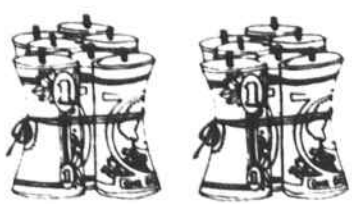


# Spectacular COUPONS!



You can count on A&P to look for new ways to help you save! Thru Sat., Jan. 15—we're offering you savings you can actually add up before you even come into our stores!

**Savings are Great with A&P's DOUBLE SAVINGS COUPONS!**

MFC'S COUPON	MFC CENTS OFF	A&P ADDED CENTS OFF	TOTAL COUPON AT A&P
COUPON A	25¢	25¢	50¢
COUPON B	18¢	18¢	36¢
COUPON C	50¢	50¢	\$1.00
COUPON D	75¢	25¢	\$1.00

**A&P Doubles the Savings on Mfgs. Cents-off Coupons!**

Sorry... Raincheck Policy Not In Effect During This Special Event on Manufacturer's Coupon Items.

## COUNTRY KITCHEN

AVAILABLE AT A&P IN RAEFORD, N.C. VIRGINIA (3.58 LB.)

- Baked Ham 1.79
- SWITZERLAND DORMAN (3.38 LB.)
- Swiss Cheese 1.69
- CREAMY
- Potato Salad .79¢
- WHOLE
- B.B.Q. Chickens 1.49

### Hearing Scheduled For CD Block Grants

Citizens and local elected officials in Hoke County and across the state will have an opportunity to comment on the state's proposed plan for distributing approximately \$45 million in 1983 Community Development Block Grant funds at two public hearings on January 10 in Asheville and Raleigh.

The Asheville hearing will begin at 2 p.m. in the Owen Art Management Building on the campus of the University of North Carolina at Asheville. The hearing in Raleigh will be held in the ground floor hearing room of the Archdale Building, 512 N. Salisbury Street, beginning at 7:30 p.m.

The Department of Natural Resources and Community Development is the state agency responsible for administration of the program. NRC Secretary Joseph W. Grimsley feels the public hearings are essential to continued success of the CDBG effort.

Commenting on the upcoming hearings, Grimsley stated, "In order for the limited CDBG allocation to have the greatest local impact, it is imperative that we continue to work closely with local officials and citizens. We cannot operate in a vacuum and expect the CDBG funds to have the most beneficial effect possible in North Carolina."

Specific topics for discussion at the hearings include modifications in the state CDBG program regulations and the proposed Statement of Program Design for fiscal year 1983. The statement will be forwarded to the federal Department of Housing and Urban Development once it is finalized.

North Carolina began administering the program during 1982 and awarded approximately \$45 million in Community Development Block Grants to 89 cities and counties for community revitalization, economic development and development planning projects.

Grimsley noted that the method of distributing CDBG funds during the past year worked very well and no significant changes are being proposed. "However, we are continuing to refine the application review and scoring process to improve both the program's effectiveness at the local level and the efficiency of our program administration," he added.

Citizens who wish to comment at the public hearings are asked to register 30 minutes prior to the beginning of the proceedings at both locations.

A&P QUALITY HEAVY WESTERN GRAIN FED BEEF BONE IN

## Chuck Roast

BONELESS Beef Stew 4 lbs. or more 1.88

# 1.27

lb.

**The Butcher Shop** with supermarket prices

**Meat Specials**

A&P QUALITY HEAVY WESTERN GRAIN FED BEEF

WHOLE

## New York Strip

Bone In

# 1.58

lb.

HALF N.Y. Strip 1.78 lb.

U.S.D.A. INSPECTED FRESH

## Box-O-Chicken

# 45¢

lb.

A&P QUALITY HEAVY WESTERN GRAIN FED BEEF BONE-IN

## Shoulder Roast

EXTRA LEAN SPECIAL TRIM COUNTRY FARM PORK

# 1.69

lb.

Country Style Ribs 1.69 lb.

EXTRA LEAN SPECIAL TRIM COUNTRY FARM CENTER CUT RIB

## Pork Chops

# 1.98

lb.

A&P QUALITY SLICED

## Beef Liver

# 89¢

lb.

A&P QUALITY HEAVY WESTERN GRAIN FED BEEF BONE-IN

## Chuck Steak

# 1.47

lb.

HEADLESS AND (5 LBS. 2.99)

## Dressed Whiting

# 69¢

lb.

A&P QUALITY HEAVY WESTERN GRAIN FED BEEF BONE-IN

## N.Y. Strip Steaks

# 2.88

lb.

FROZEN (5 LB. BOX 1.49)

## Fryer Livers

# 59¢

lb.

SWIFT

## Sizzlean

# 1.69

12 oz. pkg.

COUNTRY TREAT HOT OR MILD

## Pork Sausage

# 1.59

1-lb. pkg.

HOLLY FARMS CHICKEN BOLOGNA OR

## Chicken Franks

# 89¢

1-lb. pkg.

A&P SLICED (BEEF LB. 1.69)

## Meat Bologna

# 1.59

1-lb. pkg.

**P** **Pork Specials**

EXTRA LEAN SPECIAL TRIM COUNTRY FARM ASSORTED

## Pork Chops

# 1.48

6 lbs. or more lb.

**P** **Variety Shop Specials**

FREE! BUY ONE GET ONE FREE! TALMADGE FARM FREE!

## Smoked Sausage

# 1.29

1-lb. pkg.

**P** **Meat Specials**

A&P QUALITY FRESHLY

## Ground Chuck

# 1.68

3 lbs. or more

DUBUQUE Canned Ham 4 lb. can 98¢

**P** **Poultry Specials**

U.S.D.A. INSPECTED FRESH

## Fryer Legs

# 88¢

lb.

FRESH Whole Fryers 65 lb. case 29.00

**P** **Produce Specials**

FRESH SNOW WHITE

## Mushrooms

# 1.59

1-lb. pkg.

GREAT IN SALADS OR STUFFED

## Green Peppers

# 1.00

4 large size

**THE FARM** AT A&P Fresh With Quality

WASHINGTON STATE RED OR GOLDEN

## Delicious Apples

# 1.00

2 lbs. 125 size

**P** **Produce Specials**

DAILY BRAND

## Bird Seed

# 99¢

5 lb. bag

SUNMAID BRAND

## Prunes

# 1.29

24 oz. bag

MILD TENDER MEDIUM

## Yellow Onions

# 3 49¢

lb. bag

RED RIPE SALAD

## Tomatoes

# 99¢

28 oz. family pack

RED RIPE SWEET & TASTY

## Strawberries

# 99¢

pint box

U.S. #1 ALL PURPOSE WHITE

## Potatoes

# 1.88

20 lb. bag

NORTH CAROLINA GROWN

## Sweet Potatoes

# 12¢

lb.

FLORIDA GROWN SWEET & JUICY

## Oranges

# 5 99¢

lb. bag

WASHINGTON STATE EXTRA FANCY

## D'Anjou Pears

# 49¢

lb.

### On The Front Burner

(Continued from page 4B)

you can tackle together. The choice is yours.

You can either choose to feel bad or you can choose to continue what you enjoy, regardless of who's around to do it with.

**WEIGHT LOSS SCHEMES**

Many of us put pounds on very easily. Unfortunately, they don't leave the same way. So be especially careful when you buy weight losing devices or sign up for treatments that promise quick results.

Advertisements for weight loss schemes often use testimonial advertising -- the kind that says "I lost 13 pounds in six days." But losing weight isn't that simple. In fact, the best way to lose weight, and stay healthy too, is to use up more calories in physical activity that you consume in food.

That means extra exercise and calorie counting.

So steer clear of gadgets, devices and plans that claim to get rid of extra pounds without effort. They are a waste of money -- and may even be hazardous to your health.

**Schedule**  
**Tuesday, January 18, 1983**  
 12:00 p.m. - Business Girls Extension Homemakers Club Meeting.  
 2:30 p.m. - Raedeen Extension Homemakers Club Meeting.  
 7:30 p.m. - Philippi Extension Homemakers Club Meeting.

### Fraziers Receive Academic Honors

Joan Frazier, a junior majoring in music education at East Carolina University, has been named to the Dean's List for the fall semester.

Julie Frazier, a senior majoring in music therapy at East Carolina University, has been named to the Honor Roll for the fall semester.

Joan & Julie are the daughters of Mr. and Mrs. Jack Frazier of Rockfish, N.C.