



**KM SPECIALIST - Dr. Kirk D. Williams specializes in diseases and surgery of the ear, nose and throat.**

## Early Detection Is Cancer Key

Cancer is a word that scares most people. Although prevention of cancer is ideal, the next best thing is early diagnosis and treatment. When the diagnosis of cancer is made, the next step is to try and cure it.

Cancer of the head and neck accounts for just over five percent of all malignancies. Many of them are curable if caught early. Fortunately, most head and neck cancers produce early symptoms. Successful treatment of head and neck cancer depends on early detection.

A large hospital in a metropolitan city is not the only place cancer is being treated and cured. Treatment for head and neck cancer is available at Kings Mountain Hospital. Kirk D. Williams, M.D., is a member of the Kings Mountain Hospital Medical Staff, specializes in diseases and surgery of the ear, nose and throat.

Surgery is one treatment for cancer, but other treatments are available. There is a good chance for cure when a lesion is detected at an early stage. Once diagnosis is made, many treatments, including surgery, are available and should be dealt with quickly.

The early warning signs of cancer of the upper aero-digestive tract, head and neck, are a persistent soreness of throat that does not respond to antibiotic therapy; changes in the voice; difficulty swallowing; a growth or ulcer in the mouth that is firm to touch and does not go away after a reasonable length of time; and a lump in the throat.

Not everyone who has these symptoms should worry. However, persons who drink and some excessively and have these symptoms should contact their physician. The best cure for cancer is preventing cancer.

## Be Careful With Medicine

Prescription medications may come in many different forms: capsules, tablets, injections, liquids, topical ointments, and suppositories, to name just a few.

The form in which a medication is ordered depends upon such factors as the patient's condition, type of ailment involved (burn, laceration, infection) and the patient's symptoms or age. Regardless of the form of medication, however, it is important to use all medications exactly as prescribed.

Liquid medications, for example, are often prescribed for infants, young children, elderly patients and those unable to swallow tablets or capsules. Ointments, on the other hand, are specified when a medication must be applied directly to an area of the body or to provide medication which will be absorbed into the body from the skin.

Liquid medications are delivered in many different dose measures. They are usually ordered in doses of a teaspoonful, tablespoonful, or a fraction or multiple of these measures. Since household teaspoons may provide anywhere from 3-

milliliters (ml.) per teaspoonful, and tablespoonful may be between 10-18 ml., it is recommended that accurate measuring spoons, oral syringes or liquid dosing devices be obtained from your pharmacy when liquid doses are to be given.

All manufacturers of pharmaceutical products provide specific labeling regarding the concentration of medication in each unit of measure, usually a teaspoonful. Some years ago, a teaspoonful was defined as 4 ml. or 5 ml., but because of confusion, and to provide uniformity in labeling, one teaspoonful today is defined as 5 ml.

Some medications, which are dosed in small volumes for infants and small children, are available from the manufacturer with an oral dropper. The dropper has specific markings on it to indicate the dose, volume or size of the dropperful. If there is any confusion between the dose ordered and the measurements on the dropper, check with your pharmacist. In case of accidental overdose, contact your physician or the emergency department at Kings Mountain Hospital.



**BETHWARE TALENT WINNERS**-Pictured are winners in the recent Bethware School Talent Show. From left to right are Anna Goforth and Michael Wilson in Division III; Bridget Barrett in Division II and Amber Dotson in Division I.

# Some Cholesterol Is Needed

We could not live without a certain amount of cholesterol—it is essential to good health. But when blood cholesterol is too high, the excess is deposited on artery walls in the form of plaque. The build-up of plaque gradually narrows arteries, allowing less blood to flow through. Eventually, an artery may become partially or completely blocked.

Some cholesterol is produced by your body, but most of it comes from the foods you eat. Dietary cholesterol is found in foods of animal origin such as beef, pork, lamb, shrimp, organ meats and egg yolks. Many of these foods also contain saturated fat, a type of animal fat that causes your body to produce more cholesterol. Although heredity can make some

people more susceptible to developing high blood cholesterol, for most of us, high blood cholesterol is the result of eating too much cholesterol and saturated fat.

Cholesterol moves through the blood in packages of fat and protein called lipoproteins. There are many different lipoproteins, but the two most important are HDL (high density lipoprotein) and LDL (low density lipoprotein). HDL is described as good because it offers protection from fatty build-up by carrying cholesterol away from the arteries. LDL is described as bad because it carries cholesterol to arteries where it accumulates, narrowing the vessels and decreasing the blood flow. A high proportion of LDL cholesterol in the blood is a major risk factor for heart disease.

The National Institute of Health recently established guidelines for determining a high total cholesterol level. For persons 20 years of age and older, a cholesterol level of less than 200 mg is safe, 200 to 239 mg is borderline high, and 240 mg and above is high. Because the definition of high cholesterol can vary depending on your age, sex and whether other risk factors for heart disease are present, it is important to check with your doctor for his or her specific recommendations.

In addition to your total cholesterol level, your test results may be broken down to show how much of your cholesterol is HDL and how much is LDL. The American Heart Association recommends this breakdown if your total cholesterol level is high or if you have other

risk factors for heart disease. The videotape, "How To Beat Heart Attacks," which is available at Kings Mountain Hospital, explains the risk factors for heart disease and has a quiz to take to determine if you are at risk.

While high blood cholesterol can increase your chances for developing heart disease, it is a risk factor you can do something about. The first step is having your cholesterol checked. If it is too high, eating less cholesterol and saturated fat and exercising regularly can help reduce it.

For information on the videotape, "How To Beat Heart Attacks," call Kings Mountain Hospital at 739-3601.

## Dr. Graham In 'Porgy And Bess'

Dr. Elizabeth Graham, a native of Shelby, is performing in the Spoleto Festival with the Charleston Symphony Orchestra, where she is playing the part of Bess in the play "Porgy and Bess."

Elizabeth made her professional debut with the Houston Grand Opera Company in the Tony Award-winning revival of "Porgy and Bess." She also performed Bess at the Spoleto Festival in Sydney, Australia, and has toured extensively throughout the U.S. and Europe singing Bess and Clara.

Ms. Graham has appeared in major operatic roles in Puccini's Madama Butterfly, Turandot and Il Tabarro, Mozart's Costi fan tutte, Don Giovanni and Le Nozze di Figaro, Leoncavallo's I Pagliacci, Bizet's Carmen, Offenbach's The Tale of Hoffman, Verdi's Il Trovatore and others. Most recently she performed the role of Madama Butterfly for the Florida Arts Celebration. Other recent ap-



**PERFORMER AND NIECE - Dr. Elizabeth Graham, left, is pictured with her niece, Brittany Houser, in Charleston recently where Ms. Graham was performing in an opera. Brittany and her mother, Leslie Houser, and grandmother, Ruth Hoyle, went to Charleston to see Ms. Graham in Porgy and Bess and visit Brittany's aunt and uncle, Freddie and Phyllis Burnette, and cousin Ponzie Indharasophang at the Charleston Air Force Base. Brittany lives in Kings Mountain.**

pearances include the Verdi Requiem with the Charlotte Oratoria Singers, Beethoven's Ninth Symphony with the Virginia Philharmonic, Rossini's Stabat Mater with the University of Southwestern Louisiana and Barber's Knoxville Summer of 1915 with the Tuscaloosa Symphony Orchestra.

Ms. Graham received her Bachelor's degree from the North Carolina School of the Arts and Master's and Doctorate degrees from Florida State University. In addition to her many operatic and recital performances, she is an Associate Professor of Music at the University of Florida, where she teaches voice and opera workshop. She also has a son, Eric Graham, formerly of Cherryville, who lives with her in Gainesville and attends the University of Florida.

Elizabeth will be performing at the Gaillard Municipal Auditorium in Charleston, S.C., March 23, 25 and 29.

## Builder, City Face Civil Suit

Builder Robert E. Lee and the City of Kings Mountain are defendants in a Small Claims civil complaint filed by Randy and Barbara Parker, 103 Cameron Drive, for money allegedly owed the plaintiffs for repairs in the amount of \$1,430.

Parker, who is employed by Kings Mountain Postoffice, and his wife built a new home in the Robert E. Lee Sub-Division on Shelby Road. In "Complaint for Money Owed," they allege defects in the workmanship by the contractor, according to the Small Claims suit filed March 14 in the General Court of Justice District Court Division, and consumer complaint, he says in the court document, filed with the Attorney General's Office.

The Parkers allege "that the city defended the builder on an official letterhead and said corrections were unnecessary." Parker said the city's action impeded his ability to recoup his losses.

## Good Samaritan Story In KM

Sunday turned out to be a very good day for Sarah Ann Huffman, of 903 Second Street.

The Kings Mountain woman used the pay phone at Handy Pantry and left her wallet containing her check book, \$100 and personal items behind. Returning to the phone booth, she found the wallet missing.

Later in the day, however, the Kings Mountain Police Department called with good news. Ptl. Tim Wright said an employee of Hungry Howie's Pizza found the wallet and took it to the Kings Mountain Police Department.

## Kings Mountain Police Report

### INCIDENTS

Linwood Produce, 805 Cleveland Avenue, reported that glass was broken from a window by vandals who entered the building and took \$464 worth of foodstuffs, cigarettes and an Emerson VCR.

City of Kings Mountain, 101 West Gold Street, reported larceny of an electric meter from an apartment at Chesterfield Court valued at \$70.

Lorie Peterson, 210 N. Carpenter St., reported that someone broke out the window on the driver's side of her car doing \$75 damage.

Robert Lewis Boyd, 301 Scotland Drive, reported that a Fuzz Buster valued at \$60 was taken from his car.

Ruby Alexander, 102 Gold Dust Court, reported that vandals damaged a sign in front of Mountain View Apartments doing \$150 damage.

Paul Morrow, 315 Brice St., reported that vandals damaged the laundry room door of his house \$130 in a break-in attempt.

City of Kings Mountain, West Gold Street, reported that a city crew working at the end of Wilson street reported theft of a red and white Honda water pump valued at \$1,000.

Eddie Tyrone Wilson, Route 3, reported that stereo equipment was removed from his car while it was parked at KMHS.

Audie Dale Duncan, 604 Mica Street, reported that a 1986 SR 600 Honda dirt bike, red in color, and a 1974 750 Honda dirt bike, yellow in color, were stolen during a break-in at his residence. The bikes are valued at \$4800.

Kuang Kham Phannareth, 505 Landing Street, reported that an equalizer and radar detector were taken from his car while parked at Mauney Hosiery. An automobile tag, DNA 6901, was also removed from the back seat of the vehicle.

Hunter Construction Co. reported larceny of a Motorola two channel hand-held radio valued at \$1,000.

Police recovered a 1982 Toyota truck owned by Shirley Hambricht Wingard, of 3250 Midpines, on Fulton Street.

Guy Franklin Melton, 211 Margaret Street, reported a break-in of his residence.

Jeff Gladden, 313 Wilson Terrace, was bit on the lower right leg by a neighbor's dog, police said.

Mary Bright, 119 N. Cansler Street, reported that a TV video game was removed from her residence during a break-in.

Ace Hardware, 714 Cleveland Ave., reported larceny of a Whirlpool air-conditioner valued at \$647.70.

Georgia Bell Adams, 47 Pine Manor, reported a lost or stolen check in the amount of \$297.

Jeffrey Turner, 211 Waco Road, reported a break-in of his residence. A video game, Pioneer radio amplifier and turntable were stolen valued at \$400.

Kings Mountain Express Store and KM 66 Station reported larceny of gas.

### ARRESTS

David Allen Hullender, 34, of 502 Hawthorne Road, DWI, driving while license revoked, \$600 bond, secured.

James Jeff Huffstader, 20, of No.12 Bennett Drive, trespassing, \$1,000 bond, secured.

Robert Franklin Plemmons, 18, of 902 First St., trespassing, \$1,000 bond, secured.

Lewis Dean Sisk, 25, of 312 N. Dilling St., criminal summons, injury to personal property.

Gail Dean Stamey, 25, of BC-KM Drive-In Trailer Park, felonious breaking and entering, \$5,000 bond, secured.

Kenneth William Massagee, 18, of 135 McGinnis St., contributing to delinquency of minor, one count, unsecured \$500 bond.

Terry Leon Dawkins, 31, of Route 1 Hillway Drive, DWI, driving while license revoked, driving left of center, possession of drug paraphernalia and simple possession of marijuana, \$800 bond, secured.

### WRECKS

#### MARCH 13

Ptl. R.E. Davis charged Michelle Edwards Williams, 18, of 311 North Vance Street, Gastonia, with stop sign violation after her 1983 Toyota ran a stop sign at Katherine and Jackson streets and struck a 1978 Chevrolet operated by John Michael McCune, of Gastonia. Damages were estimated at \$2500 to the Williams vehicle and \$250 damage to the McCune vehicle.

### MARCH 14

Brakes on her 1979 Plymouth didn't work, said Nell Ramsey Hendrick, of 401 Cherry Street, and her car struck a 1987 Olds operated by Francis Wilson Robinson, 808 Rhodes Avenue, at the stop sign at Ridge and King Streets. Robinson and a passenger, Michael Flaid, 18, of Statesville, were hurt. The cars were damaged \$700.

### MARCH 15

Ptl. Melvin Propst said that a 1987 Ford operated by Teresa Stalcup Haynes, 707 Stone Street, had stopped at the stop sign at the intersection of Walker and Cansler streets and then pulled into the path of a 1987 Jeep truck traveling north on Cansler. The truck was operated by Lawrence Henderson, of Gaffney, S. C. Damages were estimated at \$1,000 to the two vehicles.

### MARCH 16

Ptl. R.K. Rikard blamed an improper lane change for a wreck on King Street at Country Club Drive and Mountain Street which damaged two cars. Rikard said Nathaniel Arthur Brewton, of Shelby, was traveling west on Highway 74 in a 1978 Buick when he realized he was in the turning lane of traffic, moved to the right hand lane and his vehicle struck a 1977 Plymouth operated by Verna Absher Thompson, 808 Princeton Drive. Damages totaled \$70.

A 1973 Dodge truck operated by Jack Adams, Route 3, backed from a driveway and into a parked 1989 Mazda truck owned by Christopher B. Brown, 2009 Redwood Circle, doing a total of \$120 damage.

Nathan Todd, 18, of 814 Landing Street, told officer Rene Rikard that he lost control of his 1984 Chevy truck on Landing Street when the rear end of the vehicle started sliding sideways. He said he slammed on his brakes but knocked down a mailbox at 809 Landing Street, a fence at 811 Landing Street, and came to a stop in the yard of 811 Landing Street but struck the porch of the residence and hit a vehicle in the driveway. The parked vehicle was owned by Robert Michael Heath, 811 Landing Street, and was damaged \$250. The Todd vehicle was damaged \$2,000. A mailbox, fence and porch were damaged \$125.

# Mayor Pleased With City Government

By KYLE SMITH  
Mayor of KM

I am most happy to bring our citizens up-to-date on a few items, since it has been a couple of months since I have written to you.

First, let me tell you that things are running very well at City Hall. I am very pleased with the city manager type of government. I think that it is the best thing that could have happened to our city. Secondly, I am very pleased with the way in which our city manager has handled things, considering the fact that he had to come in here and take over a city that has never had this type of government before. He has done an outstanding job. I think that we could have

looked for a long time and not found any one quite as capable as George Wood.

Secondly, several things are in process of being completed. We are in process of getting our from under our Judicial Order of Consent on Pilot Creek Waste Treatment Plant. As you have seen in the newspaper we have already paid our commitment to the city of Gastonia for our part in Crowder's Creek Waste Treatment Plant. We have let bids go for Bridges Drive. We will complete Castlewood Drive and Edgemont Drive sometime this week. Some of these projects have been long overdue, but there are some things that can't

done overnight, and we certainly wanted to do them right.

Folks, January and February were terrible months for use of utilities, thus causing yours and my utility bills to go sky high. We do our best to control these bills and we are tracking our utilities to see that we stay in the ball park. This city runs on our utilities, so we just cannot charge you what we pay for gas and electricity. We hope and believe that they will start going down. I have been in several cities since I have been mayor and have talked to several mayors and city managers, and we are still one of the cheapest utility chargers in the state. I hope that we can stay that way.

Some folks have called and asked favors of me. If it is within our ordinances and guidelines, I try my best to accommodate them, but if it is not legal, not in the city ordinances, then I will not do them. I said back when I was running for mayor that I would do my utmost to do things the right way, and to treat everybody the same, and I am going to continue that philosophy, regardless of who hurts.

I retired two weeks ago and I will still be in the mayor's office on Tuesday and Thursday afternoons should any of our citizens have any questions on any matter that concerns city business.