

Seminar leader Judy Byers Ross, Pam Massey and Chamber of Commerce President Ruby Alexander, left to right, are pictured at the second Chamber-sponsored business seminar Monday.

Chamber seminar was successful

Kings Mountain Chamber of ing about something that is causing Commerce will continue to spon- you unnecessary stress, picture a sor seminars of interest to its membership, says President Ruby Alexander.

Alexander said she is pleased with response to the second seminar,"Stress Management," held on Monday at the fire department training room and attended by 15 people.

Judy Byers Ross, Kings Mountain native and Southern Bell staff manager for Human Resources, led the seminar. Ross shared relaxation tapes on how to deal with stress and self tests to define personalities.

"When you find yourself think-

stop sign. Tell yourself "stop it" and force the thought away by be-ginning to think about something better," said Ross.

"Take a walk, take a nap, hug someone, get a massage, work on hobbies, and pray," said Ross, who listed 60 symptoms of stress, the first 10 being headaches, nervousness, unable to get rid of bad thoughts and ideas, faintness or dizziness, loss of pleasure, feeling critical of others, bad dreams, difficulty in speaking when excited, trouble remembering things, and worried about sloppiness or care-

"You don't have to be down and

stressed out. Count your assets. When you list them your goals are much more attainable and that's uplifting," said Ross.

Pam Massey, manager of corporate/external affairs for Southern Bell, helped arrange both the stress and telephone etiquette seminars. "I am highly pleased with attendance at both seminars and hope we will be able to work with the Chamber on more seminars of interest to the membership," she said.

Alexander said the Chamber will start surveying its members on topics they want to see included in future programs.

Cleveland County receives grant

Secretary of State Rufus L. Edmisten announced today the award of a \$2,500 grant for Cleveland County to upgrade its land records management systems.

The money is part of a comprehensive effort by counties across North Carolina to modernize their land records.

"These funds are being made available for a multitude of reasons," Edmisten said. "Some counties need better computers. Some counties just need computers - period. Some need to begin aerial mapping of their county."

Cleveland County will use its grant to continue a comprehensive mapping program.

"We just wish there were more funds to go around," Edmisten said. "These are all worthy projects, but this is a very tight budget year and taxpayers are feeling the burden as it is. We received almost \$4 million in requests and barely 10 percent of that became available to distribute."

The funds are being administered through the Secretary of State's Land Records Management Division. Since 1977, the Division has provided technical and financial assistance to counties for help in converting local land records to modern systems.

North Carolina is the first state to offer this service to counties.

Some counties need more help than we can provide at this time," Edmisten said. "They are barely out of the quill and ink-well era and businesses that need their help are moving into the 21st Century.'

Other funds administered by the Secretary of State's Office are used

for such projects as acrial mapping and the upgrading or original installation of computer systems. Such improvements can help in recruiting new businesses, preparing construction sites, directing 911 emergency services and other facilities for citizens.

The Secretary of State's grants are matched one-to-one with local funds to assist realtors and local officials in site planning for industries and businesses.

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During National School Lunch Week at Bethware School the students and staff were served the Universal Meal, turkey and dressing with choices of vegetables. The cafeteria staff dressed in "Out of the World" costume are, standing, Katherine Willis, Louise Kale, Myrtha Philbeck, Debbie Sizemore, seated, Betty Alexander, manager, Frances Leonard, and Linda Carpenter.

Kings Mountain Weather Report

(Compiled by Kenneth Kitzmiller)

	Oct. 14-20	Last Year
Total precipitation	0	.10
Maximum one day	0	.10 (16th)
Year to date	48.27	43.36
Minimum temperature	34 (18th, 19th)	38 (17th)
Maximum temperature	80 (14th)	82 (19th)
Average temperature	57.0	58.1
Frost	Oct. 18th	
A I OOL		

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