognize the poison ivy plant from its characteristic compound leaf containing three leaflets and to differentiate it from the harmless Virginia creeper, which resembles it but contains five leaflets. It is a good plan to know the plant in all seasons and in all its forms, including the rough brown, rope-like vines growing to the tree-tops locally.

The N.C. Botanical Garden maintains some labeled poison ivy plants on the nature trails and in the Coastal Plain habitat so that visitors may be able to learn to identify them—and poison oak and poison sumac as well—at different times of the year.