

Planning Program



Pictured are Mrs. Fred Wier, coordinator of the upcoming Wa-Rite program, with three of her staff. From left to right, Mrs. Wier, Mrs. John Oliver, Ed Powell and Mrs. Powell.

What is Wa-Rite? It is a weight-control program designed to lower weight through proper nutrition and safe and effective exercise. Beginning Monday evening, March 24, in the Tryon Seventh-day Adventist Church, it will run from 7:30 to 9:00 o'clock each Monday evening for twelve weeks.

The program is geared to helping the participants understand why they are the way they are, and what to do about it today, tomorrow and the rest of their lives. Guest speakers will discuss subjects dear to the dieter's heart. Motivational films will prove the importance of achieving and maintaining a reasonable weight. Participants will chart weight losses, receive nutritional tips, obtain individualized instruction where indicated, and share experiences.

A registration fee of \$20 will

cover all expenses, and baby-sitting services will be provided. To register, call 894-8213.

Sterk-Swann

Mr. and Mrs. R. P. Sterk of Brevard have announced the engagement of their daughter, Jayme Marie, to Robert Fred Swann.

The bride-elect is an honor graduate of Blue Ridge Technical College with an Associate Degree in Executive Secretarial Technology.

The future bridegroom is the son of Mr. and Mrs. W. Fred Swann of Tryon, N. C. He is a graduate of Presbyterian College with a B.S. in Business Administration and also has an Associate Certificate from Blue Ridge Technical College.

The wedding is planned for May 17 in the Chapel at Presty Place on Cedar Mountain.

WANTED TO BUY SMALL used piano. Call 468-4102 after 5 p.m. adv. 19, 20, 21, 24, 25, pd.

Hoy Moon Is Guest Speaker

The Pacolet Baptist Church Brotherhood will meet Thurs. at 7 p.m. The guest speaker will be Hoy C. Moon who will tell about his trip to the Holy Land and show pictures. Eugene Jones is in charge of the program.

Mrs. Robert A. Ernst has returned to her home at Red Fox after visiting Mrs. Peter Mahler and family in Delray Beach, Fla.

UDC Meets Friday

The Campobello Chapter of U.D.C. will meet at 3 p.m. on Friday, Mar. 21 at the home of Mrs. O. A. Matthews on Peniel Rd. in Columbus. Mrs. Paul Cullen will be co-hostess. Mrs. William McIlwain will be in charge of the program.

Baseball

Friday and Saturday Landrum in tournament at Chapman High

Friday Jonesville at Tryon

FOR SALE: '73 Audi Fox. \$2,150. Call 859-5858 or after 6 p.m. 859-6080. adv. 19, 20, 21, c.

Columbus Decorating Center is now having a 30% OFF Sale on selected wallcovering books. We also have inlaid linoleum at \$7.49 per sq. yd. installed and carpeting at \$6.99 per sq. yd. installed. On Sale! Now thru April 25. Main St., Columbus, N.C.

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On WTYN

Ann Murray will star in the next NBC Radio Music Special over WTYN on March 23 at 2:45.

Two hours of Anne Murray songs, hits such as "Snowbird" and her new smash hit "Daydream Believer", Sunday, March 23, 2:00 on WTYN.



COLOR, FORM AND VARIATION IN NATURE

An Illustrated Talk by Ivan Kuster
TRYON BIRD AND NATURE CLUB
Thursday, March 20 at 10 A.M.
at Tryon United Methodist Church