

**Weight Watchers POINTS® System: TRY IT, YOU'LL LOVE IT!**

Eat any food you crave and still lose weight on 1-2-3 Success® Weight Watchers easy POINTS®-based program.

- 1 We've given every food a POINTS® value.
- 2 Just stay within your Daily POINTS® Range, and
- 3 You'll lose weight!

*Weight Watchers*  
1 2 3 SUCCESS

Sarah, Duchess of York  
Weight Watchers  
Lifetime Member

**JOIN NOW FOR ONLY \$15!**  
\*Offer valid through 9/30/00. Call 1-800-572-8600 or visit our website at www.weightwatchers.com for more information.

**Kings Mountain Women's Club**  
108 East Mountain Street  
Monday 6:00pm  
Weigh-in begins 30 minutes prior to meeting time.

Check at our centers for details about our maintenance records.  
Registration and weigh-in begin one-half hour earlier than the meeting time.  
©2000 Weight Watchers International, Inc. Owner of the WEIGHT WATCHERS trademark. All rights reserved. \*Offer valid at participating locations in Alabama, Alaska, California, Florida, Georgia, Oklahoma, Texas, The Carolinas and Washington for a limited time. Not valid for The At-Work Program or community meetings.

**BUFF**  
From 10A

even more aware of the danger when they get older."

Buff has already set up a schedule of appearances at local elementary schools like East, North, and West. He plans to expand his coverage in the near future. As part of the DARE program, Buff will be giving students workbooks that shows methods to resist drugs and violence in ways that they can relate to. Buff says that learning to resist peer pressure is one of the biggest problems many kids have in resisting drugs.

"DARE is an excellent program," Buff says. "It not only educates the students, it takes that knowledge and shows how to put it into practical application in the fight against drugs and violence."



**GARY STEWART / THE HERALD**  
KMHS football coach Dave Farquharson presents Player of the Week awards to Matt Bridges, left, and Daniel Mason for their outstanding play in last week's win over Bessemer City. Bridges was a perfect 7-for-7 in extra points. Mason led the team with 12 tackles, including six for loss.

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**Hurry! Offer ends October 13.**

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**CONTRIBUTED PHOTO**  
Kings Mountain High School Chapter of Family, Career and Community Leaders recently served cookies and punch to parents, guests, students and staff at an open house at KMHS. Front row, left to right, Casi Carver, Andrew Hudachko and Bettye Dover. Second row, India Stokes, Ashley Fowler, Misty McRee, Jennifer Haynes, Jessica Huskey, Tina Sprouse. Back row, Shrita Miller, Brandy Huskey, Gina Black, Deana Clark, Angela Oulay, Ashley Wilson.

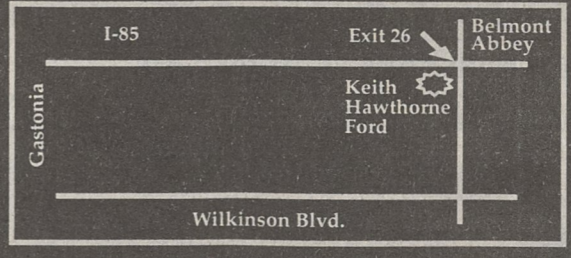
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