This Week's SPECIALS

GIANT
THE QUALITY FOOD PEOPLE

USDA Grade A Fresh
Pick of the Chix
Giant or Holly Farms
1.29 lb.
Coupon Pick of the Chix lb. 1.29

Bone In
Beef Blade Chuck Roast
USDA Choice 1.49 lb. | Giant Lean 1.29 lb.

1/2 PRICE SPECIALS

Assorted Soup
Cup O'Noodles
2.25-oz. pkg.
~~Reg. 63¢~~
31¢

Egg Linguine, Lemon Angel's Hair, Red Pepper Linguine or Garlic & Herb Fettuccine
Trios Fresh Pasta
9-oz. pkg.
~~Reg. 2.39~~
1.19

Popcorn Snack with Peanuts
Fiddle Faddle
5-oz. box
~~Reg. 99¢~~
49¢

Barbeque or Hot'n Spicy, Frozen
Tyson Chicken Wings
IT'S NEW
18-oz. pkg.
~~Reg. 3.49~~
1.74

Imitation Lobster Tails or
Kibun Imitation Crab Stix or Flakes
8-oz. pkg.
~~Reg. 2.89~~
1.44

In the Produce Department
Brach's Candy
~~Reg. 1.89 lb.~~
94¢ lb.

With Raisins
Giant Rum Buns
15-oz. pkg.
~~Reg. 2.19~~
1.09

Pain Reliever
Nuprin Caplets or Tablets
NUPRIN Pain Relief Formula
bot. of 24
~~Reg. 2.69~~
1.34

Regular or Tartar Control Toothpaste or Gel
Giant Minty Fresh
6.4-oz. tube
~~Reg. 1.79~~
89¢

Medium Blue or Black
Paper Mate Pens
pkg. of 10
~~Reg. 2.09~~
1.04

SO THAT OTHERS MAY SHARE IN THE SAVINGS, PLEASE LIMIT YOUR PURCHASE TO SIX OF EACH HALF PRICE ITEM.

SUPER SPECIALS

Nacho Cheese, Cool Ranch or Salsa Rio
Doritos Tortilla Chips
11-oz. bag
1.79

Meat or Beef Bologna, Meat or Beef Cooked Salami
Giant Sliced Lunchmeats
1-lb. pkg.
1.69

With or Without Nuts
Fresh Baked Brownies
2/49¢

Regular, Diet, Cherry or Caffeine Free
Coca-Cola
6-pack 16-oz. NR bots.
1.99

1-Ply White or Colors
Cottonelle Bath Tissue
165 sq.ft. pkg. of 4 rolls
1.19

Giant Lowfat Cottage Cheese
The Light One
12-oz. cup
2-lb. cup 2.09
89¢

Assorted Varieties
Golden Grain Rice-A-Roni
4.3 to 8-oz. box
69¢

Steak-umm Microwave
Cheesesteak to Go
SAVE 60¢
5.6-oz. pkg.
1.69

100% Valencia Frozen
Floridagold Orange Juice
SAVE 40¢
12-oz. can
1.19

Cheese
Celeste Pizza
SAVE 60¢
17.75-oz. pkg.
2.29

PRICES EFFECTIVE THRU SAT., JAN. 27, 1990 in Giant stores in Wash. D.C., Bowie, Pointer Ridge, Free State Mall & Crofton Station Giant stores. This merchandise is not offered for sale or available to retailers, restaurants or other commercial enterprises.

BUSINESS PULSE

■ Career Corner C3
■ Kids Talk C5

Saturday, January 27, 1990

PACK YOUR BAGS
Conference Update

NNPA CONFERENCE IN CA.

The National Newspaper Publishers Association, the organization of the nation's Black newspaper publishers, will hold its mid-winter workshop at the Sheraton Riverside Hotel in Riverside,Ca. Jan. 24 to 27. The Black Voice News is the host.

The theme of the conference is "Augmenting Plans for Success". For information contact NNPA headquarters in Washington at 202-662-7323.

CENTURY AGENDA CONFERENCE

Heritage of Afro-American Beauty and Barber Industry will host the Annual Heritage Symposium, Feb. 26, at Howard University's Blackburn Auditorium, Washington, DC.

The Symposium will focus on history, culture, education, and economic development. There will be presentations on the historical origin of beauty, barbering, and manufacturing from the ancient era to modern times and displays of historical artifacts, and history of the early pioneers. Admission is free.

Entrepreneurs banking on film

Magestic Eagles to distribute "The White Girl" in metropolitan area

By Olive Vassell
AFRO Assistant Editor

The Washington, D.C. based financial group, The Majestic Eagles, Inc., has won the right to locally distribute "The White Girl," a movie about drug abuse. The film was produced and directed by award winning columnist and TV host Tony Brown.

Members of the organization will also distribute the film in Baltimore, Md.

The movie, which has a PG-13 rating, will be released nationally on Feb. 9, during Black History Month. It traces the story of a gifted, privileged young Black girl, who is brought down by a dependency on cocaine.

A TONY BROWN FILM
THE WHITE GIRL

"We will tap into the heart of the Black community by reaching out to students, parents, teachers, principals, school boards and the PTAs," said John Raye of the Majestic Eagles.

"Every child in the D.C. School system should see the film...if one life is saved by viewing this movie our efforts won't be in vain."

"....In view of the situation that we've suffered in this city over the past 48 hours, it is really timely that this particular movie should be coming out at this time," said Mr. Raye, referring to the arrest of Mayor Marion Barry during a press conference held earlier this week.

"This film created over 600 jobs for Black people . . We're making history . . it will be one of those movies that instead of Black people going out and spending all of the money and all of the money leaving out of the city, for the first time we will have at least half of that money, that will stay here in this city and that will stay here with Black people."

According to Mr. Brown, "We can't really blame the White people who run Hollywood for not making us look good....and they are not in the business of improving the image of Black people. Obviously neither are they in the business or interested in returning to us any percentage of what we spend on movie tickets.

"We are not a poor people, we earned $300 billion last year ... our primary problem in the Black community is that our poverty is primary, self-inflicted because we spend only 6.6 percent of our income with one another. If we help ourselves we're going to help this country.

"We have gone into an arrangement, we meaning Tony Brown Productions, with various members of local communities all over the country to create "Buy Freedom Partners". That means that Black people in America, 12 percent of the population, who are spending 50 percent of the tickets to all movies in the country, can not only consume and last year Blacks spent $2.5 billion dollars for movies, in order not just to consume, but to consume and have some returned so you can use them in your communities."

"The White Girl" will be playing in eight theaters in the Washington Metropolitan area: They are The Embassy, Jenifer Cinema I&II, Union Station (to be confirmed) and the Allen theatre in Washington and the AMC Academy/New Carrolltown, Marlow Heights, Rivertown/Oxon Hill in Maryland.

For information on showings in your area call (212) 575-0876.

Peppi L. Riggins contributed to this report.

ACTRESS TROY BEYER stars as "Kim," the girl who runs away fom her problems and true love Bob Mann (Taimak) in "The White Girl."

JOHN RAYE, who heads the Magestic Eagles has announced his groups plans to distribute "The White Girl," a film by Tony Brown, shown right.

Take the stress test!

By Dr. Charles W. Faulkner, NNP

Anxiety, nervousness, quick temper and feelings of inadequacy are a few signs of stress. Stress can lead to depression, serious illness and heart attacks or, even, death.

Take this STRESS TEST to determine if you are slowly being destroyed by stress. Find out if you should change the way you live. Evaluate yourself by indicating how you respond to the situation below. Your rating scale is: 10-always, 7-often, 4-sometimes, 1-never.

1. Do you have the strong urge to compete with most people with whom you come into contact? Write 10, 7, 4, or 1 on this line_____
2. Are you afraid to participate in activities that you feel will cause failure and, thus, criticism?_____
3. Do you get bored easily?_____
4. Do you lie in bed worrying about your problems?_____
5. Do you become extremely nervous when you are criticized?_____
6. Do you easily become angered when someone disagrees with you?_____
7. Do you daydream?_____
8. Do you constantly think about negative experiences that you had and, criticize yourself for the action that you took?_____
9. Do you become so pumped-up and hyper before a test or an interview that it is difficult for you to bring yourself back to normal when the activity is over?_____
10. Do you feel that you are constantly under stress?_____
11. Are you quick-tempered, easily upset, temperamental and moody?_____
12. Do you think your life will be ruined if you lose at something?_____
13. Do you try to avoid having excitement in your life?_____
14. Do you find your leisure time boring?_____
15. Do you think your life is a disappointment?_____
16. Do people get on your nerves?_____
17. Do you think that life is unfair to you?_____
18. Do you feel that there are just too many obstacles in your life?_____
19. Do you think about committing suicide?_____
20. Do you cry uncontrollably?_____

Please Total Your Score Here_____

Rate Yourself

If your score is below 20:

You are a person who is personally insecure and who is abnormally afraid of being in a stressful situation. You may miss out on many opportunities for happiness. You should seek counseling.

If your score is 20-64:

You are quite normal and you use stress in the correct way. Be proud of yourself.

If you scored 65-74:

You experience considerable stress and you are getting close to the point where stress could have a negative impact on your life. If your score is more than 74:

You are a person who is prone to stress and this may soon have a very destructive impact upon your life. (If it isn't already happening). You should seek stress management counseling.

Lottery millionaire tickets are on sale

State lottery officials launched their million dollar Lotto last Wednesday.

The game features multimillion-dollar jackpots and is likely to attract another 20 percent of adult Virginians who have never played a state lottery game, said Virginia Lottery Director Kenneth W. Thorson.

Thorson said that about 60 percent of eligible Virginians have played the instant and Pick 3 games, but Lotto will bring in higher-income players who were not as attracted by the $20,000 or less jackpot the other games had offered.

With odds of winning the jackpot at 1 in 7.1 million, each Lotto player picks six numbers from 1 to 44 and bets that they will turn up in a weekly televised drawing. For players who match three, four or five of the numbers, there are smaller prizes. And a computer can randomly select numbers for players who prefer selections that way.

Lotto tickets are sold daily from 6 p.m. to 1 a.m.

Weekly sales for Lotto are expected to reach about $1.8 million, generation a jackpot of nearly $1.3 million, Thorson predicted.

But if a week's drawing produces no winners, the prize is carried over to the next week.

BUSINESS BRIEFS

SALARY LAGS

The average salary for child welfare workers lags as much as 50 percent behind salaries of comparable positions, according to a comprehensive salary study released recently by the Child Welfare League of America.

Annual earning of family day care providers ($10,504) and day care center teacher aides ($10,192) were less than the federal poverty guidelines for a family of four ($12,091). For information call (202) 638-2952.

AARP ASSISTS ELDERLY

The American Association of Retired Persons provides free tax assistance and preparation of returns (Federal, State and Local) to low and moderate income elderly, non-English speaking people, the handicapped and the shut-ins.

Taxpayers should bring all earning statements and other income forms and a copy of their 1988 tax return along with the tax package received from IRS in the mail for this year's return.

WELFARE SPENDING

Spending for education and welfare accounted for more than one out of every two dollars spent by state governments in fiscal 1988, according to a report released recently by the Commerce Department's Census Bureau.

Since 1978 state government education expenditures have been rising at an average annual rate of 8.6 percent. Aid to local governments has risen an average of 9 percent annually, and aid for higher education has averaged 8.6 percent per year.

DMA PROCUREMENT

The Defense Mapping Agency (DMA) is sponsoring a Procurement Conference at Building 220, Fort Belvoir, Va. on March 2 from 9 a.m.-3 p.m.

The purpose of the workshop is to foster business with small and minority and disadvantaged firms. The participants can meet with firms, discuss the Agency's requirements and provide counseling on how to do business with DMA and the Department of Defense. For information call Irene Wilburn at 653-1016.

COORS UPDATE

Coors Light surpassed the 10 million barrel mark for annual sales in 1989, making it America's fastest growing premium light beer and one of only four beers in the nation to reach this milestone last year, company officials announced recently.

Coors Light, introduced in 1978, is distributed in 49 states, the District of Columbia, Canada, Japan, the Virgin Islands and Bermuda.

CREDIT CARDS

The Consumer Resource Institute has issued its latest report on credit cards called "The Report Card on Credit Cards."

According to the organization, the publication is a must for consumers whose credit cards are costing them too much money or are having trouble getting a card.

Subjects covered include: how to select a card; credit repair and how to avoid credit card fraud. For information write to Consumer Resource Institute, P.O. Box 2180, Mill Valley, Ca. 94942.