

# CLASSIFIEDS



"Congresswoman visits home...."  
Shown above is Congresswoman Eva Clayton and Sister Rouse outside Joy 1340 AM studios. Congresswoman Clayton was in town and stopped by the studios to reassure the communities to remain calm and continue with your daily lives  
Photo by: Faith May

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Mayor of Grimesland  
NOVEMBER 6, 2001



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**THE AVERAGE CITIZEN  
DOESN'T ASK FOR MUCH FROM THE  
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**AND I'M AFRAID  
THAT'S JUST ABOUT ALL WE GET - NOT MUCH!**

**GET A BETTER RETURN ON YOUR INVESTMENT!  
ON NOVEMBER 6<sup>TH</sup>**

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FOR CITY COUNCIL**

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**ED SAYS ...**

Washington will soon have a waterfront worth millions, with fine boat slips to rival most cities. As a citizen of Washington, I'll be proud when the waterfront is finished. But the average citizen doesn't even have a wooden rowboat to dock at those slips. That's just a gift our city council has given middle and upper class citizens and tourists!

Once you leave the waterfront, where the people are, we still have dirt city streets, poor drainage, daily drug dealing as close as one block from the police station, and unsafe neighborhoods for our children to play and go to school. The elderly are still without city assistance on utility or fuel expenses in extreme heat or cold. When will the average citizen get a fair return on their investment? When you go into the voting booth on November 6<sup>th</sup> and...

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ED BOOTH  
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Mrs. Beatrice Maye

**HOW You Can Save More Money**

1. Shop with a list and stick to it
2. Shop for groceries once a week.
3. Carry a coupon envelope on your purse.
4. Leave your credit cards at home.
5. Watch the cash register like a hawk and don't forget to check receipts.
6. Check your library before you buy books.
7. Pay yourself first.
8. Increase your savings.
9. Use your talent - give piano lessons, tutor.
10. Clean out your closet. Take your family cast offs to a consignment shop or the Salvation Army.
11. Brown-bag it. Going out for lunch daily adds up.
12. Pay bills on time to save postage, turn off the TV, set your water heater at 120°F instead of 140°F

**4 Eat-Healthy Rules to Reduce Your Breast Cancer Risk:**

1. Don't eat too much - avoid becoming overweight
2. Eat low fat. Fat is high in calories, resulting in obesity, a risk factor
3. Dig into fruits and vegetables: (spinach, carrots, mangoes, cantaloupe, papayas)
4. Watch the grill. There's some evidence that eating charred meat might increase breast cancer risk.

**Real Age ARE YOU As YOUNG AS YOU CAN BE?**

1. Longer lives don't mean much if they aren't active lives.
2. Getting older is one of life's promises, and there's no stopping it.
3. Cancer, arthritis, heart disease are often the hallmarks of aging.
4. Aging is not one thing but many things. Your arteries get clogged, arthritis fares up. Your parts start to wear DOWN, AND YOU DON'T HEAL AS QUICKLY AS YOU USED TO.
5. Stop thinking about health as the prevention of disease but start thinking about it as the prevention of aging.
6. The better condition you are in, the younger you stay, the better prepared you will be to fight the factors that age you. When you take care of your body, time slows down. You will have more time; time to be what you want to be and to do what you want to do.
7. People who are still able to live young even when their calendar age is old weren't necessarily born with "good" genes nearly as much as they have made

"good" choices. They exercise, eat lots of fruit and vegetables, keep their minds engaged, and do many of the things to keep themselves young.

8. The better you take care of your arteries and the younger they are, the younger you will be.

9. The environment in which we live, the substances we put into our bodies, the risks we take, and the stresses we undergo, can all contribute to aging.

10. Breathing secondhand smoke, eating foods high in saturated fats, working in an unsafe environment, so using a cell phone while driving can all increase the likelihood that our lives will be shorten of more ridden with illness than they would be otherwise.

11. When we think only about disease, we forget about other factors that are outside our bodies that can make us healthy. Some choices: becoming a life-long learner by enrolling in classes, reading for otherwise stimulating the mind, can help you live longer. Having fun with your friends can do the same.

12. Are you as young as you could be? Master these most difficult changes: Keep blood pressure low, stop smoking, maintain a constant desirable weight, reduce stress, cut back on excessive consumption of alcohol, overcome a drug addictions, recover from a severe emotional trauma

13. High blood pressure, called hypertension, is one

of the leading causes of heart attack, stroke, heart failure, and kidney failure. The ideal blood pressure for maintaining youth and vigor is 115/76.

14. How do you achieve ideal blood pressure? Eat a more nutritious diet that is low in saturated fat. Get more exercise. Lose weight. Stop smoking. Cut your sodium intake to less than 1600 mg a day, increase your potassium, calcium, and magnesium intake, avoid stress and consider strategies to, reduces stress, such as increasing social connections or using relaxation therapy, biofeedback methods or yoga. If your blood pressure is close to or higher than 140/90, talk to your doctor about taking medicine to reduce hypertension.

15. The Immune System protects you from disease. Keeping your immune system going and strong helps keep cancer at bay. Cancer is the second leading killer in the United States and may soon surpass heart disease as number one. It is far easier to prevent cancer than to cure it.

16. Prostate cancer kills more men than anything but heart disease and lung cancer: 250,000 new cases are diagnosed a year, and 40,000 men die from prostate cancer annually. Cancer is a disease of one's own body gone awry.

17. Cancer is the second leading cause of death in the United States.

18. Just For Men: Tomato paste and green tea help to

keep you cancer free Men who eat tomato products ten or more times a week have significantly lower level of prostate cancer. The reason appears to be the antioxidant power of tomatoes. A substance found in tomatoes - lycopene - apparently retard or reverse the aging of cells in the prostate that can promote cancer growth. Tomato paste, raw tomatoes, and cooked tomatoes all contain lots of lycopene.

19. For Women: a diet rich in carotenoids - the antioxidants found in tomatoes and other red, yellow, and orange vegetables - has many beneficial effects for everyone. A diet rich in fruits and vegetables helps.

20. Green tea: a cure for prostate cancer.

21. Keep smiling: Keep your teeth and heart young. Brush your teeth with fluoride toothpaste several times a day. Stop smoking

and stress. Go to your dentist at least once a year, preferably twice a year to have your teeth cleaned and examined.

22. Environmental hazards affect your health - accidents, air pollution, sex and drugs, the symbols of wild youth can keep us young or make us old fast.

23. Smoking kills and it remains the greatest public health hazard we face. Even if it doesn't kill you, smoking will make you older. You see the wrinkles in your face; shortness of breath, a loss of stamina and energy causes high blood pressure and clogging of the arteries.

Smokers have more colds, causes pneumonia, and other infections than do nonsmokers.

24. Before you start vitamins, talk with your doctor as well as minerals, herbs, and miscellaneous supplements.

**State Meeting**

Several members of the Southside Senior Citizens Club, operated under the Parks and Recreation Department of the city attended the State Conference of the North Carolina Association of Senior Citizens Clubs, Inc., October 24-25 in Charlotte; namely, Mildred Williams, President, Nell Artis, Ruby Davie, Addie Russell and Aldene Parker. From the Moyewood Club, Emma McIntyre, President, Emma May, Geraldine Smith, Blanche Dupree, Arlene Ebron, Allily McLawhorn, Ida Pearl Williams, Hazel Whitfield, and Joyce Jenkins.

**Birthday**

George Davies, honoree, 88th birthday, lunch at Red Lobster recently, honored by Wilbert Garner, Jr.

**Recognition**

Dr. James H. Ammons, Chancellor, North Carolina Central University, an-

ounces the Fifty-Fourth Founder's Day convocation on Friday, October 26, 2001, at 10:00 A.M. in the B. N. Duke Auditorium. The central focus of the program will be a tribute to the esteemed founder - Dr. James E. Shepard through music and narrative.

The ceremony will recognize members of the Society of Golden Eagles. Mrs. Beatrice Maye will be one of the honorees.

**Compliments**

When someone compliments you about your appearance, limit your response to only words that convey appreciation for the remark: "Thank you", or "That's certainly nice to hear", or "Oh, and I'm feeling wonderful, too". There's no need to downplay the compliment with remarks about needing to lose weight, the age of your garment, etc. Enjoy it, you deserve it.

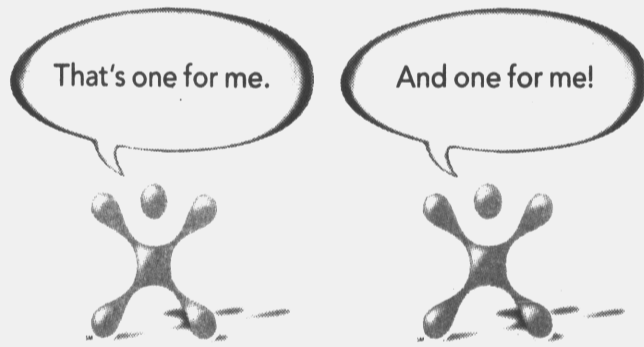
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- What should make me suspect a piece of mail?**
- It's unexpected or from someone you don't know.
  - It's addressed to someone no longer at your address.
  - It's handwritten and has no return address or bears one that you can't confirm is legitimate.
  - It's lopsided or lumpy in appearance.
  - It's sealed with excessive amounts of tape.
  - It's marked with restrictive endorsements such as "Personal" or "Confidential."
  - It has excessive postage.

- What should I do with a suspicious piece of mail?**
- Don't handle a letter or package that you suspect is contaminated.
  - Don't shake it, bump it, or sniff it.
  - Wash your hands thoroughly with soap and water.
  - Notify local law enforcement authorities.

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