

## "Back To School" Check-Up Needed

As the end of August rolls around, children and parents start back-to-school rituals such as buying clothes, getting school supplies and making after-school arrangements. One important ritual is the back-to-school wellness checkup.

Because children change physically at a relatively fast rate, regular physicals are important. "Up through the teen years, these checkups not only catch physical problems," said Russell Cox,

MD, a pediatrician with Gaston Memorial Hospital, "but they can also alleviate concerns children have about their bodies and changes taking place."

The American Academy of Pediatrics recommends children over six years old have a complete physical every two years. From the pre-school check-up through the teen years, pediatricians examine their patients and discuss concerns relevant to their ages.

"One of the most important school wellness checks is the pre-kindergarten physical for five-year-olds," Dr. Cox said. This exam normally includes tests for vision, hearing, behavior and physical problems, anemia, tuberculosis, kidney function, plus traditional examinations of the heart, blood pressure, reflexes, etc. Booster polio and DPT (for diphtheria, whooping cough and tetanus) shots are usually needed at this time.

"Pediatricians sometimes check five- and six-year-olds to make sure they have the basic social and intellectual skills needed in the school environment," Dr. Cox said. "A preschooler's response to questions reveals his intellectual development. His drawing of a person complete with head, arms, body and legs, for instance, reveals his dexterity and awareness of his environment. His ability to catch a ball or hop shows coordination." Parents should talk with the pediatrician during these checkups about their child's mental and physical development.

As a child grows older, pediatricians may want to talk with him about risk taking and accidents common to

different age groups, Dr. Cox said. "For example, firearm safety is an important issue for pre-teens, as is auto safety since they have more opportunities than before to ride with young drivers. As the pre-teen matures physically, the pediatrician may help him understand changes in his body and help him relate his development to that of others his age," he explains.

With pre-teens and teenagers, pediatricians encourage open discussions between parents and their children about sexuality, drug abuse and other topics relevant to the young person and his peers.

With a teenager, safe driving, drug and alcohol abuse, use of tobacco and suicide are issues pediatricians discuss, Dr. Cox said.

Regardless of how thorough an examination is, parents and older children sometimes have questions. Dr. Cox encourages both groups to ask about any concerns they have. The doctor can then either check the problem more thoroughly or explain that the concern is normal.

## Mayors Meeting On Metro Plans

Although the much-needed rain is only short-term relief for drought-stricken neighbors, officials were relaxing a little but were still planning for long term solutions to their water problems.

Mayors of towns adjoining Kings Mountain were meeting today (Wednesday) at 1:30 p.m. with Kings Mountain Mayor John Moss to renew their support of the veteran mayor's plans for creation of a Metropolitan Water system for rural areas surrounding Kings Mountain, and including Bessemer City, Grover, Cherryville, Waco, and Patterson Springs, each

of whom had signed resolutions of intent and interest in participating in such a project with Kings Mountain taking the lead in its development.

Mayors are reviewing today the proposed schedule for development of Phase I of the proposed \$25.8 million Metro Utility District which calls for the installation of two water storage tanks with three and five million gallon capacity and 200,000 linear feet of water lines ranging in size from 2-24 inches in seven areas of Greater Kings Mountain.

## Ballooning: Best Way To Get Really High

Hot-air balloon flights are a free-of-the-world ride nothing else can match, according to Kings Mountain Little Theatre and Jones Inter-cable, which will make them free for two hours to the public, Saturday night from 6 until 8 p.m., at Kings Mountain Senior High School.

It's all part of the promotion by the Little Theatre for "The Taming of the Shrew", a Shakespearian play to be presented free in an open air setting in the Lancaster baseball field (see story on

page 1-C this edition). An FAA certified aircraft for Carolina Balloon Adventures will be ready for tether rides promptly at 6 p.m. according to Doyle Campbell, president of the Little Theatre. In the event of high winds or inclement weather, the tether will be cancelled.

Campbell said the balloons will travel 25-50 feet in the air, depending on weather from a launching pad at KMHS.

—SPECIAL—  
**COLLETTE BRIDGES HAS JOINED**  
**ADORN HAIR STYLING**  
 Dallas-Cherryville - Hwy. 279  
**BACK TO SCHOOL SPECIAL ON PERMS**  
**\$25.00** Runs From Aug. 4 To Aug 23rd  
**CALL 435-3236**  
*She invites you to call for an appointment.*

**JANE McCLURE**  
**SCHOOL OF DANCE**  
 REGISTRATION AGES 3 & UP

Two Registration Dates:  
 At Bessemer City Location  
**B.C. RECREATION DEPT.**  
 (Beside BC City Pool)  
**Wed., Aug. 20th 2 PM-6 PM**  
**629-5111**

Stanley Location  
 112 N. MAIN STREET  
**Thursday, Aug. 21st 2 PM-6 PM**  
**263-4634**

*Gary Levin from Lebo's Dancewear will be at the Stanley registration with all dance supplies.*

FOR ADDITIONAL INFORMATION CONTACT  
**JANE McCLURE 263-8775**  
*Member Of Dance Masters Of America*  
**CLASSES BEGIN SEPTEMBER 3RD**

**Belk Stevens**  
 CLEVELAND MALL

**4 DAYS ONLY**

**BACK TO SCHOOL SALE**

**Lee & Levi**  
 basic denim jeans  
 for young men

**13.99**

Basic 5 pocket 100% cotton prewashed denim jeans. Just in time for heading back to school

**Lee & Levi**  
 basic denim jeans  
 for boys 8-20

**13.99**

Basic 5 pocket prewashed denim jeans in regular, slim, student and huskie styles.

**Kings Mountain Herald**

GARLAND ATKINS  
 Publisher

GARY STEWART  
 Managing Editor

DARRELL AUSTIN  
 General Manager

ELIZABETH STEWART  
 News Editor

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: \$10.45 yearly in-state, \$5.23 six months, \$11.50 yearly out of state, \$5.80 six months. Student rates for nine months, \$7.80. USPS 931-040.

**IT'S CRAZY !**  
**ABSURD ! PREPOSTEROUS !**  
 ALMOST GIVING THIS RING AWAY  
 JUST TO SEE IF YOU READ OUR ADS



**1 CARAT 7 DIAMOND CLUSTER**

Yours For Only **\$299<sup>95</sup>!**

YOU'VE SEEN IT AT 3 TIMES THIS PRICE !  
 WHILE THEY LAST ... AT

**ARNOLD'S**  
 Jewelry

226 S. Washington St. Shelby, N.C.  
 487-4521  
 Across From N.W. Bank

**Lee & Levi**  
 basic 5 pocket jeans for juniors & misses

**16.99**

Basic 5 pocket 100% cotton prewashed denim jeans in junior and missy sizes.

