

National Heart Month



Your heart will feel
Secure with your
investments at:



125 South Battleground Ave., Kings Mountain

IRON HORSE • PARKPRE

Schanewolf's

Cycle Sport

Racing Pants, Jerseys, Gloves, Helmets

We carry a full line of Mountain Bikes & BMX Bikes

WE DON'T JUST SELL BIKES, WE RACE 'EM!

Roller Blades • Hockey Equipment • Skate Boards

125 W. Marion Street, Shelby, NC
704-484-0008

SONIC • BLACK WIDOW • ODYSSEY **ANSWER • J.T. • PROFILE • TIOGA** **HARO • REDLINE • BALANCE**

NEW!

DO YOU NEED? HEALTH INSURANCE
For Individuals • Small & Large Business • Benefits
Include Low Cost Premiums • \$10.00 & \$15.00 Co-Pay
Doctor Visit • \$20.00 Prescription Drug Card • \$5,000 Life Insurance • \$25,000 Accidental Death

FIRST KINGS MOUNTAIN INSURANCE AGENCY
A subsidiary of: First Carolina Federal Savings Bank

Allen Martin
Director of Financial Services

Also Compare our Medicare Supplement Policies Plan F: age 65 Only \$58.86 per mo.

300 West Mountain St. Kings Mountain: 739-4781
PO Box 746 Gastonia: 865-1111
Kings Mountain, NC 28086 Shelby: 484-0222

The Perfect Tan

10 Minute Beds

Country Settings

Tanning Hours: Mon.-Thurs. 8:30 am - 8:30 pm, Fri. & Sat 7:30 - 2:30 pm

204 Brook Road • Kings Mountain
(704) 739-9142

Janice Phifer, Owner

15 sessions '40, 20 sessions '45
SPECIAL 1 mo. unlimited '50

FINALLY AN IMPROVEMENT THAT DIDN'T COME FROM THE ENGINEERING DEPARTMENT.

LOWEST PRICE EVER. **\$349⁰⁰**

\$0 Down
See dealer for details.

14SB Walk-Behind Mower
Self-propelled. Blade-brake clutch.
5.5-hp, 4-cycle engine
21-inch cutting width.
2.5-bushel bag standard.

HAMRICK LAWN & GARDEN
615 Post Road • Shelby, NC
482-6222

AMERICAN HEART MONTH

Keep your heart healthy with regular check-ups with your doctor. Keep your Savings healthy with a regular visit to:

First Carolina Federal Savings Bank

Member FDIC

1238 E. Dixon Blvd. Shelby 484-0222

300 W. Mountain Street Kings Mountain 739-4781

529 S. New Hope Rd. Gastonia 865-1111

YOU CAN BEAT YOUR WEIGHT PROBLEM

Our professional counselors know what it takes to help you reach your weight loss goal. You will receive one-on-one counseling each time you visit our clinic. Our dynamic weight loss program is physician approved and will make you a slimmer, healthier person with no shots, no pills. Won't you let us help you, help yourself?

65% OFF any weight loss program

Dynamatrix
MEDICAL WEIGHT LOSS CLINIC

"The Nation's Most Dynamic Weight Loss Program"

1920 East Marion Street • Shelby • 481-0295

Belk All For You! **Deeper Discounts!**

SAVINGS BLOW-OUT

LOOK FOR THE SIGNS!

Take an **EXTRA 40% OFF** the lowest ticketed price!

Take an **EXTRA 40% off** the lowest ticketed price of selected already reduced merchandise throughout the store where you see the signs for a **TOTAL SAVINGS of 50% to 70% off!**

ORIGINAL PRICE.....25.00
SALE PRICE.....12.50
LESS 40%.....-5.00
YOU PAY.....7.50

Belk EXAMPLE OF SAVINGS

Take Your Training in a New Direction...Laterally!

\$25 per month

Try our **NEW Nautilus®** equipment, featuring the **Nautilus® Skate Machine!**

We have Exercise Equipment - Tanning Beds - Hair Care & Nail Care

Hours:
Mon.-Thurs. 8:30am-8:30pm
Fri. & Sat. 7:30am-2:30pm

Country Settings Salon + Nautilus
204 Brook Rd., Kings Mountain, NC 28086
704-739-9142

Nautilus

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The Nautilus® Skate Machine is the only non-impact, fun cardiovascular machine that offers lateral movement. It works important muscle groups neglected by other cardiovascular machines. Traditional cardiovascular exercise machines like stairclimbers, stationary bikes, and treadmills involve only linear movement...from front to back or up and down. In contrast, lateral motion tones the hips, and thighs while providing an excellent cardiovascular workout. If you want to look and feel your best, join now and enjoy the latest Nautilus exercise equipment. We'll customize a workout program to meet your individual fitness level and needs. Follow the program three times a week, and you'll be surprised at the quick results! Call now for a FREE personal consultation and visit.