

TOUR HOSPITAL - Paul Osemene, staff pharmacist at Kings Mountain Hospital, talks to students from the Central School Career Class during a recent tour of the hospital.

Time Critical In Saving Lives

Time is a critical factor in saving a life. It's not always enough to call an ambulance. A choking, drowning or heart attack victim may need cardiopulmonary resuscitation (CPR) to survive until an ambulance arrives. By learning CPR, you can make the most of crucial moments and save a life.

The purpose of CPR is to help prolong life until a trained medical professional arrives on the scene. CPR classes teach the lifesaving skills needed to approximately react to respiratory and cardiac emergencies. A person experiencing a respiratory emergency, like near drowning or choking, finds it difficult

or impossible to breathe. A cardiac emergency occurs when the heart functions improperly or when the heart stops breathing. In many cases a prompt CPR response can stabilize victims of respiratory and cardiac emergencies.

To learn proper CPR techniques, you must attend a training course where you will learn and practice CPR with the assistance of a trained and certified instructor. According to the American Red Cross, a CPR course will teach you:

- *How to give first aid for choking and other respiratory emergencies.
- *How to recognize when someone needs CPR.
- *How to give CPR to someone whose heart has stopped.
- *How to use the emergency medical services (EMS) system.
- *How to reduce the risk of dying from a heart attack.
- *How to recognize the signs or symptoms of a heart attack and reduce the chance that the victim's heart will stop.
- *How to correctly administer CPR according to the victim's age.

To learn more about CPR and how to register for a CPR course, contact your local chapter of the American Red Cross or Kings Mountain Hospital at 739-3601. The life you save could very well be that of a friend or family member.

Page Hightower Joins Chamber

Page Parsons Hightower has been named membership director of the Cleveland County Chamber, according to President Peggy Bridges.

In her position, Ms. Hightower will be responsible for conducting activities to increase and retain Chamber membership, developing and implementing membership programs and activities and supporting the coordination of Chamber special events.

She comes to Shelby from Charlotte where she practiced as a N. C. Real Estate Broker with Cottingham-Chalk & Associates. For nine years prior, she was Executive Director of Charlotte Apparel Center and before that, she was in the public relations department of Korf Industries, Inc., an international steel company.

Hancock

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in the National Celebration of the Outdoors. We will be planning a week of activities and opportunities which, we hope, will emphasize the importance of this celebration. Activities range from encouraging the public to walk, ride a bike, or carpool to work or school, to a "Plant a Plant" Day, to a neighborhood clean-up day to recycling day. Also, during this week, there will be a public hearing on the Parks and Recreation Master Plan Thursday, April 26 at 7 p.m. in the auditorium of Marion Elementary School in Shelby. The public is encouraged to participate in this discussion and to learn more about how this plan addresses Cleveland County's needs for trails, greenways, parks and playgrounds.

We will be getting our detailed information out to scout groups, church groups, garden clubs, and any other interested organizations in the very near future. In the meantime, give us a call at the Community Center if you have any suggestions or want to learn more about our National Celebration of the Outdoors.

KM's Hamrick To Get State Planning Award

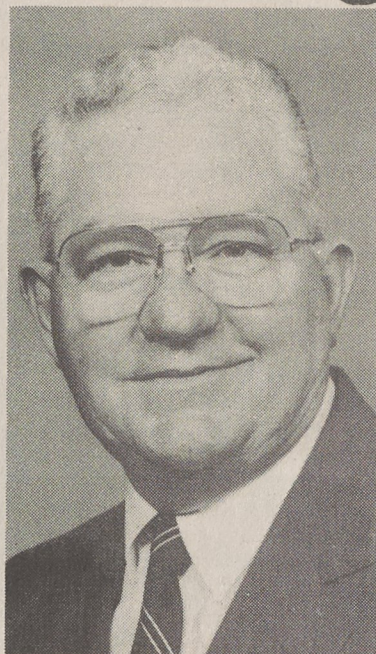
Kings Mountain businessman Larry Hamrick Sr. will receive the Appointed Official Award from the North Carolina Chapter of the American Planning Association Wednesday in ceremonies at Chapel Hill.

Hamrick will be cited for 15 years of service to the Cleveland County Planning Board, the last six years as chairman, his leadership of the Solid Waste Advisory Board formed in 1986, and his service on the Cleveland County Land Records Committee.

Cleveland County Planning & Mapping Director Bill McCarter made the nomination.

Said McCarter of Hamrick, "This real estate and insurance executive, has made the long term commitment to promoting good planning principles as illustrated by his years of service to county government as an appointed official in service in a variety of roles, in addition to his leadership roles in church and civic organizations throughout the community."

"Planning is of significant importance to Mr. Hamrick," said McCarter. He serves as an educator to the public in planning policies, a mediator at public hearings and a planning lobbyist to the county commission. As chairman, Hamrick was instrumental in encouraging the county to hire its first professional planner, and the development of the Planning &



LARRY HAMRICK SR.

Zoning/Mapping Department as it exists today. Under his direction, the Planning Board is currently tackling major revisions to the county's subdivision and zoning regulations, and addressing environmental concerns through flood plain management, watershed protection and performance zoning techniques.

Hamrick has conducted public hearings to promote recycling and numerous recycling projects have been started in businesses, churches, schools and civic groups as a

result of his coordinated efforts and the county health director. SWAT is rapidly becoming one of the most important advisory groups in municipal and county government.

Most recently, Hamrick agreed to serve on the Cleveland County Land Records Committee. This committee is charged with the duty of recommending a method of coordinating land related data, such as infrastructure, topography, cadastral, etc. into a comprehensive planning and management tool commonly referred to as a geographic information system. A five year plan has been developed and the first phase of a contract initiated to meet the implementation requirements of this plan. Mr. Hamrick was instrumental in the successful presentation of his plan to the board of commissioners for funding.

"Mr. Hamrick's significance to the planning field can best be expressed by the diversity of planning projects of which he has been involved. From land use and development policies, to environmental issues, to geographic information systems, this individual has promoted an attitude of planning practice that will lead Cleveland County well into the next decade," said McCarter.

Sixth Annual Senior Games April 23 At Gardner-Webb

By BILL ALEXANDER
Special To The Herald

The sixth annual Cleveland/Rutherford County Senior Games will begin at Gardner-Webb College on Monday, April 23, to run four days. Any persons age 55 or older residing in Cleveland or Rutherford Counties are eligible to participate in the games.

The purpose of Senior Games is to encourage senior adults to remain active and healthy for a long and happy life. The motto is: "Fitness for the fun of it."

The registration fee is \$3 before April 9 and \$4 for those registering after that date. This fee entitles you to participate in as many events as you desire and includes lunch on Monday.

Guest speaker for the opening ceremonies at 1 p.m. Monday, April 23, will be County Commissioner Joe Cabaniss. Dr. Chip Sloan, pastor of First Baptist Church of Kings Mountain, will give the devotional. The public is invited to attend.

Track and field events will be held on Monday morning. These include the 1500 meter walk, 100 meter, 200 meter, 400 meter, 800 meter and 1500 meter runs, bicycle race, spincasting, shotput, discus,

softball, and football throw, standing long jump and running long jump. An added event this year will be the fun walk for all participants at 12:30.

Table tennis and billiards will follow the opening ceremonies in the afternoon.

Tuesday will feature golf at Woodbridge Country Club and tennis at Gardner Webb College.

The events for Wednesday will be croquet at Shelby City Park, swimming at Isothermal Community College, bowling at Major League Lanes, and putt-putt at Cleveland Mall.

Thursday's events will be basketball shoot, horseshoes, shuffleboard, all at Gardner Webb College. Awards ceremony will take place Thursday at 7 p.m. at Cleveland Mall, followed by a reception for all participants at Apple House Cafeteria.

Again this year the Silverarts competition will be offered to allow senior adults to showcase their artistic talent. Categories offered for silverarts will be oil, acrylic, pencil, ink, watercolor, charcoal and pastel.

More than 200 senior adults from Cleveland and Rutherford Counties are expected to participate in Senior Games this year.

The public is invited.

Macanu Bowls 437 Set

Wally Mocanu continued his hot scoring streak of late Tuesday night, bowling a 162 line and 437 set to lead his team to a sweep of Johnny Dye in Mixed Duckpin Bowling League action at Dilling Heating.

Greg Mocanu chipped in with a 125 line and 332 set.

In another match, Lib Gault won three of four from John Dilling. Jack Barrett led the winners with a 141 line and 373 set, Lib Gault added a 122-335 and Bill Parker had a 127-327. Adrian Eastwood had a 111 line and 321 set and John Dilling had a 116 line and 317 set for the losers.



FIRST PLACE WINNERS - Mindy Reynolds, Chip Hasty, Chastity Moss, Anna Goforth and Tabitha Martin, left to right, a newly formed gymnastic team, won first place in the Rising Star competition in Winston-Salem recently. (Not pictured) - Isha Simmons, who won first place in open solo, Angelene Sisk, who won first place in solo clogging, and Andrea Gregory, who won second place in solo clogging.

Call 611 For Phone Repair Service

"611" is the new number Southern Bell customers can call for repair service.

The three-digit number has replaced the seven-digit numbers starting with "780" the company currently uses for service repair.

"The telephone number 611 is much easier for customers to remember than a seven-digit number," said Joseph P. Lacher, North Carolina vice president. "In fact, many customers probably remember that 611 used to be the repair number."

About 10 years ago, Southern Bell began using seven-digit repair numbers in order to handle residential and business customers separately. Special account centers are

now in place to coordinate repairs for large business customers' systems, so the 611 repair number is again being provided for residential and most business customers.

Until new directories are published, customers who dial the old numbers will continue to reach repair service.

Friends



Second graders at Bethware Elementary School recently presented a musical "Friends" at a PTO meeting. The pictures show some of the second graders performing. In the top photos, the group performs. In the photo at right are friends Jessica McDaniel, Brian Thornburg and Angela Earley.

Photos by Mary Plyler

