

Elderly should take caution on hot days

BY ANDIE BRYMER
Staff Writer

While rain is bringing some heat relief this week, temperatures soared last week. The hot weather can be more than an aggravation for some people. Health officials urge older individuals and people with respiratory problems to stay inside on hot days.

One key indicator of what the day's weather holds is the ozone level. Colors are used to signify what effect the day's conditions will have on individual's physical health. The ratings start at green and go to purple.

Green means the ozone is at a good level and being outside is safe. Yellow means the ozone is at a moderate level. Orange indicates that the ozone is high enough to create problems for individuals with respiratory problems. Red means the ozone is high enough to be a problem even for people without respiratory problems. Purple indicates a very unhealthy day.

Ozone is a colorless, odorless gas that reduces lung function and cause inflammation, according to Pam Ellwood, a family nurse practitioner at the Cleveland County Health Department.

People with asthma, COPD and other lung problems are especially at risk from high ozone levels. Ellwood cautions these folks to stay inside from 2-8 p.m. on high ozone days. She also advises sports coaches to rotate players on a regular basis.

Seniors who are struggling with the heat may obtain a fan from the Senior Center. Fans are available at no charge to seniors who have health problems. The fans are donated by Duke Energy. Other seniors may borrow a fan from the center and return it in September.

"Drinks lots of water, Gatorade," advises Sharon Eaker of the senior center.

Eaker encourages seniors to take advantage of programs at the center instead of spending the hottest part of the day outside or inside a house without air conditioning.

"It's cool here," Eaker said.

Transportation to the center is available. For more information, call 704-734-0447.

SENIOR BRIEFS

The following activities are scheduled for the H. Lawrence Patrick Senior Life and Conference Center. All persons ages 60 and over living in the Kings Mountain School District are encouraged to participate.

■ The second annual Senior Trivia Bowl will be held Tuesday, August 5 at 2 p.m. Kings Mountain resident Alex Queen, rising junior at Charlotte Catholic High School, will again coordinate the event and will serve as Master of Ceremonies.

Participants will be placed on teams of 5-7 people age 55 or older, and teams will compete for trophies.

Anyone wishing to compete on a team may obtain an entry form at the receptionist desk of the Patrick Center, 909 East King Street, Kings Mountain.

Trivia categories are Famous Faces, WWI, Classic TV and Movies, Presidents and headlines, Life in the 50's, and the Turbulent 60's.

■ Through a Duke Power grant, the Senior Center has obtained fans that will be distributed to eligible senior adults through the Operation Cool-Off

program.

Persons must be 60 years old or older, must reside in a county served by Duke Energy Foundation, and must have a home situation which presents a threat to health.

The Senior Center also have fans to loan for the summer. They must be returned in September.

For more information, call Carolyn Bell at 734-0447.

■ The Senior Center has received a shipment of new Senior Tar heel Cards. Any seniors interested in the card and stop by the Center and fill out a form. The card can be used at many businesses for discounts.

■ Commodities distribution will be Tuesday, Sept. 9 at 1 p.m. for seniors who preregister by calling the center August 26-28 from 9-11 a.m.

Nutrition site participants should register with Susan Carpenter in the dining room. Only those who preregister will receive commodities at the Patrick Center nutrition site.

Those who do not preregister with

the Senior Center may go to the Shelby Fairgrounds on Wednesday, Sept. 10 to pick up commodities from the Shelby Lions Club. Distribution begins at 8 a.m. and will continue until all commodities are distributed.

■ Several special events are scheduled at the Center in July and August, including:

July 7 - Inspirational Words by Ray Canipe at the nutrition site.

July 11 - Summer Camp Kids from Miracle Tabernacle at the nutrition site.

August 4 - Inspirational Words by Ray Canipe at the nutrition site.

July 14 - Special program by Carol George.

August 11 - Watermelon slicing in the dining room.

■ A Senior Men's Coffee Time is held at 10 a.m. each Friday morning. Coffee and the latest news around town are served each Friday.

While at the Center men may check out facilities at the Center such as the game room, compute room and exercise room.

FACES & PLACES

By Andie Brymer



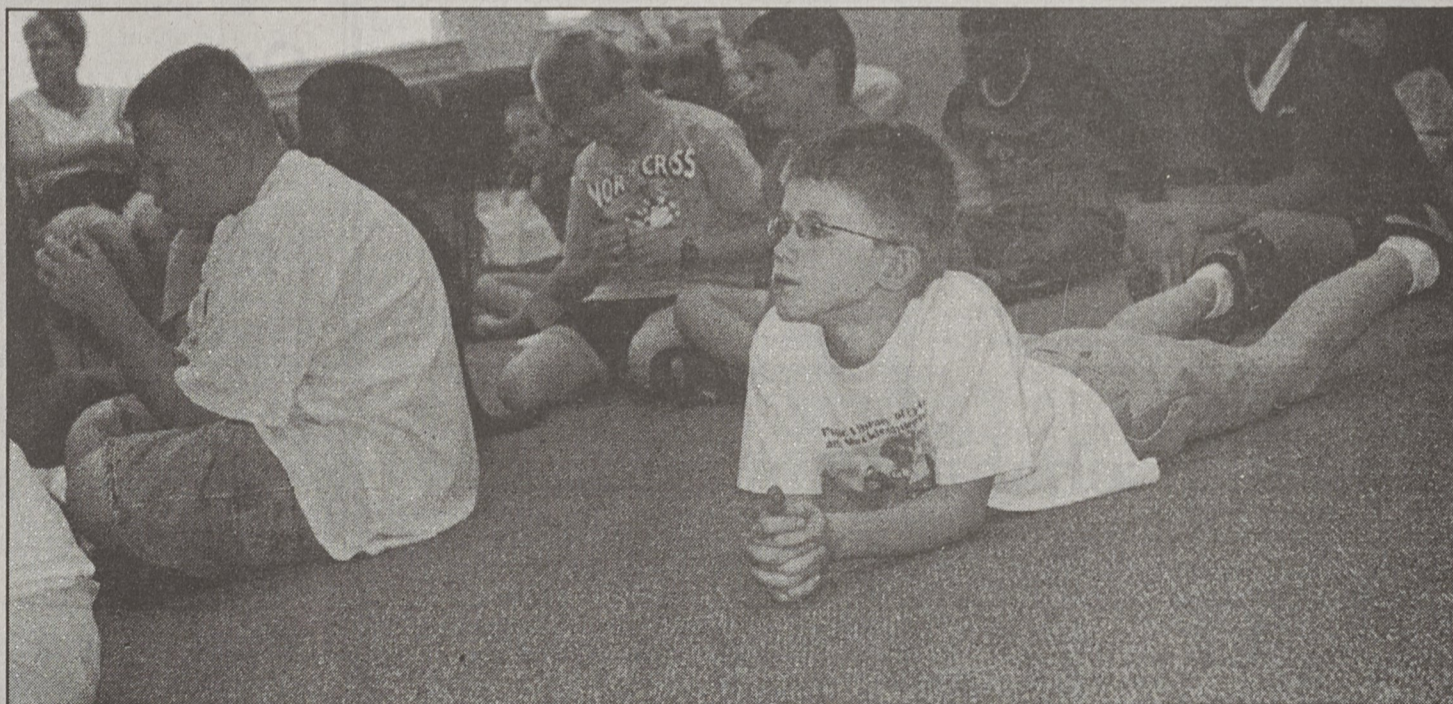
Children attending the Summer Reading Program at Mauney Memorial Library saw a special presentatin on Cuba Monday. Elisa Freire (left) shows slides of her native Chile. Right, Jackie Dulude enjoys learning about a far away land. Below, Alexis Marable and Sarah Kiser (top photo) pour fruit punch. The morning's snack included fruits grown in Chile. Kevin Mills (lower photo) gets comfortable and takes in information



Kings Mountain Weather Report

(Compiled by Kenneth Kitzmiller)

	June 25-July 1	Year Ago
Total precipitation	2.98	.14
Maximum one day	2.89 (1st)	.12 (26th)
Month of June	8.13	1.57
Year to date	50.65	18.47
Low temperature	65 (1st)	68 (28th)
High temperature	91 (25th)	92 (25th)
Average temperature	77.0	79.4



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