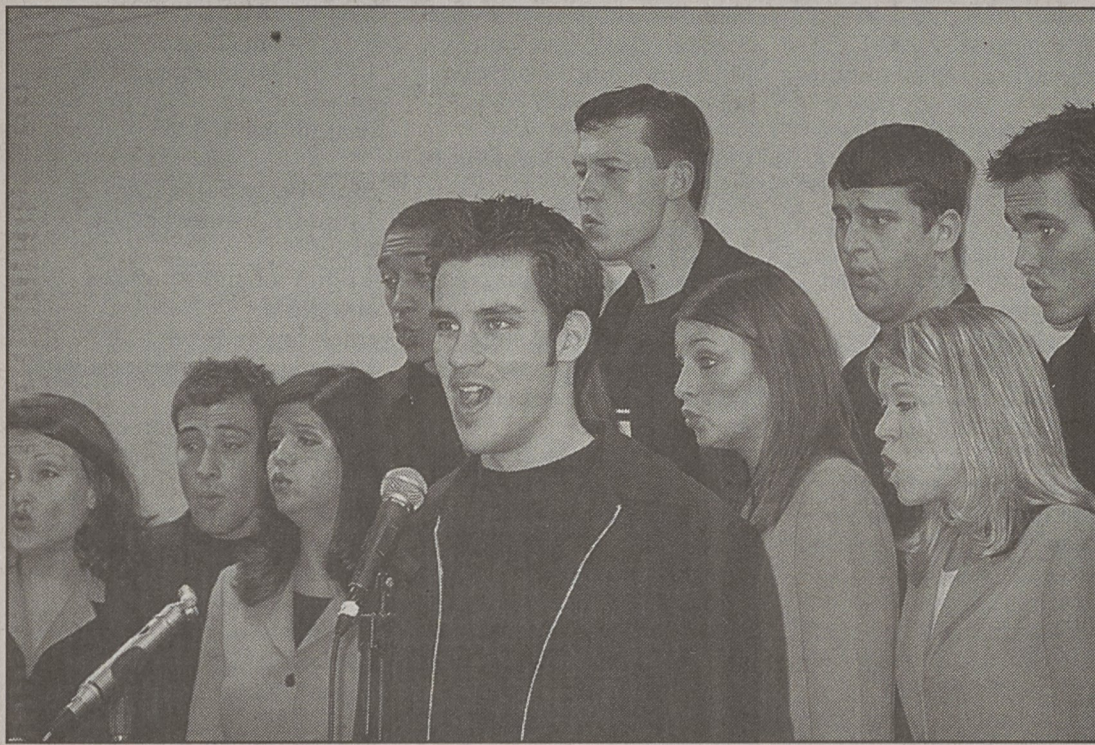


LOCAL



ANDIE BRYMER / HERALD

The Lee University Singers (above) performed at Thursday's prayer breakfast at the Patrick Center. Below, Dr. Rich Hobson delivers the keynote address.

## Mayor's prayer breakfast held at KM senior center

BY ANDIE L. BRYMER  
Staff Writer

A key participant in the argument over the public display of the Ten Commandments spoke in Kings Mountain last week. Dr. Rich Hobson, attorney for former Alabama Chief Justice Roy Moore, gave the keynote address during the Mayor's Prayer Breakfast Thursday and at a rally for the Ten Commandments Wednesday at Family Worship Center. Hobson told the civic and business leaders, elected officials, clergy, city department heads and other employees gathered at the Patrick Center that Moore was removed from the bench for acknowledging God. Other state level officials in Alabama had been allowed to remain in their positions despite drug and alcohol problems and in one case the sexual abuse of minors, according to Hobson. He encouraged the approximate 120 people attending the breakfast to pray daily for the country's leaders, not just on National Day of Prayer. Hobson also told the crowd to seek God's guidance in their roles in the community. The Voices of Lee from Lee University in Cleveland,



Tenn. sang patriotic and religious songs including "It Is Well," "The Lord's Prayer" and "God Bless America." The group has performed on Good Morning America. The second annual breakfast was organized by the Pastor's Prayer Circle, a 14-member, interdenominational group of clergy from Kings Mountain, Lawndale and Shelby. "We're experiencing a mighty move of God in this community," said Rev. Doug Allen. He serves as chaplain of Kings Mountain Police Department and is pastor at Penley's Chapel. Mayor Rick Murphrey thanked the crowd for praying for him and his family.

"It's so important to have prayer in our life, to have Jesus Christ in our life," he said. Bishop Roger Woodard of Family Worship Center was pleased with the rally and breakfast. "It was exciting to me finding out some of their work in Alabama and nationwide," he said. Woodard's wife Margaret Woodard and their daughters Molara Kellstrom and Veronica Wright volunteered as caterers for the event. Church members helped serve the eggs, ham, biscuits, gravy, grits, coffee and juice.

## Nurse opens massage center in Kings Mountain

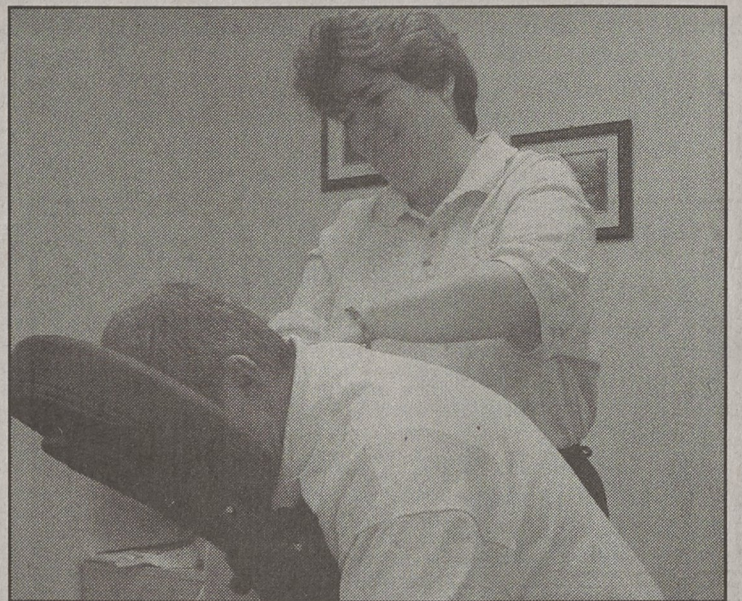
BY ANDIE L. BRYMER  
Staff Writer

Working as a care coordinator and administrator at an assisted living facility, registered nurse Glenda S. Waters watched, as massage therapy helped her patients. At the same time, a friend from Raleigh who was studying massage therapy gave Waters her first massage. "Oh my goodness. I didn't know how tight and stressed my muscles were. I can't believe I feel like this," Waters thought as her friend finished the massage. "I didn't want it to end."

A year later Waters enrolled at Southeastern School of Neuromuscular and Massage Therapy in Charlotte. In 2000, she graduated from the 500-hour program. Waters gave professional massages in her home until opening Healing Hands Therapy Center in the lower level of the Alexander Building May 1. Waters pulls from her nursing background to better assess and treat clients using massage. Waters is a 1980 graduate of Presbyterian Hospital School of Nursing and has a bachelor of nursing degree from UNC-Charlotte. In addition to general relaxation massages, Waters also does neuromuscular therapy, prenatal, infant, lymphatic and chair massage.

Neuromuscular works on muscle groups to correct specific problems. Prenatal helps with the circulatory and lymphatic systems, alleviates stress on weight-bearing joints, prepares the body for labor and promotes release of physical and emotional tension.

Infant massage reduces discomfort from colic, gas and constipation, improves muscle tone and sleeping, releases stress and is good for parent and child bonding. Lymphatic massage increases the flow of lymph fluids off-setting swelling often experienced by people undergoing treatment for cancer. Waters is a certified lymphatic therapist.



ANDIE BRYMER / HERALD

Glenda S. Waters gives her husband Dwayne Waters a chair massage.

Chair massage can be done at Healing Hands or in the workplace. Clients sit fully clothed in a specially designed chair for the brief, invigorating massage.

Massage often helps with fibromyalgia, arthritis, high blood pressure, healing from surgery and injury and sometimes helps bring down blood sugar.

The technique's most well known benefit is probably relaxation. Massage helps the body release endorphins, causing a chemical reaction resulting in a sense of well being.

Having clients walk out the door saying how much better they feel is one of the best parts of the job for Waters.

Healing Hands will soon be certified to bill insurance providers and accept credit card payment.

Clients may undress to

their comfort level and are draped. Only the part of the body being massaged is exposed. Sensitive areas are not massaged or seen. Clients undress and dress in private.

Clients can talk, be silent or sleep during their massage.

"This is your time to relax," she said. Waters is licensed by the state as a massage therapist and is nationally certified.

Waters charges \$55 for an hour relaxation massage, \$65 for an hour of neuromuscular; \$100 for an hour of lymphatic; \$55 for an hour long pregnancy massage and \$1 a minute for chair massages.

Her hours vary because she is still working as a nurse at Cleveland Regional Medical Center.

For more information, call 704-730-9797.

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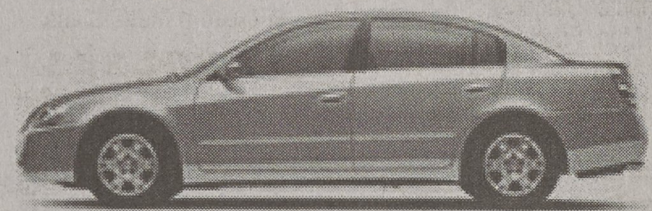
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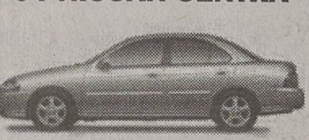
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