



Shirley L. Fulton

**Shirley Fulton
Named To District
Court Judgeship**

Raleigh - Governor Martin has named Shirley L. Fulton of Charlotte to fill a vacancy on the 26th District Court bench. She will replace Judge W. Terry Sherrill who was elected to a Superior Court Judgeship.

Fulton, 34, has practiced law in Mecklenburg County for four years. She is currently an Assistant District attorney. Fulton received her undergraduate degree at North Carolina A&T State University in Greensboro and her law degree from the Duke University School of Law. She was admitted to the Bar in 1981.

"Ms. Fulton brings to the bench a willingness to serve her fellow North Carolinians and uphold the laws of our State," Governor Martin said. "I am sure she will strive to serve our citizens well."

The 26th Judicial District serves Mecklenburg County.

YARA To Meet

The regular meeting of YARA (Young Adults with Rheumatoid Arthritis) will be held on Thursday, January 22, at 7 p.m. in the multi-purpose room at Arthritis Patient Services, 1945 Randolph Rd.

For more information, call Arthritis Patient Services, 704-331-4878.

Arthritis Interact

Luncheon Session

There will be an Arthritis Interact Luncheon Session on Wednesday, January 21, at noon in the multi-purpose room at Arthritis Patient Services, 1945 Randolph Road. A light lunch is provided.

Pre-registration is required by noon on January 19. Call 704-331-4878 to register.

**Piedmont Commuter
Sets Record**

Systemwide, The Piedmont Commuter operated by CCAIR, Inc. set a year-round traffic record of 380,229 passengers carried in 1986 for a 225% increase compared to 1985.

In December, The Piedmont Commuter operated by CCAIR, Inc. carried 39,723 passengers systemwide as compared to 18,737 a year earlier for a 212% increase.

At Charlotte/Douglas Airport, CCAIR, Inc. boarded 18,291 passengers compared to 8,668 in December 1985. The Charlotte, NC-based Piedmont Commuter ranks second in number of departures at Charlotte behind Piedmont Airlines.

In other news, CCAIR, Inc. announced it will suspend service to Anderson, SC, in January.

CCAIR now flies to 20 cities in North and South Carolina, Georgia, Florida, Virginia, and West Virginia.

Aging: A Family Affair

Senior Planner, Charlotte-Mecklenburg Council on Aging, Beverly Patnaik, discusses aging: A Family affair, (how the whole family can be involved in the care of an aging loved one), at 7:30 p.m. Thursday, January 22, in the Youth Lounge of St. John's Baptist Church, 300 Hawthorne Lane.

Sponsored by the Mental Health Association of Mecklenburg County, the presentation is part of the "Life Circumstances" lecture series that will be held each month through May 1987.

Future topics include one in February dealing with the "Empty Nest" with psychologist Dr. Dan Biber.

The public is cordially invited (at no cost) to attend.

Sex And Headaches: A New Approach To An Old Refrain

By John Jacobs
Special To The Post

"Not tonight, dear, I have a headache," is one of the most famous excuses ever uttered. Laughed at by most as a funny joke, it is nonetheless a serious problem to many men and women, possibly as many as 250,000.

This age old problem of headaches associated with the sexual act now has a medical name "benign sexual

cephalgia," which is described as a severe migraine headache during sex usually occurring at or slightly after orgasm.

A study by Dr. Donald Johns, a Boston neurologist, said that the headaches may last a few minutes to 24 hours and can even be associated with nausea and vomiting. These attacks may strike at any time and then vanish as mysteriously as they began. Such unpredictability has

made it difficult to find solutions. However, there may be a fairly simple answer to this perplexing problem.

"Bizarre aches and pains in various portions of the body are generally psychosomatic. Migraine headaches are psychosomatic and, with the others, are uniformly cured by Dianetic therapy," said L. Ron Hubbard in his New York Times best selling book "DIANETICS: THE

MODERN SCIENCE OF MENTAL HEALTH."

What Hubbard found, while developing his Dianetics technology, is that a person's mind contains "engrams" which are "a complete recording, down to the last accurate details, of every perception present in a moment of partial or full 'unconsciousness'" and these engrams also contain physical pain. This discovery, coupled with his

discovery that prenatal experiences are usually recorded by the mind, has offered a new insight into the cause of headaches and particularly those associated with sex.

Advertise in
our Classifieds
Call 376-0496

EXTRA LOW PRICES!

<p>USDA Choice Beef 10-12 Lbs. Average WHOLE SIRLOIN TIPS Prices in this ad good thru Sunday, January 18, 1987.</p>	<p>\$1.38 Lb. Sliced FREE!</p>
<p>WHOLE FRYERS 58¢ Lb. Holly Farms - Grade A</p>	<p>RED DELICIOUS APPLES 49¢ Lb. Washington State</p>
<p>SIRLOIN TIP ROAST \$1.98 Lb. USDA Choice Beef</p>	<p>ICEBERG LETTUCE 59¢ Head California</p>
<p>NAVEL ORANGES 10¢ Each California</p>	

<p>Pepsi Cola \$1.15 2 Liter - Pepsi-Free, Diet Pepsi, Diet Pepsi-Free</p>	<p>Milwaukee's Best \$1.89 Pkg. of 6 - 12 Oz. Cans - Reg. & Lt.</p>	<p>Coors Beer \$2.69 Pkg. of 6 - 12 Oz. Cans - Reg. & Lt.</p>	<p>Budweiser Beer \$5.49 Pkg. of 12 - 12 Oz. Cans - Reg. & Lt.</p>
---	--	--	---

EXTRA LOW PRICES ... Everyday

<p>Blended Juices 99¢ 44 Oz. Dot Ments - Pineapple-Grapefruit/ Pineapple-Orange</p>	<p>Salad Dressing/ Mayonnaise 79¢ 32 Oz. JFG</p>	<p>Jeno's Pizzas 99¢ 10 Oz. - Assorted</p>	<p>Corn-On-The-Cob 89¢ 6 Ct. - Green Giant Niblets</p>
<p>Zesta Saltines 69¢ 1 Lb. - Regular</p>	<p>Apple Sauce 3/\$1 16 Oz. - Green</p>	<p>Shedd's Spread 4/\$1 1 Lb. - Quarters</p>	<p>Ramen Pride Noodles 5/89¢ 3 Oz. - Beef/Mushroom/Chicken</p>
<p>Page Toilet Tissue \$1.39 8 Pack - 1 Ply</p>	<p>Scott Towels 69¢ Large Roll</p>	<p>Trend Detergent 99¢ 42 Oz. - Heavy Duty Dense Pack</p>	<p>Friskies Cat Food 4/\$1 6 Oz. - Ocean White Fish & Tuna/ Mariners Catch/Senford Classic</p>

Read
The Post