

Everybody's Fitness Fair

Everybody will have the opportunity to join the health and fitness movement by attending Everybody's Fitness Fair, Saturday October 4th at Caswell Centers field adjacent to Vernon Park Mall. This community event sponsored by Lenoir County Chamber of Commerce members including Lenoir Memorial Hospital and Caswell Center is being held as part of the Chamber's Kinfest '86 weekend and will follow the Love Run race at Caswell.

Fitness trails, exercise and aerobics demonstrations, as well as cardiovascular health are just some of the activities planned for the afternoon. Community organizations are also invited to participate in this carnival type event with related activities to provide "healthy" fun and information for those of all ages.

"The fitness craze that has swept the nation is a positive movement," says Allison McDuffy, LMH Community Relations Director, "but we

want to see a wider diversity of people joining in. Certain groups of young adults and older Americans can be seen

walking, aerobizing and watching their diets. However, studies have shown that our young people are not as physically fit as in the past and many more are overweight. Good health and fitness is a goal everybody should strive for, no matter what shape you're in now," she added.

Corporate America is seeing the benefits of programs for health lifestyle management through improved employee morale, reduced absenteeisms and lower cost to employee insurance programs. Businesses in the Lenoir County area are joining the wellness movement through programs offered by Good Health Package and programs developed through industries. The business and medical communities are joining together for this afternoon to spread the word about the benefits of wellness.

Organizations and businesses interested in joining the activities of Everybody's Fitness Fair may call Allison McDuffy at 522-7106



Searching For The Stars

Junior Miss Model & Talent Search is looking for upcoming young models and performers. 1986 regional competition will be held on October 11th in Orangeburg, South Carolina.

Participants should be between the ages of 0 and 17 and reside within North Carolina, South Carolina, Georgia and Florida. There are six age divisions with five competition categories for each age. Categories are fashion modeling, TV commercial, beauty, talent and photogenic.

Winners of each age division could win up to \$1000 in cash and have the chance to be discovered by leaders in the modeling and talent fields.

For more information contact Junior Miss Model and Talent Search, 1821 Woodvalley Dr., Columbia, SC. 29210 or phone (803) 781-6464.



UNC—Greensboro Faculty Show

An exhibition of paintings, sculptures and prints by James Tucker, Jim Gallucci, and John Maggio will be at the Banks of the Arts during the month of September. The works of these well-known University of North Carolina Faculty members can be viewed from September 3-30.

James Tucker is a retired Professor and former curator of the Weatherspoon Art Gallery in Greensboro; Jim Gallucci is a sculptor and instructor, and John Maggio is a printmaker and Assistant Professor of Art at UNC-Greensboro.

The artists works are represented in corporate and private collections across the country.

The Gallery is open Monday through Friday 10:00am. until 4:00pm. and Saturdays from 10:00am. until 1:00pm.

Europe's Neandertals were the first humans to move into truly cold climates, enduring miserable winters and short summers as they pushed north toward retreating glaciers, says National Geographic.

Museum News

Designer Show House and Tea Room, Sept. 12 - Oct. 5

The Richlands-Onslow County Museum Foundation has chosen a designer showcase as its first major fundraiser for the Museum. Eight interior designers have arranged to collaborate on the creation of a new look for the historic Miller-Venters House in Richlands, and we are sure the results will be delightful. Also for the visitors' enjoyment, a tea room will be open for light lunches and refreshments--and group arrangements for lunch will be available. The house will be open 10-5 Monday through Saturday, and from 1-6 on Sunday, and it is located at the corner of Wilmington and Foy Streets. Tickets are \$6 advance, \$7 at the door, and \$10 for the run of the show. For further information, contact Maggie Erwin, Designer Show House Chairman, at 347-5232, or call the Museum during office hours.

Tutankhamun, often called King Tut, the famous Egyptian ruler whose mummy lay in a golden coffin for more than 3,000 years, died when he was only about 19 years old, says National Geographic World.

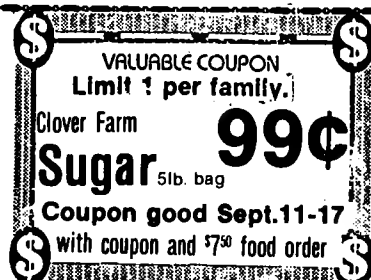
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Chili 10 1/2 oz. **3/\$1.00**

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Green Beans 303 can **2/79¢**
Stokley whl. kernel
Yellow corn 303 can **2/79¢**
Stokley cream style
Yellow corn 303 can **2/79¢**
Gibb
Pork & Beans 303 can **69¢**
White House
Apple Sauce 303 can **3/\$1.00**
Del Monte sliced
Pineapple 15 1/2 oz can **59¢**

Whole
Fryers lb.
Fresh
Pig Liver lb. **49¢**
Fresh
Neck Bones lb. **49¢**
Gwaltney
Hot Dogs 12 oz. pkg. **99¢**
Gwaltney
Bacon lb. pkg. **\$1.89**
Peacock
Smoked Sausage lb. **\$1.29**
Kraft, sauce
Barbecue 18 oz. all flavors **99¢**
Mt. Olive
Salad Cubes 12 oz. jar **79¢**