





# PIGSKIN PICKERS

 Gary Stewart (12-3, 92-43)	 Dwight Frady (12-3, 93-42)	 Todd Hagans (12-3, 96-39)	 Ronald Kiser (9-6, 92-43)
Crest over E. Burke	Crest	Crest	Crest
Olympic over E. Gast.	East Gaston	East Gaston	East Gaston
Ashbrook over W. Meck	Ashbrook	Ashbrook	Ashbrook
Vance over Huss	Vance	Vance	Vance
Maiden over B.City	Maiden	Maiden	Maiden
Shelby over Chase	Shelby	Shelby	Shelby
Burns over RS Centr.	Burns	Burns	Burns
N. Gaston over E. Rut.	East Rutherford	East Rutherford	North Gaston
KM over S. Point	South Point	Kings Mountain	South Point
GA Tech over State	GA Tech	GA Tech	GA Tech
Clemson over Wake	Clemson	Clemson	Wake Forest
Maryland over Duke	Maryland	Maryland	Maryland
FSU over Virginia	Florida State	Florida State	Florida State
UNC over Furman	UNC	UNC	UNC
ECU over Houston	East Carolina	East Carolina	Houston

## YMCA begins membership drive, plans for January 1, 2000 opening

The Kings Mountain Family YMCA will take an important step in its history next week. The YMCA will officially begin selling memberships for the fitness center, which will open on January 1, 2000.



**David Ozmore**

KM YMCA

routine can add energy and shed pounds, not to mention improve your self-esteem. Treadmills, cross trainers, recumbent bikes, upright bikes and stair climbers will be available to all members to use under the supervision of trained staff. Weight training equipment will also be available in free weights, modular weight machines and selectorized equipment.

YMCA staff will give free orientations to all members on the correct use of each machine. The YMCA will provide a nutritional analysis, periodic blood pressure screenings, cholesterol checks and overall health education. The goal is to try to improve your quality of life through a balanced, healthy lifestyle. Exercise needs to be a part of everyone's lifestyle.

There are a lot of "extras" available to YMCA members. Free aerobics classes will be offered daily, free water and aerobics classes are offered three times a week, and free nursery care will be available to each member as they work out. Members will also receive reduced prices on all programs,

including youth sports, swim lessons, summer camp and future after school programs. The YMCA is also able to offer these services at great prices. The partnership with the City of Kings Mountain allows the fee to stay low. Residents of Kings Mountain will only pay \$30 per month for a family membership or \$25 per month for a single adult. Seniors will pay just \$20 per month and students will only pay \$5 per month.

The YMCA Board of Directors conducted a survey of the 10 regional YMCAs and found that the average family membership is just over \$44 per month. Non-residents families will join for \$40 per month, single adults for \$30 per month, seniors for \$25 and students for \$10 per month.

The goal of the YMCA is to provide programs and services for the residents of Kings Mountain and the surrounding area, and to promote the development of each person's spirit, mind and body. Providing programs for the entire family while challenging each person individually will remain the focus of YMCA staff and volunteers.

## Mounties tune up for playoffs with win over West Charlotte

By J CHAPMAN

No matter how hard they try, West Charlotte's Lions cannot master the Kings Mountain High School volleyball team.

For the third time this year, the Lady Mountaineers defeated the Lions in a four-team match Thursday at Providence High School in Charlotte.

The Mountaineers looked sloppy coming into the first game, however they did play well enough to win 15-12. West Charlotte came back strong and withstood a KM rally to win the second game 15-10, but in the third game of rally scoring the Mountaineers again proved too much and rolled to a 15-9 win.

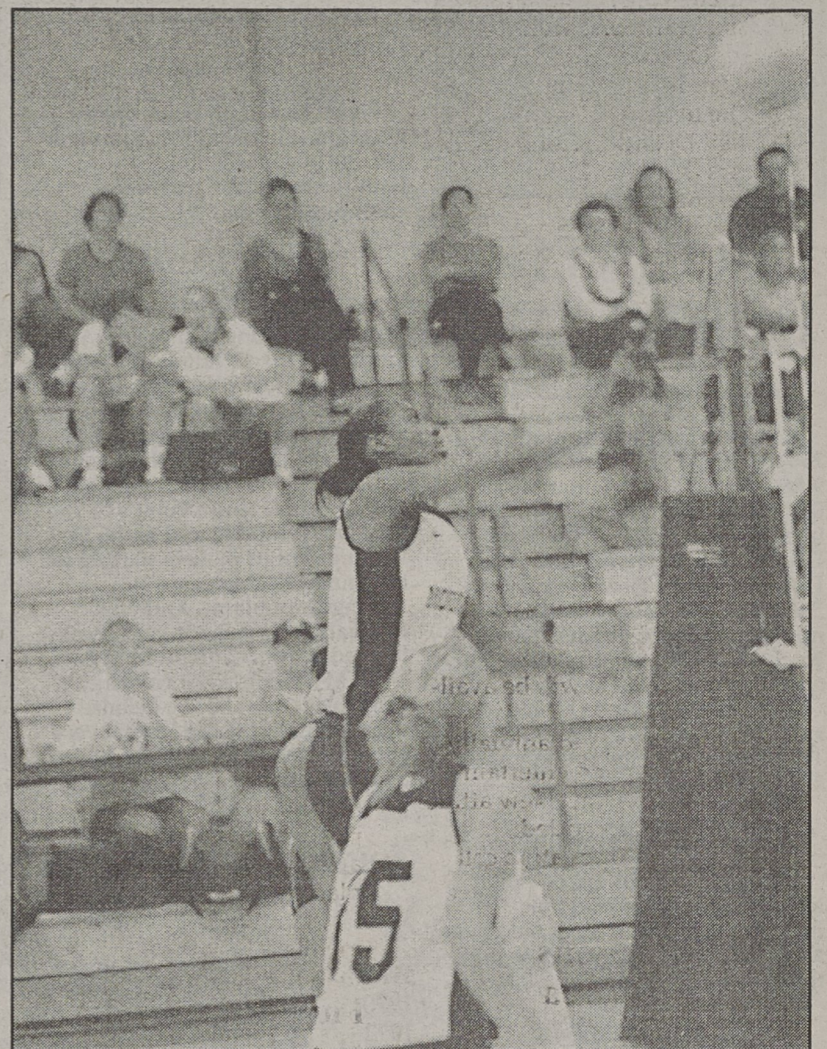
Csherman Coleman had 14 hits and one kill in the three games, and Shonda Cole had 12 hits, including four kills. Kristin Hardin had 22 hits and two kills.

As a team, the Mountaineers had 88 digs and 12 blocks.

"We didn't move our feet well at all," said KM Coach Susie Hughes. "We stayed on our heels and played lazily."

In the second match, the Mountaineers lost to a strong 4A Providence team, 9-15, 15-11, 15-9.

After the tri-match, Coach Hughes showed the video of the games to the players to point out their mistakes. "They saw what we were trying to tell them," Hughes said. "They actually got to see themselves rocking back on their heels and that helped them to realize what they have to do to fix it. We had two really good practices and we are moving a lot



**GARY STEWART / THE HERALD**  
Shonda Cole helped lead Kings Mountain High's volleyball team to victory over West Charlotte Thursday, and leads the team into the state 3A playoffs this week.

better now."

The Mountaineers were scheduled to open defense of their state 3A championship Tuesday night at home with a first round state playoff game

against Central Davidson. The winner advances to a second round contest Thursday night at home against the winner of the North Davidson-Northwest Cabarrus match.

## KMHS wins playoff opener

Kings Mountain High's women's volleyball team opened defense of its state championship with an impressive 15-5, 15-7, 15-5 win over Central Davidson in the opening round of the state 3A playoffs Tuesday night at the KMHS gym.

The win moves the Mountaineers into a second round matchup Thursday night against the winner of the North Davidson-Northwest Cabarrus game.

Susie Hughes' ladies took control early and never let up in running their overall record to 22-5.

Freshman Shonda Cole played strong along the nets, along with senior Csherman Coleman and sophomores Carrie Brinkley and Kristin Hardin. "We pretty much came out and did what we wanted to do - to take control of the match," Hughes said.

"Csherman didn't start on the front row, so we wanted to make sure we took control of the net, and Cole and Hardin did a good job for us."

Cole had nine blocks and nine kills, and Hardin had eight kills and did a good job serving.

"Shonda, Kristin, Csherman and Carrie pretty much controlled the match for us," Hughes said. "When Shonda wasn't attacking, Carrie was dinking. Kristin stepped up and played very well, and that helps when we don't have Csherman's arm on the front row. Csherman as usual played her normal hammer-armed self. She put quite a few kills down."

Winning their opening round match gave the young Mountaineers confidence that they can make another run for the state crown.

"We're excited. That was fun," Hughes said. "We have a match under our belt. We just have to keep improving on what we're doing."

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