

Dept. Of Health And Physical Education

The program of health and physical education is definitely getting under way at Kings Mountain High School. The new Gymnasium is being set up as the health center for the schools of Kings Mountain and health is being greatly emphasized. The program of physical education aims to develop the organs of an individual so that he might be able to live a more complete life. It teaches the physical skills of different games so that the student will be able to do many things with grace and skill. But it also aims for the development of health habits that will produce healthy bodies because the first essential thing in life is health.

Some things have been added to the program. One of the rooms in the gymnasium has been equipped as the first aid room to take care of any accident that might occur. Some new equipment has been added that will help the advancement of the program and the Department is planning to give a health examination to all students. The examination is being given for the following purposes:

1. In order to let the student know how nature has endowed him as an individual.
2. To determine if thru disease or accident he is unfit for a normal academic or physical education program.
3. To make possible better place of the students in regard to the physical education program and physical activities.
4. To make the student acquainted with his exact physical condition in order that he may intelligently conduct his mental and physical activities.
5. To discover as soon as possible any physical or organic defect and to hasten their cure.

In the Gymnasium classes students will be taught skills of such games as touch football, ward drills, volley ball etc.

In the health instruction classes they will obtain instruction in First Aid, Personal hygiene, Sanitation, and Safety.

CARD OF THANKS

We wish to thank our neighbors and friends for the kindness and sympathy shown us in the sickness and death of our dear husband and father, Mr. M. P. Lockridge. May God Bless you all.
Mrs. M. P. Lockridge and daughter

NOTICE

The Cotton Ginners Association sold yesterday 28 bales at 10.48 net to seller, three bales "100" at 10.76 net. Deliver your cotton to Textile Bonded Warehouse, Gastonia, or Planters and Merchants Warehouse Shelby. The warehouseman knows how to handle it.
IVEY WILLIS, Shelby, N. C. Phone 689

Grid Gossip

By George

"Can they," asked Johnny Phann, our inimitable nostericator (well, he's always backward anyway) 'preserve human mince meat'."

"What?" We were perplexed. "Skip it," he said. Then he went back to the Kings Mountain Gridder schedule for about the fourteenth look. We watched him anxiously. The ponderings of a genius were supposed to bring us a story for this edition. It wasn't long in coming forth.

"H'mm." The hand went to the chin, and we wondered if he kept his whiskers rubbed off. His face looks as if he never has to shave. "Good starting game. But why not have two weeks rest after it?"

"Why?" we asked. "To give the thirteen boys who come out with nothing more than bruises and basted heads to recuperate."

"But the Gastonia Green Wave went by that bad. Look at what Shelby did to them last season. And we beat Shelby." We thought we had him there.

"That, my friend, was last season. If they are that weak again this season, the Gaston folk are slipping. And besides, we haven't the team we had last season. So that makes it worse, in any event."

We protested again, but it didn't do any good.

"Then, he went on, 'look at the next two, Marion the 29th and N. C. S. D. October 6th. If they ever get back from either town intact, it'll be a miracle. What do you think your four backs can do alone. And there are no reserve backs."

"Now you are wrong, we came in happily. That Ruddock kid who has been cutting up the field for the past three years has developed into one of the runningest backs you have ever seen. Why, the other day he ran a pass interception through half the other team before he was stopped. And with no interference. We were sure we had him then, because Ruddock is just as good in either end or back position."

So wat, Sa wat!" he began. The kid's too light. He doesn't weigh a hundred and thirty."

"What about Coffey up at Lenoir a couple years back? He was about the same size."

"Yeah, but Coffey could run. He went around end and stepped on the gas."

"Yeah, we came back. Ruddock doesn't have to go around end. He has the guts to go through the line. Besides we are mentioning him only as an alternate for Womack, or an end. What about the others?"

"You've said enough about them, now let's get on with the schedule. He saw Harding High in the October 13th slot — started to pass it up. We stopped him."

"We'll take them," I began proudly. "Maybe, but don't kid yourself about them being easy meat. How do you know what a growing school like that can wrangle up?"

We went on down. We must have grimaced, because he laughed that ugly little laugh of his. 'Cherryville, Oct. 20th, he read. "I suppose you'll romp all over them?"

We skipped it that time. Then our face lit up at the next one. "Ha we'll take the next one. Shelby's a cinch."

"Stop kidding, and think straight for once," he said. He even tried to lay even money on them, until we said we'd take him up. Then he backed down.

"What," he asked on the next one, 'are you going to do about the last two games?"

"Why?" again.

"Because Forest City the 10th of November, and you know them. We did, so we didn't answer. "But if you are able to play the next two, you might take them. Of course, Bessemer City will be pretty tough. And by the way, they tell me that they have five of the sweetest players you've ever laid eyes on. Something mysterious about them—but watch them."

"Then Lincolnton last. Well, you will probably do alright with them. But just don't be too sure."

With that he was gone, and we thanked goodness that we didn't have to look at him all winter, and hear his "I told you so's" in case he was right. Personally, we don't believe everything he says. But!

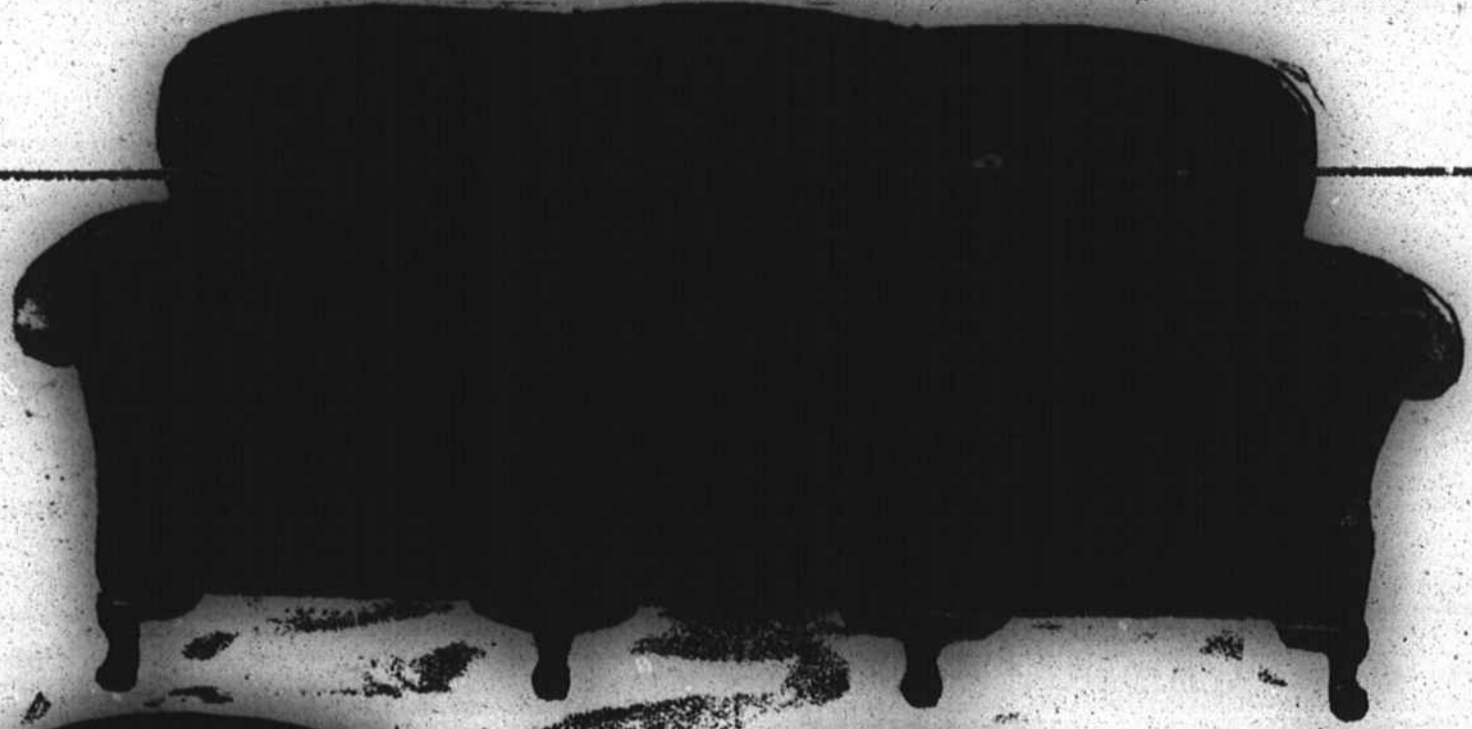
Kings Mountain's Grid Schedule:
Sept. 22: Gastonia, there.
Sept. 29: Marion, there.
Oct. 6: N. C. S. D. Morganton.
Oct. 13: Harding High, Charlotte
Oct. 20: Cherryville, here.
Oct. 27: Shelby, there.
Nov. 10: Forest City, here.
Nov. 17: Bessemer City, here
Nov. 23: Lincolnton, here.

From a recently completed project begun with 200 baby chicks, James Lee, a 4-H Club member of Four Oaks in Johnston County, made a net profit of nearly \$30.

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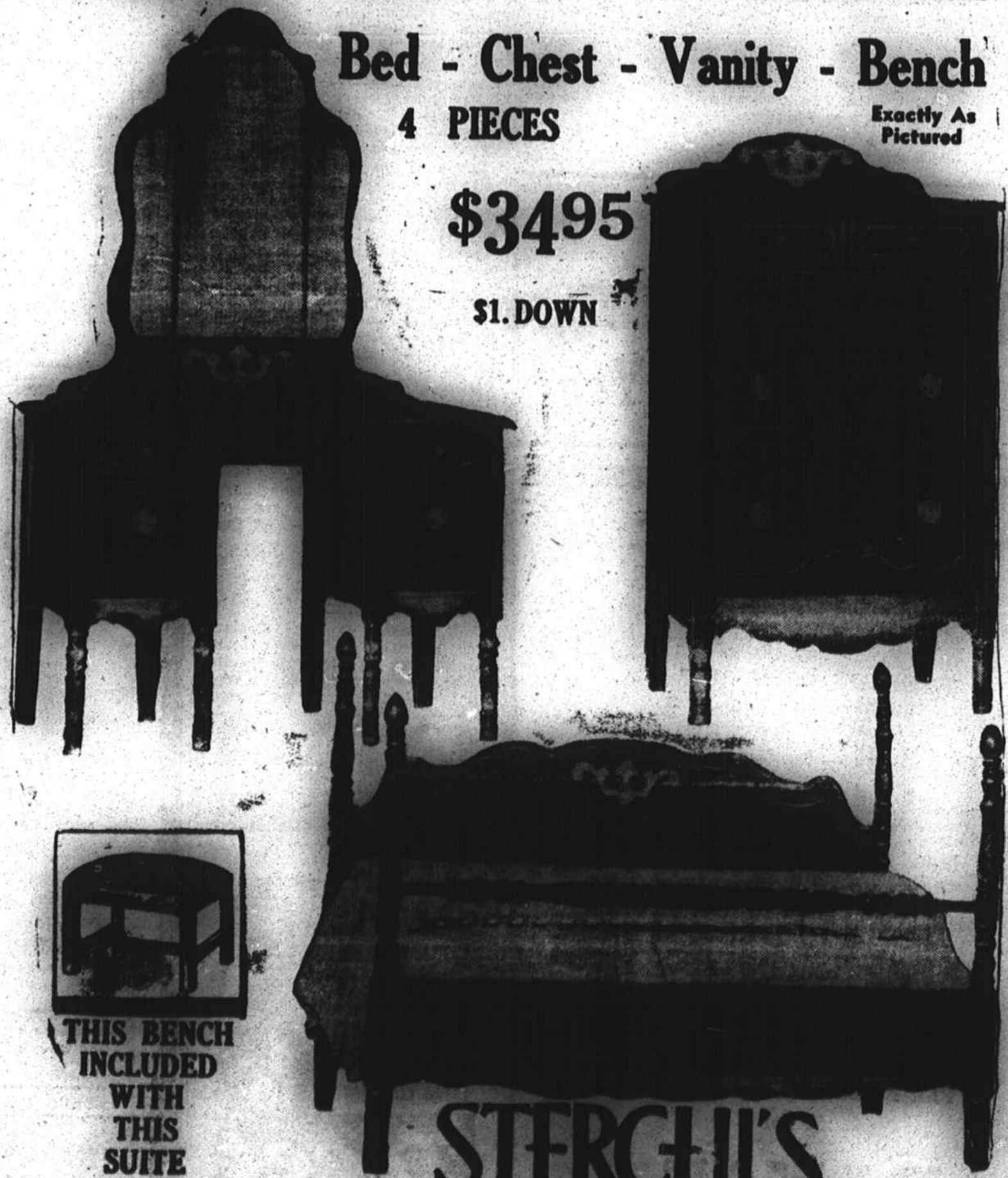
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