



Mayor Harvey Gantt
.....Deals with low income persons

Mayor Harvey Gantt Announces Housing Assistance Grant

Charlotte Mayor Harvey Gantt announced that Charlotte will receive federal housing assistance for 50 additional needy families under the Project Self-Sufficiency Demonstration Grant. The City of Charlotte was notified by Congressman Alex McMillan that the Department of Housing and Urban Development (HUD) had approved the application.

The new grant will provide housing assistance above and beyond the City's normal allocation of Section 8 housing certificates. In making the announcement, Mayor Gantt said, "The Project Self-Sufficiency Program gives Charlotte a good opportunity to experiment with a new approach toward providing independence for low income tenants. Within the next two weeks we will announce a task force to develop an action plan to implement the program. The task force will administer and monitor the program and the Housing Authority will manage the Section 8 certificates."

Project Self-Sufficiency involves all public service agencies and volunteer groups which deal with low-income persons. Representatives of the task force will come from the Charlotte Housing Authority, local businesses, private employers, the Private Industry Council, educational institutions, agencies which deal with unemployed single parents, and the single parent populations. There will also be representatives of the medical, religious and financial communities.

The task force and local government will develop an action plan which will be the basis for providing all program services to the housing clients. Service will include job placement information, educational programs, day care, etc.

"It is our hope that this program will enable participants to become self-sufficient and less dependent upon government support," commented Mayor Gantt.

The Section 8 housing certificate is used as the reward to those persons which commit to improving their economic status through self improvement. All individuals will be required to commit to the Self-Sufficiency requirements prior to receiving a Section 8 housing certificate.

Further details regarding the program will be presented to the City by HUD next week in a workshop in Washington, D.C.

Colon-Rectal Cancer

Colon-rectal cancer does not discriminate between presidents or everyday people; men or women; blacks or whites; anyone! In 1985, an estimated 138,000 people will discover they have colon-rectal cancer. Nearly half will die.

The AMC Cancer Research Center and Medicine Shoppe Pharmacies are leaders in the fight against colon-rectal cancer. They will offer their fifth free National Colon-Rectal Cancer Screening October 17-19. In the past four years, more than 500,000 people have used their free take-home test kits. Over 2,000 discovered health problems!

President Reagan is living proof - early detection and prompt treatment can save lives. The colon-rectal test kit shows traces of "hidden" blood in the stool, a leading indicator of colon-rectal cancer. While the test is not diagnostic, it can also identify potential health problems such as ulcers, diverticulitis and hemorrhoids.

The test is simple and painless. Individuals follow a recommended diet during the test period. Then they mail completed kits to the AMC Cancer Research Center for free analysis.

The Research Center sends test results to all participants. If test results indicate a potential problem, a second, free kit is sent for verification. Anyone with signs of a problem is advised to consult a physician for diagnosis.

To pick up a free colon-rectal cancer test kit, check the Yellow Pages for the Medicine Shoppe Pharmacy nearest you.

Charlotte Post Food
Ads Offer The Very
Best In Bargains
And In These Times
Every Penny Counts
Shop Us Before You Buy

Family Doctors Designate October As "Family Health Month"

The nation's family physicians want you to take a closer look at your family's health, and a month-long campaign this fall is stressing the importance of forming a "partnership for health" with a family physician.

October has been designated "Family Health Month" by the 57,000-member American Academy of Family Physicians (AAFP), the national organization for family doctors. Governor Jim Martin has

also proclaimed "October As Family Health Month" in North Carolina.

All over the country family physicians are encouraging people to take a closer look at their families' eating habits, physical fitness, mental health and possible hazards in the home. Americans are being urged to establish a "partnership for health" with a family doctor because he or she can provide total health care on a continuing basis.

For example, family doctors are trained to help patient-families with proper nutrition, good exercise habits and dealing with stress, as well as 85-90 percent of all biomedical problems. They serve also as health advocates to the patient, referring to appropriate consulting specialists those 10-15 percent of problems they are not trained to handle, while maintaining close contact even after referral and reassuming full responsibility thereafter.

"Family physicians focus on preventive as well as curative medicine, and educating patients and families in ways to stay well and healthy," stated Dr. Richard Inskip, AAFP president-elect. "Our kind of preventive medicine - keeping people well and out of sick beds - is very cost-effective. Comprehensive, continuing family health care is the best health value going."

North Carolina Academy of Family Physicians, outlined a checklist for Family Health:

DOCTOR'S CHECKLIST
Proper Nutrition - See that your family eats appropriately.
Physical Fitness - Keep your family's bodies in tune (by developing proper exercise and living habits).
Mental Health - Pay attention to your family's mental and spiritual health. (Learn to deal with stress.)

FOOD LION

Ground Beef

78¢

Fresh Daily
5 Lb. Pack or More

\$1.38 Lb.
Fresh Daily
Ground Chuck

48¢ Lb.
Holly Farms - Grade A
Whole Fryers

\$1.88 Lb.
USDA Choice Beef Round - Full Cut
Boneless Round Steak

Holly Farms - Grade A Regular & Country Style
Cut Up Chicken Lb. .58

\$2.38 Lb.
USDA Choice Family Pack
Cube Steak

USDA CHOICE

20 Lb. Bag Potatoes

US No. 1 White **99¢**

59¢ Lb.
Thompson
Seedless Grapes

99¢ Each
Sweet Large
Western Honeydews

\$1.59
5 Lb. Bag
North Carolina
Rome Apples

<p>\$1.15 2 Liter - Diet Cola, Caffeine Free Cola, Caffeine Free Diet Cola, Cherry Cola, Cola Classics Coca Cola</p>	<p>85¢ 15.5 Ounces Hunt's Manwich</p>	<p>\$2.79 1.5 Liter - Burgundy, Rhine, Chateau, Pink Chateau, V. Rose, Sangria, Pilsener Carlo Rossi</p>	<p>\$2.69 Pkg. of 6 - 12 Oz. Cans Miller Lite Pkg. of 6 - 12 Oz. Cans - Reg. & Lt Budweiser</p>
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99¢
22 Oz. - Dishwashing
Palmolive Liquid

99¢
48 Oz. - White/Pink
Ocean Spray
Grapefruit Juice

FABRIC SOFTENER
Fab

\$1.69
49 Ounces
Fab Detergent

6800 EVERYDAY LOW PRICES