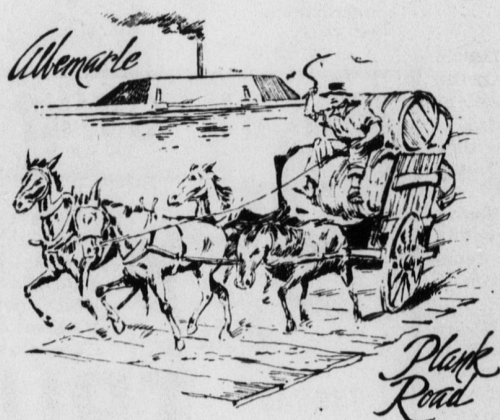


Tar Heels traveled on plank roads

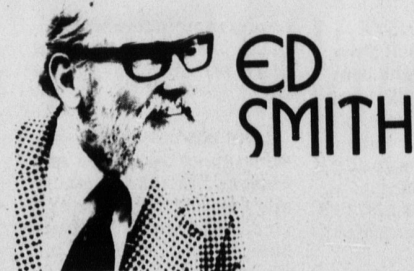


Few people are aware today that North Carolina was once crossed by highways made of wood. For a ten-year period before the Civil War — before the widespread growth of railroads — these plank roads provided a measure of dependable transportation in a state notorious for its muddy, impassable roads. Significantly, these toll roads were developed by private capital, and not paid for by the state itself.

The roads were ten feet wide, with passing lanes or pull-overs located at frequent intervals, and covered with a thin layer of dirt to hold down the noise of horses' hooves.

On April 17, 1854, the most ambitious plank road of all was completed, reaching from Fayetteville to Salem (now Winston-Salem). It was, at 129 miles, the longest plank road in the world, and included among its engineering achievements the first bridges over rivers such as the Catawba.

On April 17, 1864, Confederate General Robert Hoke began a three-day battle to recapture Plymouth from Northern forces. As a part of the attack, the steam-powered



ram "Albemarle" ran the Union blockade, sank two gunboats and bombarded Northern fortifications.

A number of important Tar Heels are associated with this week in history. Space permits the inclusion of only four of them, however.

Colonel Richard Caswell, hero of the Revolutionary War Battle of Moore's Creek

Bridge, became the state's first elected Governor on April 18, 1778. He was elected by the state's first General Assembly (as its brand-new Constitution specified) for a one-year term. As a seventeen-year veteran of the colonial assembly, Caswell had already served four months as interim governor while the permanent government was being established.

Between 1778 and 1787, Caswell served a total of six one-year terms, giving him a share of the honor (with Luther Hodges) of having served the longest in office of any North Carolina governors.

William R. King was one of two North Carolina-born men to serve as Vice President of the United States. (The other was Andrew Johnson.) King died on April 18, 1868. Both men left this state before achieving prominence, King serving as a U. S. Senator from Alabama for years.

Ironically, King's opponent for Vice President in the election of 1862 was William A. Graham, the only citizen of this state ever to run for the office of either President or Vice-President on a major party ticket while actually still a resident of North Carolina.

King took the Oath of Office at the U. S. Embassy in Havana; Cuba, where he had gone hoping to recover from tuberculosis. He died a month later, without ever reaching Washington.

W. Kerr Scott, one of the state's most famous governors during this century, was born in Alamance County on April 17, 1896. He died on April 18, 1968, while serving as U. S. Senator.

His term as Governor (1949-53) is best remembered for its achievements in paving the state's secondary roads.

Born April 19, 1813, David S. Reid, whose election as Governor in 1850 first brought the Democrat Party to power in this state, ending its domination by the Whigs.

He ran for governor on a platform advocating the election of judges, and removal of property ownership as a qualification for voting in some state elections. Reid, a native of Rockingham County, also served in the U. S. Congress.

On garden tillers and cheap shots

Wanna know what it feels like to have a garden tiller run away with you?

Ask Aubrey Mauney. Seems the gears jammed on his tiller the other day and before he could get it stopped the tiller dragged him into a fence and chewed up several yards of clinging vines.

Police Chief Earl Lloyd was arriving home when the incident occurred and rushed to help Mr. Mauney. Together, they muscled the tiller away from the fence and knocked the machine out of gear.

I can identify with that situation. For the past few years my wife has insisted on a garden in our backyard. We hire a guy with a tractor to churn up the wire grass and weeds, then it's my job to take the tiller and churn the dirt to a fine grain.

If you don't do that sort of thing all the time it can get pretty hairy. Every muscle in your body will rebel and the next day when you try to get up you find yourself creaking like a rusty hinge.

I suppose it's worth it, though, what with the price of tomatoes about 79 cents a pound.

Lions Club Bulletin Editor Howard Bryant tells us about what happened recently in Mrs. Jack White's second grade.

Mrs. White's students were studying the "are" words. They had been through "care, fare, bare and, finally mare." Mrs. White asked if anyone knew what a mare is.

A grubby fist shot up past a smiling face and Mrs. White called on the boy to answer. "What does mare mean?" she asked.

"It's like Mare Moss," the student replied. Howard Bryant writes in the bulletin, "I guess that it should be comforting to our mayor to know that his name is a household word."

I was counting back this week and realized I have worked in five different communities on newspapers. I also realized some things are the same in all communities and that is the jokers who always put you down.

The latest joker is our police chief. He was chatting with Bob Myers (Myers Printing Co.) one morning this week over a cup of coffee at Griff's when I came in.

"Did you hear the latest?" the chief asked. "What's that?"

"Bob Myers is going to start printing his own newspaper," the chief said.



TOM MCINTYRE

Bob cast an eye at me and said, Yeah, I ought to."

Undaunted, I retorted, "If you print a newspaper as fast as most printers turn out job work, then I don't have a thing to worry about."

Score one for the newsmen. The problem here is, having known Bob for a great many years, he will scheme and plan and when I least expect it he will give me a zinger I'll never recover from.

Come on, Bob. Have pity. Mine was purely a reflex action. You know, like swatting a gnat away from your eye.

Tommy Barnette told us this week that a bunch of the local wags were hanging around his place (Barnette's Park-In) the other day discussing the grantsmanship of Hiszoner John H. Moss.

One man said he had heard the Empire State Building was for sale.

Another said he heard that Mayor Moss was putting together a grant request to buy the Empire State Building.

And still another said he had heard that the mayor was gonna move the building into the Archdale Community, off Grover Rd.

Lib Stewart said Barnette wasn't smiling when he related all of this, either.

It made me wonder who would folks make humorous remarks about if John Henry had accepted the role of The Fonz on TV's "Happy Days" instead of hanging in here as mayor.

Is that the truth? They wanted our mayor to play The Fonz on TV?

No. But I wanted to end this column on a humorous note.

READER DIALOGUE

Like a slap in the face

To the editor,

I would like to express my opinions concerning the President's recent decision to upgrade the administrative discharges given by the armed forces. Evidently he feels he is protecting the "rights" of the individual who was discharged with other than an honorable discharge. What about my rights, and the countless thousands who served honorably, or continue to serve?

It's like a slap in the face to realize that the man who failed to live up to his commitments in the military service, is probably laughing his head off as he adds up the VA benefits he will be eligible for under Carter's program.

My job specialty is personnel administration, and in my fifteen years of naval service, I have never seen a less than

honorable discharge that wasn't justified. The President's own son has said he would not seek to have his general discharge upgraded, because he broke the regulations and felt he deserved the type of discharge he was given.

All of this comes on top of mounting criticism that we in the military have "too many benefits." As I enter my third month of deployment in the Mediterranean Ocean, with another three and one half months to go until I see my family again, I sometimes wonder if the sacrifices of the military man are realized and appreciated. Carter's program doesn't do much to dispel those doubts.

R. E. BRIDGES
Attack Squadron Seventy-Two
FPO New York 06501

It's important we listen to our bodies

If someone should tell you that your body talks to you, and, for instance, can warn you of an impending stroke, what would be your reaction? We don't think it odd that our body signals when it needs nourishment or rest, yet we tend to discount or ignore many other signs of body language, including the advance signals of stroke.

Stroke is perhaps the least understood of the diseases and conditions of the body, yet it is the third leading cause of death in this country. It strikes twice the number of people that it kills, leaving many disabled.

What exactly happens in a stroke and how does the body warn of the dangers? Stroke is the result of an interruption of the blood supply to a portion of the brain. If the oxygen rich blood is cut off long enough, the cells in the affected portion of the brain die. Different areas of the brain control different functions and different areas of the body.

How much of the body is affected by a stroke is dependent on how many brain cells have died and in which areas of the brain. There can be total paralysis or simply a minor weakness of a limb.

The general impression is that stroke is a disease of the ancient. Age is a factor, yet almost forty percent of strokes occur in people under the age of sixty-five.

There is a pamphlet entitled "Body Language" which is available from the North Carolina Heart Association. It is free

to anyone who writes to request it. In "Body Language" there are descriptions of the signals which the body sends that can warn of a possible stroke. Some of these are: a sudden, temporary numbness of the face or limbs, particularly on one side of the body; a temporary, sudden episode of double vision or sudden, temporary dimness or loss of vision, particularly in one eye. It can be also unexplained headaches or a change in the pattern of headaches, or it can be a recent personality change that is unexplainable.

It is important that attention be paid to the signals our bodies send us. Most of us don't want to be hypochondriacs, rushing to the doctor at every headache. Yet we should stop to ask ourselves, "Is this really a change from what I normally feel? Is it sudden, temporary and is it a signal to heed?" Only a physician can interpret these signals and conduct examinations for more positive determination. If he is made aware of the symptoms in time, much more can be done to prevent a completed stroke with today's diagnostic techniques and modern treatment.

Everyone should be more aware of the danger signals of stroke and learn to listen to his body. The pamphlet, "Body Language," is something to keep for referral; for a free copy, write to: North Carolina Heart Association, 1 Heart Circle, Chapel Hill, N. C. 27514.

Disabilities increase yearly across state

Disability is a frightening prospect to many thousands of North Carolinians every year.

Mental and physical disabilities caused by accident and illness that prohibit people from being able to continue working across the state are apparently increasing.

In January 1973, there were 94,808 disabled workers and dependents in this state receiving \$10,831,090 per month under the regular Social Security disability benefits program. Another 36,868 blind and disabled people were receiving \$3,137,669 per month under the state's old public assistance programs.

By June 1976, there were 134,876 disabled workers and dependents receiving \$21,047,000 per month under the Social Security benefits program and 71,103 blind and disabled North Carolinians receiving \$7,872,000 per month under the relatively new federal Supplemental Security Income program that replaced the state's public assistance programs for the blind and disabled on January 1, 1974. This program is also administered by the Social Security Administration.

This means that approximately \$347 million in federal dollars (using the June 1976 figures for an average) were paid to North Carolinians last year under these disability benefit programs. It also means that 74,303 more people in June 1976 were receiving disability benefits than just three and one-half years earlier.

The Disability Determination Section of the Division of Social Services of the N. C. Department of Human Resources is a state agency, but it has the responsibility for determining if North Carolinians are disabled and unable to work according to the disability criteria established by the Social Security Administration and eligible for federal Social Security and Supplemental Security Income benefits.

Ed Hamlin, chief of the section says that the agency had 99 employees in January 1973 and they made about 700 disability determinations a week. He says that the seams began to burst in January 1974 when the new Supplemental Security Income program was

implemented. Today the section has 270 employees and they make approximately 1800 determinations a week.

Hamlin's staff is composed of 17 full and part-time doctors, seven nurses and 150 other trained professional disability determination specialists and supervisors. The remainder are clerical employees.

Social Security and Supplemental Security Income cases come from the 44 Social Security District and Branch Office located throughout North Carolina where people apply for these benefits.

Under Social Security, disability means: "Inability to engage in any substantial gainful activity by reason of any medically determinable physical or mental impairment which can be expected to result in death or has lasted or is expected to last for a continuous period of not less than 12 months."

Disability, thus is both a medical and a vocational decision. The law specifies that a person not only must have a physical or mental impairment of a level of severity that he is not only unable to do his usual work but unable, considering his age, education and work experience to engage in any other kind of substantial gainful work which exists in the national economy, regardless of whether such work exists in the immediate area in which he lives or whether a specific job exists for him, or whether he would be hired if he applied for work.

Since disability is both a medical and vocational decision, it is possible for two people with the exact medical disability to receive different decisions according to Robert Gooch, a supervisor with the section.

"Any agency that has the responsibility to determine whether people do or do not get a monthly subsistence check is in for its share of public relations problems," said Ed Hamlin.

"When based on the disability criteria established by the Social Security Administration, you have to say no to more people than you say yes. You can imagine the problems involved," he said. Only about 46 percent of the total applicants are approved for disability benefits.



ALONE

To be alone, and yet not alone
Is worse by far than
Only to be alone.
To feel the emptiness belonging
To the lonely — uniquely,
And yet forfeiting their only
Treasure — Solitude
To know the feel, the touch
Of so many — yet
Never to feel the warmth of
A true embrace.
To receive so many smiles —
Exchanges of
Words and gay glances,
And still remain a stranger
Never to be omitted when
Laughter rings
Aloud — yet never one hears
A tear fall
Amidst a crowd.

BONITA A. LOVE

SPRINGTIME IN CAROLINA

Just as close to heaven
As a mortal could ever be,
When leaves are rustling green
Robins are nesting in the tree
Blue violets cover the wooded hills
Ring leaflets around the tree
Caterpillars become butterflies
Peach blossoms excites the bee.
Daffodils fresh as slippery satin
Yellow tall among the green,
Hyacinth awakened from their bed
With perfume enticing keen.
Pansies blooming by the garden gate
Roses budding on the trellis high,
Sweet lilacs blossoming purple
The essence is brushing by.

Honeysuckle flowering in perfusion
Hanging bells along the garden gate,
Perfuming the dusk of the evening
Where the lovebirds congregate.
Whiling the star filled night away
Until the golden dawn appears,
Dew drops on the morning glories
Lingering there to adhere.

The fine feathered band strikes up
With the glowing dawn of day,
Mother Nature is in a hustle
For a flower show in May
Just as close to heaven
As a mortal could ever be
When it's Springtime in Carolina
With each blossoms on the tree.

VIVIAN STEWART BILTCLIFFE

KINGS MOUNTAIN MIRROR-HERALD

PUBLISHED EACH TUESDAY AND THURSDAY

MEMBER OF NORTH CAROLINA PRESS ASSOCIATION

GARLAND ATKINS
Publisher

TOM MCINTYRE
Editor

ELIZABETH STEWART
Woman's Editor

GARY STEWART
Sports Editor

DARRELL AUSTIN
General Manager

CLYDE HILL
Advertising Director

The Mirror-Herald is published by General Publishing Company, P. O. Drawer 782, Kings Mountain, N. C. 28086. Business and editorial offices are located at 204 South Piedmont Ave. Phone 739-7494. Second Class postage paid at Kings Mountain, N. C. Single copy 15 cents. Subscription rates: \$8.50 yearly in-state, \$4.25 six months; \$9.50 yearly out-of-state, \$5 six months; Student rate for nine months \$6.24