



SWEET ADELINES - Pictured are members of Sweet Adelines Greater Gaston Chapter who are looking for members from the Greater Kings Mountain area.

Gaston Sweet Adelines Looking For Singers

wanted: 10 serious singers Do you want to learn the basics of good vocal production and performance? Do you have the basic knowledge but you want to improve or freshen up on your skills? If your answer to either of the above questions was yes, then the Greater Gaston Chapter of Sweet Adelines needs you and you may need them also.

Greater Gaston is a 26-voice female barbershop chorus dedicated to the promotion of barbershop harmony, singing and friendship among women.

This award winning chorus competes annually with other Sweet Adeline choruses in a 5-state region and regularly gives performances for area groups and organizations. They also give an annual show for local audiences.

The rehearsals and performances are demanding but the education, skills, and friendships gained are well worth the necessary effort.

Greater Gaston Sweet Adelines are directed by local well-known musicians, Jim Eddings & Molly Frederick.

They will be holding a guest night on Monday, May 16 at 8 p.m. The program will be held at the Gaston County Office on Aging. During the guest night, the chorus will present a short program, then the guests will be invited to learn a new song with the group.

If you need further information about Greater Gaston Sweet Adelines or the guest night contact Beth Sanders at 865-3797 weekdays after 6.

Kourtney Houston Second In State Gymnastics Event

At 15, newly recovered from an ankle injury that required major surgery and forced her to miss six months of practices, Mooresville's Kourtney Houston still won second place in the N.C. AAU Gymnastics Championships recently.

Houston, the younger of two daughters of Mooresville Schools Supt. Sam Houston and his wife, both formerly of Kings Mountain, brought home a third place bronze medal for her work on the uneven parallel bars, a bronze medal for the balance beam, a gold medal for the vault and her prized silver medal for best all around. She competed in Class II, age 15 and over, in the competition at N.C. State University in Raleigh.

Last weekend, she represented North Carolina in the age 15-plus division of the Region 8 tournament at Woodward School in Atlanta. She competed against 11 other champions from North Carolina, South Carolina, Georgia, Alabama, Louisiana, Mississippi and Tennessee.

She won medals for finishing second in vault, third in floor exercise and fourth overall.

Kourtney's older sister, Heather.

Kourtney's parents, her older sister Heather, and her grandparents, Humes and Dot Houston of Kings Mountain, were among her cheering fans. She is also the granddaughter of Louise and Gene Roberts of Kings Mountain.

"Kourtney is tough", says Commissioner Houston, explaining proudly that she has done more than merely travel down the weary worn out comeback trail. Just under a year ago, the teenager was hobbling from a severe ankle injury that was aggravated in a warm-up routine just days before she was to compete in the N.C. state gymnastic meet.

Houston, a favorite to pocket the state title in her class, battled the pain during the tough two day competition, and though finishing the top 10, she was prevented from displaying her true gymnastic talents that have been developing through years of strenuous practice.

Her grandfather said that shortly after her performance, Kourtney underwent extensive reconstruction surgery but her determination, coupled with a rigid practice schedule and expert guidance in the field of sports medicine, enabled her to complete a near miraculous recovery.

She was in a cast for six weeks and in rehabilitation for another two months. Just two points separated Houston from the recent state championship.

Epilepsy Meeting Wednesday

An epilepsy group meeting will be held Wednesday, May 18, at 7 p.m. in the Cleveland County Health Department conference room.

The meeting is open to the general public and a video will be presented on living with Epilepsy.

Information regarding assistance for persons with epilepsy will be discussed. For further information call 484-5110.

Aquatic Program Offered

"Come on in, the water's fine!" That's what you're likely to hear if you sign up for the Arthritis Foundation/YMCA Aquatic Program, beginning in June at the Gaston County YMCA.

"Physicians and therapists often recommend water exercises for people with arthritis," said Sandy Cook, of the Foundation's North Carolina Chapter. "The Buoyancy of the water reduces the effects of gravity, making it easier for the people to move painful joints. So the Arthritis Foundation and the YMCA teamed up to develop the Arthritis Aquatic Program, a popular social and recreational program specifically for people who have arthritis."

The Arthritis Aquatic Program provides participants the opportunity to do gentle activities in warm water under the guidance of trained personnel. The water is kept at a warm temperature, which also helps relieve pain. Although these activities do not replace prescribed therapeutic exercises, they may help decrease overall pain and stiffness.

"This program is an excellent way for people to make new friends while doing something good for their bodies," said Sandy. "Any adult can join, and it's not even necessary to know how to swim!"

"Regular exercise is an important part of an overall treatment plan for someone with arthritis," Sandy continued. "It can help maintain a person's range-of-motion and reduce stiffness. Many people with arthritis find it easier to exercise in warm water than on dry land. And, it's always more fun to exercise with others!"

The next class will start on June 6, and run for 10 weeks. It will be held each Monday and Friday from 8:30 a.m. to 9:15 a.m. For more information contact the Gaston County YMCA at 865-8551.

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Rehearsal Dinner

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lamps filled with red oil, red placemats and yellow napkins, yellow plates and yellow cups carried out the red and yellow motif.

The bride-to-be wore a navy blue and white party dress.

Out of town guests included Mrs. Carroll McNary, mother of the bride-elect; Mr. and Mrs. Danny Fountain and Lacy, sister and brother in law of the bride-elect; Miss Lisa Collins, Miss Heather King, all of Ormond Beach, Fla., Mr. and Mrs. Charles Gruzalski and Chad, father and stepmother of the bride-elect, of Antioch, Illinois, and Mr. and Mrs. Florian Gruzalski of Yellville, Arkansas, grandparents of the bride-elect. Also present as a special guest was Mrs. Gertrude Champion of Kings Mountain, grandmother of the prospective bridegroom.



HONORED AT STORK SHOWER-Employees of the Printing Press honored Teresa and Dennis Bean at a stork shower Friday at the Herald Building. Teresa is employed by Printing Press and rev. Bean is pastor of Salem Baptist Church in Gastonia. Party refreshments were served.

Mauney Named To Committee

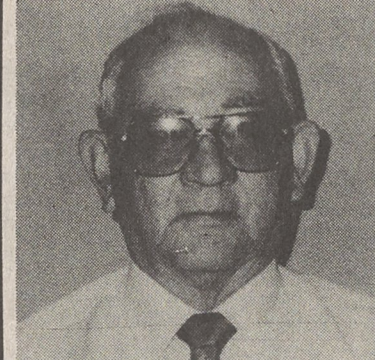
Mrs. Lynne Mauney of Kings Mountain has been appointed as a member of the 1988 committee on Credentials at the American Red Cross National Convention to be held in Cincinnati, Ohio, May 22-25. She will also represent Cleveland County as a voting delegate.

Mrs. Mauney has been an active Red Cross volunteer in the local chapter having served on the executive board in several offices including chapter chairman. She has served as blood chairman for the Kings Mountain area and at present is serving above the chapter level as chairman of Donor Resource Development for the region. She also has served on the Regional Board and other committees.

KM Couple Note 50th Anniversary

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Refreshment tables were decorated with yellow snapdragons. The couple's grandsons and their wives assisting in serving the yellow and white cake with punch and party pickups.



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PHOTOGRAPHY DAYS: PHOTOGRAPHY HOURS: May 18-21 Wed-Sat. Wed, Thu., Fri 11 a.m. - 2 p.m. 3 p.m. - 7:30 p.m. Sat 10 a.m. - 2 p.m., 3 p.m. - 6 p.m. *approximate size

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