

Choice comments on the passing parade

You just never know where you will hear choice comments on the passing parade. I gleaned a couple from Carl Mauney, chairman of the KM Redevelopment Commission, last week during the RCs monthly meeting.

During the discussion on whether to order aluminum or iron handrails for a proposed pedestrian bridge to span the green area in the Candler Street Project the merits of both were brought out. The different costs of the materials were also discussed.

The aluminum handrails would be bolted onto the bridge whereas the iron rails would be constructed with the bridge. Aluminum lasts a long time without maintenance whereas the iron rails will rust and need maintenance.

At this point Chairman Mauney drily commented, "Maybe we should get the iron rails because if the mayor runs again and is elected there might be 1,800 city employees running around without anything to do. They could scrap and paint the iron handrails."

Later in the same meeting while Gene White, the RCs executive director, reported on 22 proposed new units of housing for the elderly to be built by a private firm, he said the RCs role would be to sell the developer the needed land.

Mauney said "More units for the elderly?" then turned to Hazel Brown and asked "What is the housing need in Kings Mountain?"

"Rather than more housing for the elderly," Brown said, "there is need for housing for the single people in the community."

Mauney came back rapidly, "I didn't think single people needed houses. I thought all they needed was vans!"

Gene White assures me that Chairman Mauney is loaded with humorous comments during their board meetings, so last week's chuckles were nothing new.

Now, who said old dude's have no sense of humor?



TOM MCINTYRE

So, you honest Johns and Janes take heed. The next time the parade passes and you wander into a store, don't take offense if there is a clerk or two breathing down your necks.

In reading around I came across an interesting item with a Chicago dateline. The headline read: "Murderer Gets 1,000-3,000 Year Sentence."

Circuit Court Judge James M. Bailey was the man who passed the stiff sentence and 21-year-old Henry Brisbon was the man who received the sentence.

Brisbon was convicted of murdering a young couple on a lonely stretch of interstate highway in Chicago, after he ordered the couple to kiss one last time.

Judge Bailey said to Brisbon, "You are an evil coward. You are the lowest," then pronounced sentence.

Under a felony conviction a person is required to serve a fourth of the sentence

before becoming eligible for parole. Under a 1,000 to 3,000 year sentence, Brisbon will be either 250 or 750-years old before his parole hearing comes up.

Not a bad idea for our local judges to keep in mind next time their courts convict people of heinous crime.

A KMer told me this week that his son received a phone call from a woman who 'lowed as how the youngster was eligible to win a camera plus three eight by ten color photos (for only \$12) if he could correctly answer a question she was about to ask.

The question was — What southern state begins with the letter A and ends with the letter A and has George Wallace as its governor?

"My son answered the question correctly," the local dad said.

"Did he win the camera?" I asked.

"He turned down the camera and the pictures," the dad said. "Just knowing the answer to the question was thrill enough for my boy."

Gary Stewart, our prolific sports writer, finally had had it this week. It seems his she-male Boxer Bulldog, Tinkerbell, has also been prolific of late turning out a record number of pups.

"I took Tinkerbell to the vet to have her spayed," Gary said. "When I went to pick her up — she bit me."

Can you blame her?

EDITORIAL OPINION



Get out and vote!

Have you exercised your privilege of voting today? The polls will remain open until 7:30 p. m.

Kings Mountians must decide whether District Six incumbent Commissioner Fred Wright Jr. or challenger James J. Dickey will round out the six-man city board for the next four years.

Wright is completing his first two-year term on the board. Dickey is a former city commissioner. In the Oct. 11 municipal election Dickey trailed Wright by six votes. In 1975 Wright and Dickey, again, polled high vote counts and met in a runoff election with Dickey losing out in that round.

Both men are experienced in local government and in business management, solid and necessary backgrounds for those who run this multi-million dollar non-profit corporation known as Kings Mountain.

Today, five Kings Mountain area men are asking for your votes as they compete for two Kings Mountain District Board of Education seats. The candidates include Kyle Smith, Charles Mauney, William McDaniel, Dr. Joseph Roberts and Fain Hambricht. Neither of the candidates have ever served on the education board before, but all are either natives or long-time residents who have sent their youngsters through the Kings Mountain school system.

The education of youngsters becomes more vital with each passing year and in their campaigns each of these men have vowed recognition of this fact and have pledged their efforts toward taking the necessary steps for keeping the local school district abreast with the times.

Eight Grover residents offer their services as mayor and council members for the next two years in that community. There are two incumbent council members seeking re-election and one incumbent council-appointee seeking election as mayor. The other five candidates are all novices and all seek the three available council seats.

Dean Westmoreland is the lone mayoral candidate. Tommy Keeter, Martha Byers (the incumbents), Karen Moss, Ray Cash, Harold Herndon, Wendell White and Ronald Queen are the council candidates.

Local voters will also be given ballots on the issuance of \$300,000,000 in North Carolina Highway Bonds and on the issuance of \$230,000,000 in north Carolina Clean Water Bonds today.

Also on a state-wide level voters are asked to decide today on five proposed State Constitution amendments, the foremost of which is the question on the North Carolina Governor being permitted to seek a second successive term in office. The amendment applies to a Lieutenant Governor as well.

If approved, the State Constitution would be amended to permit the present Governor to seek re-election to a second consecutive term.

We make no recommendations on any candidate or issue, but we do highly recommend to those of you who have not exercised your voting rights today to do so.

It could be the single most important decision you will make today because the outcome will affect many of your tomorrows.

And speaking of choice comments on passing parades — it seems that each time a parade is planned for the downtown area the merchants and businessmen quietly bite their tongues and mutter expletives.

Why?

When the streets are clogged with people, all of them with their backs turned toward the business entrances, business goes down the drain.

Not only that, but prior to and following each parade the stores and shops become so jammed with people that it is difficult for the business people to keep track of them. And this is when the ripoff artists go to work.

To try to throttle an old established American tradition called the parade would be next to impossible because people, down-deep, still get a thrill out of seeing the passing colors and hearing the music. The merchants and businessmen are aware of this, so they spread their hawk-eyed work force wide and hope the grimplins won't escape with too much loot.

How has your week been? A whirlwind is about. Are you ticked off at about something... high electric bills, high food bills, lack of services either on the local, state or national level?

Don't keep it to yourself. That only leads to further frustration. Share your thoughts with your friends and neighbors.

On the other hand, are you pleased with something? Want to tell people what a great place you live in, how good it is to have helpful neighbors?

READER DIALOGUE

Good, bad or indifferent. The Mirror-Herald's Reader Dialogue portion of the editorial page is the place for you to voice your comments so that others might know how you feel. It's a great way to discover others who share your feelings.

Try it. Write in pen, pencil or crayon (as long as legible) or type it (double-spaced) and mail your comments to Mirror-Herald, Reader Dialogue, P. O. Drawer 752, Kings Mountain, N. C., 28086.

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Wait 'til next year....

To the editor,

At the time this was written Kings Mountain Senior High had lost five football games. Of the five losses, none of the winning teams had better personnel than the Mountaineers — at least as far as the players are concerned.

The Mountaineers have received excellent fan support throughout the year, even though the team, which finished the 1976 season with an 8-2 record, lost five of their first nine games.

What's so special about Shelby and South Point and some of the other teams in this conference that Kings Mountain can't

compete with them? Maybe it's because the other teams have a variety of plays. Up the middle and every once in awhile a pass on third down are pretty good plays for the Mounties, but not if used exclusively game after game. In the East Gaston game, the Mounties ran a reverse for the first time this season and scored a TD. Odds were against the play being used again.

But, I suppose us fans can do as we have done for the past 13 years: shout "Wait 'til next year!"

S. F. CARPENTER

Kings Mountain



Poet's Corner

THE VOICE OF THE UNIVERSE (C) 1977

God said, "I love you"
When He created the heaven and the earth
Made man in His own image
And gave us breath at birth,
Colored the grass and flowers
The sky an azure blue
Pinned a rose on Mother Earth
To complete the perfect view.

God said, "I love you"
When He placed a rainbow in the sky
Sent His son from heaven's glory
The cross to occupy,
When He feathered the singing bird
The sunshine golden bright
Polished the stars to twinkle
The moon that beams out-right.

God said, "I love you"
When He steps upon the toe
Places thorns among the roses
And lets the thistles grow,
Guides us through life's jungle
With His never dimming eye
And invites us "come to dine."
At His table in the sky.

VIVIAN S. BILTCLIFFE

Depression: It can be cured

Depression is an illness, usually caused by anger that is turned inward. It is fair to say that depression is the best understood psychiatric illness; and, at best, is curable, like pneumonia, or a broken home.

It is important to know the symptoms and signs of depression, and catch the illness early, before it becomes chronic and ingrained. There are usually twenty-four symptoms and signs by which the psychiatrists measure the presence and intensity of depression. Of these, the five most important, but relatively simple signs to remember are:

- (1) Feeling of sadness, blue, inability to be interested in anything — even the daily chores. Things that used to be simple become monumental tasks. Things like going to work, planning meals and driving children to their activities, etc. This lack of interest produces guilt feelings.
- (2) Insomnia: Most the early morning variety. The person who wakes up at two or three o'clock in the morning but cannot go back to sleep.
- (3) Appetite gets lost or the pleasure of eating disappears. One may as the result lose weight. On the other hand one may eat excessively, "nervous eating," without enjoying the food; or for that matter knowing what one is eating. This, obviously, results in excessive weight gain. Obesity may be an unconscious way of punishing

one's self for one's guilt feelings.

(4) Headache: Usually a band tight-like headache that squeezes the top of one's head. The headache usually improves as the day progresses.

(5) Total lack of sexual drive leading to impotence in men. This impotence may show up as premature ejaculation, absence of erection and lack of sexual desire. In women it may reflect sexual dysfunction such as frigidity and feeling of repulsion by the idea of sex. Also, decreased sensation in the genital area and looking upon sexual activities as a "big no good chore."

Of course, there are many, many other signs and symptoms that enable a clinician to make a diagnosis of depression which will not be included in this column.

Fortunately there is a wide variety of chemical, clinical and psychological tests that are available to the physicians to make a diagnosis of depression. Once the diagnosis, and the type of depression is pinpointed, the clinician is able to prescribe effective psychotropic anti-depressants that are available to him. Also, appropriate psychotherapy and counseling are used when indicated.

Finally, depression is a dreadful illness that may lead to self-destructive behavior and suicide. The suicide may be gradual such as drinking excessively or placing one's self in dangerous situations that ordinarily

would marshal death. We are indebted to the medical researchers and neurobiologists for the tremendous strides that have been made in the discovery of effective agents to treat this unwelcome but epidemic disease.

Human beings are essentially semi-tropical animals. Our bodies at rest and unclothed are designed to maintain their internal temperature effortlessly with the thermometer at about 85 degrees. However, with last winter behind us and the chill of this winter almost here, keeping comfortably warm has become the national pastime.

How do we stay warm? We achieve cold weather comfort impart by generating more heat in our internal furnaces and, in part, by conserving that heat.

The most important source of internal heat is our muscles. They use about 70 per cent of the food energy they consume, at work or at play, in heat generation. Under average conditions body muscles produce enough heat to boil a quart of freezing cold water every hour. So when you stomp your feet and wave your arms while waiting in the cold, you are stoking your muscles to an even higher level of heat production.

If you don't exercise voluntarily to build up the heat in your muscles they will take over themselves, involuntarily to shivering. Under extreme conditions of exposure, intense shivering may even save you from

freezing to death. As one doctor has said, "It is largely shivering which explains why many are cold but few are frozen."

The most severe problem that cold weather brings upon us is the danger of frostbite. If you are caught in sub-zero temperatures and reach shelter chilled to the bone with nipped fingers and ears, what should you do about it? Don't follow the ancient suggestion to rub the frostbitten parts with snow or ice. Doing that only compounds the problem.

Recent research has shown that the immediate application of gentle warmth leaves you with less tissue damage and less likelihood of infection or gangrene. You should be brought into a warm room as soon as possible, given a warm drink, and either wrapped in a warm blanket or placed in a warm tub of water.

Two much heat should be avoided. Don't use a heat lamp or a hot water bottle, and don't expose frostbitten areas to a hot stove. After the finger, or other affected part is warmed, exercise it and let the muscles warm it.

The best approach to frostbite is to prevent its occurrence in the first place. Dress warmly enough and dress drily enough. Exercise to keep warm, especially your toes and fingers. And, have enough sense to come in out of the cold.

KINGS MOUNTAIN MIRROR-HERALD

PUBLISHED EACH TUESDAY AND THURSDAY

GARLAND ATKINS
Publisher

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The Mirror-Herald is published by General Publishing Company, P. O. Drawer 752, Kings Mountain, N. C., 28086. Business and editorial offices are located at 204 South Piedmont Ave. Phone 739-7496. 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, \$5.65 six months; Student rate for nine months \$6.24