



CHARLES ROSEBORO (left)
Receives Award From Huitt Reep

Roseboro Top Employee

Charles Roseboro was recently named Kings Mountain Hospital Housekeeping Employee of the Quarter for the third quarter of 1989.

The award is based on a high standard of quality assurance, punctuality, attendance and attitude involving patient care in interaction with other employees.

At Kings Mountain Hospital, Roseboro is known as "The Weatherman" because he always has a forecast that He'll share with you. Roseboro said, "If anyone wants to know the weather, they can ask me."

Director of Housekeeping Ken Hooper said, "Charles is extremely reliable. Neither Hurricane Hugo nor six inches of snow can stop him from coming to work."

Roseboro has been employed at Kings Mountain Hospital for a combined total of 22 years. He said he enjoys working at Kings Mountain Hospital because everyone does their share of work. When asked when he thought he received the award, Roseboro said, "I guess I earned it because I always come in to work. I try to get along with everyone, be honest, and do my work."



BRITTANY GRANT

Brittany Grant Pageant Winner

Brittany Allisha Ann Grant, daughter of John and Annie Grant, was recently in the Cover Girl/Cover Boy U.S.A. Pageant in Gastonia. Brittany won photogenic first runner-up and was second alternate in sportswear in her age division. There were 40 children in the pageant.

Brittany won three trophies, a banner, and her entry fee to the state finals in Florida.

Brittany has two older brothers, Kenny and Steven. She is the granddaughter of Ken and Mavis Burns and Nan Jean Grant of Kings Mountain, and Mr. and Mrs. Gerald E. Grant of Massachusetts. Her great-grandfather is J.B. Burns and her great-grandmother is Mrs. E. Lincoln of Peterborough, England.



We All Have Pains

Whether it's back or neck pain, arthritis, or another kind of pain, one in three Americans suffer from some form of chronic pain. Chronic pain is pain that does not go away despite your efforts at a treatment. It disrupts your home life to the fullest. But there are steps you can take to get back in control of your life.

The first step is understanding pain, which serves as the body's alarm system. Acute pain tells you when your body has been injured, prevents you from further damaging the injured part, and goes away when the injury has healed. Chronic pain is a constant pain that is difficult to treat because the cause of pain may be unclear.

When you are in pain, it is natural to want to limit your activities. But this reaction may make the problem worse by leading you into a chronic pain cycle. Inactivity can cause you to lose strength and flexibility. You may feel frustrated or

depressed because of the inability to work. When you try to push yourself, your symptoms return and may feel more severe, causing you to become less active again.

To break the chronic pain cycle takes a team of specialists who will evaluate you medical, physical, work and emotional needs. Your physician can examine you and identify any treatable conditions. A physical therapist counselor can help you understand and deal with feelings caused by chronic pain.

Accepting your pain and taking responsibility for controlling it is an important step in pain management. Knowing your limits can help you set goals. Doing a little more each day will help you reach higher goals. Starting an approved exercise program can help you develop strength, flexibility and endurance. The better care you take of your body, the better you'll feel about yourself and the easier it will be to manage your pain.

Dance Scheduled

A Fall dance Saturday, Nov. 25 at Kings Mountain Community Center will benefit the "Baseball Australia" fund.

Tickets are \$3 per person and all proceeds will be used to help finance a trip to Australia for four Kings Mountain Senior High senior students to play baseball in a national tournament.

Junior and Senior High students are invited.

Dancing will be from 8 until 11 p. m. and will be chaperoned by adults of the community who are on the planning committee for special fund drives to benefit the athletes.

I Appreciate The Opportunity That I Have Had To Serve Kings Mountain At District 2 Commissioner.

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Pd. Pol. Adv.

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**Sunday
Nov. 19
1-5 P.M.**

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