

More From Lib Stewart

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The tenth annual "Spring in Shelby" sidewalk art show and cultural arts festival will be held on the courtsquare on Sat., April 23.

The event is sponsored by the Cleveland County Technical Institute and the local branch of the American Association of University Women with the cooperation of Shelby Merchants Association. The arts festival will begin at 9:30 a. m. and end at 4 p. m.

Mrs. George Doggett of Shelby is chairman, with Mrs. David Ellis of Shelby, co-chairman.

Paintings, sculptures, drawings, ceramics, photographs and other works of art will be displayed along the courtsquare walkway. Needlework and poetry, two at-

tractions not included last year, will also be featured.

Cleveland County Historical Museum will also be open for the day of the show and tour guides will be available to answer questions about the displays.

LEGION DANCE SATURDAY

The Velvet Express has been booked for Saturday night's dance sponsored by American Legion Post 155 beginning at 9 p. m. at the American Legion Building.

The eight-piece band, formerly Blue Velvets, is back by popular demand and was reorganized by Bill Sanders.

Admission is \$7 per couple.

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ATTEND BRIDGE BENEFIT

Tuesday's Valentine bridge parties at Kings Mountain Country Club will benefit the 1977 Heart Fund.

Two parties are open to the interested public: the morning party at 10:30 a. m. followed by a luncheon and fashion show and the evening dessert bridge party at 7:30 p. m.

Admission is a \$5 donation to the Heart Fund. Bridge players are invited to furnish their own cards and make up their own tables.

The noon meal will be courtesy of Kings Mountain financial institutions and C. E. Warlick and B. F. Maner Insurance Agencies.

Reservations should be made with Jerry King at KMCC by Saturday.



FRANCES KISER

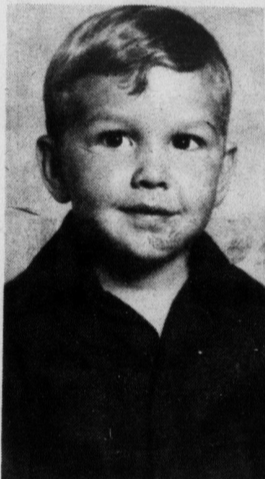
Mrs. Kiser Will Present WC Program

Mrs. Frances A. Kiser, English teacher at Crest Senior High School and chairperson of the department, will present a program of her original poetry accompanied by slides and music at the regular meeting of the Woman's Club on Monday night, Feb. 28, at 7:45 p. m.

Mrs. Kiser was North Carolina State Teacher of the year in 1974. She is a member of Delta Kappa Gamma and is very active in educational organizations.

Subjects for her poetry include nature, observations about life, and comments on death. Haiku and free verse are two of the forms of poetry she uses.

The program is being sponsored by the Education Committee of the Woman's Club. Any interested person is invited.



JOHN MELTON

Observes Birthday

John Bradley Melton, son of Mr. and Mrs. Johnny Lee Melton, celebrated his fourth birthday Thurs., Feb. 17th.

Brad was given a birthday party at his home in Love Valley Community which was attended by 30 friends.

Brad is the grandson of Mr. and Mrs. George W. Melton of Kings Mountain and Mr. and Mrs. Clint H. Day of Bessemer City.

Brad's mother is the former Debbie Day of Bessemer City.

Living After Coronary

The man or woman who has survived a heart attack has come through a frightening experience. As one man who has been there put it, "I was afraid to do anything. I didn't want to leave the hospital. I was even afraid to leave the intensive care unit." Doubts and fears are only natural, at first. Yet to

help speed recovery, it is important that any fears and worries are not locked inside but are talked out.

The physician caring for the patient is the best person to get answers from. However, questions may come to mind when the doctor is not there, or may be forgotten when he is. Sometimes, for one

reason or another, the patient and the family hesitate to ask.

There is a pamphlet, "After a Coronary," which provides some answers and encourages the patient and family to ask questions. Knowing the facts and understanding what can be done can get rid of needless fears, and no problem looks so large once it is discussed.

The pamphlet is available, free, from the North Carolina Heart Association. It explains briefly why a heart attack occurs, and how the heart is affected. There are brief discussions of diet and exercise and the chances of returning to work and to a full life. The patient is asked some questions, also, but most importantly, he is urged to get the an-

swers to any questions bothering him.

If you have had a heart attack or know someone who has, this pamphlet may be a help. For a free copy of "After a Coronary," write to: North Carolina Heart Association, 18 Heart Circle, Chapel Hill, N. C. 27514.

Courses Scheduled

Cleveland Tech and the Kings Mountain Recreation Department are planning classes in decoupage, Tole and Oil Painting next month.

For more information interested citizens are asked to call Mrs. Leigh (home 739-4990) or community center 739-3549).

Sanders Completes Navy Basic Training

David Sanders, son of Mr. and Mrs. Dathia Sanders, has completed nine weeks basic Naval training at Navy Training Center in Orlando, Fla. where he was chosen Squad Leader of Company 105.

Sanders was among six men from his company

promoted to meritorious advancement.

He is spending a two weeks leave with his parents before reporting for sea duty aboard U. S. S. Nimitz.

Sanders is a 1976 graduate of Kings Mountain Senior High School.

Airman Bell Assigned To Chanute AF Base

Airman Jonas N. R. Bell, son of Mr. and Mrs. Jonas A. Bell of Rt. 3, has been

assigned to Chanute AFB, Ill., after completing Air Force basic training.

During the six weeks training at Lackland AFB, Tex., the airman studied the Air Force mission, organization and customs and received special instruction in human relations.

Airman Bell will now receive specialized training in the aircraft equipment maintenance field.

He is a 1971 graduate of Kings Mountain High School. The airman's wife, Cynthia, is the daughter of Mr. and Mrs. Buddy V. Barnette of Rt. 1, Kings Mountain.



JONAS R. BELL

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