

Hardee's Twist-A-Thon To Help Special Olympics

RALEIGH — Hardee's Food Systems, Inc., today announced the launch of a special program to support North Carolina Special Olympics.

From May 1 through May 15, the fast food restaurant chain will feature "Hardee's Cool Twist-a-thon." During this time period, Hardee's will donate five cents to North Carolina Special Olympics each time a customer orders one of the chain's newest products, Cool Twist™ Cones or Sundaes.

Chubby Checker, the greatest twister of them all, joins Hardee's on Sunday, May 15, from 2:00-4:00 p.m., at Crabtree Valley Mall in Raleigh for the program's grand finale. Chubby and his band will entertain the crowd with the best of twist music.

During the Sunday event, a special VIP Twist Contest will feature some of North Carolina's government officials, sports celebrities, business leaders and media personalities twisting for Special Olympics.

In North Carolina, Special Olympics serves thousands of youth and adult athletes throughout the state. Hardee's is deeply committed to this organization. The money raised during Hardee's Cool Twist-a-thon will go to support the State Games, which are being held this year in Durham, May



Chubby Checker

13-15, as well as other statewide Special Olympic activities.

"We are very pleased that Hardee's is helping us to provide quality programs for our

special athletes in North Carolina," says Alan Bolick, Director of North Carolina Special Olympics. "Hardee's has strongly supported our organization. I hope all North

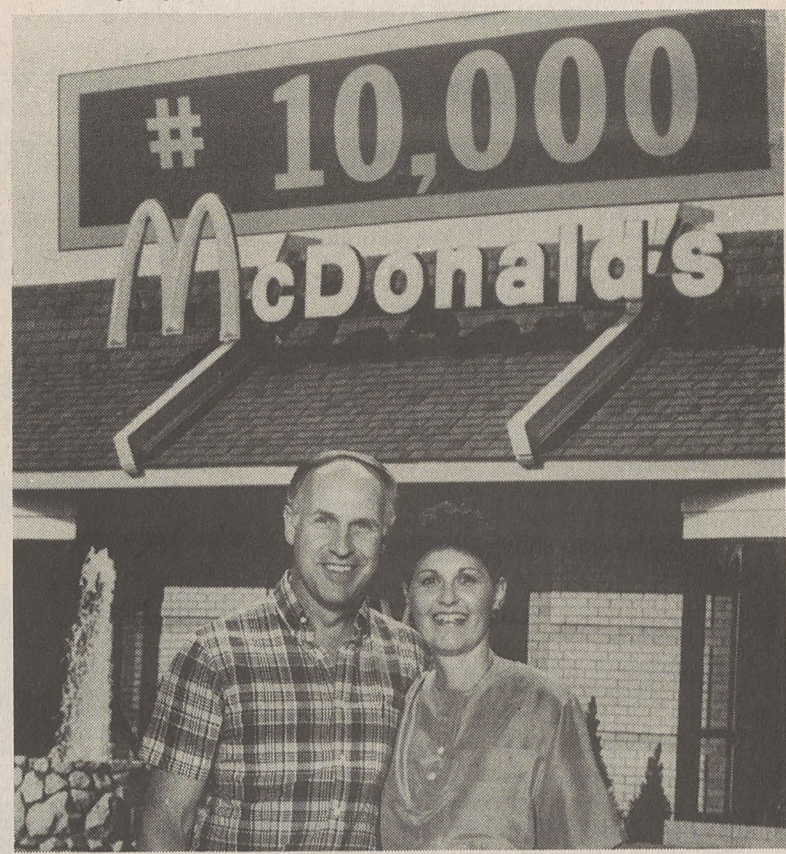
Carolinians will "twist" for Special Olympics during Hardee's Cool Twist-a-thon."

North Carolinians can "twist" for Special Olympics as they enjoy Cool Twist Cones and Sundaes at Hardee's restaurants throughout the state. These nutritious dairy products are almost 95 percent fat-free and come in three varieties: Vanilla Twist™, Chocolate Twist or a swirled Combination Twist™ of the two flavors.

The four and one-half ounce sundaes are served with a choice of hot fudge, hot caramel or strawberry toppings. Peanuts are available upon request. All Cool Twist Cones and Sundaes are characterized by their distinctive, spiraled shape that makes eating them fun for ice cream fans of any age.

From the little leaguer who deserves a cool refresher after a hot game to the busy executive who wants a nutritious snack to go, Cool Twist Cones and Sundaes will satisfy the hunger of any ice cream-craving North Carolinian and keep them saying "Let's Twist Again!"

Headquartered in Rocky Mount, Hardee's Food Systems, Inc., is one of the largest fast food restaurant chains, operating 3,000 restaurants across the nation and around the world.



10,000th McDONALD's-Bill and Bonnie Sherwood, McDonald's franchisees in Shelby, celebrate the opening of the 10,000th McDonald's April 6 in Dale City, Va. just outside of Washington, D.C. In honor of this event, McDonald's system has pledged over \$7 million toward its goal of \$10 million to Ronald McDonald Children's Charities, which will be used to benefit young people worldwide.

Women Should Have Regular Cancer Examinations

The American Cancer Society has some good news and bad news about breast cancer.

The bad news is that one out of every 10 American women are expected to develop breast cancer.

The good news is that, if detected early, it can be successfully treated in nine of 10 cases. For this reason, the American Cancer Society's North Carolina division has launched an extensive breast cancer awareness campaign.

There is remarkable success in treating early breast cancer. Finding the cancer at its onset means that less extensive surgery may be performed and that the chances of survival are greatest. Early detection can not just save lives, it often can save breasts.

The American Cancer Society recommends three tests to detect breast cancer:

*Breast self-examination. Women 20 and over should examine their breasts monthly.

*Professional examination. Women 20 to 40 should ask

their doctor to examine their breasts every three years. After age 40 the procedure should be performed yearly.

*Mammography. The society recommends this low-dose breast X-ray for detecting tumors too small to be felt by hand. Mammography often can find cancers when they are easiest to treat and before the woman or her doctor knows it's there. Women 35 to 40 should have a baseline mammogram for future comparisons, according to the American Cancer Society. Women 40 to 49 should have a mammogram every year or two, depending on doctor's orders. Women 50 and over should have one done annually.

Despite the evidence that

mammography is an effective tool in finding early breast cancers, a Gallup poll says that only 19 percent of women over 50 have annual mammograms. This is why the campaign was launched—to tell women that they have safe, reliable tests to find early breast cancer.

Approximately 3200 women in North Carolina will be diagnosed with breast cancer this year, and all women should consider themselves at risk for the disease and should undergo the early detection tests. Those at highest risk are women who have a personal or family history of the disease. Other risk factors include a high fat diet, first full-term pregnancy after age 30, and a long

menstrual history. However, a recent American Cancer Society study revealed that those risk factors account for only a small percentage of cases. The majority of cases are women with none of the traditionally accepted risk factors.

"We hope to dispel women's fears about breast cancer, although it is the most common type of cancer among women, it doesn't have to kill," said Kay Holshouser of the North Carolina unit. "Women have to learn more to become more vigilant about their own health, and that means become more aware of their bodies."

For more information, contact the American Cancer Society's local unit at 482-1566.

Three Named To Gaston Mental Health Board

The Mental Health Association of Gaston County has elected Ruth Reid, Pat Ayotte and Ruth Posey to the board of directors for 1988.

Miss Reid is manager/owner of Lowell

Hardware. She volunteers for "Kids on the Block", a program of the Junior League of Gastonia. She attended the University Georgia and Salem College and has a Bachelor of Fine Arts degree in Interior Design.

Mrs. Ayotte is a registered nurse and works for Stowe-Pharr Mills in McAdenville. She is an active member of Metrolina Occupational Health Nurses Association.

Mrs. Posey is Director of Charter Counseling Center in Gastonia. She was an honor graduate of Sacred Heart College and attended the University of South Carolina. She is a member of the Addiction Professionals of North Carolina and National Association of Social Workers. She is a candidate for substance abuse certification.

The Mental Health Association is a non-profit organization dedicated to promoting mental health and mental illness. It is funded by United Way and private contributions. For information, call 864-3857.

Martin Announces Aging Policies

Governor James G. Martin Thursday announced a policy plan designed to address the health care and social service needs of older adults in North Carolina. To emphasize the importance of meeting those needs and to focus public attention on the many contributions made by older adults to local communities, the Governor also proclaimed 1988 as "The Year of the Older Adult" in North Carolina.

"The older citizens of North Carolina are a great resource to this state. They have a vast store of knowledge, skills and abilities acquired over a lifetime which they contribute to their communities," Gov. Martin said. "During 1988, 'The Year of the Older Adult,' we will give special recognition to those contributions and help identify even further opportunities for such community involvement. This is also the year we will begin to develop better ways to provide health care and social services needed by our older citizens."

The Governor's plan provides for a \$5 million budget appropriation request for the 1988 short session of the General Assembly. That request includes:

* \$857,100 for in-home services allowing older adults to remain in their own homes rather than moving to rest homes or nursing homes;

Re-Elect

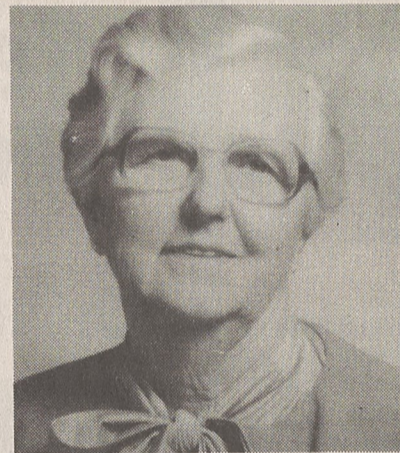
JOYCE F. CASHION



Cleveland County Commissioner

- Capable
- Committed
- Concerned
- Conservative

Paid Political Advertisement



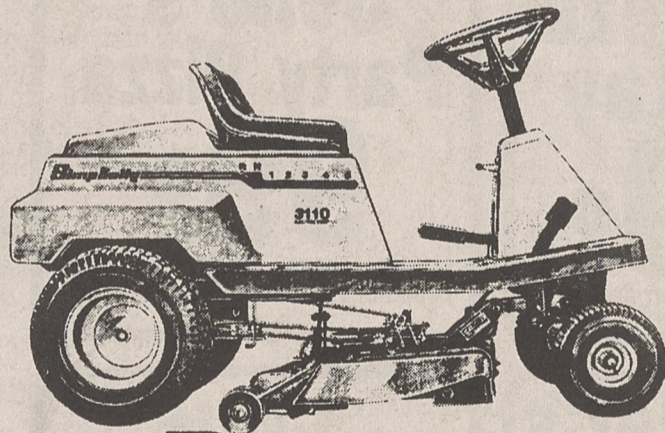
RE-ELECT

EDITH LEDFORD LUTZ
DEMOCRATIC CANDIDATE TO THE
N.C. HOUSE OF REPRESENTATIVES
48TH HOUSE DISTRICT

- CLEVELAND
 - RUTHERFORD
 - POLK COUNTY
- EXPERIENCED, DEPENDABLE, CONSCIENTIOUS**

Paid Political Advertisement By The Candidate

Simplicity



PRIME CUT

This year's prime time special: \$400* off a Simplicity 3110 riding mower with 36" mowing deck.

■ Our patented Cushion-Ride construction. The driver's platform is isolated from the frame and the engine is synchro-balanced to keep the ride smooth and comfortable.

■ Tough 10-hp Briggs & Stratton Industrial/Commercial engine with key electric start.

■ 5 speed in-line gear drive transmission.

With this coupon
\$400⁰⁰
OFF*

Our regular price \$1949. Now Only \$1549 Model 3110. Sale ends May 14, 1988. Limit one per customer.

■ Axle-mounted mower pivots side to side and floats up and down on rollers at the rear for a smooth, even cut.

0% Interest
No Monthly Payments
Until September

Get 0% interest and no payment until September '88 on the Simplicity Revolving Charge Plan. Available to qualified buyers with approved credit and 15% down.

Stop in today! Seal this good show. of prime interest to you.

*Offer limited to products in stock.

BRIDGES

HARDWARE COMPANY

100 S. Cansler St., Kings Mountain, N.C.

Ph. 739-5461

© 1987 Simplicity Manufacturing, Inc.

CARTER CHEVROLET

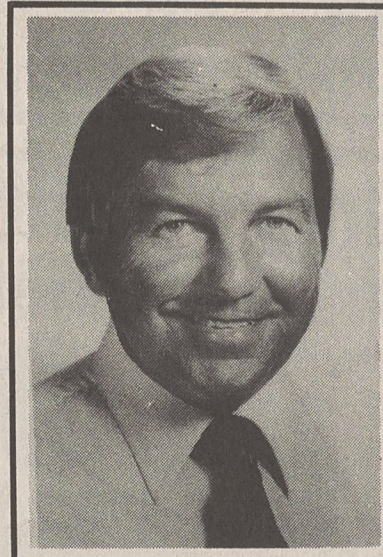
200 West Dixon Blvd. • Shelby, N.C.
482-4341

ANNOUNCES

CARL BELL

AS USED CAR MANAGER

- You always get the best . . .
- Largest Discounts
 - Highest Trade-In Allowance
 - Lowest Payments
- AT CARTER CHEVROLET**



CARL BELL