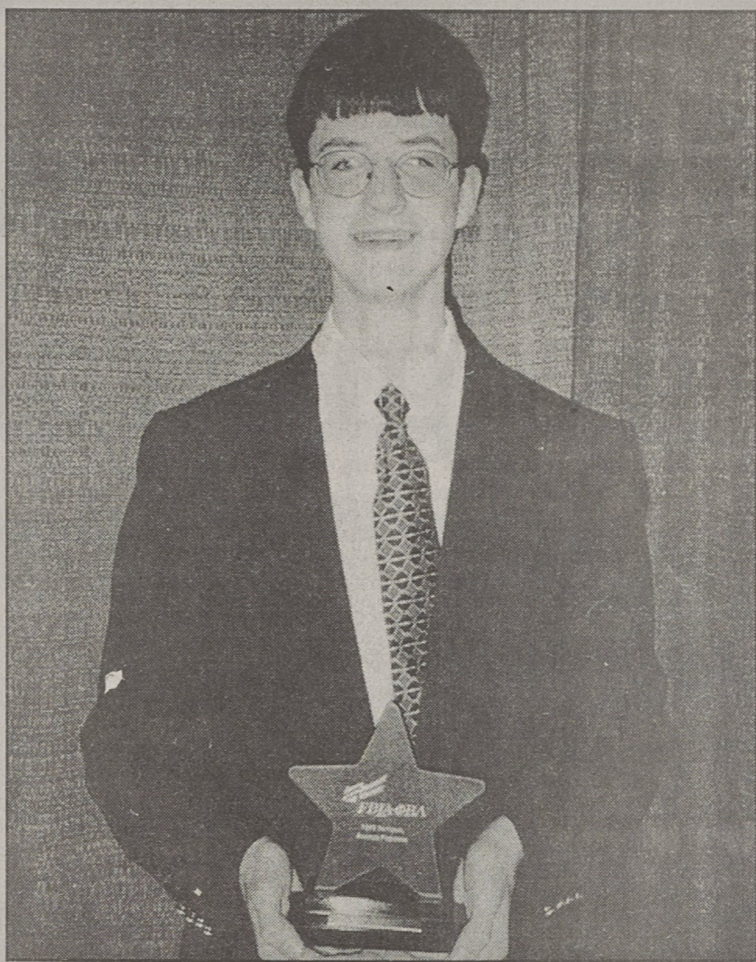


KM's Hall wins national contest

Adam Hall, a rising junior at Kings Mountain High School, and son of Ricky and Lisa Hall of Kings Mountain, won first place in the Computer Applications event at the 1999 Future Business Leaders of America (FBLA) National Leadership Conference held in Chicago June 29-July 2. The competition was part of a four-day program for FBLA-PBL members from across the United States and Puerto Rico. In order to qualify for the national event, Adam first had to win at the regional competition which was held in Kings Mountain, and then at the state competition which was held in Greensboro. Adam is the first KMHS-FBLA student to qualify for national competition. While in Chicago, Adam was

able to visit the Museum of Science and Industry and the Sears Tower. Adam was accompanied to Chicago by FBLA advisors Kathy Goforth and Robin Spicer. "We are very proud of Adam's accomplishments this year with FBLA," said Mrs. Goforth, his computer applications teacher. For more than 55 years, FBLA-PBL, Inc. has helped high school, middle level, and post-secondary students successfully make the school-to-career transition. FBLA-PBL produces results in character, leadership, good citizenship, financial management skills, and marketing knowledge. Each year more than 230,000 students are gaining ability today for their personal and professional development for tomorrow.



ADAM HALL

Roper is Page in N.C. Senate

Justin Roper of Kings Mountain recently served with distinction as a Page in the North Carolina Senate. Roper served for Senator Walter Dalton of Rutherfordton. Roper, 14, is a rising sophomore at Kings Mountain High School where he is active in the Student Participation Organization and band. He is an honor student and was listed in Who's Who Among American High School Students.



ROPER

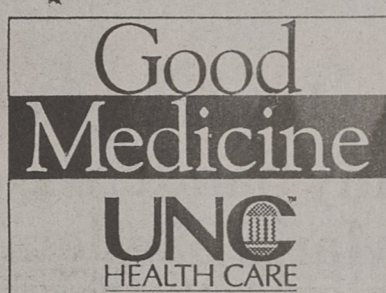
He is active in First Baptist Church where he is a member of the youth group and orchestra. He plays baseball in the Kings Mountain Parks and Recreation Department league. He is the son of Tammy and Keith Roper of Kings Mountain,

and has a brother, 7-year-old Ethan Roper. Grandparents are Junior and Betty Roper and Carol Bledsoe, all of Kings Mountain. Great-grandmother is Mammie Roper. Roper is active in the Shelby Unit of the Civil Air Patrol and at the time of his duties in Raleigh held the rank of Cadet Airman First Class. Marc Basnight, Senate President Pro Tempore, said Roper "served with honor and distinction" in the Senate where he attended meetings of the General Assembly in which bills were being introduced and passed. He also performed clerk duties and attended all the committee meetings that Senator Dalton was involved in. He was also commended by Richard H. Moore, Secretary of the North Carolina Department of Crime Control and Public Safety, for representing the Civil Air Patrol in the Senate. Of the 22 students chosen, Roper was one of only two high school freshmen.

Pros and cons of prostate screening

By DR. EVAN ASHKIN
UNC Health Care

When it comes to screening for and treating prostate cancer, there are a number of unresolved controversies. There would be no controversy if prostate cancer detection and treatment were similar to that of breast cancer. With breast cancer, we can reliably detect early disease, and that earlier detection leads to earlier treatment. Fast discovery and response, in turn, saves lives and can preserve breast tissue. Not so with prostate cancer, according to some experts. The screening tests, most notably the PSA (Prostate Specific Antigen) are considered unreliable by some physicians and researchers, and it is uncertain whether early treatment improves survival. The National Cancer Institute, the American College of Physicians, the



American College of Preventive Medicine and the United States Preventive Services Task Force do not recommend screening for prostate cancer. Screening for a disease is only worthwhile if we know that the screening will result in early detection and that earlier treatment will improve a patient's chance for survival. One of the main controversies in prostate cancer screening is that we do not have enough data to show that early treatment actually lowers mortality rates. It is possible that many de-

tected cancers would never have caused a problem for the patient, as the majority of prostate cancers grow slowly, and men with those cancers usually die from another cause. The downside to finding and treating those cancers is that it is expensive, causes worry and anxiety for patients and their families, and can result in impotence and urinary incontinence. This is a high price to pay when the cancer may have never caused a problem. Also, some medical experts believe aggressive prostate cancer does not respond well to treatment. And if physicians detect and treat it early, the disease can still prove fatal. Even if we believed that screening for prostate cancer should be done, is the PSA an adequate test? Unfortunately, the answer may be no. The PSA fails to detect cancer in up to 25

percent of men who have the disease, and thus, are falsely reassured. The test also has a high false positive rate - which indicates there may be cancer when, in fact, none exists - resulting in unnecessary biopsies. As more information becomes available, tests become more sensitive and specific, and our methods improve for rating prostate cancers as aggressive or non-aggressive, routine screening may become widely recommended. Meanwhile, men over 50 or with a family history of prostate cancer should talk with their physicians about the pros and cons of screening for this disease. Evan Ashkin, M.D., is an assistant clinical professor at the UNC-Chapel Hill School of Medicine and a family practice physician at Highgate Family Medical Center in Durham.

Pat Anderson wins Phoebe Cobb Award

Pat Anderson was the first annual recipient of the Phoebe Cobb literary award at Cleveland Community College's Student Government Association Awards Night presentation. Phoebe Cobb is the pseudonym that Anderson uses for her writings. In 1998, she participated in a North Carolina Arts Council Grassroots project entitled



ANDERSON

Women Writers II. As a participant, she was to read from her work and eventually publish her work in a chapbook. Anderson's commitment to the book grew beyond the grant and she went on to publish a book of poetry entitled Heart Leaves in April of 1999. Anderson is employed at CCC as Secretary to the President. She has been employed at the College since 1981. The SGA officers voted to name the annual outstanding literary achievement award the Phoebe Cobb Literary Award in Anderson's honor.

Leaves of three, let it be; it's poison

One of life's worst torments is to be covered with poison ivy or poison oak blisters. An allergic reaction to the oil of these plants, the itching and blistering that comes from contact with poison ivy or poison oak is aggravating at best, and can be downright dangerous if the eyes or other delicate tissues are affected. The ingredient in poison ivy and oak that causes all the trouble is Urushiol. Entering the skin through contact, Urushiol reacts with proteins to create the allergic reaction that causes the blisters and itching familiar to so many sufferers.

An extremely tenacious substance, Urushiol is found not only in the leaves of poison ivy, oak, and sumac, but also in the roots, stems, and berries. Once an object comes into contact with Urushiol, the oil remains potent for an extended period of time. Everything from tool handles to clothing that has come in contact with Urushiol makes a potential poison ivy trap for those allergic to it. One of the worst poison ivy scenarios involves burning the vines in winter under the assumption that, since the leaves are gone, then the poison ivy

must be harmless. Nothing could be further from the truth. Urushiol borne on smoke then breathed in can lead to serious problems. Learning to recognize poison ivy, poison oak, and sumac is the first step in avoiding the problems these plants cause. Don't just rely on that old rhyme, "leaves of three, let me be." Some species can have five or more leaves. A good plant field guide and actual spotting in the outdoors is the best way to learn what not to touch on your next outing. Contact with Urushiol usually manifests itself within 24 to 36 hours. Once those dreadful little blisters appear, the torment must generally run its course over a ten day to two week period. The popularly held belief that fluid from blisters causes the affliction to spread is not true. The thickness of different skin areas on the body means that the blisters erupt at different times. Treatment for the poison ivy misery runs the gamut from a visit to the dermatologist to home remedies made with lawn weeds. Over the counter

medicines such as topical cortisone cream and calamine lotion provide only temporary relief. Herbal cures such as plantain and jewelweed have been proven ineffective. The best treatments in the fight against poison ivy and poison oak woe are prescription corticosteroids such as prednisone. A little bit of common sense and preventive measures can lessen your chances of being affected by poison ivy and oak. Before going out into areas where the plants might be lurking, be sure you can identify them. Wearing long sleeve shirts and pants might be hot in the summer, but that discomfort is nothing compared to what your arms and legs will feel like covered with oozing blisters. New on the market are creams that provide a barrier against Urushiol. These products should be applied at least 15 minutes before going out. Hot weather means that poison ivy season is in full swing. With some education and caution, there's no reason this summer should turn out to be the one remembered for all the scratching that took place.

Local students receive Gaston College scholarships

The Gaston College Foundation recently awarded over \$83,000 in scholarship assistance to some 114 students for the fall semester. The awards ranged from \$250 to some \$2,750, and are made possible through the support of area individuals, corporations, and foundations. Students who received scholarships include the following: Pearl Dixon Balthis Foundation Scholarship, Rachel Carmen Ellis, Shelby; Virginia Brandon

Endowed Scholarship, Patricia Queen, Kings Mountain; Dr. Helen Carter Memorial (Pilot Club) Scholarship, Miranda Smith, Kings Mountain; First Gaston Foundation Liberal Arts and Sciences Endowment Scholarship, Angela Laws, Waco; Don Walser Family Endowment Scholarship, Angela Michelle Ross, Shelby; Mother Bernice Wilson Nursing Scholarship, Stephanie Chisholm, Kings Mountain.

Area students make UNCC Dean's List

The University of North Carolina at Charlotte recently announced its Chancellor's and Dean's List for the spring 1999 semester. Students from Cleveland County who were on the UNCC Amber Tate makes Converse dean's list

Dean's List included: Sevang Dishakjian, Shelby; Mark Beam, Shelby; Brian Canipe, Lattimore; Marc Clough, Shelby; Michael Haynes, Lawndale; Julie Janda, Shelby; Melia Greene, Shelby; John Ledford, Grover.

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