

Good Nutrition Takes Bite Out Of Dieting

Are you afraid to step on the scale these days? Well, if you are like most people who put on a few extra pounds over the holidays, losing weight can be difficult and frustrating. "There are a number of fad diets available for those who want to drop the extra pounds in a hurry," said Pat Miller, clinical

dietitian at Mercy Hospital. "But losing weight slowly is the best way to diet. "People need to watch out for the fast cure. Rate of weight loss is important. If someone loses one or two pounds a week, he will usually keep the weight off much longer." Ms. Miller suggests cutting back 500 calories each

day from the normal eating routine. By the end of the week, a person will lose one pound, which is equal to 3,500 calories. "Don't be fooled by gimmicks," said Ms. Miller. "Quick weight loss through diet pills usually results in loss of water weight, not body weight. The best diet involves eat-

ing a variety of foods from the four food groups - meat, milk, fruit-vegetables, and cereal. Don't eliminate any of the food groups, but limit the portions." "There is no secret to weight loss," Ms. Miller said. "It involves a simple formula of energy in equals energy out. When people do

not use all their calories in a day through normal activities or exercise, then the calories are stored as fat. With consistent exercise of at least one-half hour for four days a week, most can eat what they want. But for those who don't exercise a great deal, they really have to watch the amount of food

they eat." Weight loss is more complicated for those who are obese, because it is much more difficult to increase their physical activity. In such cases, people should consult a physician for the proper diet and method of increasing their rate of metabolism.

Shazada
Records & Tapes
"Your Uptown Record Store"
Top Chart LP
12" Disco, Rock, 45"
Country Imports & Gospel
332-7077
121 E. Trade St.

Julian Bond Is UNC-G Speaker

Greensboro - Julian Bond, a Georgia state senator and a nationally known black leader, will speak Tuesday, January 23, at the University of North Carolina at Greensboro to open the campus-wide observance of Black History Month. Bond's address will begin at 8:15 p.m. in Aycock Auditorium on campus. His lecture is entitled "What Next?" The event is open to the public at no charge.

Bond gained national attention in 1965 when, at the age of 23, he was elected to the Georgia House of Representatives and was barred from taking his seat because of statements he had made on the Vietnam War. He was later seated in 1967 when the U.S. Supreme Court ruled that the Georgia legislature had erred in refusing to seat him.

He served four terms in the Georgia House and in 1974 was elected to the Georgia State Senate, where he now serves. Bond also writes a nationally syndicated column for the Newspaper Enterprise Association, Inc. While a student at Morehouse College in Atlanta in the 1960's, he was a co-founder of the Student Non-Violent Coordinating Committee.

Several events are planned at UNC-G during February in observance of Black History Month, including concerts, lectures and dramatic performances. The activities are sponsored by several campus departments, offices and organizations. They were organized by UNC-G Student Government and the Neo-Black Society (NBS), a UNC-G student organization, and most activities are open to the public at no charge.

In addition to Julian Bond's January 31, address, other events scheduled at UNC-G for Black History Month are:

February 1, 8:15 p.m., Dr. Loren Schwenger, UNC-G associate professor of history, on "Historians and Afro-American History," in Alumni House.

February 3, 4 p.m., Jazz Hour in Benbow Lounge of Elliot University Center (EUC); 8 p.m., performance by the NBS Dance and Drama Troupe in Aycock Auditorium.

Tony Brown Is J.C. Smith Speaker

Television journalist Tony Brown will be the guest speaker at a fund-raising dinner for Johnson C. Smith University and the United Negro College Fund (UNCF) at McDonald's Cafeteria on Monday, February 13.

Brown's visit is sponsored by Pepsi-Cola of Charlotte as part of Black History Month.

"It is a small way of saying thanks to the black community for their support," remarked Pepsi-Cola spokesperson Margaret Braun. Pepsi-Cola will host a news conference at 11 a.m. at their offices at 2626 South Blvd.

Brown will speak at Johnson C. Smith University students and the public at a convention at the University Church at 3:30 p.m. on Monday. The UNCF dinner will include a 7 p.m. wine and 8 p.m. dinner at McDonald's Cafeteria at 2626 South Ford Road and 7th St.

Tax deductible contributions of \$15 per person will benefit the JCSU-UNCF campaign.

For tickets or more information, call Dr. Gloria Davis, JCSU Office of Development at 578-1894, Monday, 9 a.m. to 5 p.m.

STORE HOURS:
MON.-SAT. 8 a.m.-10 p.m.
Sun. 9 a.m.-9 p.m.



These prices good thru Saturday, January 28, 1984

Cube \$1.88

Steak

USDA Choice - Family Pack

Lb.

<p>\$1.18 Lb.</p> <p>Fresh Cut Quarter</p> <h2>Pork Loins</h2>	<p>\$6.98 4 Lbs.</p> <p>Sliced FREE!</p> <h2>Dubuque Canned Hams</h2>	<p>\$1.59 10 Lb. Bag</p> <p>US #1</p> <h2>White Potatoes</h2>
---	--	--

<p>Charlotte</p> <p>\$1.09</p> <p>2 Liter - Diet Coke/Caffeine Free Coke/Caffeine Free Diet Coke</p> <h2>Coca Cola</h2>	<p>Charlotte</p> <p>\$3.99</p> <p>1.5 Liter - Dry Red, Dry White, Rhine, Burgundy, Chablis, Rose</p> <h2>Taylor Calif. Cellars</h2>	<p>Charlotte</p> <p>\$4.99</p> <p>Pkg. of 12 - 12 Oz. Cans</p> <h2>Miller Lite</h2>	<p>\$1.99</p> <p>Pkg. of 6 - 12 Oz. Cans</p> <h2>Busch Premium</h2>
--	--	--	--

<p>\$1.69 32 Oz. 30% Off</p> <p>Joy Liquid Detergent</p> <p>Why Pay \$1.93</p>	<p>99¢ Quart</p> <p>JFG Mayonnaise</p> <p>Why Pay \$1.29</p>	<p>69¢ 6.5 Oz. - Lt. Chunk Tuna in Oil/Water</p> <p>Chicken Of The Sea/Star Kist</p> <p>Why Pay \$1.09</p>	<p>49¢ 119 Sheets - 2 Ply</p> <p>So-Dri Towels</p> <p>Why Pay 59¢</p>
--	--	--	---

<p>4/89¢ 6.5 Oz. Cat Food - Liver/Kidney/Hearty Stew</p> <p>Purina 100</p>	<p>69¢ 16 Oz. - Sesquino</p> <p>Krispy Crackers</p>	<p>3/99¢ 10.75 Oz. - Chicken Noodle</p> <p>Campbell's Soup</p>	<p>\$1.09 22 Oz. - Food Lion</p> <p>Coffee Creamer</p>
<p>\$1.09 64 Ounces - Carolina Gold</p> <p>Apple Juice</p>	<p>\$1.79 49 Oz. - W/Softener</p> <p>Fab Detergent</p>	<p>99¢ Half Gallon - Orange Juice</p> <p>Tropicana</p>	<p>2/79¢ 16 Oz. Del Monte - French/Cat</p> <p>Green Beans</p>

<p>\$1.09 4 Roll Pack - Toilet Tissues</p> <p>White Cloud</p> <p>Why Pay \$1.35</p>	<p>\$1.89 44 Oz. - 45% Off</p> <p>Final Touch</p> <p>Why Pay \$2.77</p>	<p>89¢ 32 Ounces</p> <p>Del Monte Catsup</p> <p>Why Pay \$1.19</p>
---	---	--

6800 EVERYDAY LOW PRICES