



SHOWING OFF HANDS AND FINGERS

Lois Smith, Tri-City Editor, is showing off her ten fingers to Ronnie Ledford. Lois, a paraplegic is pointing out to Ronnie, a quadriplegic, that the only difference in their conditions is that she has the use of her arms and her fingers. Ronnie, a businessman in fitness, has use of his arms but not his fingers.

One Wheeler Talks To Another!

By Lois Smith
God is leading the way for his life now but Ronnie Ledford is not walking in Christ's way, he's rolling in it. A quadriplegic, Ronnie is confined to a wheelchair.

When Tri-City editor Lois Smith talked recently to Ronnie, it was one wheeler talking to another one. They have their physical conditions in common. Both are confined to wheelchairs.

They have a lot of similarities. Both received their crippling injuries at the age of 18 and both were victims of car wrecks, riding with friends. If there had been seat belts, they could easily not have been so cruelly injured!

Lois was injured in May of 1938 and Ronnie 40 years later in January of 1978. While Lois, a paraplegic, is paralyzed from the chest and has use of her arms, hands and fingers; Ronnie is paralyzed from his neck and can use his arms and thumbs but not his fingers. Both use manually operated chairs that they push themselves. Ronnie does own an electric chair but explains "I'd rather push myself or I would get lazy."

Lois can lay claim to helping others keep their physical fitness by their doing her personal bidding; Ronnie helps keep in physical fitness through his business. With Douglas Rogers, they own and manage Carolina Fitness and Sports Center located in Dallas at 169 Carolina Country Plaza located next to BB&T Bank.

The fitness and sports center was opened on June 23 of this year and is off to a running start in this health conscious era. After leasing their building, they did intensive interior construction in order to fit in their equipment. Among their equipment are 7,000 pounds of free-weights, a swimming pool, whirlpool, sauna, personal showers and lockers, all types of exercise machines and an aerobics dance floor. At the present, there are four aerobics instructors, all females, to give instructions to women on women's days - Mondays, Wednesdays, and Fridays. The sexes are segregated. The men go on other days. Hours Mondays to Fridays are 6 a.m. until 9 p.m.; Saturdays 10 a.m. to 6 p.m., and Sundays 1 to 5 p.m.

Since opening, the two have

built up their clientele whose ages range from age 15 with parental permission up to older persons.

While Ronnie handles the telephone and contracts and sees about equipment, Doug is the body builder and instructor. Doug's wife Brenda works on the days for women. The company has three full-time employees and around seven part-time.

When the Tri-City editor called Ronnie, he was a call back. He was out checking on equipment. She had to leave word for him to return her call.

He drives a van equipped with a lift for his chair which enables him to "run" errands.

Doug, 29, and Ronnie 27, attended North Gaston at the same time. Doug now lives out from Hardin. Ronnie and his parents, Richard and Julia Ledford, now live in South Gastonia. The house they had lived in while in Dallas, has a lot of steps and doorways too narrow for a wheelchair. Since Ronnie's family owned land in South Gastonia they built a house there that is accessible for wheelchairs.

Ronnie pointed out that he and Doug were not really close in high school. They found one another and their business through their religious faith. Doug had already decided to open the business and as Ronnie says, "the Lord lead me to him so I bought in with him."

After his accident, Ronnie said he spent a lot of time reading the Bible each day. "I study it. Since I was 'born again' and was saved on June 20, 1980, I have adopted 1st Corinthians, Chapter 10, verse 31 as my personal guideline in shaping my life."

After finding the peace, joy and fulfillment of religion, Ronnie and Doug are both members of Dallas Church of God where Ronnie has given his testimonial in directing remarks to young people - and to older ones on the evils of drugs and whiskey.

"Anywhere I can talk, I want to - to let young people and others know that to overcome these demons, a person needs closeness with God and an unending faith."

He added, "to overcome these evils, a person has to have a change of heart - be right with God - seek His help."

He continued about his own personal experiences with drugs and liquor. "I was on drugs - smoked pot and was drinking and riding with friends who drank when I had the accident. Since finding the Lord, I have given up these things. That is one of the reasons I enjoy my work. It gives me an opportunity to

Duckpin Bowlers Fare Well

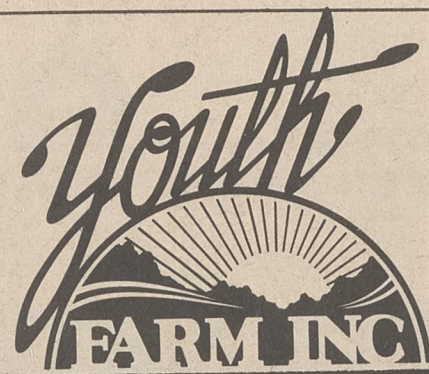
Kings Mountain area duckpin bowlers fared well in the National Duckpin Bowling Congress national tournament recently in Norfolk, Va.

Dot Mobley of Gastonia finished in second place in women's singles with a 519 series. She missed winning the national championship by a single pin. Lib Gault of Kings Mountain was seventh.

Betty Hullender and John Dilling, both of Kings Mountain, were second in mixed doubles and Lib Gault of Kings Mountain and Jim Hardy of Concord were fourth.

The Dilling Heating team, of which John Dilling was a member along with out-of-towners Ralph Kirk, Clyde Case and Jim Hardy, finished second in the Class A division with 2,165 pins.

In the Class B division, all 12 teams that placed in the money were from the Carolinas. Hullender Tax Services of Kings Mountain (Betty Hullender, John Dilling, Ralph Kirks and Kay Howe) were sixth.



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Health Tip OF THE WEEK

DON'T SHAKE BABY!

Sometimes anxious mothers shake their babies to stop their crying or misbehaving. Shaking can cause brain damage, mental retardation, or even death. Babies are vulnerable to serious injury because their heads are large, their neck muscles are weak, and their brains still soft. Even mild shaking can cause brain hemorrhages. A pediatrician advises:

"Hark ye good parents to words true and plain
Shaking your baby can bruise his brain.
Save the limb, the brain, the life of your tot
By shaking him never, never and not!"

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