

I suppose we've all complained about school cafeteria food at one time or another. I'll admit to being guilty myself. I won't even try to convince you that I enjoy every dish we have at Kings Mountain Senior High School as much as I do the fried chicken our ladies fix so well. But you should know that school cafeteria programs have advanced by leaps and bounds over the last few years, and I think we have one at our school which is second to none.

Preparing food to serve over 600 students and faculty members each day is no easy task. At times that job is made more difficult by having to plan menus while using foods that must be bought in large quantities to help keep the price of meals down. Our students pay 85 cents for a plate lunch, and adults who eat pay \$1.25 for a meal. Keeping prices down is a major concern that has been handled well in our system, but concern about high prices prevents us from going to the grocery store to purchase the same items you see when you do your shopping. A formidable task awaits any school food service employee who wants to provide well-balanced but appetizing meals.

At our school Joyce Hord and the 10 ladies who assist her do a tremendous job in meeting this task. I think there are several reasons for the success of the cafeteria program, and I would like to share them with you.

Above all is the willingness of the staff to provide patrons with a variety of foods from which to choose. No longer does the one choice meat exist. Each day students may choose from at least two main entree items along with a variety of vegetables and salads or desserts if they want a plate lunch. Other choices are also available. A well stocked salad bar is in operation on most days. Ala Carte items are also available. These may range from sandwiches to desserts. A selection of various beverages including milk, tea, and juices is also available. I believe that most students can find something each day that they can enjoy. The food is good, and the price is right.

Another reason for our fine program is the staff's willingness to try new things. Frequent buffet lunches have become rather well-known about town and rightfully so. The real compliment about them lies not so much in the delicious food on the buffet line but in the staff's cooperation in sending hundreds of students through such a line. Students have reacted favorably and handled well the additional responsibilities such an opportunity places on them.

If you have attended any of the banquets at school you know that the staff's catering capabilities are first rate. This related phase of our school food service program enables us to welcome guests to the school with the knowledge that a good meal awaits for selected special events. This certainly places an extra burden on the staff, but they accept it willingly and are a very important part of the success we have enjoyed at such events in recent years.

Martha Wright is our system's School Food Service Director. Her job is a difficult one, but because she handles the central decision ing process, staffs are left with more time to improve their services to This coordination of buying, paperwork, and training of employees has been a real asset to cafeteria programs.

You'll always be able to find a few who want to complain about any school cafeteria. That will be true for the high school as well as any other. But considering all factors the staff deserves a great deal of praise for the excellent job they do in providing nutritious meals to our school faculty. I'm sure all principals feel the same way about their cafeteria workers.

I think the demands of a high school lunch program are extensive. I am convinced that many of the students would eat nothing while at school if such a variety did not exist for them. Even with everything the ladies do to contribute to our school we often forget to say thank you. They have to clean up the mess when we forget. They seldom get a moment to pause during their work day. They deserve a pat on the back, and you deserve to know what a fine job they are doing. If you get a chance, try our cafeteria out. We'll be glad to have you eat with us. Call me at school or call Mrs. Hord if you would like to eat at school one day. I think you'll find that school cafeterias "have come a long way, Baby!" I know ours has.

GARLAND ATKINS

**GARY STEWART** Editor

DARRELL AUSTIN

General Manager

MEMBER OF NORTH CAROLINA PRESS ASSOCIATION The Herald is published by Herald Publishing House, P.O. Box 752, Kings Mountain, North Carolina. 28086. Business and editorial offices are located at Canterbury Road-East King Street. Phone 739-7496. Second class postage paid at Kings Mountain. N.C. Single copy 25 cents. Subscription rates: \$10.40 yearly in-state. \$5.20 six months. \$11.44 yearly out of state. \$5.72 six months. Student rates for nine months, \$7.80. USPS 931-040.

### SHAKLEE NUTRITION

For Every Body Every Day

\* Products for you \* For your family \* For your triends



For more than 25 years people have turned to Shaklee Nutritional Supplements and Foods for an easy, convenient way to get all of the essential nutrients for themselves and everyone in the family. And now, Shaklee has used all of its years of scientific experience to produce Shaklee Plan Drink Mix, the 100 per cent answer to weight loss, Whether you are slimming down or supplementing your diet, you

**CLARA H. HUGHES** 

## **Obituaries**

CARMIE BUFF

Carmie Buff, 64 of Route 1, Grover, died Sunday at his residence.

A Clevelnd County native, he was the former owner and opeator of Buff Music Center in Shelby, and was the son of Mrs. Minnie Gayles of Hickory. He was a member of David's Chapel Methodist Church and a veteran of World War II and the Korean War. He was a member of the Disabled American Veterans. the American Legion and the Veterans of Foreign Wars.

In addition to his mother, he is survived by his wife, Leeila H. Buff of the home; a son, Hugh Lee Buff of Shelby; a brother, Junior Gayles of Hickory; two sisters, Miss Louise Gayles of Hickory and Mrs. Barbara Goodman of Rhodiss; and a stepsister, Mrs. Elaine Denton of Lawndale.

Services were conducted Wednesday at 2:30 p.m. at Olive Grove Baptist Church by the Rev. Edward Downs and the Rev. Cecil Buff. Burial was in the church cemetery.

#### DORIS ANN FOSTER

Doris Ann Foster, 30, of 29 Chesterfield Court, died Friday at her home.

A native of Gastonia, she was the daughter of Tom Meeks and Rebecca Tate.

In addition to her parents, she is survived by her husband, Curtis M. Foster of the home; a son, Charles Meeks of Shelby; four daughters, Debra Meeks of Gastonia, Audrey Meeks of Washington, Michelle Meeks of Shelby and Bernice Meeks of the home; a stepson, Curtis Foster Jr. of Kings Mountain; a stepdaughter, Jacquiline Foster of Kings Mountain; a brother, Fred Meeks of Washington; and a sister, Deb Majors of Gastonia.

Services will be conducted Thursday at 4 p.m. at Withrow's Funeral Home by the Rev. Donald Hamilton. Burial will be in Mountain Rest Cemetery.

#### **DEXTER WILLIAMS**

Dexter B. Williams, 71, of 221 North Watterson Street, Kings Mountain, died Sun., Mar. 6 at Cleveland Memorial Hospital.

he ws the son of the late David D. and Sally Orr Williams and was a member of Bynum Chapel Methodist Church. Surviving are four sisters, Mrs.

Mary Hester Davis, Mrs. Ruth Cannedy, Mrs. Winnie Neely and Mrs. Elizabeth Gill, all of Kings Mountain; and a brother, Williams of Philadelphia, Pa.

Services were conducted Sat., Mar. 12 at 3 p.m. at Bynum Chapel Methodist Church by the Rev. Victor Carson. Burial was in Shiloh A.M.E. Zion Church cemetery in Grover.

**EVA SUE CARROLL** 

BLACKSBURG, S. C. - Eva Sue Carroll, 74, of 301 West Lime Street, died Tues., Mar. 8 in Kings Mountain Hospital.

A Cleveland County native, she was the daughter of the late John Thomas and Estelle Lavender Borders. She was a retired teacher and a member of First Baptist Church.

She is survived by a daughter, Mrs. Jim Yarbro of Kings Mountain; three sisters, Mrs. Elizabeth Tucker of Shelby, Mrs. Agnes Maddux of Spring City, Tenn., and Mrs. Jesse Skinner of East Pont, Ga.; and two grandchildren.

Services were conducted Thursday at 2 p.m. at First Baptist Church. Burial was in Mountain View Cemetery.

#### **GUY MOSS**

Guy Moss, 70, of Route 6, Kings Mountain, died Wednesday at 3:30 p.m. at Cleveland Memorial Hospital after several months illness.

A Cleveland County native. he was the son of the late William Hoyle and Dovie Page

Survivors include his wife, Hallie Mae Thrift Moss of Kings Mountain; one son, Emmett Moss of Kings Mountain; one brother, J.D. Moss of Kings Mountain; two sisters, Mrs. Geneva Bridges of Kings Mountain and Mrs. Inez Blackwell of Rock Hill, S.C.; two grandchildren, Jeff Moss and Donna Falls; and one great-grandchild.

Services were conducted Friday at 3 p.m. at Pleasant Hill Baptist Church by the Rev. Ned Buckner and the Rev. James Parks. Burial was in the church cemetery.

#### MAGGIE CHILDERS

GAFFNEY, S.C. - Miss Margaret (Maggie) Childers, 89, of Brookview House, died Thursday at Cherokee Memorial Hospital.

A Cherokee County native, she was the daughter of the late William and Alice Parrish Childers and was a member of Draytonview Baptist Church.

She is survived by one brother, W.A. Childers of Kings Mountain.

Services were conducted Sunday at 2 p.m. at Shuford-Hatcher Funeral Home. Burial was in Draytonview Baptist Church cemetery.

#### JOHN SIMMONS

John D. Simmons Jr., 56, of 321 Waco Road, Kings Mountain, died Saturday at 6:15 a.m. at Kings Mountain Hospital following several months illness.

A native of Atlanta, he was the son of Mrs. Bernice Wright Simmons of Kings Mountain and the late John D. Simmons

Sr. He was married to the late Jackie Harper Simmons.

He was a retired construction foreman and a member of Fairview Masonic Lodge 339.

In addition to his mother, he is survived by one son, John D. Simmons III of Asheville; one daughter, Mrs. Chassandra Lanier of Aberdeen; one sister, Mrs. Walter Harmon of Kings Mountain; and two grandchildren.

Services were conucted Monday at 11 a.m. at Harris Funeral Home Chapel by the Rev. Gerry Davis and Dr. Joel P. Jenkins Jr. Burial was in Mountain Rest

MAURICE DODGE

SHELBY - Maurice Townsend Dodge, 72, of 225 Thrift Road, died Thursday at 7:40 a.m. at Gaston Memorial Hospital.

A native of South Portland, Maine, he was the son of the late Melville and Mary Thompson Dodge. He was a retired textile superintendent at the Pauline Mills in Kings Mountain, and was a member of St. Mary's Catholic Church.

He is survived by his wife, Alice Ida Gorman Dodge; one son, Robert Dodge of Kings Mountain; one brother, Burton Dodge of North Berwick, Maine; and two grandchildren.

Graveside services were conducted Saturday at 10:30 a.m. at Mountain Rest Cemetery in Kings Mountain by Father Felix

## Foursquare Cospel Church



P.O. BOX 91 Kings Mountain, N. C. 28086

(Eph. 5:17-18) "Wherefore be ye not unwise, but understanding what the will of the Lord is. And be not drunk with wine, wherein is excess; but be filled with the Spirit"

Christians, friends and people of the Kings Mountain area do not be unwise, but understand this....

I have NEVER seen a home improved by the use of alcohol. I have NEVER seen a family improved by the use of alcohol.

I have NEVER seen a teenager helped by the use of alcohol. I have NEVER seen a nation improved by the use of alcohol. I have NEVER seen a state improved by the use of alcohol.

I have NEVER seen a city improved by the use of alcohol. I have NEVER seen the crime rate go down because of

I have NEVER seen the highways made safer by the use of

I have NEVER seen a human liver made better with alcohol. I have NEVER seen a mind made clearer by the use of

I have NEVER seen a marriage made stronger by the use of alcohol.

I have NEVER seen an employee perform better because he

I have NEVER seen an athlete improved because of alcohol. I have NEVER seen a school operate better because the teachers and administrators used alcohol.

I have NEVER seen a church be more Christlike because alcohol was condoned.

I have NEVER seen a doctor, nurse or hospital work because of alsobol

I have NEVER seen taxes used any better and/or greatly lowered because alcohol was legalized.

I have NEVER seen a more deadly, damaging and destructive drug than alcohol.

I have NEVER, I have NEVER, I have NEVER.

If I have never seen the above, why are we involved in a fight to defeat the sale of alcoholic beverages in our city? I will tell you why. So the producers of these products and the distributors (ABC Stores, convenient stores, grocery stores, etc. can make more money. These people are selfish in this regard. They really care little about all the destruction of alcohol as long as it continues to be for their gain and profit.

Understand the above and be not unwise. When you are ask to sign a petition to allow a vote on legal sales of alcohol, say NO! Tell others to say NO, also. Help our city, please say NO.

REV. OSCAR STALCUP



# CELEBRATE ST. PATRICK'S DAY THE SPINNING WHEEL ROLLER SKATING

Admission Only \$2.00 To Anyone Who Wears Green

Monday: Church & Civic Groups 6-10 (Discount) Tuesday: Family Night: Parents FREE (With Paying Child)

**Closed Wednesday** Thursday: 6-10 Friday: 6-11 Saturday: 12-4 6-11 Sunday: 2-6

GENERAL ADMISSION (Not Skating). \$2.00 With Skates .....\$2.25 

ASK ABOUT OUR BIRTHDAY PARTIES — We Furnish Everything! We Have Races And Drawings For Free Gifts