YARD SALE: Friday, Aug. 15 and Sat., Aug. 16 at Wayne Duncan's on Skyuka Road, Lynn from 10 a.m. to 4 p.m. adv. 14, **EXECUTRIX NOTICE** 

Having qualified as Executrix of the estate of Mack McGuinn, Jr., deceased, late of Polk County, North Carolina, this is to notify all persons having claims against the estate of said deceased to present them to the undersigned on or before February 8, 1981 or this notice will be pleaded in bar of their recovery. All persons indebted to said estate please make immediate payment.

This 8th day of August, 1980. Ethel D. McGuinn Rt. 2, Box 205M Mill Spring, N. C. 28756 adv. 8, 15, 22, 29, pd.

## -wallpaper sale-

10—30% Savings

Entire Selection of Books

Begins Aug. 18th

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(Located at Andrews Furniture Co.)

## THE STATE OF THE PROPERTY OF T View Magnifique

Gillette Woods - Hogback Mountain

Rarely is there an opportunity to purchase a well designed, quality constructed home with a spectacular panoramic view of the mountains.

This 10 room hillside beauty consists of large living room with fireplace and sliding glass doors to a deck where the vista views extend 90%, dining room, kitchen, breakfast area, 4 bedrooms, 3 full baths, and an extra large unfinished basement perfect for a workshop, craft activities, and greenhouse indoor gardening. The double carport conventiently adjoins the kitchen.

Call us for the details.

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116 North Trade St. Tryon, N. C. 28782 704-859-5843

**Bob Mueller** Mary Wall Bernard Edwards Tryon Daily Bulletin, Fri., Aug. 15, 1980

## PAT'S SCHOOL OF DANCE

TEN GOOD REASONS WHY YOUNG PEOPLE SHOULD STUDY DANCING

1. DANCING DEVELOPS COORDINATION, TIMING AND BALANCE

These factors are important in nearly all physical activities. They are especially important in all sport activities.

2. DANCING DEVELOPS A BEAUTIFUL BODY

From the days of the Ancient Greeks to the current days of Miss America Pageants the study of dancing has been recognized as a form of training that develops a beautiful and graceful body.

3. DANCING DEVELOPS AN APPRECIATION OF MUSIC

When learning to tap dance one learns the various rhythm patterns upon which music is based. In learning the ballet the students learns to dance to melody as well as rhythm. The serious dance student soon learns to appreciate music in all its many phases.

4. DANCING DEVELOPS SELF CONFIDENCE

the mastery of one's own self is the beginning and the very essence of true confidence. Dancing on the stage develops confidence and is a tremendous aid in overcoming shyness.

5. DANCING IS AN OUTLET FOR PENT-UP EMOTIONS

Yes, dancing is a wholesome and natural outlet. You can literally stamp your blues away thru the soles of your feet. The therapeutic values of dancing are well known by professionals. Doctors often recommend it.

**6. DANCING IS AN ARTISTIC ACHIEVEMENT** 

One learns the beauty of form and line when studying dancing. All art is related and the dance student learns to appreciate and recognize the beauty in all forms of art.

7. DANCING APPEALS TO THE RESTLESS NATURE OF YOUTH

The desire for movement and vigorous activity which is strong in nearly all young people finds a method of expression in the dance. The vigor of Dancing and the ENERGY of youth go together like - "LOVE and MARRIAGE."

8. DANCING DEVELOPS THE BRAIN, THE NERVOUS SYSTEM AND THE BODY

Yes, it takes all three-brain, nerves, and muscle-working in harmony to learn to dance well.

9. DANCING CAN BE A LIFETIME HOBBY

Unlike some sports that cater only to youth, dancing is an activity that can be enjoyed by all ages except the very old.

10. DANCING IS FUN!

Yes, right here and now, dancing is fun. PURE FUN. Why not let your little girl try it? Or let that young fellow use up some of his energy with us.

> For Further Information Call 894-8043

Oneil Benson Bill Walker