

Tommy has more fun than rest of us

TOM McINTYRE

Tom Barnette has more fun than the rest of us.

Why? Because he finds the humor in most situations that drive the rest of us to distraction.

If you were in for a long bus ride and a tire blew before you had gone 20-miles, wouldn't that bug you?

Not Tommy. How about if you rode all the way to Nashville on a bus to see Dolly Parton and she wasn't there? Enraging, yes?

Not Barnette. Both things happened to T.B. Recently. "The bus blew a tire before we were 20 miles out of Shelby," Tommy said. "I told the ladies on the bus to make good use of the time. Get out and pick up drink bottles on the

side of the road. You can get a dime apiece for them."

In Nashville Tommy couldn't see Dolly Parton, so he did the next best thing; had his picture made with a "Paper Dolly."

"How do you like me and Dolly?" he asks. "She's something else, ain't she. Mind you, now, I missed Church last week, but I'm going this week. In meantime it doesn't hurt an old man like me to get my battery charged, does it?"

The group visited a small country music club while in Nashville and right in the middle of a number, Tommy went up to the band leader.

"I've got a group of people over here from Bessemer City and they're just dying to hear 'Down Yonder' so they can get up and clog," Tommy told the band leader.

The leader signaled for the band to quit and he made the announcement, then they played "Down Yonder."

Back at the table Tommy's group was incensed.

"We'll have you know we're from Shelby and not Bessemer City, Mr. Barnette," they announced.

"Well, it wasn't a total loss," Tommy said. "Some drunk across the room jumped up and started clogging all over the joint. I told the others, see. That man's not ashamed to be from Bessemer City. I don't know why I can't get along with those folks from Shelby."

Tommy said the weekend trip must've loosened up the rest of the tour group some, because on the way back they kept asking the bus driver to pull over so they could collect bottles along the side of the road.

"I guess they had so much fun they wanted to start raising money to take another trip to Nashville," Tommy said.



T.B. & paper Dolly



What's your opinion?

We want to hear your opinion on things of interest to you. Address all correspondence for this page to Reader Dialogue, Mirror-Herald, P. O. Drawer 752, Kings Mountain, N. C., 28086. Be sure and sign proper name and include your address. Unsigned letters will not be published.

EDITORIALS & OPINIONS

Questionable attention

We have a number of complaints lately concerning the questionable attention the State Highway Patrol pays to Grover Rd. traffic.

It seems two patrolmen, one in a black and silver and the other in an unmarked unit, haunt a certain strip only a short distance from I-85 and are busting people left and right for two and three-miles above the limit speeds.

The questionable part comes in when you consider the expense of posting two

patrolmen on Grover Rd. to catch the 30-car per 30-minute traffic while out on the superlat lead-footed motorists are zooming by at 10 to 20 miles faster than the 55 limit. And then there are the truckers who will inhale you and exhale you through their exhaust pipes if you don't watch out.

Maybe the patrol knows what its doing. Then again, perhaps the powers-that-be should give Grover Rd. speedtrap more thought.

Bikes are back

Bikes are back.

Thousands of people, from 7 to 70, have discovered bicycling as a healthy sport and as enjoyable entertainment.

Bicycles have been around since the 1880s and they have previously enjoyed periods of popularity. Never have they been more popular than now when there are more than 80 million of them in the United States.

The comeback of the bike has resulted in many cities designating areas as bike trails. However, in most cities and towns in the nation, the bike has to compete with cars and trucks for its space on the streets and highways.

With more bicycles on the road there is a greater chance of an accident, and a greater chance that any accident will result in a serious injury.

"Unfortunately," said Jesse Barber of Raleigh, vice president of the North Carolina Insurance News Service, "more accidents are occurring. In 1978, 31 bicyclists were killed in North Carolina; 1,066 were injured. Tragically, most of the victims were children between the ages of five and fourteen. From our experience, we have seen that many of these accidents could have been prevented if both the motorist and the cyclist had paid more attention to the 'biking rules of the road.'"

The bike has grown up. It has cast aside the image of the "little kid" toy. When you take a bicycle onto the highway, the rules of highway safety are a must. The North Carolina Insurance News Service offers

these safety tips in order that bicycling might be a safe enjoyable sport.

+Always ride with all traffic, riding on the right side of the road.

+When in a group, ride single file and stay together as much as possible.

+Obey all traffic signs and signals, just like a car or truck.

+Keep both hands on the handlebars except when signalling for a turn.

+If you must ride after dark, always use a light and wear light-colored clothing.

+Carry identification with you at all times.

+Never hitch-hike a ride by hanging on to a moving vehicle.

+Use a carrier basket for small packages, and never carry packages that might interfere with your vision or your steering.

+Ride one person to a bike...unless you have a bicycle built for two.

+Take care of your bike. Make sure the tires are inflated to the right pressure and that the wheels are turning freely without rubbing the frame. Lubricate the hubs and wheels with bike grease and oil.

"Our primary aim in offering these safety rules is to reduce accidents," said Barber, vice president of Unigard Insurance Company. "When we reduce accidents it benefits everyone. If we can reduce accidents, we will save lives and prevent property damage. And we are making the highway a safer place for both the motorist and the cyclist, and that also helps hold down the cost of insurance."



Poets Corner

THE GAME OF CHANCE

Chance is the dice we shake and pick taking a chance to lose or win, Playing at life's races with blinders on taking a chance until chances are gone.

Taking a chance at dawn of day when we go our way and fall to pray, Taking a chance in the darkness of night when we are given a chance to walk in the light.

Taking a chance in search of romance We lose the heart by love's sway, To be broken or stepped upon or united in a better way.

Taking a chance in the field of finance We dare to reach for a star, trusting our dreams in the hands of another We wonder where we are.

Chances are, we are taking chances taking a chance because of allure, We are not taking a chance When we bank on heaven on this we can be sure.

Vivian S. Biltcliffe

Shelby" cultural arts festival. We had excellent participation from Kings Mountain residents which I know was due in large part to local media coverage.

Thanks again for your support and interest.

CAROLYN GOFORTH
Shelby, N.C.

To mom

To the editor:

We want to publicly thank our mom for being all that her children could ever want and need in a mother.

She has so many outstanding qualities: love, trust, honesty, kindness, gentleness, patience, sacrificing, spiritual inspiration, respect for self and others, making us feel important and wanted, meeting our needs and keeping the family together.

There is no doubt in our minds that our mom is the Mother of The Year - Mrs. Virginia Adams of Kings Mountain.

McCOY, MARY and DEREK PLUMMER
Rt. 4, Box 107
Zebulon, N.C.

Stamp for KM battle

To The Editor:

I have written to the Postmaster General suggesting a Commemorative Stamp for the 200th Anniversary of the Battle of Kings Mountain. I have also requested the assistance of Representative Broyhill and Senators Helms and Morgan in support of this idea.

I would like to have the assistance of your newspaper and its readers in pushing for this honor and publicity for our city. The issuance of a stamp commemorating the Battle would bring to Kings Mountain not only national but international notice.

Any person interested is urged to write to the Postmaster General, Washington, D.C., 20260 and express support of the Battle of Kings Mountain Stamp.

Thank you very much.

D.F. HORD, DDS
Kings Mountain

Thank you

Dear Editor,

Thank you so much for providing local newspaper coverage for the "Spring in



PUBLISHED EACH
TUESDAY AND THURSDAY

GARLAND ATKINS
Publisher

TOM McINTYRE
Editor

ELIZABETH STEWART
Woman's Editor

GARY STEWART
Sports Editor

DARRELL AUSTIN
General Manager

CLYDE HILL
Advertising Director

MEMBER OF
NORTH CAROLINA
PRESS ASSOCIATION

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 431 N. Piedmont Ave. Phone 739-7496. Second Class postage paid at Kings Mountain, N. C. Single copy 15 cents. Subscription rates: \$6.50 yearly in-state, \$4.25 six months, \$9.50 yearly out-of-state, \$5 six months; Student rate for nine months \$6.24. USPS 981-040

By STEVE GILLIAM
Special To Mirror-Herald

When faced with the prospect of taking a test, do you:

- A. Tense up?
- B. Get nervous?
- C. Suffer sweaty palms?
- D. Feel your stomach tighten up?
- E. Experience an increased rate of heart beat?

If you answered "yes" to any of the above symptoms, you might be suffering a few twinges of the malady that psychologists refer to as test anxiety.

Almost as ordinary as the common cold—and nearly as mysterious—test anxiety (or TA) has been under study since the middle 1950s. It can manifest itself in any of the physiological ways listed above. It knows no socio-economic, sex or racial boundaries. It can strike quickly and be gone, or hang around for several days.

For more than a year now, Dr. Scott Lawrence, an associate professor of psychology, has been studying some ways that acute test anxiety can be treated in research at the University of North Carolina at Greensboro. While it can be overcome, Lawrence believes TA is as much a cultural problem as a psychological one.

"In the last 25 years America has become increasingly test-oriented," said Lawrence. "We've built exams and tests that determine much of what is important to us as individuals, from whether we can drive our

cars to whether we get the job we're after to whether we can be satisfied with ourselves.

"We're living in what is now a very evaluative culture and because of the realistic importance of tests, most people have a certain degree of anxiety over them."

Through the research in UNC-G's Department of Psychology, Lawrence and his graduate assistants have worked with over 200 students and townspeople in a test anxiety clinic. The clinic, which offers individual and group counseling, is open to any TA sufferer who meet its requirements.

"We welcome subjects," said Lawrence. "What we're doing is training them to help themselves handle the test anxiety. It's not something that can be cured and it's not a form of mental illness but people can learn how to handle it."

The research has centered on two methods that can assist people. Both are forms of behavior modification which center on helping people to relax and cease their worries in the face of an upcoming test.

Among the ways Lawrence lists that people can get a grip on test anxiety are:

+Make an effort to relax, take a deep breath, take a minute to collect your thoughts (and get rid of those which might interfere with taking the test).

+Focus on getting into the test itself. Consider it to be a challenge and not a life and death matter. In Lawrence's own term, "de-catastrophize" it. Get down to work.

+Make sure you have prepared. This

might seem simple, Lawrence says, but no amount of relaxing or worrying will produce a good grade if no study has preceded the test.

+Remind yourself that a little arousal during a test is not all bad. As long as the arousal doesn't turn into any of the symptoms of TA, it might actually facilitate taking the test.

The current theory on test anxiety, Lawrence explained, comes from some early research which disclosed that persons who are high in test anxiety tend to do worse on tests than others of equal ability who have low TA quotients. In short, it can actually interfere with a person's performance, Lawrence said.

Probing that work a little further, researchers learned that people taking tests generally engage in two types of behavior: task relevant and task irrelevant. In the former type, the person will get down to business taking the test, complete it, and go home.

In the latter, however, it was learned that high TA people will begin thinking about matters not pertinent to the test. "The most common form is worrying about performance while the test is going on," said Lawrence. "This can result in self-criticism like 'How could I be so stupid as to forget that?'"

"People also tend to worry about the importance of the test or to doubt their ability to do well on the test. Essentially, that sort of worrying will distract people from

taking the test. It's kind of a self-fulfilling prophecy in that respect that feeds on itself."

Although a lot of people suffer from TA—Lawrence estimates that a third of the nation's population or more may do so—it's the practice of the task irrelevant behavior that interferes with test performance, according to research in the field, and not any previous apprehension. The physiological symptoms are emanations of that task irrelevant behavior.

"It's actually okay for people to be a little apprehensive before a test or at the start—it can sharpen them up," he said. "But when a person finds it difficult to work on a test because of this distracting kind of behavior, then that can cause trouble."

Another aspect in triggering the task irrelevant behavior is the emphasis placed on the importance of the test. "If a person comes to believe that tests can decide important aspects of his life, then he can become overly anxious," said Lawrence. "This can be especially true in instances like the college boards—if the people who administer the tests tend to emphasize things like the importance of doing well or that it can reflect on a person's intellectual abilities, then this can interfere."

"It's not common but some people will expend more energy in worrying about the test than in actually taking it. It's all wasted energy because when the test is over, their worlds won't come to an end. People need to realize this."