

Football Practice Underway

Kings Mountain High School officially opened pre-season football practice Monday night. New coach Dennis Hicks and his staff will send the Mountaineers through a week of conditioning drills before beginning twice-a-day heavy practice next Monday.

Hicks greeted 30 prospects Monday, including nine men who lettered on last year's 6-4 team.

Varsity prospects include Quinton Rikard, Shawn Rainey, Neil Morris, Rocky Lutz, John Grant, Jody Sellers, Lavon Crocker, Jarvis Young, Keith Pettus, Shane Burton, Thurndon Brown, Dale Moore, Steve Falls, James Ellison, David Parker, Eric Odoms, Curt Pressley, Targe Wofford, Danny Moore, Zack Roseboro, Todd Cloninger, Doug Ramsey, Brad Reynolds, Kale Bagwell, Robert Appling, Gerald Gladden, Jimmy Green, Shane Crawford, Brad Jones and Jeff Stokes.

Hicks lost most of the linemen off last year's team, but has most of his backfield returning. He lost quarterback Chris Champion, who started the second half of the season, and leading rusher Tracy Johnson, who moved to Newton and will be playing at Hickory High this fall.

But, despite the heavy losses up front, Hicks looks to his first season as Mountaineer boss with optimism.

"The people who gave us a winning effort during our summer workouts were here for the first official practice," he said. "The biggest thing we're going to be working on right now is the mental approach our kids take toward a game. We're looking for a little more aggressive approach and more concentration, which we feel will eliminate a lot of mistakes."

Hicks said he also plans to do a lot of work this week in the specialty areas, such as the kicking game.

The Mountaineers will line up much the same as in the past, Hicks said. Offensively, they'll run from the I-formation, but will be wishbone-oriented toward the split end side. They'll operate from a true power-I on the tight end side. Defensively, they'll continue to run the split four which has been very successful the past two years when Hicks served as defensive coordinator.

Hicks hopes to have most of his players positioned by the start of heavy drills next week. "We hope there won't be any

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THE SCHEDULE AUGUST 25 - East Burke* SEPTEMBER

- 2 - at Burns
- 9 - at Ashbrook**
- 16 - East Gaston
- 23 - East Rutherford
- 30 - at Crest
- OCTOBER
- 7 - at North Gaston
- 14 - South Point
- 21 - Chase
- 28 - at R-S Central

NOVEMBER

- 4 - Shelby
- 11 - State playoffs begin.

*Scrimmage.
**Non-conference.



NEW COACHES - New members of the Kings Mountain High football coach staff are pictured above. Left to right are Bruce Clark, Richard Ellison, Chuck Gordon and Richard Ross.

Four Joining Coaching Staff At KM High

Kings Mountain High School has added four football coaches to the staff for 1982-83, first-year head coach Denny Hicks announced Monday.

They are Richard Ross, Chuck Gordon and Richard Ellison, all Kings Mountain High graduates, and Bruce Clark, who is coming to Kings Mountain after serving as an assistant coach at 2-A Forest Hills High School in Marshville.

They began their duties Monday as the Mountaineers began pre-season preparations. The KMHS eleven opens its season September 2 against Burns.

Ross, a 1977 KMHS grad, has been on the staff of 2-A Boiling Springs, S.C., High School since he graduated from Wofford College in 1981. He will serve as head jayvee football coach, jayvee basketball coach and teach social studies.

He was a standout end for the Mountaineers in the 70's and played wide receiver at Wofford. He worked with the jayvee defensive backs and varsity wide receivers at Boiling Springs.

Ross plans to move to Kings Mountain in the near future. He is married to the former Deborah Johnson of Columbia. They expect their first child in December.

Clark will coach the offensive

Seawright Wins Fishing Tourney

Mike Seawright of Kings Mountain caught fish weighing eight pounds, three ounces to win the Cleveland County Bass Club July fishing tournament Saturday at Fishing Creek in South Carolina.

Dennis Bugress took second place with a total of six pounds, 10 ounces. He also caught the biggest fish, a five-pound, two-ounce bass.

Third place went to Gene Spangler with a catch of six pounds, four ounces.

KMJH PHYSICALS

Physicals for all boys and girls who plan to play sports at Kings Mountain Junior High during the 1983-84 school year will be given August 11 at 5 p.m. in the gym. The first day for football practice will be August 22.

line and defensive linebackers. He will also serve as girls softball coach. He will be in charge of the In-School Suspension program at the high school.

Clark is a 1978 graduate of Eastern Alamance High School, where he played offensive guard

and defensive tackle. He attended Wingate College.

Gordon and Ellison, both former KMHS linemen, will work with the football staff on a part-time basis.

Gordon, who works for Carolina Freight, was an All-Conference tackle and State wrestling champion for the Mountaineers in the late 1970's. He went on to play defensive noseguard at Appalachian State, where he graduated in 1983. He will work with the defensive line and inside offensive line.

Ellison will work with the jayvee offensive line, defensive ends and linebackers.

He's a former offensive tackle at KMHS, where he graduated in 1982.

Softball Tourney Set

The Kings Mountain High School cheerleaders will sponsor a slowpitch softball tournament August 12-13 at the high school fields.

All area church and industrial teams are invited to enter. Entry

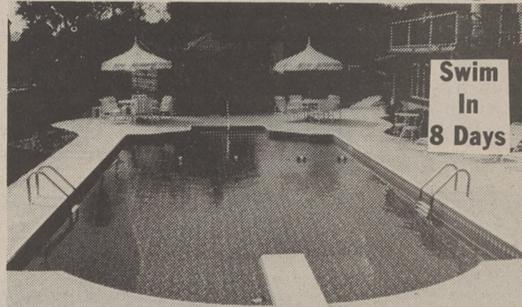
fee is \$70 and two new softballs.

Interested persons may contact Dennis Martin or Denny Hicks at 739-8311.

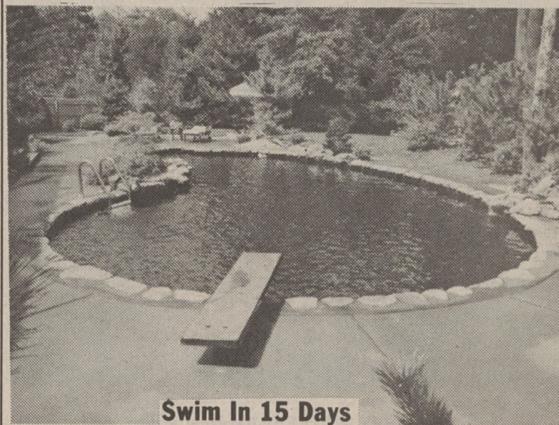
Proceeds will go to the cheerleading staff.

"Men do not suspect faults which they do not commit."
Samuel Johnson

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This Week's Health News & Views

Ragan Harper

Food and drugs may not mix

Foods can slow down, speed up or eliminate the effectiveness of a drug, altogether. So beware of mixing drugs with certain foods, even if that drug is over-the-counter.

Mineral oil, for example, keeps the body from absorbing fat soluble vitamins such as A and E, while antacids interfere with the absorption of some minerals.

Know your pharmacist. Don't be afraid to ask questions about potential food-drug interactions. Like good nutrition, your personal pharmacist is good "health insurance."



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