

# The Maiden Times

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8 PAGES TODAY

## He Was Glad To Pay Donald Rome's New Years Resolution Cost Him 107 Pounds

Last year he had a New Year's Resolution and he stuck to it. This year, because of that resolution, some of his friends have trouble recognizing him.

On January 1, 1971, Donald Rome looked in the mirror and the image which was reflected made him wish that he were seeing double - because the man in the mirror was large enough to be two men.

That's when Donald decided on his New Year's Resolution - to lose 80 pounds by June 30th.

"I weighed 278 pounds when I started my diet," he reflected. "I couldn't even walk around the block without gasping for breath."

"Now I can run a mile and play ball with my son," he added.

During the past year Donald has been following a rigid schedule which he set up for himself. For five days during the week he ate only one meal a day, a steak at supper time. On the weekends he had his steak with all the trimmings on Saturday night and a dinner at his mothers on Sunday.

Every night he followed an eleven minute exercise program as outlined in his army manual. The 5BX plan of exercise includes: two minutes of 30 toe touching; one minute of 40 back lifts; one minute of 25 push ups; one minute of 25 sit ups; and six minutes of running in place. He performed this routine every night before retiring.

During the day he would bicycle for three and one-half miles on a course mapped out around his home, and he would religiously run a mile each day, rain or shine.

While dieting for the six months period he weighed himself each morning, instead of weekly as diet books had advised.

"If I didn't lose any weight I would rather be discouraged daily than diet for an entire week without seeing any results."

When Donald began his high protein diet he had to buy a new set of scales that would weigh 300 pounds. His old scales would only weigh 250 pounds and by the time he started his diet his weight was well above that.

He had set a goal on New



PAIR OF 48's - Donald Rome, weighing 107 pounds less than last year this time, displays a pair of pants, size 48, which he says were tight.

Year's Day of a weight loss of 80 pounds by June 30th. By sticking to his diet and exercise routine he achieved his goal by June 20th - and "promptly quit dieting." Since June 20th he has continued to lose weight and has lost a total of 107 pounds in a year.

Before his diet, the "Fat Donald" wore a size 46 pants, 48 stout coat and 18 1/2 shirt. His biggest problem when he weighed 278 pounds was finding clothes to fit. He had to order them from a special company and he says, "I couldn't have much choice of colors. All I could get in my size were dark blue, black or battleship gray."

"Now I've gone wild," he mused. "I have even thought of buying some pink striped bell bottoms."

Although Donald began his diet without a doctor's advice he wouldn't encourage others to undertake a weight loss program without consulting a doctor.

Diet pills didn't seem to work for him because after losing 10

pounds with the pill he would promptly gain 20 pounds when he went off them.

"The only way to lose weight is to quit eating," Donald believed it, he tried it and it worked.

"When I began my diet I told everyone I knew about my decision, this way if I didn't stick to it I would have a lot of explaining to do," he said.

Although his weight was almost halved, he doesn't feel like half a man and, he said, that he hasn't noticed any kind of personality change. "I am a lot more active now" he added.

As a reminder of the shape he was once in, Donald keeps a pair of his 48's around to help him realize exactly what he has accomplished. Donald would make a great "before" and "after" ad for a diet company, but he isn't interested. He lost his weight by sheer will power and determination and is a "bigger" man for it today.

## Town Accepts Water-Sewer Project Approves Opening New Cemetery Section

### Plans Made By Board For Decorations

Maiden will have Christmas decorations next year - that is if the merchants, citizens, and industries in Maiden are willing to do something about securing decorations.

Alderman Mark Hoyle was appointed Chairman of the Christmas Decorations at the regular Town Board meeting on Monday night. Alderman Hoyle will secure persons in town to help solicit the money needed to purchase decorations.

When you talk about Christmas Decorations you are not talking about a couple hundred dollars. You are talking in terms of a couple thousand dollars. This is the very reason Maiden was without decorations this year. Approximately \$4,000 is needed just to rent decorations. But with all the merchants, citizens and industry in Maiden, there should be no great problem in securing the funds needed to purchase decorations.

What most people in Maiden do not realize is that the Town of Maiden, meaning using the Town's people's money, cannot buy Christmas Decorations. There is no such money set aside in the Town Budget for such decorations. Therefore it is left up to some organization or the merchants or the entire population of Maiden to raise the money.

Now is the time to start making contacts and donations for next Christmas. This is not something that can wait until the first day of December. In order to have decorations, a contract must be entered into with a company before the end of July, 1972.

Someone will be contacting each individual and every merchant and place of business in the near future for a contribution. Remember how Maiden looked just a few weeks ago with no Christmas decorations? Let's not let another year pass by being the only Town around without decorations.



RAYMOND M. BOST

### Bost Elected To NCNB Board

Directors of North Carolina National Bank have elected Raymond M. Bost, president of Lenoir Rhyne College, a member of the bank's Hickory City Board.

The announcement was made today by Jerry L. Cole, NCNB's city executive in Hickory.

Dr. Bost becomes the 12th member of the local bank board, under the chairmanship of James G. Feden, manager of the Coca-Cola Bottling Co. of Hickory.

Dr. Bost, a native of Maiden, is a graduate of Lenoir Rhyne and the Lutheran Theological Southern Seminary in Columbia, S. C., and served as pastor of churches in Spartanburg, S.C., and Raleigh. He earned his Masters and Doctoral degrees at Yale University.

He was professor of church history and director of field work for the Lutheran Theological Southern Seminary for six years and became the seventh president of Lenoir Rhyne on March 1, 1968.

Dr. Bost is a member of the Standing Committee on Approaches to Unity for the Lutheran Church in America and a member of the Examining Committee of the N. C. Synod of the Lutheran Church of America.

He is on the Executive Committee of the N. C. Association of Independent Colleges and Universities, secretary of the N. C. Foundation of Church-Related Colleges, a trustee of the Lutheran Theological Southern Seminary and secretary and director of the Piedmont University Center of N. C.

He was named to "Who's Who in America" in 1970. Dr. Bost is married to the former Margaret Voder of Connecticut and they have four children.

### Fire District Meeting Set For January 13

Evans Propst, Chairman of the Maiden Fire District Charter Committee, announces that there will be a District-wide meeting at the Maiden Elementary School auditorium on Thursday, January 13 at 7:30 p.m.

The purpose of this meeting is to report to residents of the Maiden Fire District the progress which has been made since the last public meeting on November 4, 1971. A meeting of the issues which will be discussed are: (1) The entering into of a contract with the Town

### Fire District Meeting Set For January 13

of Maiden and the Maiden Fire Department to continue to serve the District; (2) Ways and means of financing the application for a Charter for the District and, in addition, a Tax Referendum for the Funding of the yearly financing of equipment purchased by the District to be used by the Maiden Fire Department for fighting fires in the District.

This is a very important meeting and all residents of the Fire District are urged to be present.

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### Mrs. McRee Woman Of Year

During the morning worship service at May's Chapel United Methodist Church Sunday, January 2, the Pastor, Rev. Donald Rollins announced Mrs. Thomas (Betty) McRee had been selected as Woman of the Year. Mrs. McRee was presented with a pin denoting special membership in the Women's Society of Christian Service of the Methodist Church and to which a donation of \$25.00 had been made in her honor by the local Society.

Secret balloting had been held at the annual covered dish supper of the Society on December 6, 1971 and announcement of the honoree was made Sunday.

Mrs. McRee has long been active in the work of the church and has at various times served as U.M.W. Counselor, sub-district counselor, treasurer and president of the Society, member of the choir, Sunday School teacher, church librarian, as well as having served on many committees of the church.

### Card Of Thanks

We wish to express our sincere appreciation for the many cards, flowers and other acts of kindness shown during the recent loss of our mother, Mrs. Myrtle Carter.

The Carter Family

### Alcoholism Directors Meet In Regular Session

The Board of Directors of the Catawba County Council on Alcoholism met at the Catawba Memorial Hospital in the Executive Conference Room recently with Dr. Harry M. Arndt, President, in charge.

Several important reports were made. Sam Rowe, Sr. reported that the opening of the Council's other office in Newton had been delayed since remodeling was being done on the third floor of the County Building, formerly the old Catawba General Hospital.

Niels DeVeve, Associate Counselor, reported on the Council's School Program. He stated that he had made 41 school talks to 9th and 12th grade students. Schools visited were Newton - Conover High School, Fred T. Foad High School, St. Stephens High School, Maiden High School and Bandys High School. A total of 45 classes and 1,500 students heard talks on alcoholism. Literature distributed totaled 2,011 booklets and pamphlets.

Director Grady Buff reported on Council activities, stating that November had been an unusually good month, both in the office and in outside activities. An interesting discussion followed on attitudes of alcoholics regarding treatment. Another subject discussed was alcoholism in industry and Mr. Buff stated that 52 percent of all alcoholics are to be found in industry. Starting around the first of the year he plans to visit Personnel Managers in the various industries in the county.

Other Board Members present included Ralph Adcock, William Brockhoff, T. Dale Johnson, James R. Mitchell, Loyd Mullins, Banks Taylor and the Rev. Richard W. Turkelson.

The next meeting of the Board of Directors will be Monday

night, March 27, at the Catawba County Department of Social Services building.

### Maiden Youth Killed In Auto Accident

Danny Lee Woody, 20, of Maiden was killed Sunday morning when the 1966 Oldsmobile which he was driving went out of control on Rural Road 2003, the Glen Oaks Golf Course Road South of Maiden.

Highway Patrolmen Butler and Dillard, assisted by the Maiden Police Department, investigated the accident and named high speed as the cause of the death of Woody and injury of a passenger.

The vehicle, travelling South of Maiden, ran off the road on a curve, crossed the road and struck the shoulder of the road and once again crossed the road hitting a culvert and then overturned, throwing Woody from the automobile. A passenger, Mackey Eugene Lewis, 16, of Route 5, Lincoln, was taken to an area hospital for treatment.

### Town Tags On Sale

The 1972 Maiden Town Tags went on sale Monday, January 3, at the Town Hall.

Every individual living within the City Limits of Maiden owning a vehicle must purchase and display a 1972 tag.

### United Fund Campaign Drive Over The Top

Fred Williams, president of the Eastern Catawba County United Fund, announced today the successful completion of the 1972 campaign. As of December 30, 1971, the solicitations totaled \$71,529.92 or 132 percent of the campaign goal of \$70,000.

Williams commented: "This is an important and happy day for the Eastern Catawba County United Fund and especially for all the United Fund agencies who depend upon our financial support to provide their services. I want to express my sincere appreciation to all those campaign chairmen, solicitors, and contributors who made the 1972 campaign a success."

The Educational Division under the co-chairmanship of Dr. Harry M. Arndt and N. Sherrill Cranford, superintendents of the two school systems in Eastern Catawba County, was cited for two awards. This division reached its goal first and, secondly, exceeded its goal by a higher percentage than any other division. The Educational Division's campaign goal was \$4,127. It raised \$3,855.25 or 91 percent of its goal.

The Industrial Division under the co-chairmanship of Murray Chism, Jr. and C. Hugh Moretz also surpassed its campaign goal of \$46,986 with a total of \$49,741.47 or 102 percent of its goal.

Williams especially praised the work of these four chairmen: Arndt, Cranford, Chism and Moretz. Other Division Chairmen recognized for their efforts were: John O. Colenan, Commercial Division; J. Michael Abernethy, Governmental Division; Rev. Donald F. George, Residential and Organizational Division; and Steve C. Laws, Professional Division.

Additional firms making the 100 percent goal were listed as follows: Newton - Rhyne Hardware, Sally's, Dellinger's Department Store, Luriam Life

Insurance Co., Newton Auto Parts and Architectural Design; Conover - County Wide Insurance Agency; and Catawba - Edith's Beauty Shop and Holly Farm Hatcheries.

The Victory Dinner and Awards Banquet has been tentatively scheduled for February. The three banks of Eastern Catawba County - First National Bank of Catawba County in Newton and Conover, Northwestern Bank and Peoples Bank - will jointly share the cost of the Banquet.

### Douglas Murray On Tour

Douglas Murray will leave Wednesday, January 5, with the Pfeiffer Concert Choir on an annual tour of several States during the winter holidays.

This year the first concert will be at Grace United Methodist Church in Asheville. From there they will go to Cincinnati, Ohio; Fort Huron, Michigan; North Manchester, Indiana; Lexington, Kentucky; Emory, Chatham and Lanville, Virginia.

The choir will perform ten concerts on their tour. The home concert will be January 18 at Pfeiffer College in the Henry Pfeiffer Chapel.

### Card Of Thanks

Our deepest appreciation is extended to all the friends who showed acts of kindness through flowers, food and contributions to various organizations, during the recent loss of our mother, Mrs. E. F. Rose.

The Rose Family



MR. RICHARD NULL

### Lions Club To Hear Richard Null

The Maiden Lions Club will have Mr. Richard Null, the Instructional Chairman of Special Education in Catawba County as guest speaker at its meeting on Thursday, January 7, at 7 p.m. The meeting will be held at the Shady Park Recreational Center in East Maiden.

The induction of at least one new member is anticipated. There will be a Directors meeting following the program.



LIONS DONATE CHAIR - The Maiden Lions Club donated a wheelchair to Mrs. J. Steele Greer, of the Hill Dale Nursing Home on Wednesday afternoon. Mrs. Greer, a retired Hickory High School English instructor has been at the home for two years. She is almost totally blind in both eyes from explosive Glaucoma, which was first detected in 1950. Because of her blindness she can't distinguish faces or read print and is not allowed to go out by herself. In addition to her blindness, her right leg has been amputated above the knee. The operation was performed to correct a circulation problem. Despite her apparent problems, Mrs. Greer is a joy to behold, and an inspiration to all who meet her. When Mr. H. S. Shepherd presented her the chair she said that before long she would be racing up and down the halls by herself. The chair was presented as part of the work of the Lions Club in the town.

### Spaghetti Supper

The Senior UMY of the First United Methodist Church will sponsor a Spaghetti Supper in the Church fellowship hall on Saturday, January 15.

The supper will begin at 5 p.m. and continue until 8 p.m. Tickets will be \$1.25 for adults and \$1.00 for children.