

# Heart Month Proclaimed

To call attention to the fact that deaths from heart and blood vessel diseases are dropping as more and more people learn how they can protect themselves against these major killers, Mayor John Henry Moss today issued a proclamation designating March as Heart Month and urging all residents of Kings Mountain to support the 1978 Heart Fund campaign.

Mary H. Greene is Kings Mountain chairperson for the campaign.

The proclamation notes that during 1975, the latest year for which national statistics are available from the U. S. Public Health Service, heart deaths in the United States dipped below one million for the first time in recent years. Some of the nation's leading medical scientists have credited the educational efforts of the American Heart Association for the decline, due to increased public awareness of the risk factors for heart attack and stroke and how to reduce them.

Also influencing the health picture are more and better trained personnel in ambulances and hospital emergency rooms and coronary care units. The proclamation points out that the Heart Association has provided much of this training, as well as a number of community programs for patients and their families, and years of research to discover better methods of diagnosis, treatment, and prevention of cardiovascular disease.

So that these efforts may be continued and strengthened to save more lives, the Mayor asks that all citizens support the Heart Fund campaign with financial contributions and volunteer service.

**PROCLAMATION**  
Whereas, the latest national statistics show that although heart and blood vessel diseases still kill more Americans than all other causes combined, the total has dropped below one million for the first time in recent years; and

Whereas, the director of the National Heart, Lung, and Blood Institute and other medical scientists have credited public awareness of risk factors and action to reduce them with saving lives; and

Whereas, the American Heart Association and its local organizations have conducted public education about risk factors for many years, as well as programs to train emergency medical personnel in reviving victims of heart attack; to stimulate community services for heart patients and their families; and to support research into better methods of diagnosis, treatment, and prevention of the cardiovascular diseases; and

Whereas, the annual Heart Fund campaign finances all of these efforts;

Now therefore, I, John Henry Moss Mayor of Kings Mountain, proclaim the month of March as American Heart Month and urge all of our citizens to support the 1978 Heart Fund campaign of the Kings Mountain Heart Association through gifts and volunteer services which will continue to reduce the toll of death and disability.



**SIGNS DOCUMENT** — Mayor John Moss signs the document proclaiming March as Heart Month. With him is Mary H. Greene, chairperson for the Kings Mountain Heart Campaign.



**WINNERS AT GOLF LUNCHEON** — Mrs. Charles Mauney, left, was first place winner, Mrs. A. B. Hilton and Mrs. Frank Sincox won awards in a hat fashion show as feature of the annual Women's Golf Luncheon at Kings Mountain Country Club. The show featured hats for golf, bridge and tennis enthusiasts.

## Students Perform

Seventeen piano students of Mrs. Marshall C. Gore participated in the Southern District Junior Music Festival Sat., Feb. 25th, at First Baptist Church in Gastonia. The Festival is sponsored by the National Federation of Music Clubs for young musicians under age 18.

As members of The Young Artists junior music club, each student was required to perform one composition from his selected class in the NFMC bulletin and one composition of his choice which must also meet these requirements.

Each year students accumulate points toward earning gold cups and consecutive superior rating certificates; superior rating, five points; excellent, four points; very good, three points.

Fifteen points earn a student the small gold cup; thirty points, medium gold

cup; forty-five points, large gold cup. Students earning a "superior" rating were Cindy Brackett, Kelly Eubanks, Shane Farris Lyn Gore, Patrick Hamrick, Caroline Harper, Suzanne Lee, Leigh Ann Odell, Karen Penner,

Gregory Thompson and Lisa Ann White.

Earning rating of "excellent" were Ashley Gossett, Nancy Lee, Teri Plonk and Anita Ware.

Earning rating of "very good" were Becky Bolt and Donald Collins.

### Greenhouse Course Scheduled

The Extension Department of Cleveland Tech announces a course that should be very popular with many people with Spring weather just around the corner.

The course is entitled Greenhouse Gardening for Pleasure or Profit and Randy Hawkins, an experienced greenhouse grower, will instruct.

The course will deal with soils, reproduction, light, fertilizer, and water requirements for all types of plants. It is also designed to help individuals in the physical operation of a

greenhouse and the growing and caring for a variety of plants.

Registration will be held on Tech's campus at the Greenhouse on Tues., Mar. 14, at 8:30 p. m.

Persons needing further information are requested to call 482-8351, between the hours of 8 a. m. and 5 p. m. Monday through Friday.

Adults 18 years of age and older interested in enrolling may do so at the first class meeting and pay the \$5 registration fee. Persons 65 or older may register free.

PRICES GOOD THRU 3/8/78.....  
QUANTITY RIGHTS RESERVED... NONE SOLD TO DEALERS

# Lowe's Foods

Home of the never ending sale.

West Gate Plaza—Shelby Road

**U.S. CHOICE**  
**BEEF** U.S. CHOICE  
7-9 LB. AVERAGE  
**BEEF TIPS**  
CUT & WRAPPED FREE

## \$10.99

LB.

LIMIT 1 AT THIS PRICE PLEASE

**COME SHOP DURING OUR 24TH ANNIVERSARY SALE!**

U.S. CHOICE SIRLOIN TIP ROAST . . . LB. **\$1.49**  
U.S. CHOICE SIRLOIN TIP STEAK . . . LB. **\$1.59**  
5 LB. PKG. FRESH GROUND BEEF LB. **\$4.89**  
1 LB. OLD HICKORY BAR-B-Q . . . . **\$1.99**  
24 OZ. CLAUSSEN PICKLE CHIPS . . **99¢**

**OSCAR MAYER WEEK**

1 LB. OSCAR MAYER BACON . . . . **\$1.69**  
1 LB. MEAT OR BEEF FRANKS . . **\$1.19**  
8 OZ. MEAT OR BEEF BOLOGNA . . . . **69¢**  
12 OZ. MEAT, BEEF, OR THICK BOLOGNA . . . . **\$1.09**  
8 OZ. COTTO SALAMI, LIVER CHEESE, P&P, OR LUNCH MEAT . . **89¢**  
8 OZ. HAM & CHEESE OR CHOPPED HAM . . **\$1.19**

**WE WELCOME U.S.D.A. FOOD STAMP SHOPPERS.**

1 LB. PKG. CAROLINA PRIZE BACON

## \$12.99

**OPEN SUNDAY 12-7P.M.**

**USE NORTH CAROLINA UN CAP AGRICULTURAL PRODUCTS**

4 ROLL PACK DELTA BATHROOM TISSUE ASSORTED COLORS

## 2 \$1

FOR LIMIT 2 4 ROLL PACKS WITH 7.50 FOOD ORDER

**DATRIL 24 CT. 74¢**

**BAN \$1.29 ROLL-ON 1.5 OZ.**

**BUFFERIN 100 CT. \$1.89**

**GARDEN FRESH PRODUCE BIG 10¢ SALE**

**FLORIDA PINK OR WHITE GRAPEFRUIT 10¢ EACH**

**WASHINGTON STATE RED OR GOLDEN DELICIOUS APPLES**

## 10¢