

Readers Write

Mistakes Should Be Corrected

Dear Editor,

This was my first attempt to run for a political office and the results were positive in spite of several discrepancies, which took place on the day of the election.

Some voters in the East Kings Mountain precinct were not given ballots for the school board election. No blacks were working as election officials for the county in the East Kings Mountain Precinct.

Since the election, I have met with the Cleveland County Elections Board on two occasions in order to try and correct some of these mistakes. I told the board the problem was one of common courtesy and communication and I lost some votes. I can't ever erase that out of my mind.

Quote, Tony Eastman, Chairman of the County Elections Board said, "I can certainly see where that could be problems. We'll try our best to resolve the problems. He further stated that one alternative may be to post some one at the door when there is more than one election to remind voters to go to both ballot tables. Unquote.

Elections Board members asked me to submit names of black election workers for any precincts in the county so they may be considered for appointment in time for next May's Primary. Board members said they would see that similar concerns will not be raised again.

I didn't necessarily expect elections officials to take any action on the school board election but I wanted to make my concerns made known and I feel better and expect positive results in the future.

I wish to express my deepest thanks and appreciation to those who voted for me and supported me.

ANNIE R. CORRY

Wants Free Paper

Dear Editor,

My name is William H. Davis, Jr. of 511 E. Ridge St., Kings Mountain, N.C. I'm in the Marine Corps and for the past ten months I've been stationed in Okinawa Japan. When I left to come over to Japan my mother Kay Davis had a one year subscription of the K.M. Herald sent to me. Today I received a subscription renewal form in the mail. This upset me very much. For one reason it's very hard on people to have to be separated from the loved ones and getting the Herald weekly helps out more than you'll ever know. Also if there was to be a war I wouldn't think twice about giving my life to keep America Free. So I think the least the K.M. Herald could do for the men and women in uniform that are from Kings Mountain is to send Free subscriptions to them while over seas. Thanks for reading my letter.

William H. Davis, Jr.

Hospice Needs Help

Dear Editor:

A recent gallup poll showed that 81 percent of the people in this country do not fear death itself, but do fear a lingering death, institutionalized and away from family and friends.

The newly licensed Hospice of Cleveland County is made up

of caring professionals and trained volunteers who come in as friends to support and assist the terminally ill, their families, and their physicians. Our help is designed to make it possible for the patient to die with dignity (at home if they choose) relatively free of pain, surrounded by their loved ones, still in control of their own lives.

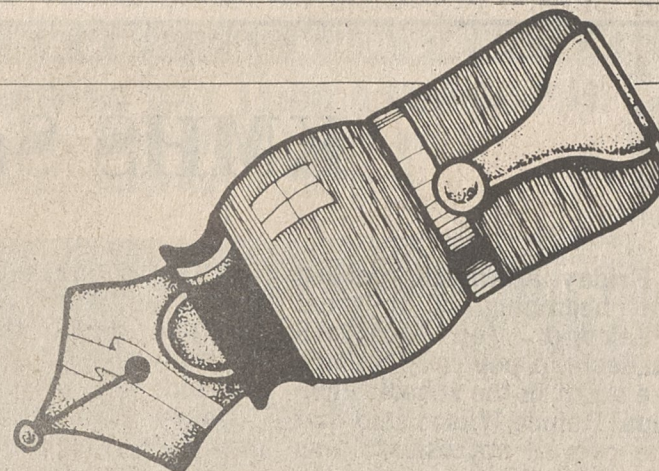
Hospice will also offer educational opportunities for those wishing to better understand death and dying and bereavement counseling for those who need it.

This tremendously important service is free to the patient and his family, but will actually cost \$56,000.00 during 1986. Only \$10,000.00 of this comes from United Way, leaving \$46,000.00 to come from caring people like you.

Don't you want this type service to be available when you and your loved ones need it?

Help someone you care about truly living until he dies. Send your tax deductible gift of \$1-\$500 to Suite 306, 201 W. Marion St., Shelby, 28150.

Sally Jones, President
Hospice of Cleveland County



WHAT NERVE! - When Grover School Principal Jim Scruggs proclaimed Friday as Black and Gold Day and encouraged students and teachers to wear Kings Mountain's school colors, he had no idea one of his teachers would have the nerve to dress in Shelby's black and gold. Joyce Bowman (center) had to be rescued from the choke holds of Suzie Keeter, left, and Teresa Williams, supporters of Kings Mountain's Mountaineers. Needless to say, Bowman's having a rough go of it at school this week. Kings Mountain won the game 7-0.

Bridal Shower Honors Darla

A miscellaneous bridal shower on November 7 at Bethlehem Baptist Church Chapel honored Darla Smith, bride-elect of Rick Barrett.

Hosting the shower were Peggy and Donna Blackburn, Lisa Blackburn, Diane Hollifield, Frances McDaniel, Jodi McDaniel, Phyllis McDaniel, Jo and

Pam Morrow and Betty Wooley.

The chapel was beautifully decorated with yellow flowers. The refreshment table was covered with a yellow satin cloth and held a floral arrangement with candles.

Hurricane globes with lighted candles decorated the

windows. Guests showered the couple with miscellaneous items.

Special guests were the bride-elects mother, Mrs. Dot Smith of Kings Mountain and the bridegroom-elects mother, Mrs. Ann Allison, also of Kings Mountain.

Guests called between the hours of 7 and 9 p.m.

Jobs Are Available For Students Who Qualify For Cooperative Education

The Business Community has a need for qualified persons in business and clerical entry-level positions. Students can earn curriculum credit while training in their field.

Cooperative Education through Cleveland Technical College may be able to provide this opportunity for you! APPLY NOW to Becky Kiser, Director of Cooperative Education, Cleveland Technical College, 137 South Post Road Shelby, North Carolina 28150 (704) 484-4000.

WINTER QUARTER REGISTRATION: MONDAY, DECEMBER 2, 1985 - 9 A.M.-8 P.M. CAMPUS CENTER BUILDING

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LOW BACK PAIN

Low back pain is the 2nd most common problem that adult patients present to their family physicians (headaches No. 1). The causes are many, but the most common by far, is muscle strains which are "pulls" or a rip in muscle tissue that support the back.

The back is perhaps the weakest area of the body because of the tremendous amount of work that must be done by the lower back because of the tremendous amount of work that must be done by the lower back to keep us humans in our erect posture—unique in the animal world. For example, thousands of pounds of force are necessary to enable a person to bend over and pick up even a light object off of the ground if the knees are not bent.

Simple lower back strain can happen to any adult and can begin gradually and increase slowly or can happen all at once with a sudden or forceful movement that rips a thick but short muscle in the back. These problems are not very serious, but other more serious problems can begin similarly. A ruptured disc is one such serious disorder that usually causes pain to shoot down the back of the leg even to the ankle and can be associated with pressure on the nerves that exit the spinal cord in the lower back causing weakness in certain muscles and a decrease in sensation of the skin or a numbness in the area served by that nerve. Any back pain that is severe or causes the above problems or continues for weeks should probably be evaluated by a doctor. Older people, especially women, because of osteoporosis, can also have bones break in their lower back by what seem to be relatively light falls and should also consult a doctor.

If you begin to have back pain, certain measures can be attempted before seeing a doctor to see if the pain improves. Bed rest for a day or more may be tried first along with aspirin or other pain relievers/anti-inflammatory agents like Advil. Certain light stretching and muscle relaxing exercises may be tried as the pain improves. Poor sleeping habits such as sleeping on one's stomach aggravates lower back problems and should be corrected. Poor posture also aggravates problems. Being overweight with a paunch and weak abdominal muscles is also a problem many people have that needs to be corrected as the back, like a telephone pole, needs support from the front and back. Losing weight and stomach exercises like sit-ups are essential in the therapy of back strains.

We've only begun to scratch the surface of this very common medical problems. If you have questions, comments, or suggestions for future subjects, I would love to have your input. Write: Lawrence Leake, M.D., c/o Kings Mountain Hospital Emergency Room, 706 West King Street, Kings Mountain, North Carolina 28086.

Shower Honors Darla

Darla Smith, bride-elect of Rick Barrett, was honored at a miscellaneous and pantry shower November 18 at Bethlehem Baptist Church Chapel.

Sharing hostess duties were Nancy Hughes, Beth McDaniel, Donna McDaniel, and Patsy Rountree.

The wedding theme of rose was beautifully featured in decorations. The refreshment table was covered with white lace over rose and held a floral arrangement with candles. Lighted rose candles with flowers decorated the windows.

Guests showered the couple with miscellaneous and pantry items.

Special guests were the bride-elects mother, Mrs. Dot Smith and the groom elect's mother, Mrs. Ann Allison, both of Kings Mountain.

Guests called between the hours of 7 and 8:30 p.m.

Hot Shots, No Names Win

The Hot Shots won three games from the No Names and the Cannonballs won three from E.S.A.D. in Thursday Night Duckpin bowling action at Dilling Heating.

Three bowlers topped the 300-set mark to lead the Hot Shots over the No Names. Joe Lail had a 138 line and 366 set, Betty Hullender a 118 line and 354 set and Lee Mabry a 133 line and 340 set. Allen Myers had a 126 line and 365 set and Bob Rathbone added a 115-307 for the losers.

Johnny Reavis rolled a 143 line and 378 set and Tommy Barrett added a 116 line and 331 set to lead the Cannonballs over E.S.A.D. Ron Scruggs led the losers with a 136 line and 319 set.

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