

MEDICAL STAFF OFFICERS - Medical Staff officers for 1989-90 at Kings Mountain Hospital are pictured above. Left to right, R.R. Toffolo, president; J.B. Gentry, secretary; and A.R. Gangoo, president-elect.

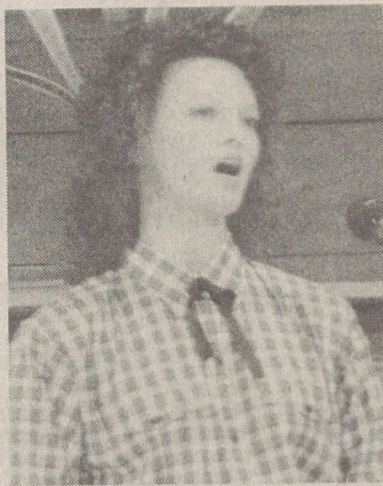
Good Eating Habits Important

By Donna Freeman, Dietitian, Kings Mountain Hospital

Good nutrition is essential to staying healthy, active and productive, especially in later years. As life spans increase, Americans are becoming more and more aware of the need to eat right in order to enjoy an improved quality of health and life.

Your body uses the food you eat as a fuel and as raw material for building and maintaining blood, bones and tissue. But the nutritional value of foods varies greatly. Proper nutrition means eating the right foods in the right amounts.

To insure that you provide your body with the food it needs, you need to understand the basics of good nutrition, plan your diet and your budget for healthy eating, and make it a habit to eat right every day.



DONNA FREEMAN

The following suggestions are some special health hints for older people to follow in dealing with physical changes.

With age, your body becomes less efficient at digesting food. Constipation, heartburn and bloating may occur. To help prevent these discomforts, eat smaller meals, more frequently. Drink plenty of fluids. Eat more fiber such as wholegrain breads and cereals, fruits and vegetables. Eat more slowly and chew food thoroughly.

Your body needs fewer calories as you get older, while other nutritional needs remain high. Cut down on high calorie foods like candy, pastries and alcoholic beverages. Select a variety of nutritious, low calorie foods. Exercise regularly to help maintain proper weight.

Your senses of taste and smell may grow less acute with age, but loss of appetite is not a normal part of aging. Use more high-flavor herbs and spices instead of salt. Serve foods that are warm, not overly hot or cold. Don't smoke. Food will taste better.

Senior Citizens Can Receive Flu Shots

Watch Out! The flu season is at hand. Cleveland County Health Department will give flu shots to senior citizens at Depot Center Monday from 9 a.m. to noon.

Cases of the flu are most prevalent from November to April in this part of the country and the Health Department has started administering flu vaccines to those considered at risk of contracting the flu. Senior citizens who have Medicare Part B insurance coverage can receive the vaccine at no cost. Durham-Lee Clinic, Dr. Everette Thombs and Dr. Scott Mayse are also administering the vaccines.

Recently 140 senior citizens received the vaccine in a Health Department visit at the Depot Center, according to Mrs. Eunice Davis of the Health Department.

There is a small fee for the vaccine if you are not covered by Medicare B insurance.

The at-risk category consists of people over 65 and anyone under 65 with a history of chronic diseases.

Incidents of the flu are reported year-round but the recent change in weather from Indian Summer to cold has sent people hurrying to doctor's offices for cold remedies.

Arts Society Selling Calendars

Thirteen local artists have designed a page for the Southern Arts Society Inc. hand-screened calendars now off the press.

The signed and numbered prints are available to local citizens for the nominal charge of \$15 a set. If you want a frame for your calendar, they are available at a discount price of \$12.

Proceeds from the calendar sale are applied for scholarships to students pursuing the visual arts as a vocation. In the year 1989, Southern Arts Society presented \$2750 in scholarships to Kings Mountain High School graduates.

The calendar pages are done on fine archival paper in order to make them suitable for framing just the image selection of a favorite page. This can become a permanent piece of art for your home, says A. B. Snow, who started the project five years ago.

The 13 pages, including the cover, are in a variety of colors and styles.

Eddie Bridges designed "Nature's Whimsies" for the cover. Since retiring from the teaching profession, Mrs. Bridges has enjoyed water color and oil painting. She also serves as organist for Kings Mountain Baptist Church.

"Pat's First New Year" was the January design for Margaret Dixon who took the occasion to introduce her second daughter, Pat Blanton, who is the mother of two and the new purchasing agent for the City of Kings Mountain.

February's topic by Manley Hayes was "Bee Jay" and he combines the love of both drawing and animals. He has worked as a drafter for 33 years and has owned a dog most his life.

Watercolor is a favorite medium of Nancy G. Cloninger who designed the March page, "Mimi."

"April Showers" was the theme of Polly Ledford, a retired registered nurse who spends a lot of her time taking art classes and going to exhibits, demonstrations and art meetings.

Amber Tate enjoys working in a variety of media, especially



CALENDARS OFF PRESS-Margaret Dixon, above, displays one of the 1990 calendars that are being offered again this year by Southern Arts Society Inc. Each page and the cover were designed by local artists depicting months of the year.

acrylics, and designed "May Day" for the calendar.

Mary Weir likes to paint old houses and her topic for June was "Woodland."

Jim Downey has painted for 10 years and his favorite topic, "Sea Life" was the design feature for July.

The style and flair of the Orient shows in Johnnie M. Reavis' home. She created a fish design that stands out boldly for the August page, "Reflection."

Bonnie Price chose "Inkberries" for the September page of the calendar. Born in Wyoming, reared in California, she loves the North Carolina mountains.

"Fall" was the theme of the October page in the calendar by Shirley K. Brutko. Fall is this

artist's favorite time of the year with all its gorgeous color and pumpkins have always been a favorite subject of art for her.

Bonita Lowe used the theme, "Little Boy Blue" for the November page of the calendar. The Grover resident's favorite subject is people.

"From Our House To Your House" is the December topic for Selena Trott whose favorite medium is watercolor.

To reserve your calendar call A.B. Snow at 739-5917. Calendars can be picked up anytime now at 3600 Margrace Road.

Mrs. Snow said that if you have purchased a calendar in a previous year, your calendar with your assigned number, will be saved for you unless you advise them you don't want it.

Library Conference Success Despite Hugo

By Rose Turner
Mauney Memorial Librarian

"Designing for the 90s" was the theme of the 48th Biennial Conference of the North Carolina Library Association which was held in Charlotte, October 11-13th, at the Convention Center. Despite the ravages of recent Hurricane Hugo, the convention was successful in bringing together an outstanding slate of speakers and programs. Even more important, it was an opportunity for librarians, support staff, trustees, and friends from all over the state to get together and talk about common problems and to gain new perspectives. It was also an opportunity to learn about the new products, materials and technologies which are now available.

The programs focused on service, not merely to a faceless public, but to the individual. People from all segments of society come into our libraries. They have varying levels of ability and an all-encompassing range of interests. The emphasis of library service has shifted from the general public to individualized service tailored to the needs of the specific patron.

This shift of interest toward the individual patron has been made possible by the new technology which has taken over many of the routine and time-consuming tasks, such as counting and alphabetizing book cards, filing, and record keeping. These tasks can be done more efficiently and more accurately by computers. Freed from such routines, the staff is now able to concentrate on individual needs in a more creative manner.

One of the small group sessions, entitled "Selling the Public Library, Techniques from the Reference Desk," was led by Barbara Anderson of the Forsyth County Public Library. Participants in the group shared techniques they used in answering reference questions. The key idea in the entire discussion was individualized service. All the librarians agreed that they did not want a patron to leave the library without the information he wanted.

The process of providing information involves not only direct service to the individual, but also specialized resources and efficient means of retrieving data. Many libraries in North Carolina are now indexing their local newspaper, as this is often the primary source of local history and geneological information. The session, entitled "How to Have Knows for News: Library Newspaper Indexing," included speakers Barbara Semonche, director of the Durham Herald/Sun Company Library; Martha Lapas, reference librarian at East Carolina University; and John Woodard, director of the Z/Smith Reynolds Library of Wake Forest University. These librarians discussed the methodology and the specific computer software used in indexing their newspapers. Indexing is a major project which takes a lot of time, but we at the Mauney Library hope to be able to provide this service in the future.

One of the most interesting sessions, entitled "Writing and Illustrating Your own Great Book" was conducted by Marge Hagerty, who is the Educational Consultant of Landmark Editions, Inc. For the past four years, Landmark Editions has sponsored the Written and Illustrated By...Awards Contest for Students. Landmark publishes the winning entries from each of three different age categories. The book must be written and illustrated by the same student, and all entries must be submitted through a teacher or librarian.

The 1988 winner in the age 6 to 9 category was Leslie Ann MacKeen, age 9, from Winston-Salem, North Carolina. Leslie was present at the convention, and read her book, WHO CAN FIX IT, as Mrs. Hagerty showed the slides of the illustrations. In the



Uptown At The Library

By ROSE TURNER
Mauney Memorial Librarian

story, Jeremiah T. Fitz is driving to his mother's house when his car suddenly stops. "Who can fix it?" he asks. A parade of animals, including a bear, a kangaroo, a peacock, a camel and a gorilla stop and offer suggestions. The narration, loaded with puns and humorous misunderstandings, is highlighted by stylized illustrations in Victorian settings.

Rules and guidelines for the 1990 National Written and Illustrated By...Awards Contest for Students are available at the Mauney Library, and anyone who is interested may request information.

One part of the Convention I always look forward to is the Children's Author Breakfast. This year, Jamie Gilson, author of HOBIE HENSON, YOU'RE WIRED, DO BANANS CHEW GUM, HELLO, MY NAME IS SCRAMBLED EGGS, and others, talked about how she gathers material for her stories. Mrs. Gilson says she talks with the children, visits their classrooms, and participates in their activities to get a feel for how they think and why they do the things they do. She looks for unusual situations and for stories that will make people laugh. Her books, aimed toward the middle grades, are light and full of humor.

The author luncheon on Thursday featured Alvin Schwartz, who collects folk lore, childhood rhymes, jump rope chants, jokes, etc. He discussed the role of folklore in culture and how it deals with issues which children cannot handle directly. As children mature both physically and emotionally, they are often frightened by the changes they experience. Folklore deals with these changes and issues in a non-threatening way, and reassures the child that all will be well.

In addition to the programs, the convention featured exhibits by book dealers, library supply and equipment companies, and other library related vendors. Each year there are an increasing number of technological exhibitors who demonstrate new ways of storing, organizing, and retrieving data. Several on-line catalogs, by different software companies, were displayed, as well as computerized indexes and automated circulation systems. There were also displays of puppets, flannel board story materials, and other support materials.

Between meetings, we walked down the street to the new Charlotte Library and toured the facility. The building is spacious and open, with a lot of room for growth. The library is automated, with an on-line catalog which is user friendly. The children's department was especially impressive, with its soft sculpture of book characters, and the castle-like structure which separated the easy section from the junior section.

The convention was an enjoyable experience, and an opportunity for growth and development as librarians swapped tales and gained new ideas and perspectives. Since the convention was held in Charlotte and in commuting distance, it was possible to involve the support staff in the meetings and afforded an opportunity for them to learn about new technologies and library service in other areas. We came home with the feeling that our library is doing a good job, and despite our small size and limited resources, we are offering service equal to some of the larger libraries.

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