

Opinion

BOB McRAE



Superintendent
Kings Mountain Schools

Vocational changes necessary

Many of you have probably noticed several changes in our high school's vocational department this year. We have ceased to operate programs in auto mechanics and cosmetology and have added a program in health occupations. In today's column I want to explain the rationale behind each of these decisions.

Both the auto mechanics program and the cosmetology program served our students and our community well for quite a few years. While the decisions to discontinue these programs involved some of the same reasons, there was also some uniqueness to each individual decision.

For some time our enrollment in auto mechanics had been waning. When you consider that one of the purposes of high school vocational courses is to prepare students for work, it was evident that we were not meeting the test. Few of our students were completing the auto mechanics curriculum. Fewer were actually going to work in the field.

The situation in regards to continuing auto mechanics was also complicated by the ever increasing cost of operating an up to date program. So much of auto mechanics work today is related to expensive technological innovations which we simply could not afford to provide. It makes little sense to teach a course which should prepare students for working in the field when the proper equipment could not be made available. This fact, coupled with the fact that enrollment was declining, led to the elimination of auto mechanics. Since it was also a time when our teacher was retiring, it made the choice even easier.

We have been concerned about declining enrollments in cosmetology as well. When registration was done at Kings Mountain High School this past spring, we had a small group wanting cosmetology. In fact it was so small that we pled with the Department of Public Instruction in Raleigh to allow us special permission for one year to adjust our curriculum so as to boost the enrollment to a large enough number to justify offering it. At that time we realized we likely might not have enough students next year to justify offering the course again.

When our cosmetology instructor resigned to accept another position during the summer, we had to face the decision of trying to find someone to teach the course for one year or disbanding now. Since we only have had six students leave our program and go to work in cosmetology in the last three years and since we did not have a teacher employed, we made the difficult decision to go ahead and disband this year.

We have worked with Cleveland Community College to provide an opportunity for our current twelfth graders to complete their work towards cosmetology certification. While I feel especially bad for them and for the many senior citizens who visited our cosmetology lab as patrons, I do not think the existing situation in regards to our program justified continuation.

We do not want to simply reduce our vocational offerings. In fact we surveyed high school students in recent years to determine what new courses might attract them. Results of those surveys along with knowledge of job opportunities in our area led to beginning a new offering in health occupations this year. We are working closely with Kings Mountain Hospital to assure that students in future years of the program have quality field bases experiences to enhance their learning.

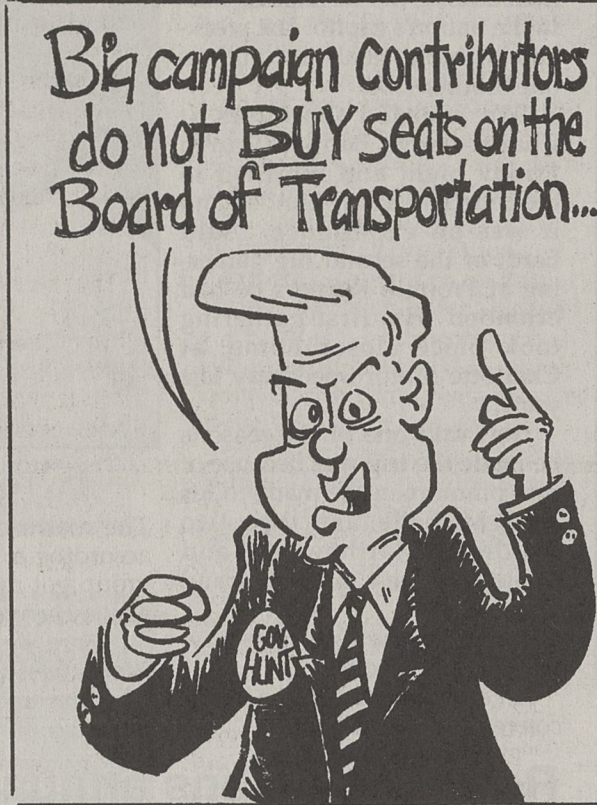
Change is difficult. Dropping two programs which had previously been popular was not a fun decision. Fortunately, we were able to do so when circumstances did not require anyone losing a job. Nevertheless, we still struggled with the decisions.

We hope to add another vocational program in the future, perhaps next year. We will again try to listen to the students and add something that not only offers good potential for employment but also attracts their interest.

The job market changes so rapidly in today's society that we must be very particular about such decisions. Many jobs in which our students will work in their adult lives are not even out there yet. Our vocational program must be flexible and up to date. That is the challenge we will try to manage in the years ahead.

Thank you for your support of these courses in the past and for what I am sure will be your continuing support in the future.

Cartoonitorial



Diabetes Mellitus in adults

Diabetes mellitus in adults (Type 2) is one of the chronic diseases that afflict some of us as we get older. This results from poor handling of glucose by the body. It speeds up the aging process because of its effects on the metabolism and its complications all over the body. Diabetes cannot be cured in most cases. Thankfully, recent research has provided us with the ability to control it with diet, exercise and combinations of medications. Thus one can live into one's 90s without significant long term complications and limitations.

It affects 10 to 15 million people in the United States, most of whom are diagnosed after years with the disease. In my practice a lot of people are diagnosed after going for months to years with uncontrollable thirst and drinking of fluids (polydipsia), frequent urination (polyuria), weight loss, loss of energy, blurred vision, poor sex life and other nonspecific complaints. Because of this delay a quarter of the people diagnosed with diabetes will have early complications of the disease. Effective treatment of this disease is to prevent, delay or reverse future complications.

One's risk of getting type 2 diabetes is partly genetic and partly lifestyle. This is preceded by poor handling of glucose resulting in high blood glucose. This leads to increased secretion of insulin to handle the high blood glucose. Over time the body becomes less sensitive to the high levels of insulin (insulin resistance) and the blood glucose rises. This is especially common in people with upper body obesity, high cholesterol, hypertension and atherosclerosis. Insulin is produced in the pancreas. Overstimulation with time leads to the failure of the insulin producing cells and this worsens type 2 diabetes.


Glucose is important in the body's metabolism. The effects of high blood glucose is widespread, thus the generalized complications of diabetes.

■ Large blood vessels - It increases the risks for early painless heart attack, sudden cardiac death, strokes, poor circulation and gangrene and loss of the fingers, toes, arms, feet and legs.

■ Small blood vessels - Progressive damage here leads to poor vision and ultimately blindness, kidney leakage of protein and ultimately kidney failure and the need for dialysis, nerve damage leading to numbness, pins and needles or burning sensation in the hands and feet with the risk of injuries, poor erection and thus a poor sex life, bladder and urinary dysfunction, fullness in the stomach and nausea, diarrhea and dizziness.

The aim of treatment is to bring the blood glucose as closely to normal as possible. This is to control the symptoms and prevent early and long term complications. This goal is achieved with diabetes education, diet, exercise, weight loss and

HEALTH



DR. CHRISTIAN ANDERSON
ER Physician, KM Hospital
Internist, KM Walk-In Clinic

various combinations of medications. Moderate aerobic exercise for 30-45 minutes three to five times a week with the correct warm up and cool down periods combined with a low fat/cholesterol diet containing complex carbohydrates though difficult leads to weight loss, increases the body's sensitivity to insulin and helps to reduce blood glucose.

The different classes of diabetes medicines work on different points of glucose metabolism. Patients may later become less responsive to one medicine or the other and they may need to be switched to other combination of medicines.

Diabinese, Micronase, Diabeta, Glynase, Gluctrol and Amaryl work to stimulate insulin secretion. Metformin (Glucophage) works to reduce insulin resistance. Acarbose (Precose) delays the digestion and absorption of carbohydrates by blocking the intestinal enzymes needed for the digestion. It is taken with meals.

Troglitazone (Rezulin) recently cleared by the FDA acts by increasing sensitivity to insulin.

Insulin is needed in new patients with very high blood glucose, in established patients with very high blood glucose and in patients in whom the pills alone have failed. Newer treatments are on the horizon in the research pipeline.

Diabetes may coexist with other chronic diseases like arthritis, heart failure, peptic ulcer, breathing problems, anxiety and depression. These and their medications will complicate the treatment of diabetes. It is thus important to let your primary care doctor/provider and the specialists know all the treatments you are on.

Modern choices in the treatment of diabetes provides the opportunity for a highly motivated person with diabetes to have a great quality of life throughout one's adult life.

TODAY'S BIBLE VERSE

"For now we see in a mirror, dimly, but then face to face. Now I know in part, but then I shall know just as I also am known.
"And now abide faith, hope, love, these three; but the greatest of these is love."

-I Corinthians 13:12-13

Your Right to Say It

Thanks for generosity

To the editor:

Dear friends, thank you for the generosity shown during our time of need. We would like for you to know that we thank the Lord for people like yourself who would give so much of your time, prayers, and money to someone a lot of you only meet on the street or did not know.

I would like to especially thank Mr. Carl Champion and the employees of Champion Contracting Company, our retired Chief of Police Bob Hayes, Chief Richard Reynolds, and the entire Kings Mountain Police Department for all of the support shown.

The staff of the Kings Mountain Herald has been instrumental in getting the story of my plight out. I thank each of them from the bottom of my heart.

I know from this experience that God answers prayers and I know that a lot of you either prayed or gave a donation or played golf and at some point and time you just whispered a soft word. This was all in the spirit of love.

God will bless each of you in a very special way. Please accept my heartfelt appreciation from my family and myself and keep us in your prayers daily.

Thank you.

Jerry and Tammy Tessneer and family

Needs information on N.C.

To the editor:

We are doing state research reports in my class and I will be reporting on North Carolina. The reports are due in November and cover topics such as history, economy, education and culture. I am hoping some of the members of your community would write to me and tell me about their experiences, traditions, and some history or details about their life in North Carolina.

I live in Southern California and am sure many things about North Carolina are different from where I live. Also, if any of the citizens find time to reply it would be great if they would enclose a copy of my letter.

Thank you so much for taking time for my request and any information would be most appreciated.

Shelby Parrott
St. John's Episcopal School
30382 Via Con Dios
Rancho Santa Margarita, CA 92688

Joe King is a man of integrity

To the editor:

I am pleased to write a letter of support for Mr. Joe King, whom I have found to have admirable leadership qualities. I am a vascular surgeon in the Kings Mountain and Gastonia area, and my firsthand experience with Mr. King revealed a man of greater integrity who not only has shown great honesty, but has performed difficult tasks with extreme diligence.

Augustine R. Eze, M.D.

HERALD LETTER POLICY

The Herald welcomes your letters to the editor for publication in each Thursday's paper. We ask that you use the following guidelines:

Keep letters brief and to the point. Letters in excess of 600 words will not be published. Type and double space them, if possible; if not, write legibly. Letters must be signed in ink and include the full name, address and telephone number of the author.

The Herald reserves the right to edit letters for spelling, good taste, libelous statements or any other reason; and the Herald reserves the right to reject letters for any reason.

Mail letters to the Editor, P.O. Box 769, Kings Mountain, NC 28086; fax them to (704) 739-0611; or bring them to the Herald office on East King Street at Canterbury Road.

Sidewalk Survey

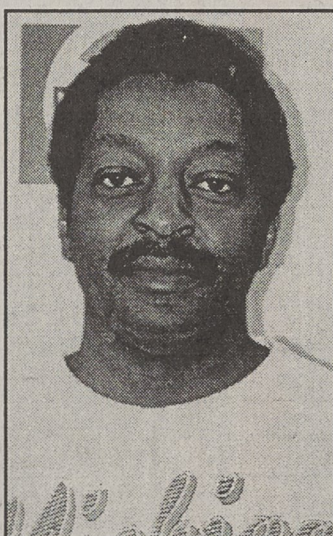
• By Lib Stewart

What's your favorite Fall TV show?



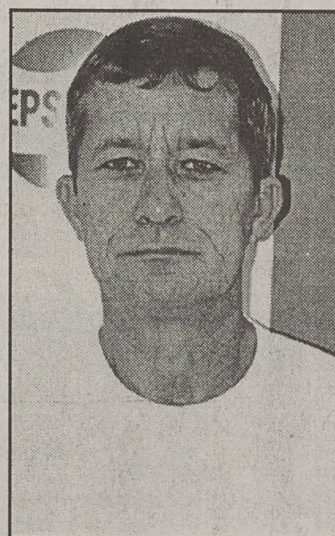
LEANNE DEVINEY
Police Dispatcher

"I like 'Diagnosis Murder' and now that it's on five nights a week on Family Channel I can enjoy Dick Van Dyke more."



BRUCE E. ROSEBORO
Kings Mountain

"I watch all the football games on the tube and love it. The more the better."



BOBBY RATHBONE
Kings Mountain

"I like the Andy Griffin Show because it's good, clean entertainment."



SHIRLEY PAYNE
Secretary

"Touched By An Angel" is my favorite because it's based on what I believe in and is enlightening and takes away the bad stuff."



MYRTLE BOLTON
Homemaker

"I like mysteries and detectives stories so one of my big favorites is 'Law and Order.'"

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