

FIREMEN COMPLETE TRAINING CLASSES—Bethlehem fireman Tony Yarboro carries fireman Larry McDaniel down a 14 foot ladder to simulate how unconscious victims can be rescued from a burning house. Kim Stinchcomb, another fireman, holds the ladder during a training class at Bethlehem Volunteer Fire Department.

Bethlehem Firemen Have Training

For four evenings last week Bethlehem Volunteer Firemen simulated how unconscious victims can be rescued down a 14 foot ladder from a burning house.

It was a training exercise conducted by Graham Johnson of the N.C. Department of Insurance and firemen hope they won't be able to carry out a real-life performance but have been trained to get a victim out of a burning house and to safety and medical attention.

All members of the Bethlehem Volunteer Fire Department participated in the training classes and there were several firemen from other area departments joining in the program.

Each fireman took turns carrying down a victim as trainer Johnson pointed out how to hold the victim in relation to size of the victim and the fireman carrying him out and down the ladder.

"We feel it was a very worthwhile training session", said Larry McDaniel.

KM Women Earn Masters Degrees At Winthrop College

Two Kings Mountain women - Gina Lee Patterson and Jewel Robbs Warlick - received their master's degrees in commencement exercises - Dec. 19 at Winthrop College in Rock Hill, S.C.

Ms. Patterson received her Master's in Business Education and Mrs. Warlick received her Master's in Business Administration.

More than 500 Winthrop College graduates heard an address by Dr. Donald

Stewart, president of the College Board. Dr. Stewart spoke on assessment of educational programs and the need for accessibility to higher education for students from all socioeconomic levels.

He called the graduates "our heroes of today" and urged them to uphold ethical standards in their chosen professions. "What you do will be closely watched by those who come after you," he said.

An Ounce Of Prevention...

Snow flurries can suddenly turn into a vicious winter storm, causing us to measure a snowfall in feet instead of inches. Being isolated in your home can be a very real possibility. By making certain preparations now, you can ease the hardships you and your family could suffer. Here are some tips to help you at home during severe winter weather.

Two necessities are food and heat. Stock an emergency-supply of natural,

quick-energy foods that allow the body to produce its own heat efficiently like peanut butter, raisins, and other dried fruits. The amount would depend on the size of your family, but you should have enough food for several days to a week. Even if you are within walking distance of a grocery store, their supplies may dwindle if roads are closed to supply trucks. Include foods that require no cooking unless you have a camp stove or other portable cooking unit.

Make sure you have adequate ventilation when using a portable cooking unit. Never burn charcoal inside! No amount of ventilation can diffuse the deadly carbon monoxide given off by burning charcoal. If you're using your grill, cook outside. It's safer than trying to rig ventilation inside that may not be adequate.

Proper ventilation is essential, and use extra caution to prevent fire. Keep a fire extinguisher handy. Help from the fire department may be delayed or unavailable. Learn how to maintain and refuel alternative heating units safely. A local dealer or your fire department can help you.

Try to keep an adequate supply of fuel in your home. Regular supplies may be limited by storm conditions, so use it sparingly. You can observe fuel by keeping the house cooler and by closing off little-used rooms.

Severe winter weather does not necessarily involve a storm. Extremely low temperatures can cause problems, too.

In an emergency, an alternative heating source would keep at least one room warm enough to live in. This could be a coal-wood-or oil-burning stove, fireplace, or space heater. However, use emergency heating equip-

If your heat goes out, keep water pipes from freezing by wrapping them in pipe insulation or newspapers covered with plastic to keep out moisture. Let each faucet drip a little to avoid freezing. Know how to shut off the water coming into the house—as a last resort, you may have to shut off the main valve to keep the pipes from bursting.

If the pipes do freeze, remove the insulation and wrap them with rags. Open every faucet completely, and pour hot water over the pipes.

Other items you should keep on hand include a flashlight, candles and matches, a battery-powered radio, and extra batteries.

Harris To Speak To Auxiliary

Kings Mountain Senator J. Ollis Harris will present highlights of the 1987 General Assembly for members of the American Legion Auxiliary next Thursday night, Jan. 21, at 7:30 p.m. at the American Legion Building.

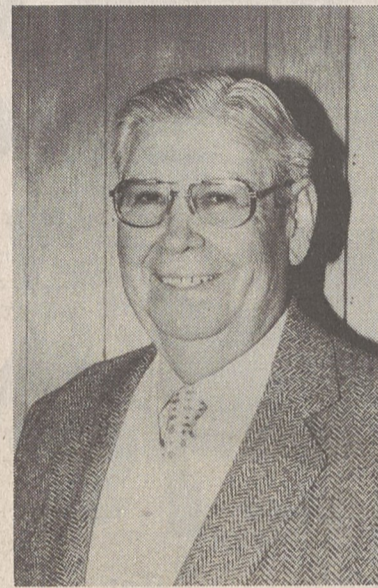
The Senator will speak on a program arranged by Mrs. Maybelle Jones, Unit 155 legislative chairman.

Hostesses for the meeting will be Mrs. Judy Harmon, Mrs. Margaret Wilson and Mrs. Nellie Lefevers.

Unit President Myrtle Christenson will preside at the meeting.

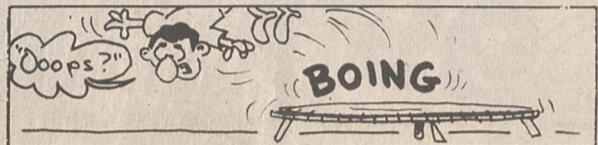
All members and visitors are invited to attend.

Eight-term Senator Harris, who filed last week for reelection, has served as chairman of the committee on Human Resources for the past 12 years and is expected

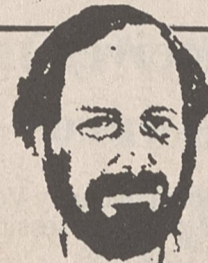


SENATOR OLLIE HARRIS

to review what legislators have done in this area during his tenure as well as touching on other accomplishments of the 1987 legislature.



Jumping Jehoshaphat! Anyone who can accomplish a five and a half twisting back somersault on a trampoline is doing one of the most difficult maneuvers ever achieved. Called the Wills, the move is named after the five-time world champion, Judy Wills.



HEALTH VIEWS

RAGAN HARPER

Aneurysms and headaches

The sudden onset of excruciating "thunderclap headaches" may be the first sign of a brain hemorrhage. This condition may stem from an aneurysm, where blood presses, extends, and fills a weak portion of a brain artery forming a small sac which then leaks into the brain.

In such a case, see your Doctor immediately. Don't take headache pills. Neurosurgery may be your only hope, if it is not too long delayed.

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