

Photo by Ginger Hall

**EXERCISE CLASS** - Patsy Parker leads a group of Kings Mountain women in exercise classes at the Kings Mountain Community Center. Over 300 ladies from Kings Mountain and surrounding towns are enrolled in classes there.

## Ready...Exercise!

By CATHY McDANIEL  
Staff Reporter

Ladies of Kings Mountain who want to work out don't have to go to Shelby or Gastonia, thanks to an exercise

program being offered at the Kings Mountain Community Services Building.

The classes, conducted by Patsy Parker, are taught every Monday, Tuesday and Wednesday mornings at 10:00. There are six classes taught each day, and although Ms. Parker says a person needs to stay at least an hour to accomplish anything, participants are welcome to stay all day.

The program began when a group of women from Kings Mountain approached Ms. Parker and asked her to teach the classes. A petition was brought before Mayor Moss, who approved the start of the classes.

Cost of the classes are \$2.50 a week, and a total of 422 people

have taken part in the program since it began on March 22, according to Ms. Parker. Members of the class range in age from 2 to 65 years, but everyone is welcome. Ms. Parker added that she would especially like to work with older people and slightly retarded and handicapped children. "Everyone needs to exercise to keep their minds clear," she said. "We can cope with more mental stress by exercising. When you feel good about yourself, you can feel good about others."

Suzanne Sellers, a class participant, agrees. "I feel a lot better physically—I feel in better shape now than when I was taking P.E. classes every day in high school," she said.

## Pinning Ceremony Held

Pinning Ceremonies for the 1982 Associate Degree Nursing Class were held in the Myers Center Auditorium on Monday, May 24, 1982.

Mrs. Harriett E. Whitely, Director of Nursing at Gaston College introduced the speaker, Dr. William C. Hayes, Pediatrician, from the Gastonia Childrens Clinic.

Candidates to receive pins were presented by Dr. Troy C. Huntly, Dean of Health and Public Service at Gaston College. Mrs. Whitely presented the pins to the twenty-two candidates. The pin presented is one which was specially designed by the sophomore class and Wes Putnam, a member of the class.

Candidates were Diane Witner Barnes, Route 4, Lincolnton, Billie Jean Farris, Bessemer City, Luann Hallman, Route 2, Lincolnton, Lynda Q. Hamilton, 111 E. Texas Avenue, Bessemer City, Judith Hanes Hart, 1015 Temple Court,

Gastonia, Judy Sisk Hartman, 650 Separk Circle, Gastonia, Sandra Daniels Koentop, 325 Woodside Drive, Shelby, Emilie Davis LaFave, 1601 Fairfield Drive, Gastonia, and Joy Bryant McKenzie, 609 White Oak Drive, Lowell.

Also, Brenda McCannon, 2033 Wilmore Drive, Charlotte, Jan Adams Parlier, Stanley, Deborah Leigh Peterson, Kings Mountain, Dick Pope, Jr., Route 1, Stanley, John Wesley Put-

nam, Cherryville, Sherri Lynn Reynolds, Route 1, Vale, Barbara Jane Ross, 1324 Morningside Drive, Charlotte, Kathleen Crognale Seeley, 605 King Arthur Drive, Gastonia, Kathy Self, Iron Station, Peggy Pollock Smith, Route 4, Newton, Grace Warren, 5122 Kistier Avenue, Charlotte, Rebecca Lear Waters, 4900 Maplecrest Drive, Gastonia and Margie H. Williams, 1036 W. Houston Avenue, Gastonia.

### Completes Recruit Training

Seaman Apprentice Dominic A. Ward, son of Mr. and Mrs. Douglas McClain of Route 5, Box 326, Kings Mountain, has completed recruit training at the Naval Training Center, Orlando, Florida.

During the eight-week training cycle, trainees studied general military subjects designed to prepare them for further academic and on-the-job training in one of the Navy's 85 basic occupational fields.

Included in their studies were seamanship, close order drill, Naval history and first aid. Personnel who complete this course of instruction are eligible for three hours of college credit in Physical Education and Hygiene.

A 1979 graduate of Kings Mountain Senior High School, he joined the Navy in November 1981.

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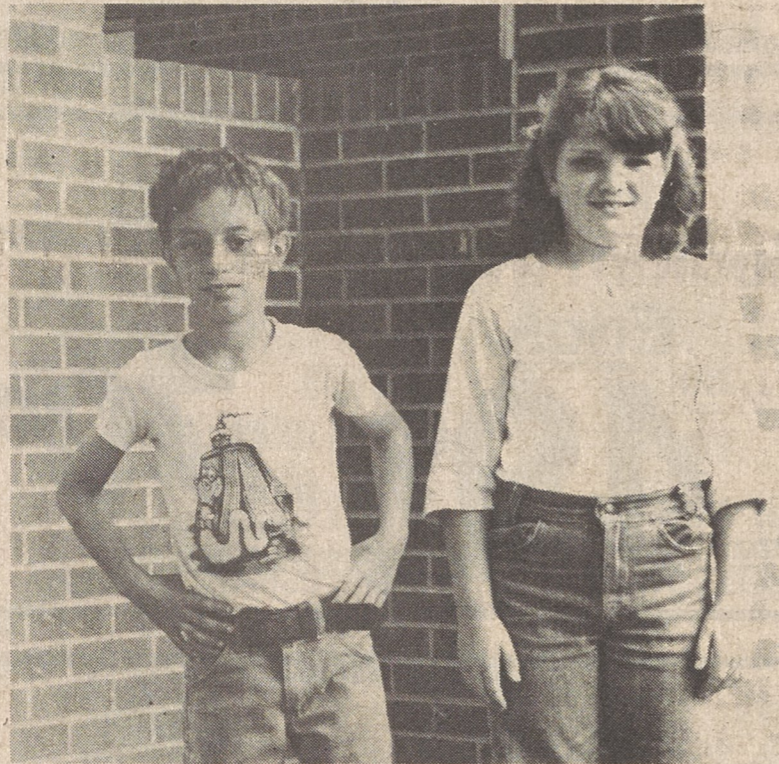
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DATHAN BRANNON, KAREN BOLIN

### Mascot Contest Held

West Elementary Schools' P.T.O. sponsored and announced the running of a school mascot contest at their last P.T.O. meeting.


Students were encouraged to draw and name the mascot they would like to represent their school. All grades participated and there were more than 50 entries with over 34 different ideas. Judging narrowed the entries down to six and the student body voted and chose the "West School Westerners". A prize of \$10.00 was awarded to Dathan Brannon, in Mrs. White's second grade and Karen Bolin, in Mrs. Lutz's third grade for their winning entry.

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