



SIGN WITH MANATEE - Twins Chad Plonk, left, and Chris Plonk sign athletic scholarships with Manatee Junior College last week at their home in Kings Mountain. Looking on, left to right, are Manatee Coach Tim Hill, the twins' mother Betty Plonk, and KMHS Coach Bruce Clark.

Plonk Twins To Attend Manatee Junior College

Identical twins Chad and Chris Plonk of Kings Mountain have received athletic scholarships to Manatee Junior College in Bradenton, Fla.

The two signed with the JUCO baseball power last week at their home in Kings Mountain. Manatee head coach Tim Hill and KMHS coach Bruce Clark looked on.

The Plonks have been key performers for the Mountaineers in their drive to win back-to-back state 3-A championships. Chris has started for two years at shortstop and Chad was the designated hitter last year and is in the starting pitching rotation this year.

Chad was leading the team in home runs last year before suffering a mid-season injury which kept him out of action for several weeks. He finished with 11 home runs, 30 RBI and a .438 batting average.

Chris hit four home runs and batted .235. It was his home run that

knocked out the seventh inning against Statesville in the Western championship game and put the Mounties in position to win.

This year, Chad is hitting .254 with four home runs and he also has a 7-2 pitching record. Chris is hitting .286 with three home runs.

Hill, who has been to Kings Mountain several times to watch the Plonks play, said he was pleased to sign the two top prospects. Manatee is ranked third in the nation in the junior college ranks and has turned out several major leaguers, including Rick Langford, Glenn Davis, Jody Reed, Hal McRae and Brian McRae. The school has an enrollment of 10,000.

The Plonks will major in business. They said they look forward to playing at Manatee because it offers year-round baseball experience and great weather conditions.

The Plonks are the sons of Betty Plonk and David Plonk, both of Kings Mountain.

King And Court Coming Here

The King and His Court, the world's greatest four-man softball team, will be in Kings Mountain June 16 to play some of Kings Mountain's finest (?). The game will be played at 6 p.m. at Jake Early Park.

Some of the local celebrities who'll face the Strikout King of softball will be Mayor Kyle Smith, Gary Stewart of the Herald, Pat Carter of Clevefont Mills and KMHS Coach Tony Leigh.

Tickets are \$3 in advance and \$4 at the gate for adults and \$2 in advance and \$3 at the gate for children under 12.

For more information, call the Community Center at 734-0449.

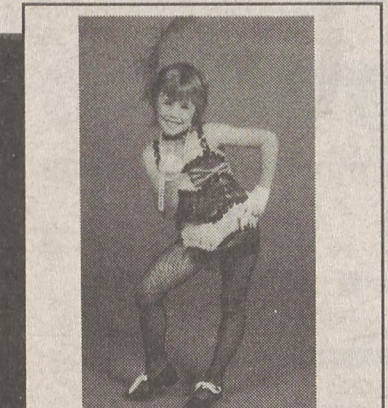
A summer fun camp will run from June 18-22 and June 25-29 at the center. Times are 8:30 a.m.-12:30 p.m. The camp will include classes in drama, art, music, swimming and crafts. A snack will be provided each day. The camp is open to children 8-12 and there is a \$25 fee per child. A \$10 deposit is due upon registration. For information, call 739-9631 or 734-0449.

Coach Dick Cooke of Belmont Abbey will conduct a baseball camp

Swim Classes Set

The Sharks Aquatics Club is beginning several new groups for interested swimmers. These sessions are entitled "Introduction to Competitive Swimming" and will be held at the KMHS pool.

The beginner's group, or Sandsharks, will begin June 5 from 2:30-3:15 and continue on June 6, 7, 8, 11, 12, 13 and 14. Introductory classes will continue for two weeks with four sessions per week. After See Sharks, 4-A



Happy 13th Birthday!
Charity Moss
Love,
Mom, Dad & Kevin

Track

From Page 2-A

lay; Ronnie Yarbrow, 3200 meters and 3200 relay; Diron Bell, 800 relay; Rodney Houser, 800 relay; Andy Hollifield, 3200 relay; Roger Clemons, 3200 relay; Pat Ross, 800 relay; and D.J. Williams, 3200 relay.

John Bumgardner, who coached the Mountaineers to a second place finish in the SWC, was named Co-Coach of the Year with Burney Drake of Shelby.

Two Mountaineers On Tennis Team

Kings Mountain's Jay Hendricks and Scott Layton were named to the All-Southwestern 3-A Conference tennis team for the recently completed season.

Joining them were Nick Elliott of East Rutherford, Nate McGee, Josh Nixon and Brian McKinney of South Point, Brian Rushing of North Gaston, David Schweppe and Andy White of Shelby, Grant Deviney of R-S Central and Kenny McIntire of Burns.

Schweppe was named Player of the Year and Shryll Hansil of South Point was Coach of the Year.

Neet Moore Named To Girls Track Team

Neet Moore was the only Kings Mountain High girls track performer to make the 1990 All-Southwestern 3-A Conference team.

Mikki Robertson of Shelby was player of the year in field events and Charlotte Smith of Shelby and Charlotte McGee of South Point were players of the year in track events.

Chris Norman of Shelby was Coach of the Year.

Goforth, Heavner On All-SWC Golf

Brady Goforth and Matt Heavner of Kings Mountain were named to the 1990 All-Southwestern 3-A Conference golf team.

They joined with Ryan Broadwell and Robbie Wilson to lead the Mountaineers to their fourth straight SWC title and the school's first state 3-A championship.

Others on the team were Matt Clement and Todd Willard of East Rutherford, Chris Green of North Gaston, Rodney Bumgardner of South Point, Michael Beam and Josh Cabaniss of Burns and Chris Hutchins of R-S Central.

Kings Mountain's Dennis Hicks was Coach of the Year and Clement was Player of the Year.



ALL-CONFERENCE IN TRACK - The KMHS track team members pictured above were named to the All-Southwestern 3-A Conference team yesterday. Front row, left to right, Pat Ross, Roger Clemons, Rodney Houser, Mike Byers and D.J. Williams. Back, Greg Beckwith, Andy Hollifield, Diron Bell and Ronnie Yarbrow.

Foursquare Holds Golf Tournament

Mike Hannon, Junior Breakfield, Billy Robinson and Chris Barrett won a scorecard playoff to win the annual Foursquare Gospel Church Captain's Choice golf tournament May 19 at Briar Creek in High Shoals.

Ninety-eight golfers competed in the event which was held to raise money for the building fund.

The winners tied with five other teams with scores of eight under par.

Second place were Danny Payton, Ronald Russell, David Hook and Ralph Humphries. Third were David Harvell, Brad Denton, David Phillips and Tom Hoyle.

Also tied for first were the teams of Blair Costner, Robert Thompson, Steve Warren and Dr. Charles Aldredge; Buddy Waller, Elwood Tomlinson, Todd Henderson and Tim Saylor; and Rev. Oscar Stalcup, John Thomas, Bruce Murray, Larry Simons, Jack Saunders and Steve Buchanan.

Winners in the closest to the hole competition were Mark Peeler, Blair Costner, David Harvell and Bill Lowery.

Congratulations
on your Graduation
Kevin

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Love,
Mom, Dad and Erika

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HEALTH VIEWS

RAGAN HARPER

Running from cancer?

We know that plenty of exercise, like regular running, can lower blood pressure, reduce your risk of heart disease, and keep bones and muscles strong. But now studies point to a link between exercise and reduced cancer risk.

A lower risk of breast cancer in women who were athletes during their college years has been noted. And cancers of the digestive system (including the colon), thyroid, bladder, lungs and blood system were all less common in former athletes.

If it's true that exercise makes our immune systems more active against cancer, let's GO for it!

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