

# Curves for Women

New ladies only fitness center opens in downtown KM

BY ALAN HODGE  
Staff Writer

A new fitness center just for the ladies has made Kings Mountain its home. Located at 233 S. Battleground Avenue, Curves For Women will be operated by Kings Mountain residents Trena Gardner and Judy Haney. The center will feature the exclusive QuickFit program developed especially for women who want to achieve great fitness results in a non-competitive atmosphere.

"We want the ladies who come to Curves For Women to feel comfortable about the center's environment," said Gardner. "The center and program are for the average woman who wants to improve their fitness without feeling like they have to look like a Hollywood star."

Curves For Women is one of the nation's fastest growing franchises. In the three years or so since Curves For Women



Trena Gardner and Judy Haney will be operating the new Curves For Women fitness center in Kings Mountain. Located at 233 S. Battleground Avenue, the center will feature the QuickFit Exercise System.

went nationwide, they have opened one franchise for every ten McDonald's in America. The franchise has surpassed

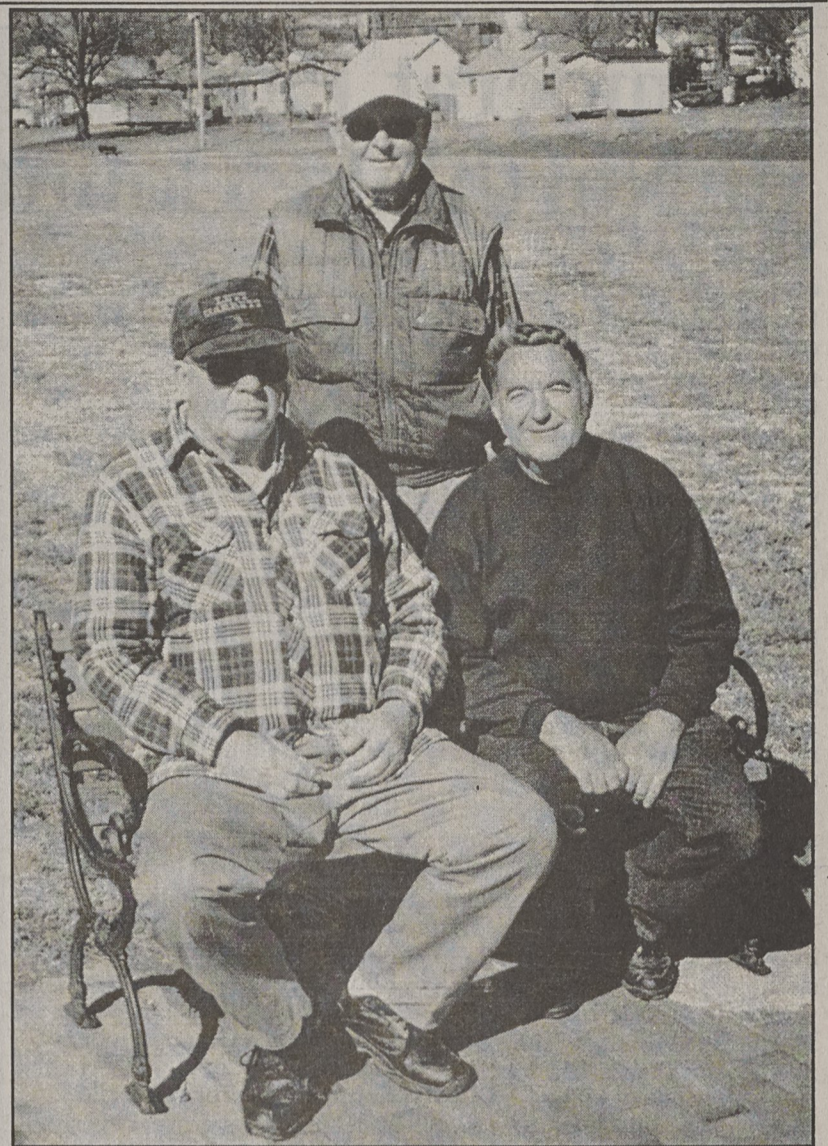
1,000 centers nationwide and was founded by Gary Heavin.

"There is a need for a

ladies-only fitness center in Kings Mountain," Gardner said. "We can implement a fitness program for all types of women at our facility. In addition to fitness training in the military, I've also taken the QuickFit training course that Curves For Women offers."

Curves For Women was the first fitness company to offer weight loss guidance and exercise under one roof. Trained staff acts as coaches for patrons all for the same price. Curves For Women was also the first to offer strength training for the overweight woman. Heavin says that since building muscle increases the metabolism, strength training is a good way to lose weight.

The Curves For Women location in Kings Mountain will be having a grand opening ribbon cutting Tuesday, February 29 at 11 a.m. The public is invited. For more information call Trena Gardner or Judy Haney at 734-1800.



ALAN HODGE/THE HERALD  
A recent sunny morning had several residents of Kings Mountain out on the walking track for some exercise. Taking a break from their stroll were pals (rear) F.L. Blanton and, front left to right, Arnold Short and Marvin Drum.



GROVER 1ST GRADE TERRIFIC KIDS - Zachary Bartlett, Deandra Goode, Stuart Smith, Tia Watkins, Henry Curry, Sterling Smarr, Matthew Upright, Skylar Bowens.



GROVER KINDERGARTEN TERRIFIC KIDS - Matthew Turner, Maggie Bowen, Andrew Childers, Denise McCoy, Hayley Causby, Frankie Necessary, Alex Toms, Andrew Harris.

## Parental input sought for calendar

The Kings Mountain District Schools Board of Education is seeking parent and community input in the development of their 2001-2002 school year calendar. Anyone who wishes to offer suggestions or comments may do so by calling Ronnie Wilson at 734-5637 ext. 117 or writing to him at 105 East Ridge Street. It is anticipated that the Board will adopt a calendar at their March meeting.

The design of the calendar is directed to a large degree by North Carolina General Statutes and State Board of Education policies. With those directives the 220-day calendar contains 180 student days, 11 holidays, 10 annual leave days, eight workdays designated by the Board, and 11 workdays designated by each school before the first student day or after the last student day (not included in the draft).

Five days are designated to make-up any instructional days due to hazardous weather conditions, natural disaster or other emergencies. However, any additional days beyond five that are lost due to those circumstances must also be made up at

a time determined by the Board.

- August 1, 2, 3 - Mandatory workdays.
- August 6 - First day for students.
- Sept. 3 - Labor Day holiday.
- Oct. 8 - End of first 9 weeks.
- Oct. 12 - Mandatory workday for Elementary-Discretionary for Middle/High.
- November 21 - Annual leave.
- Nov. 22, 23 - Thanksgiving.
- Dec. 14 - End of second 9 weeks - end of first semester.
- Dec. 17-28 - Christmas holidays and annual leave.
- Dec. 31 - Mandatory workday for Middle/High - discretionary for elementary.
- Jan. 1 - New Year's holiday.

- Jan. 21 - Martin Luther King holiday.
- Feb. 15 - Discretionary workday.
- March 7 - End of third 9 weeks.
- Mar. 8 - Discretionary workday.
- April 1 - Easter holiday.
- April 2-5 - Annual leave.
- May 17 - End of fourth nine weeks - last day for students.
- May 20 - Mandatory workday.

## Foundation names directors

The Cleveland County Community Foundation has named seven local community leaders to its 2000-2001 Board of Directors.

Appointees are: Candace Johnson Arey, Glee Bridges, Dr. James H. Burrus, Robin W. Hendrick, Scott Neisler, Michael Royster, and Dr. H. Gene Washburn.

Retiring Board members are: Robert R. Forney, Steve Goforth, John McGill M.D., Martha "Brownie" Plaster, M. Christopher White, and H. Fields Young III.

Other Board members are: Joe E. Cabaniss, Adelaide A. Carver, Max J. Hamrick, Larry D. Hamrick, J. Todd Newton, Patsy B. Rose, William Sherwood, Henry Weathers, and Robert Yelton.

The Cleveland County Community Foundation is a permanent endowment established in 1985 by local leaders to benefit a broad range of char-

itable purposes. The foundation assists donors in making charitable gifts to the community, provides services for nonprofit organizations to create new or manage existing endowments and makes grants for new projects. It is part of Foundation for the Carolinas, which serves 13 communities in North and South Carolina. With assets of more than \$240 million, Foundation for the Carolinas encourages and makes possible philanthropic giving by individuals of all means both now and in the future.

Information about Cleveland County Community Foundation and how it might assist an individual's philanthropic objectives can be obtained by writing to Robert W. Yelton, PO Box 1329, Shelby N.C. 28151-1329 or by contacting any member of the Board, or by visiting <http://www.fftcc.org/family.html>.

## White outstanding graduate

Kings Mountain native Melvin White was named one of 100 outstanding graduates of historically black colleges and universities to be honored as Distinguished Alumni at the 25th Conference of Blacks in Higher Education held February 13-17 at the Washington Hilton Towers Hotel, Washington, D.C. The conference is sponsored by the National Association for Equal Opportunity in Higher Education (NAFEO). North Carolina Central

University in Durham nominated White for this honor. He is currently a Senior Vice President with Bank of America in Charlotte. White received his B.S. degree from North Carolina Central University in 1970. He also attended Winthrop University in 1977 and received a M.A. degree in Business Administration. He has also received numerous honors including the North Carolina Central University Alumnus of the Year Award in 1991.

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'93 Buick LeSabre Ltd - Power Steering, air. K661  
'90 Acura Legend - Black, LOADED! K100  
'83 Mercedes 300D - Auto, green, pwr brakes. K062  
'90 Lincoln Continental - White, air, cassette. K972  
'96 Ford Taurus - Sand, air, cruise, tilt wheel. K711  
'92 Old Cutlas Supreme - Cruise, tilt wheel. K493

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'98 Honda Civic EX - Moon roof, black, auto., air. K185  
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'97 Honda Accord LX - Cruise, auto., air. K548  
'97 Olds Aurora - Leather, CD, cruise, air, auto. K285  
'97 Honda Accord SE - Moon roof, am/fm cass. K437  
'97 Honda Civic LX - Air, auto., tape player. K138  
'97 Chevy Lumina - Pwr windows/locks, auto., air. K671  
'96 Honda Civic EX - Moon roof, green, auto. K674  
'96 Toyota Avalon - Leather, moon roof, loaded. K686  
'96 Honda Accord EX - Green, moon roof, leather. K445  
'96 Volvo 850 GLT - Silver - Loaded! K643  
'95 Toyota Camry XLE - V-6, leather, CD, Loaded! K114  
'92 Lexus LS400 - Moon roof, CD, Loaded! K929  
'89 Mercedes 300 SEL - Black, Loaded! K232

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'94 Grand Cherokee LTD - White, V-8, moon roof. K709  
'93 Chevy Blazer - 4 x 4, automatic, air, pwr brakes. K790  
'92 Plymouth Voyager SE - Silver, cruise, tilt wheel. K531  
'91 Ford Explorer XLT - 4 x 4, air, dark blue. K681  
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