



**BLOOD CHECK:** Nurse Gay Melton takes a blood sample to check the cholesterol levels of Lori Cobb.

## Health Fair Held Wednesday At Kings Mountain Junior High

By MARTY HOHMANN  
Of the Herald Staff

Students at Kings Mountain Junior High will be in great health by the time they move on to high school if Principal Jerry Hoyle has anything to do with it. The school sponsored its Second Annual Health Fair on April 12 and students enthusiastically participated.

The event allowed ninth grade students to have their height and weight determined, blood pressure, vision and teeth checked and even renew some immunizations. According to Hoyle, students who obtained parental permission were able to have their cholesterol levels checked, get tetanus shots and have a test for tuberculosis.

### West School News

#### West First Graders Practice For Program

By AMANDA MATNEY  
and AUTUM EDSALL

We've been doing lots of interesting things at West. The kindergarten classes have been learning about living things and community helpers. In addition to this, they have been practicing with the first grade for a PTO program called "A-Z Does It."

The first grade has been working on contractions. They learned writing skills by illustrating poetry. They began learning the alphabet using sign language.

The second grade has been studying the solar system and completing a unit on weather. After reading a story about a caterpillar each child made a paper caterpillar for the window display.

After completing a unit on the Hopi Indians, third graders made

kachina dolls. In math each student is busily memorizing their multiplication tables.

The fourth grade has been having fun with idioms. After reading Amelia Bedelia stories, each student illustrated an idiom. Miniature hot air balloons were constructed. They are presently practicing long division problems in math. Spring flowers have been painted on the windows.

In the fifth grade, the students have been studying a plant unit in science and have been working on various projects related to this topic. They have also been studying metrics in math. Each fifth grader is actively earning their mileage points to go to Washington, D.C. Each worksheet, video, filmstrip, and reports all help increase their distance. What a fun way to earn grades.

The reason for sponsoring a health fair is simple. "A lot of kids this age have stopped going for their annual physicals," explained Hoyle. "Last year we found a lot of children with high blood pressure and high cholesterol."

In fact, within minutes after the fair began, a few students were found to have high cholesterol levels.

The school worked in conjunction with the Cleveland County Health Department to put on the event. In addition, several sponsors set up information tables at the fair to give the students additional information about their health and how to preserve it. The American Cancer Society, the Red Cross, CODAP, Cleveland County Mental Health, Kings Mountain Hospital and the Kings Mountain Police Department were among those participating.

### School Loans Are Available

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## Kiser

From 6-A

In addition, she finds that many students are being exposed to more than their young years are prepared to handle.

"They're street-smart. I've been surprised in the last eleven years at what the children know," she said.

Kiser, who has two children of her own (Kristen is 8 and Kyle is 7), has tried to control what her children are exposed to because of what she has seen in the schools. And she tries to teach her students positive lessons while she has their attention during the day. The goal is to channel their boundless energy.

"If you can channel that energy they have into enthusiasm for learning, then you've got the basis for how they learn," Kiser said.

So, she channels her students energy into subjects like science, a love of hers. And, she says, they respond enthusiastically. In addition, the students are using a computer to help them work on their math skills. It provides a challenge as well as being an enjoyable way to learn.

While Kiser notes that the pay doesn't keep her in teaching, the children do.

"I get pleasure from seeing children first learn a concept," she said. "You get happiness from being able to help them. I guess it's kind of a self-fulfillment."

And, Kiser notes, the hugs and kisses and thank-you's certainly sweeten the pot.

"All those things make it worthwhile," she said.

Kiser, who was named Teacher of the Year last year, spends time teaching adults when she isn't busy with her students. She serves as a Sunday School teacher at New Bethel Missionary Church in Shelby and is a Mentor teacher this year for the Spanish teacher at the school. The idea, she explained, is for her to assist a new teacher and help her get acquainted with school policies and other details.

"It's been real interesting," she said. "We've been able to learn a lot from each other."

For Kiser, learning is what it is all about. And she vows to keep working to make teaching a profession others will want to pursue.

\*Kiser and her husband Steve, along with their two children, make their home in Shelby.

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### North School News

#### Students Learn About Gold

By CAMERON FALLS and ALLEN WARE

The fifth graders at North Elementary School are studying rocks and minerals in science. Some of the topics we have studied are crystal formations, gold, silver, quartz, granite, diamonds, and igneous rocks.

To help the fifth graders with their study rocks and minerals, Paul Hord came and told us about his hobby of gold mining. He spoke to us about gold and mining and showed us his equipment for mining and panning gold. Hord also showed a video on how to pan for gold.

To finish up our unit on rocks and minerals, the fifth graders are going to take a field trip to the Reed Gold Mine near Concord.

There we will see a film on how the Reed Gold Mine was started. Also we will take a tour of the mine and look through the museum. At the end of our field trip we will pan for gold.

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