

Small Woodland Workshop April 15th

A workshop for all small woodland owners has been planned for Tuesday, April 15 from 2 to 4:30 p.m. at St. Luke's Hospital grounds.

The workshop will consist of marking and identifying trees that need to be thinned or removed from a small wooded area. Keith Jenkins, District Forester with the North Carolina Forestry Service, will lead the discussion. Bill Stanton, Extension Forestry Specialist from N. C. State University, will lead a tree identification trek around the hospital property.

The workshop is being sponsored by Polk County Agricultural Extension Service, Forest Service, Agricultural Stabilization and Conservation Service, and the Soil Conservation Service. Everyone is invited to attend. For more information, call the Polk County Agricultural Extension Service at 894-8218.

Miss Carol Warrington of Chapel Hill spent the weekend with her parents, Mr. and Mrs. Harold Warrington of Tryon.

Public Hearing On April 17th

The Regional Area Agency on Aging, Isothermal Planning and Development Commission, will hold a Public Hearing in Polk County on April 17, 1980 to determine the concerns and needs of the 60+ population. The hearing will be at the Courtroom of the Columbus Courthouse at 2:00 p.m. Comments will be recorded and will become a part of the three-year Area Plan on Aging.

Miss Cindy Horne, student at Bridgewater College, Bridgewater, Va., spent the weekend with her parents, Mr. and Mrs. Vernon Horne, Rt. 1, Tryon.

T.W.G.A. NEWS

On Tuesday, April 1st, Margaret Hannon shot an Eagle -3 on the number two hole, 410 yds, at the Tryon Country Club. Her third stroke was 9 iron shot to the green which went into the hole. Playing with her were: Bev Stirling, Inky Cloud and Mary Irons.

WHAT EVERYONE SHOULD KNOW ABOUT ... HEALTH THRU CHIROPRACTIC



Gary W. Rowland, D.C.



Poor Health Isn't Funny

Why do we preach so much about spinal nerve pressure? Why do we encourage everyone to get their families spines checked? Don't we have enough to do with just bad backs, necks and shoulders?

Some people have asked these questions and perhaps you have had these thoughts also. Sure, we could keep busy just fixing up those people with bad backs. Why then do we bother with trying to get people with asthma, ulcers, sinus trouble, allergies and other conditions to seek Chiropractic Care? Chiropractic is more than just a way to make a living with us. Chiropractic is a Science and an Art, but most of all it is a way of life. Our way of life—and life is serious business. Spinal nerve pressure is often called the silent killer and rightly so. CHIROPRACTIC IS SERIOUS BUSINESS. We do not want people to go through life living with pain. We do not want people to die prematurely. We often hear, "If I had only known about you years ago I would not be in this shape now."

CHIROPRACTIC IS SERIOUS BUSINESS. This is why we preach. Don't take a chance on having any spinal nerve pressure that cuts off vital messages from the brain. The Chiropractic principle is sound. It always has been and always will be. Life is serious business. CHIROPRACTIC IS SERIOUS BUSINESS and we're serious about it.

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SPRING FLING

Pea Ridge Club House

Saturday, April 12

10 a.m. to 4 p.m.

YARD SALE: Clothing, furniture, blankets, lace, trailer hitch, pickles, preserves, black walnuts, tools (new and used), screens, jewelry, dishes, pots, books, puzzles, motors, and food (hot dogs, brownies, cakes, candy, biscuits).

PLANT SALE: tomatoes (all kinds), peppers, marigolds, petunias, begonias, azaleas, shrubs, broccoli, impatiens, spider plants, salvia, houseplants, hanging baskets, cucumbers.