

**SQUARE DANCE**

Groyer Rescue Squad sponsor dancing every Saturday night from 8 until 12 p.m. at the Grover Rescue Squad Building. Admission is \$1 and music is by the ravelors, featuring Dan Padgett.



**NEED MONEY?**

**\$500 OR \$5000 AT**

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Probably a sizeable amount. It is possible that we can save you money on a comprehensive insurance plan.

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**First Snow Pretty, Dangerous Too**

CHAPEL HILL—The first snowfall of the season can be a lovely sight. It also poses a danger to some of those who rush at it with a shovel, the North Carolina Heart Association warns. Each winter the first snows are followed by reports of men succumbing to heart attacks from over-exertion due to snow shoveling.

The warning about over-exertion is aimed at all men of middle age and beyond, the Association adds; but it particularly applies to those who have a history of heart disease. They shouldn't touch a shovel until they have obtained their doctor's approval. However, even those who have shown no symptoms of heart disease should proceed with caution in shoveling snow—take frequent rest periods and quit when they become tired.

Clearing the walks and driveways can be strenuous exercise. Men not accustomed to regular physical activity can quickly overdo it and place an undue strain

on the heart. Snow looks light, but it isn't. The wetter it is, the heavier it is to lift; and the size of the shovel may compound the effort.

Added to the unaccustomed work problem is that of wearing apparel. Warm but light gear should be the answer. Some men wear thin clothing because they feel their bodies will heat up from work. However, they may become chilled and invite trouble as their tiring bodies struggle to complete the snow-clearing job. Others overdress and add unnecessarily to the weight their bodies are moving around.

Snow shoveling can be beneficial to men in reasonably good health. The fresh air and exercise, properly paced, are good for them. But the trick is to know just how your health score stands. If a man is overweight and out-of-shape from lack of exercise, his best bet is to get his doctor's word before undertaking any demanding physical activity, such as shoveling snow.

**Bowling**

(Continued From Page Three)

109, and 102 for a total of 313. The American Legion team took four from Griffin Drug. Lib Gault was high for the winners as she rolled lines of 93, 121, and 105 for a total of 319. Kay Hawkins paced the losers with a total of 256, with lines of 83, 85, and 88.

**Mens League**

Action in the Men's League this past week was fairly heavy. In the first match the team of Bob Herndon lost to Stroupe's 66, 3 to 1. Culbertson was high for the winners as he rolled lines of 125, 120, and 122 for a total of 367. Fred Wilson was high for the losers with a total of 332. He rolled lines of 119, 107, and 106.

Thomas Blanton defeated Plonk Oil company this week (3 to 1). Rathbone was high for the losers with a total of 326. He rolled lines of 91, 116, and 119. Plato Ware lead the winners with lines of 113, 98, and 114 for a total of 325.

Albert Brackett tied Ronnie Culbertson at 2 to 2. Albert Brackett was high for the team of Albert Brackett as he rolled lines of 131, 124 and 164, for the very high total of 419. Ronnie Culbertson lead his team with lines of 124, 141, and 112 for a total of 377.

**Resolve To Live During New Year**

CHAPEL HILL — The origin of the custom of New Year's resolutions may be cloudy, says the North Carolina Heart Association; but the need to resolve that in 1968 each adult will take every precaution to reduce his risk of heart attack is crystal clear.

With each passing year, increased evidence indicates that a person's life patterns are vital factors in contributing to the incidence of heart disease. Many of these life patterns are ingrained in the traditions and customs of North Carolinians.

However, the North Carolina Heart Association suggests that each adult resolve that he will: (1) under a doctor's guidance, reduce if overweight; (2) eat less fat; (3) see his doctor for regular medical checkups; (4) cut down or quit smoking cigarettes; (5) exercise regularly; and (6) shun needless tensions.

Observing these six new year's resolutions may well mean the difference between a happy new year and a disastrous one. The North Carolina Heart Association reminds everyone that they have but one heart. Protect it, respect it and treat it with care, this heart will serve for many years. It is only good common sense to give your heart a break in '68.

**CARD OF THANKS**

The family of Charlie Dellinger wishes to thank the doctors and nurses of the Kings Mountain hospital for their kindness during the illness and death of their beloved husband and father.

**SWEETIE PIE**



"Making her sit in the corner only gives her time to sit and think up more mischief!"

**Play It Safe Use Seat Belts**

Traffic accidents are responsible for 50,000 deaths a year. This great toll makes it imperative that everyone be traffic safety-conscious.

The wise motorist knows that the seat belt represents the best available equipment in reducing critical or fatal injuries, according to the American Insurance Association.

All occupants of a vehicle should wear seat belts—at all times. It is a fact that over half of the accidents causing injury or death occur at speeds less than 40 miles per hour, and that three out of four traffic deaths occur within 25 miles of home.

It has been estimated that if all motorists used seat belts, more than 5,000 lives would be saved each year and injuries reduced by one-third, the Association said.

"Noel," the French word for Christmas, means "birthday," "news," or "a shout of joy."

**KINGS MOUNTAIN and BESSEMER CITY DRIVE-IN THEATRE**

Show Starts At 7:10

ALWAYS \$1.00 A CARLOAD! THURS. FRI. SAT. 3 HITS!

No. 1 "LIVELY SET"

No. 2 "BORN LOSERS"

No. 3 "RARE BREED"

ON SAT. MOVIES RUN IN REVERSE ORDER

SUN. thru WED. — 2 Hits

No. 1 "BANNING"

No. 2 "Gunfight At Abilene"

ON WED. MOVIES RUN REVERSE ORDER

**First-Citizens Wins Award**

Official confirmation has been received by First-Citizens Bank & Trust Company that it was a national winner in an annual contest sponsored by the First National City Bank of New York.

Julien L. McGill, a Vice President of First National City Bank, has advised that First-Citizens was one of the top two banks in the country in its size group to win the Travelers Check Bonus Plan competition for 1967. In recognition of the outstanding sales efforts on the part of First-Citizens personnel across the State, City Bank has deposited a sizeable sum with First-Citizens for a year's duration as a winning prize.

**ELECT TEACHERS**

Two new faculty members were elected Monday afternoon by the board of education. Mrs. Reta Harmon of Gaffney, S. C. will replace Mrs. Joyce M. Bowman, resigned, at Grover. Mrs. Dianne Randolph of Blacksburg, S. C. will replace Mrs. Florence C. Floyd, resigned, at Central. The new teachers are recent college graduates.



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**KINGS MOUNTAIN CITY BOARD OF EDUCATION STATEMENT OF CASH RECEIPTS AND DISBURSEMENTS YEAR ENDED JUNE 30, 1967**

	Current Expense	Capital Outlay	Total
Cash Balance 7-1-66	\$123,594.51	\$316,292.66	\$439,887.17
Receipts	393,161.13	197,830.12	590,991.25
Receipts and Beginning Balances	\$516,755.64	\$514,122.78	\$1,030,878.42
Disbursements:			
General Control	9,741.20		9,741.20
Instructional Service	171,527.20		171,527.20
Operation of Plant	10,717.49		10,717.49
Maintenance	73,842.53		73,842.53
Fixed Charges	26,429.10		26,429.10
Transportation of Pupils	39.74		39.74
Auxiliary Agencies	66,372.78	7,772.11	74,144.89
New Buildings and Grounds		166,500.31	166,500.31
Old Buildings and Grounds		8,216.80	8,216.80
Cash Balance 6-30-67	\$158,085.60	\$331,633.56	\$ 489,719.16

The above statement of cash receipts and disbursements of the Kings Mountain City Board of Education for the fiscal year ended June 30, 1967 was taken from the audit made by Hamrick and Redding, Certified Public accountants.

KINGS MOUNTAIN CITY SCHOOLS

**SPECIAL DRY SKIN BATH OIL SALE!**  
BY **SIBON**  
LIMITED TIME ONLY  
Regular \$2.50 NOW \$1.75  
Regular \$4.50 NOW \$2.75  
Regular \$6 NOW \$3.50  
KEEPS YOU YOUNG-LOOKING ALL OVER  
Begin today to experience the joyous delight of a bath treated with Sibon Dry Skin Bath Oil now specially sale priced. Just sit back and relax... steeped in skin soothing luxury... while dryness, flakiness and that 'too tight' feeling seem to ebb away. Emerge from your bath to the realization of a softer, smoother, deliciously lovelier you.  
**KINGS MOUNTAIN THE STORE DRUG COMPANY**  
PHONE 41 & 81 THE CITY'S MODERN STORE

**Now! 5% Golden Passbook Savings gives the highest interest rate.**  
**Plus the convenience of passbook savings.**

MAIL TO: SAVINGS DEPARTMENT  
FIRST UNION NATIONAL BANK OF NORTH CAROLINA, \_\_\_\_\_ City, N.C.  
ENCLOSED IS MY CHECK PAYABLE TO FIRST UNION NATIONAL BANK IN THE AMOUNT OF \$ \_\_\_\_\_ FOR MY NEW GOLDEN PASSBOOK SAVINGS. (\$1,000 minimum)  
Account to be in name of (one name or two... Mr., Mrs., or Miss, in trust for or jointly... if business... firm name)  
Street Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Social Security # \_\_\_\_\_  
Name of purchaser \_\_\_\_\_  
Street Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
(Passbook will be mailed to purchaser)

Now earn more than ever before on your savings, with new Golden Passbook Savings. Start with \$1,000 minimum deposit. And add deposits of \$100 or any amount above at any time. You may make withdrawals without prior written notice during the first 10 days of each calendar quarter if the money has been on deposit 90 days. Additional withdrawals can be made any time with 90 days prior written notice. Come in soon and let us tell you more about our exciting new 5% Golden Passbook Savings. Or clip out the coupon and save!

**First Union National Bank**

**INCOME TAX RETURNS**

See us for your tax return, state or federal. We specialize in personal tax returns. Compare our prices, start from \$3. Itemized returns, priced accordingly. 8:30 a.m. to 5 p.m. Nights by appointment. For tax work or book-keeping you can not beat A&T Service, Inc., 739-2635, Room 2, Morrison Building, Kings Mountain, Battleground Ave., over Cate's in Kings Mountain.