

**CLUB NEWS**

# Anne Gamble named Woman of the Year

Each year at this time, the Kings Mountain Woman's Club members select one of their own to honor as Club Woman of the Year.

The criteria for selection is based on this member's activities for the previous calendar year. The award honors a clubwoman who has given of her time, talents, interest, organizational efforts and active participation to render outstanding service to both the club and community. This year's recipient is Mrs. Anne Hord Gamble.

Anne's tireless efforts to make Kings Mountain and attractive place for individuals and families to live are top notch. She is a credit to her family, workplace, church, community and a

valued member of the Woman's Club. Anne, a seven-year-member of the club, says "One of the benefits I've enjoyed as a member of the Woman's Club is being exposed to a diverse group of women. Women of varying ages, academic status and socio-economic background have come together to promote and participate in community service for our city. Because of this my own involvement in community service has grown. Where an individual can accomplish, a group can accomplish so much more."

For more information about joining the Kings Mountain Woman's Club contact Betty Gamble at 704-739-3800.



ANNE GAMBLE

# Open Gate Garden Club meets, hears program on Arbor Day

Open Gate Garden Club met with Betty Alexander February 11. Fifteen members enjoyed dessert with a Valentine theme.

Margie Bridges, president, welcomed members and the Club Collect was read. Margie introduced Ethel McGinnis, who presented a program on Arbor Day.

The idea of Arbor Day came from Nebraska. It was the lack of trees there that led to the founding of Arbor Day in the 1800s.

J. Sterling Morton moved from Michigan to Nebraska in 1854 and missed his trees. He felt that Nebraska's landscape and economy would benefit from the wide-scale planting of trees. He set an example by planting orchards, shade trees and wind breaks on his own farm. He urged neighbors to follow suit.

On January 4, 1872 Morton proposed a tree-planting holiday to be called

Arbor Day at a meeting of the State Board of Agriculture. Prizes were offered to counties and individuals for planting the largest number of trees on that day. It was estimated that more than one million trees were planted in Nebraska on that first Arbor Day.

Arbor Day was made a legal holiday in Nebraska. Morton's birthday, April 22, was selected as the date for its permanent observance.

During the 1870s other states passed legislation to observe Arbor Day. Today the most common date for the observance is the last Friday in April. But a number of state Arbor Days are at other times to coincide with the best tree planing weather - from January and February the South to May in the far North.

Arbor Day has now spread beyond the United States and is observed in many other countries of the world. In North Carolina, it is observed on the

first Friday following March 15.

Timely tips were given by Phyllis Carpenter. When planting a forsythia, a one gallon pot can produce an eight foot tall plant in just a few years. Plant it where it has lots of room to grow. Now is a good time to do a soil sample. Samples may be sent to the local Extension Office, or a testing kit can be purchased at garden centers. When planting bare-root roses, soak roots overnight in water.

Lenora Morris gave the 2003-2004 annual club report.

The flower arrangement "President's Theme" consisted of red and white carnations, blue delphinium and baby's breath in a white vase.

The North Carolina Garden Club annual meeting will be April 18-20 in Wilmington.

The friendship basket was won by Melba Boyles.

# Health Department, Heart Association participate in first-ever Go Red Day

Ninety female employees of the Cleveland County Health Department participated in the American Heart Association's first-ever Go Red Day.

This was an educational program designed to educate the women as to the risk of heart disease. Dr. Rachel Keever, cardiologist from the local Sanger Clinic, spoke about heart problems. She emphasized the need for healthy nutrition, exercise, and seeing a doctor regularly.

Door prizes were awarded.



Kay Lingerfelt reads an announcement about "Go Red Day."

CONTRIBUTED PHOTO

Heart disease is the #1 killer of American women. Participants learned the other facts about the disease:

- One in five women have some form of cardiovascular disease
- One out of three women compared to one out of four men will die within one year after having a heart attack.
- A woman's chances of developing heart disease soar after she goes through menopause.
- More women than men will suffer a second heart attack within six years after their first heart attack.
- African American women are 60 percent more likely to die of coronary heart disease.
- Women with diabetes are 3-4 times more likely than men to develop heart disease.
- Fewer than one in ten women think heart disease is their greatest threat.

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**FOOD INSPECTIONS**

Cleveland County Health Department inspected the following food-handling facilities during the week ending February 13:

\*\*Denotes two extra points when an employee attended an approved food-handling course.

**Restaurants**

- Hardees, E. King St., Kings Mountain, 96.
- New China, Kings Mountain, re-inspection, 92.
- Subway, KM Truck Stop, Kings Mountain, 99.
- The Diner, Dixon School Rd., Kings Mountain, 96.5.
- Sara Lee, Commerce Blvd., Kings Mountain, 92.
- Texaco Express, Linwood Rd., Kings Mountain, 95.5.
- Village Store Grill, Kings Mountain, 95.5.
- Yamato Express II, KM Plaza, Kings Mountain, 93.5.
- Waffle House, E. Dixon Blvd., 95.5
- Waffle House, York Rd., Kings Mountain, 90.
- Bojangles, E. Dixon Blvd., 91.5\*\*
- Drewery's Grill, Polkville Rd., 91.5.
- Hams Restaurant, E. Dixon Blvd., 91.5.
- Hardees, Boiling Springs, 94.5.
- Ingles Deli, Fallston Rd., 94.
- Ingles Salad Bar, Fallston Rd., 96.

**Food stands**

- Harris Teeter Produce, 99.5.
- Harris Teeter Deli, E. Marion St., 95.5
- Harris Teeter Mkt., E. Marion St., 99\*\*

**Meat markets**

- Ingles Market, Fallston Rd., 95.

**School cafeterias**

- West Elementary, Kings Mountain, 97.5\*\*

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