



This Week's Health News & Views
Ragan Harper

When sneezing is healthy!

If you've got to sneeze, then sneeze. It's a healthy tradition. Despite "Aunt Minnie's" attempts to stifle her sneeze as socially impolite, we know it serves a good purpose. Sneezing is a protective gesture whereby we clear out a restricted breathing passage. One good "achoo" has been known to propel irri-

tating substances 50 feet away. Perhaps this explains why primitive people, believing a portion of their soul was expelled by sneezing, always wished the sneezers good health.

But, don't let sneezing carry you away. Ask your pharmacist about the latest sneeze-control remedies and hang onto your "soul."

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Your Pharmacy



CRYSTAL EAVES

Crystal Teen Miss

Crystal Eaves, 15 year old daughter of Mr. and Mrs. J.C. Eaves of Route 1, Bessemer City, won the title **America's Teen Miss North Carolina** - an American's Miss Scholarship Pageant held in Charlotte.

Crystal won, along with the title, a crown, trophy, banner and a scholarship. The title entitles her to an all expense paid trip to Atlantic City, New Jersey to compete in the national pageant held later this year. As America's Teen Miss North Carolina, Crystal has been invited to attend the Miss America Pageant while in Atlantic City as a special guest.

Tech Offering Computer Course

Due to the increased demand for computer instruction by adults in the community, Cleveland Technical College will offer additional classes of EDP 100 - Computer Orientation. The 16-hour survey course, designed for persons interested in a general approach to microcomputers, will stress hands-on experience in the actual operation of the equipment.

Day and night classes are scheduled for adults 18 and over. The night class will meet February 17, 24, March 3, and 10 from 6 to 10 p.m. The day class will meet February 18, 25, March 4, and 11 from 8 a.m. to 12 noon.

Registration for the night class will be held Thursday, February 10 from 6 to 8 p.m. at Tech in Room 818. Day class registration is scheduled for Friday, February 11 from 8 to 10 a.m. in Room 818.

Enrollment for the Computer Orientation course will be limited to 24 in each class. The fee for the one-credit course is \$5.25. Anyone 65 and over may enroll free. For further information call Instructor, Hugh Walker, 484-4012 or Student Services 484-4081.

Class Planned

Cleveland Technical College is now accepting applications for its February 14 Human Resources Development Class. This is a seven week class designed to assist unemployed adults develop the skills and attitudes necessary to become and remain productive employees.

Persons 18 or older may obtain an application from the HRD office at Cleveland Tech. For more information contact, Jean McCluney, 484-4031.

GOSPEL SINGING

There will be a gospel singing Saturday at 7 p.m. at Midview Baptist Church in Kings Mountain. Featured groups will be the Truetone Quartet of Woodruff, S.C., and the Anchormen of Claremont. The public is invited to attend.

Magnolia Club Meets
The Magnolia Garden Club met at 10 a.m. January 25 at the home of Mrs. Carl Finger.

Members were served delicious refreshments as they arrived.

Billy McCarter Student Teaching

BOONE—Billy McCarter of Kings Mountain is among Appalachian State University's upperclass education majors participating in the 15-week student teaching program this spring.

McCarter is teaching wood-working at Grier Junior High School in Gastonia under the supervision of James Paul.

Appalachian student teachers spend the semester in the public schools and live in communities near the schools to enable them to participate in community and school activities.

McCarter is the son of Mr. and Mrs. William E. McCarter of 801 Crescent Circle, Kings Mountain.

Construction Is Underway At Church

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Church at 912 Crescent Circle in Kings Mountain, where "home" has been for the last two years.

Anyone desiring further information or wishing to make a donation may write to Christ the King Parish, 714 Stone Street, Kings Mountain, N.C. 28086 or call the pastor, Reverend Felix R. Kelaher at 704-487-7697 in Shelby.

dent, presided over the business session, which was opened with the reading of the Club Collect. Mrs. D.F. Hord, program chairman for the month, supervised the making of arrangements for the Kings Mountain Convalescent Center. Arrangements, using the theme "In the Oriental Manner", were done by Mrs. Thomas P. Baker and Mrs. James Carroll.

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Valentine's Day, Monday, February 14.

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