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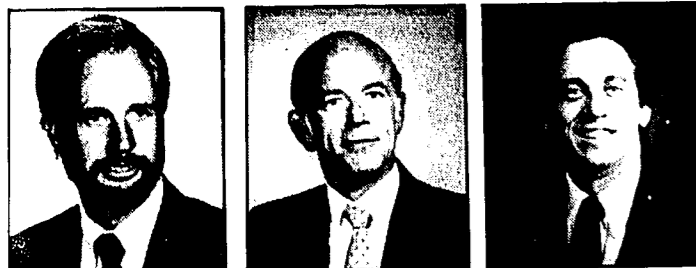
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our special checking account. Stop by any of our convenient offices, and ask for it. Come see us today.



### May 11 Fly-In Offers Update On Development Of Lake Norman Airpark

You don't have to fly to the May 11 fly-in at Lake Norman Airpark, but it will help. For one thing, flying offers this overview of the residential development on a peninsula at Doolie off Perth Church Road. The paved and lighted runway runs across the center, and just beyond are hangars, administration building and aircraft tiedown. The paved cul-de-sacs serve homesites, and the cleared swaths off the airstrip offer homeowners' access to it. Visitors who fly in

will be admitted free, but they are asked to arrive before a variety of special events begins at 1 p.m. Guests arriving by car will be charged \$3 per person. Afternoon activities include: aerial demonstrations, helicopters, hot air balloons, sky divers, a 60-foot blimp, exhibits of show airplanes and cars, race car display, radio controlled airplanes, a "flour bombing" contest for pilots, sightseeing flights over the lake, food and live music.

### Veterans Face Long-Term Recovery

Military personnel returning home from the Persian Gulf war received lots of special attention. But after the homecoming parades, the elaborate meals, the local media coverage, these men and women will eventually settle down to just being another member of the family.

However, life may never be quite the same again. "Family members need to recognize that lots of changes have taken place," said Jean Baldwin, family life and human development specialist at NCA&T State University's Cooperative Extension Program.

"There have been changes within the individual who has had to face the daily fear of injury or death. Family members left behind have also undergone changes and adjustments."

Many spouses stateside had to assume roles and tasks previously performed by the spouse deployed to the Gulf. For example, some wives had to learn to handle family financial matters in their husbands' absence; balancing checkbooks, stretching budgets to cover the gap caused by a missing paycheck, making car and house payments on time. Some husbands had to undertake total responsibility for child care; illnesses, homework, teacher conferences and daycare woes can often be overwhelming for someone who had never taken them on alone before.

For children who were not even born when their fathers left, the new man in the house is just another stranger. Children old enough to at least realize that a parent had gone away have adjustments to make when the absent parent reappears. The "man of the family" who helped mom at home will have to adjust to his father's return. The young daughter who did the grocery shopping and meal preparation may balk at turning some of these tasks over to her mother.

"Good communication is essential for a smooth transition," Baldwin continued. "Keep the lines of communication open. Allow the individual who has been at war to talk openly about those experiences. Bear in mind that some things are best discussed when they can't be heard by children."

The spouse who had been left at home may want to talk about adjustments that were made. In some instances, spouses may not want to return to old family roles and responsibilities they had before the deployments. Individual feelings, whatever they are, need to be expressed.

To help ensure a smooth transition, Baldwin also offers the following tips:

1. Learn how to manage stress-

ful situations. Find out what community resources are in place which might help. Investigate support groups or individual therapy.

2. Don't be in a rush to say everything on your mind or do everything that needs to be done.

For additional information, contact Jean Baldwin, family life and human development specialist (919) 334-7956 or your local county Extension office.

### Friday Is Mooreville Prom Night

Friday is prom night for students at Mooreville Senior High School.

The annual spring event will be held in the school's newly-expanded cafeteria starting at 8 p.m. and continuing until midnight.

Administrators at the school are urging students to enjoy themselves and have fun at this traditional celebration, but they are also reminding them that all school rules will apply.

In addition to the regular school rules, additional regulations will not allow a person to leave and then return. And students must bring a pre-purchased ticket issued for the couple in order to gain admission.

Parents are also encouraged to visit on prom night to take a look at the decorations and to take photographs.

Relax. Take time to enjoy just having the family member back home.

For additional information, contact Jean Baldwin, family life and human development specialist (919) 334-7956 or your local county Extension office.



Won't Brenda  
Feel Low When  
She Turns 5-0  
Happy Birthday!  
from your beloved  
Daughters  
Robin, Dee Anne, Dana

### Lake Norman Mini Storage

#### We Offer:

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Shoe Show

WE'RE OPEN  
7 DAYS A WEEK  
8 A.M. - 10 P.M.

# Cashion's

## FOOD MART

Prices Effective  
May 1st - May 7th

### Tidbits on Food

#### Burgers

Ours has become a nation of hamburger eaters. Once upon a time, most hamburger was eaten because it was quick to prepare and economical. Now we eat it because we like it.



Experts on meat and economics expect hamburger to account for half of America's beef supply within the next few years. It's now over 40%. They also attribute the growing consumption of ground beef to the price differential between it and other beef items.

Now if you like burgers, but wish to try something other than beef or turkey, here is some news. Scientists at New Orleans have come up with something they consider a tasty treat ... cottonburgers. Researchers insist that you can't tell them from hamburgers. Do you think cottonburgers will shrink?

Or what do you think of fishburgers? Government and industry have tried to find out. A cooperative project of the New York State Sea Grant Institute and a private company were test-marketing frozen minced fish, ground like hamburger. Now, with mechanical deboning, fish can be used for burgers and hot dogs, as well as fishballs and sticks.

For the present Cashion's will continue to feature the finest in ground beef, for your "at home" burgers. Come see.

Fresh Boneless  
Chicken Breast  
2.68  
lb.



Miller Lite  
5.98  
12 pack

Sweet Vidalia  
Onions  
38¢  
lb.

#### Specials from the Dairy Case!

Kraft Deluxe  
American Cheese  
16 slices 12 oz. pkg.

1.99

Shedd's Spread  
Country Crock  
48 oz. pkg.

1.69

Snow White  
Mushrooms  
68¢  
8 oz. pkg.

US #1  
White Potatoes  
1.78

Florida  
Red Grapefruit  
3.100

Luncheon  
Special  
Louis Rich  
Turkey  
Breast  
3.98  
lb.

BBQ,  
2 Vegetables,  
Roll, or Cornbread  
Glazed Donuts  
(Fresh Daily)  
1.89  
dozen  
1/2 dozen .99¢

2.88  
Deli Fresh  
Potato & Egg Salad  
98¢  
lb.

Cashion's has Party Trays for any Occasion!

CASHION'S TOTAL SATISFACTION GUARANTEE  
Everything you buy at Cashion's is guaranteed for your total satisfaction. If you are not satisfied, we will refund your money or exchange your purchase for a comparable item. No questions asked.

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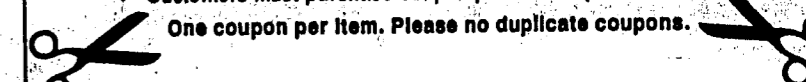
OUR POLICY  
Please note: We reserve the right to limit quantities of special priced items. All items are sold on a first-come, first-served basis. No substitutions.

## DOUBLE COUPONS

### DOUBLE MANUFACTURER'S COUPONS

Fri. - Sat. May 3rd, & 4th

- A manufacturer's cents-off coupon is worth twice as much.
- We will double the first coupon on each item up to 50¢ face value and added value not to exceed the retail price of the item.
- Coupon for additional packages of the same item will be redeemed for face value only.
- Coupons 5¢ and over will be redeemed for face value only.
- Customers must purchase coupon product in specified size.
- One coupon per item. Please no duplicate coupons.



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3.58  
lb.

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lb.

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1.68  
1-lb. pkg.



All Flavors  
Pepsi  
1.38  
6-pack  
12 oz. cans



Morning Fresh  
Orange Juice  
1.08  
64 oz.

Cottonelle  
Bath Tissue  
78¢  
4-roll