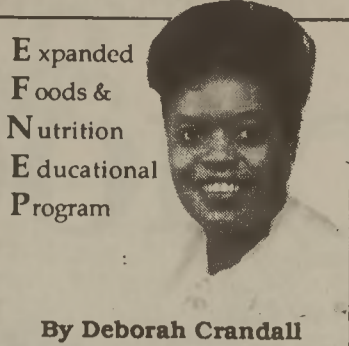


### Community Bulletin Board

- The newly formed Optimist Club of Northeast Charlotte will meet every Monday night at 7:30 p.m., Greater Providence Baptist Church, 2000 Milton Road.
- The Minority Leadership Development Steering Committee will have its third annual leadership seminar on October 7th. Call 336-2561 for additional information.
- The 1965 class of West Charlotte will have a fish fry on Saturday, August 26th in the parking lot of the Matador Lounge, 2412 Beattles Ford Road.
- The Teens N' Touch program, sponsored by the Charlotte-Mecklenburg Urban League, will have its first annual Back-To-School-Swing, on Friday, September 1st, from 5 until 8 p.m. at the Afro-American Cultural Center.
- West Mecklenburg High School class of 1979 is planning its 10 year reunion for November 4th. Call Missy Burns at 399-8060 or Melissa Jones Baker at 527-1790 for additional information.
- A new non-denominational Singles and Single Single Again Group is meeting on Thursday nights 7:30 p.m. at New Covenant Ministries, 1727 Matthews-Mint Hill Road. All singles are invited.
- The 1969 graduating class of West Charlotte will have its 20 year reunion on September 8, 9 and 10th at the Days Inn on College Street.
- The Uptown YMCA will conduct Stride Right Walkers training September 18th-October 27th. For additional information call Liz Calio at 333-9622.



By Deborah Crandall

Expanded Foods & Nutrition Educational Program

## How To Preserve Fresh Dairy Products

Buying milk and cheese products depend upon your personal choice, availability and price. When purchasing milk and cheese products, consider the high calcium. In comparing skim milk with whole milk, it must be remembered that skim milk lacks fats and unless fortified, fat soluble vitamins. The lack of fat is an advantage. Consider these vital tips to preserve your fresh milk and cheese

1. To retain the flavor and nutritive value of fresh milk, keep it clean, cold, and tightly covered.
2. Rinse off the bottle of milk or carton and dry it with a clean cloth before placing it in the coldest part of the refrigerator.
3. These products should be placed in the refrigerator as soon as possible after they were purchased.
4. Canned milk can be stored

at room temperature for long periods of time until opened.

5. To protect the flavor of other foods in the refrigerator, cheese with strong flavors are best stored in a tightly covered jar.
6. If cheese has become dry and hard in the refrigerator, it can be grated and used in food preparation.
7. Many types of cheeses can be frozen successfully, although some may become slightly

crumbly or mealy on freezing. Except for cottage cheese, cheeses are best served at room temperature.

Enjoy milk and cheese products in your meal planning for your family today.

The Expanded Food and Nutrition Education Program (EFNEP) is an integral part of the Mecklenburg County Agricultural Extension Service.

### Murphy To Be Honored

Calvin Murphy, president of the N.C. Black Lawyers Association, will be honored at 8 p.m. Tuesday at St. Mark's nightclub on Wilkinson Boulevard. Admission to the event, sponsored by the Don Cody Show, is free.

### Morrison Family Reunion

The Morrison family will host its reunion Aug. 19 and 20 in Charlotte.

Activities begin Aug. 19 with late registration at the Holiday Inn at Little Rock Road between 2-4 p.m., to be followed by a hospitality hour between 4-6 p.m.

A talent show and dance will follow from 8 p.m.--until.

Family worship services will be held Aug. 20 at Woodland United Presbyterian Church with a fellowship dinner to follow.

### Obituaries

Continued From Page 4B.

Winston-Salem, NC: sisters: Carolyn Humphrey, Charlotte, Doris Lyles, Winston-Salem, NC; nine grandchildren.

Mr. Willie James Craig of Monroe, NC died August 3, 1989 at Charlotte Memorial Hospital.

Craig is survived by sisters: Mrs. Thelma Waddell and Mrs. Geneva Yarborough, both of Monroe, NC, and Mrs. Kathleen McNair, Charlotte; brothers-in-law; Lawrence Waddell, Ernest Yarborough and Lonzo McNair.

**BEASLEY**

Mr. Cornelius Morrison of 2429 Olando Ave., Charlotte, died August 11, 1989.

Survivors are one child: M. James C. Morrison; sister: Mrs. Annie Jenkins; brothers: Melvin Morrison, Ted Morrison, L. G. Morrison.

Mrs. Carrie Nixon Broome of 128 Trexcer Ave., Chicago, Ill., died August 2, 1989.

She is survived by one daughter, Mrs. Ethel Gardner.

Mr. Bennie McDonald Gordon of 1753 Dunkial Ave., died August 12, 1989 at Charlotte Memorial Hospital.

He is survived by his mother: Mrs. Ruth M. Gordon Keller; four sisters, Ms. Belinda Johnson, Ms. Vickie Gordon, Ms. Margaret Keller, Ms. Mary K. Christian and Ms. Doris Keller; one brother, Richard Gordon.

Mr. Harvey Lee Cannon of 3616 Kentucky Ave., died August 11, 1989 at Charlotte Memorial Hospital.

He is survived by his mother: Ms. Kay Francis Cannon and one brother, George E. Cannon.

**Fresh Cut One Quarter PORK LOINS \$1.58 Lb.**

**Extra Lean Center Cut Loin Or Rib PORK CHOPS \$1.98 Lb.**

**Dinner Bell All Meat And All Beef FRANKS \$1.19 Lb.**

**USDA Choice Beef LONDON BROIL AND TOP ROUND ROAST \$1.98 Lb.**

**Blue Grapes/Red Or White SEEDLESS GRAPES 89¢ Lb.**

**Jumbo Size Cantaloupes..... Each .99**

**Shark Or Salmon STEAKS \$3.98 Lb.**

**Halibut Or Swordfish STEAKS \$4.98 Lb.**

**12/oz Miller Lite \$2.89**

**Pepsi Caffeine Free Pepsi \$1.09 2 Liter**

**Russet Baking POTATOES 39¢ Lb.**

**Fresh Green CABBAGE 4 Lbs. / \$1**

### EXTRA LOW PRICES...EVERYDAY!!!

<p>16 Oz. - Assorted PFEIFFER DRESSINGS \$1.09</p>	<p>46 Oz. - Mt. Olive KOSHER DILLS \$1.39</p>	<p>8 Oz. - Assorted Light N' Lively 100 YOGURT 3/\$1</p>	<p>9.5 Oz. - Reg./Bran Biscuits BUTTER-ME-NOTS 2/\$1.09</p>
<p>46 Oz. - Juicy Red HAWAIIAN PUNCH 79¢</p>	<p>46 Oz. - Fruit Punch/Lemon-Lime Orange/Lemonade 10K DRINK 99¢</p>	<p>10 Oz. - Frozen Assorted BUDGET GOURMET \$1.49</p>	<p>6 Oz. Frozen - Double Chocolate CRYSTAL LIGHT BARS \$1.99</p>
<p>100 Ct. - White Facial PAGE TISSUE 3/\$1</p>	<p>9.75 Oz. - Old El Paso TACO DINNER \$1.49</p>	<p>11 Oz. - Oat Bran EGGO WAFFLES \$1.69</p>	

There is a Food Lion conveniently located near you:

Route 2, Highway 51 - PINEVILLE: 7400 Plaza Road Ext. Park Plaza Shopping Center, University Place; 3229 Lawyers Road - MINT HILL: 3736 Kimmerly Glen Lane Kimmerly Glen Shopping Center; 3600 Matthews Mint Hill Road - MINT HILL: 317 South Polk Street (US 521) - PINEVILLE