



Mrs. Rose Dannelly
.....To be honored

Politicians' Wives

The Iota Chapter of the Chi Eta Phi Sorority will be honoring the wives of the city's elected black officials, Friday, October 25 at 7 p.m. at McDonald's Cafeteria located at I-85 and Beatties Ford Rd. Among the honorees will be Cindy Gantt, Eulada Watt, Thelma Walton, Phyllis Leeper, Rosa Dannelly, Mary Richardson, Lois Barnhill, Iris Battle and Alish Griffin. Donations are \$15. For more information contact Diane Baker after 6 p.m. at 552-2150.

Peeler Assists Students

As newly appointed executive director of the College Financial Aid Service of Charlotte, Mark Peeler's job is to assist high school students and college freshman and sophomores in locating possible sources of funds for higher education. In 1984 over \$300,000 in student financial aid was not used because students did not know where to obtain this aid. The College Financial Aid Service, located at 7234 Bedfordshire Dr., will help students solve this problem. The processing fee for this service is \$40 per student.

A&T Alumni

The Queen City chapter of A & T State University alumni association will hold its monthly meeting Friday, October 18 at 7:30 p.m. at the Quality Inn on 201 S. McDowell St. All A&T alumni and supporters are welcomed.

Pi Phi Ensemble

Pi Phi Chapter of Omega Psi Phi Fraternity will present the Pi Phi Ensemble in concert on Sunday, October 20, at 7 p.m. in the Clinton L. Blake Auditorium of West Charlotte High School.

The program will consist of sacred and contemporary selections, themes from Broadway productions, and Negro spirituals.

The Delta Sigma Theta Ensemble of Charlotte will be the featured guest.

The Pi Phi Ensemble is directed by Frederick Ervin and conducted by Samuel Davis and Samuel Hill.

College Days

Traditionally, a high percentage of CMS high school graduates go to college. For example, in the Class of 1985, 71.3 percent said they planned to continue their education.

In an effort to encourage students who want to go to college, the guidance department at each high school will sponsor a College Day next week. College Days give students an opportunity to talk with representatives from a variety of colleges and to find out about their offerings.

Iota Chapter

The Iota Chapter of Chi Eta Phi Sorority will be celebrating 53 years of service to humanity Sunday, October 20 at the YWCA Trade St. from 4 p.m. to 6 p.m. The highest award "service to humanity" will be awarded to an outstanding citizen that has represented and advocated the needs of the community. The program is free and open to the public.

Pre-Halloween Party

A pre-Halloween party and disco will be held at the Kings & Queens Lounge at 119 S. Brevard St. Sunday, October 27 from 6 p.m. until 10 p.m. Costumes are optional. Donations are \$5. Door prizes will be given away. This event will be sponsored by District no. 2.

Older Adults With Chronic Illnesses Urged To Get Flu Shots

Special To The Post
Raleigh - State health officials are urging older adults and people with chronic illnesses to get their flu shots now. Flu usually arrives in late fall or early winter, but immunization must be given well in advance for the immunity to have time to develop.
"It's especially important for people in the high risk group - generally persons over age 65 or those with chronic illnesses such as diabetes, heart, lung, or kidney

disease - to get their flu shots now," according to Dr. J. N. MacCormack, chief of the N.C. Department of Human Resources' Epidemiology Section.
He added that flu is usually a mild disease in children, young adults, and middle-age people who are healthy. However, flu can be life-threatening for older adults or persons with chronic illnesses because it lowers the body's resistance. This makes a person more susceptible to secondary infec-

tions like pneumonia, which is one of the five leading causes of death among people over the age of 65.
MacCormack said flu is a viral infection of the nose, throat, and lungs which can be confused with the common cold. Flu is normally accompanied by a significant fever, whereas a cold is often characterized primarily by nasal congestion.
"Most people can fight off the flu with a few days in bed, additional days of rest, aspirin and plenty of

liquids to drink," MacCormack said. "Because older citizens or people with chronic diseases are more prone to develop pneumonia or other secondary infections, many doctors recommend that these people get a flu shot early in the fall."
He noted that side effects may result from the injection, such as a low-grade fever or redness around the infection, but the risks associated with flu and pneumonia are greater than the dangers from the side effects of the flu shot. In

addition, people who are allergic to eggs might get some additional reactions to the flu vaccines because they are made from egg products. These people should check with their doctors before getting a flu shot.
MacCormack said the flu viruses expected this year are A-Chile, A-Philippines and B-USSR.
Flu shots are available through private physicians and some local health departments.



USDA Choice

10 - 12 Lb. Average Sliced Free

Whole Ribeyes

\$2.98
Lb.

Prices in this ad good thru Sunday, October 20, 1985. We Reserve The Right To Limit Quantities.

USDA Choice Beef Rib Ribeye Steaks Lb. 3.98

FREEZER SALE ITEMS

\$1.68 Lb.
10 - 12 Lb. Average - Sliced Free
USDA Choice
Whole Boneless Top Sirloins

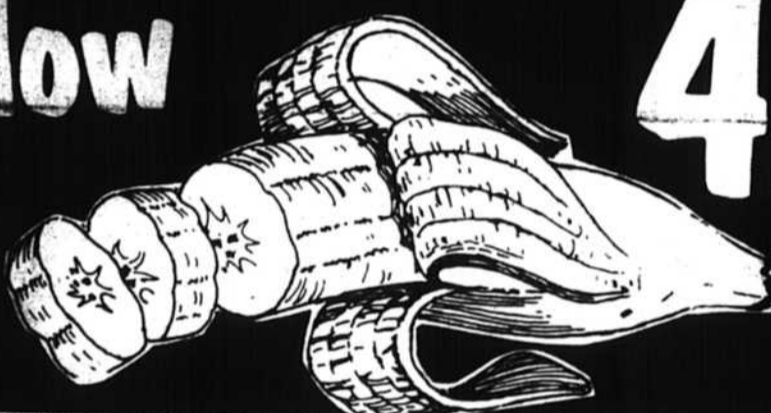
\$1.98 Lb.
18 - 20 Lb. Average - Sliced Free
USDA Choice
Whole Bone-In New York Strips

\$1.38 Lb.
16 - 18 Lb. Average - Sliced Free
USDA Choice
Whole Boneless Beef Shoulders

\$2.58 Lb.
7 - 9 Lb. Average - Sliced Free
USDA Choice
Whole Boneless Pork Loins

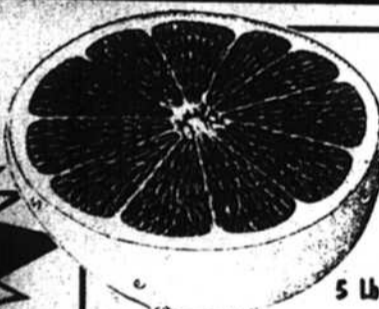
\$1.98 Lb.
1.5 Lb. Average - Sliced Free
USDA Choice
Whole Pork Tenderloins

Golden Yellow Bananas



4 Lbs. / \$1

59¢ Lb.
California
Red Grapes



\$1.59
5 Lb. Bag - Florida
Pink or White Grapefruit

\$1.59 5 Lb. Bag
North Carolina
Rome Apples

CHILD-SIZE RELIEF
THE DORCOL PEDIATRIC FORMULAS

Trust in the Lord with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths.
Proverbs 3: 5-6

\$1.15
2 Liter - Diet Cola, Caffeine Free Cola, Caffeine Free Diet Cola, Cherry Cola, Cola Classics
Coca Cola

\$5.29
Pkg. of 12 - 12 Oz. NR - Reg./Light
Budweiser Beer

\$5.99
3 Liter - Red/Burgundy/Rhine/White/Chablis/Hochar/Vin Rose
Almaden Wine

\$2.49
750 ML - Lambrusco/Bianco/D'oro/Rosato
Riunite Wine

98¢ Lb.
Fresh Daily - 5 Lb. Pack Or More
Ground Beef



\$1.19
20 OZ - 24 Ounces
Wesson Oil



99¢
32 Ounces
JFG Mayonnaise

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