



Jack McNair, co-owner of McNair's Auto Glass Service on W. Trade St., pauses to talk with reporter while working on someone's car window.

Pat And Jack McNair Aren't Your Ordinary Everyday Entrepreneurs

By Audrey C. Lodato
Post Staff Writer

Pat and Jack McNair aren't your ordinary, everyday entrepreneurs. The McNairs, who recently celebrated the sixth anniversary of McNair's Auto Glass at 933 W. Trade Street, have an interesting story to tell.

Students and practitioners of Siddha Yoga meditation and long-time vegetarians, the McNairs claim their lifestyle makes them "feel better." Jack, who hails from Pageland, S.C., has been a vegetarian about 10 years. His wife, Pat, who graduated from West Charlotte High and attended Johnson-C. Smith and CPCC, has avoided meats for seven years. "We do use dairy products," explained Pat. "A lot of foods besides meat are high in protein. It wasn't really hard for me to adjust. I found it easy."

The couple took up meditation about five years ago because "some friends were involved in it," said Pat. They attend a weekly program on the Siddha Yoga method with other meditators here in Charlotte. According to Pat, meditation helps her relax. Even when she doesn't have time to meditate, just repeating her mantra to herself helps.

The McNairs got into the auto glass business in 1978. Actually, Jack had worked for other glass companies since 1969. With his

experience, he decided to open his own shop.

Pat's background was somewhat different. "I'm a nurse by training," she related. While she has helped out with the business all along, it's been only the past year that she's done it full time. "Everybody likes to be self-employed," she remarked. "We're able to build the business better by working together." Pat acts as sales manager. She goes out and contacts insurance companies, which supply them with a lot of referrals. "A lot of our work is through insurance

companies," she noted. "If a person has comprehensive coverage, that covers broken glass." Pat is also in charge of the office.

McNair's Auto Glass not only handles glass replacement for cars, trucks, and cranes, but also supplies table tops, storm doors and window glass, and other glass needs. The company has mobile service available and provides insurance estimates.

McNair also does customizing for restored older automobile models, fixes water leaks around windows, and makes needed adjustments.

VIPS Celebrate Thanksgiving

Following a day of "giving thanks," Red Cross VIP donors will be giving blood on November 23. Around 100 VIPs will give blood between 9 a.m. and 4 p.m. at the Red Cross, 2425 Park Rd.

VIP donors are very special persons who pledge to give blood four times a year. Individuals in the VIP donor program make a commitment to give four times, ensuring a safe, reliable blood supply year-round, including holidays. VIP donors carry special red and gold donor cards, and upon completion of their fourth donation, they receive matching VIP pins.

In keeping with the spirit of

Thanksgiving, Red Cross will express its "thanks" to these blood donors with certificates and special refreshments on the 23rd.

During the past year, 30,899 blood donors in our 56-county region have signed up to be VIP donors. Here in Charlotte, VIPs number 3,786.

Any VIP donors who are interested in donating on the 23rd and have not yet made arrangements are encouraged to call the Red Cross at 376-1661 to schedule a time to donate.

For more information on the VIP blood donor program, call your local Red Cross chapter.



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Yum, Yum Holidays Here We Come!!!



W-D BRAND U.S.D.A. GRADE A ALL NATURAL NON-BASTED BROAD BREASTED Young Turkeys

67¢ LB. 10-14 LB. AVG. LIMIT 1 WITH ADDITIONAL FOOD ORDER



1 LB. PKG. Hickory Sweet Sliced Bacon \$1.19 2 LB. PKG. \$2.37



DOZEN Superbrand Grade A Large Eggs 59¢



3 LB. CAN REGULAR OR BUTTER FLAVOR Crisco Shortening \$1.88

LIMIT 1 OF CUSTOMER'S CHOICE WITH \$10.00 OR MORE FOOD ORDER



13 OZ. BAG REGULAR, ELEC. PERK. OR ADC MAXWELL HOUSE Master Blend Coffee \$1.48

LIMIT 1 WITH \$10.00 OR MORE FOOD ORDER



32 OZ. JAR Duke's Mayonnaise 78¢

LIMIT 1 WITH \$10.00 OR MORE FOOD ORDER

Holiday Hours
• OPEN REGULAR HOURS WEDS. NOV. 21
• CLOSED THANKSGIVING
• OPEN REGULAR HOURS FRI. NOV. 23



5 LB. BAG FLOUR PLAIN OR SELF RISING Gold Medal or Red Band 58¢

LIMIT 1 OF CUSTOMER'S CHOICE WITH \$10 OR MORE FOOD ORDER



HEAD HARVEST FRESH Western Lettuce 2 FOR \$1



LARGE STALKS Harvest Fresh Celery 2 FOR \$1



HALF GALLON ALL FLAVORS Superbrand Sherbet or Ice Cream \$1.19



1 LB. PKG. Land O-Sunshine Butter \$1.59

