

KM POLICE REPORT

CITATIONS

Rodurick Turner, 37, 108 Ridgeview Dr., possession of drug paraphernalia.
John Longo, 43, 110 Belmar Rd., driving while license revoked.
Douglas Moore, 34, Grover, driving while license revoked.
Autumn Thompson, 22, 2017 Redwood Circle, driving while license revoked.

INCIDENTS

Petro Express, 225 Cleveland Ave., reported larceny of gas.
Lisa Edwards, 200 Spruce St. Apt. 5-C, reported that someone broke into her home and stole a TV valued at \$637.94, DVD player valued at \$200, DVD player valued at \$300, 60 DVD movies valued at \$600, 40 CD's valued at \$400, a jewelry box valued at \$20, and a number of rings, necklaces and bracelets valued at \$250.
Helen Hatch, 311 W. Mountain St., reported that someone stole food belonging to Elizabeth Burnham of

305 W. Mountain St. Wanda Summit, Clover, SC, reported larceny of a wallet while at Kings Mountain Hospital.
Southern Convenience, 511 Linwood Rd., reported larceny of beer and candy.
Brandy Shook of Lawndale reported break-in of a motor vehicle while parked on Waco Rd., and larceny of a cell phone belonging to Steven and Christie Donaldson of Kings Mountain.

WRECKS

Vehicles driven by Harold Upton Jr. and Douglas Sparrow, both of Kings Mountain, struck on US 74 at N. Cansler. Damage to the Upton vehicle was \$5,000 and damage to the Sparrow vehicle was \$6,000. Upton was cited for a stop light violation and failure to reduce speed.
Vehicles driven by Wofford Carroll and Rhada Ponder, both of Kings Mountain, struck on N. Piedmont Ave. at Morris St. Damage to each vehicle was \$800.

LOCAL

SHAPE

From 1A

"I love working out," he said.

Roberts is so enthused that he asked anyone with questions to call him at 704-739-4203.

"I would love to help anybody," he said.

Alicia Guinn quickly dropped 14 pounds after she joined the YMCA in late November but now has plateaued. The weight isn't coming off as fast so Guinn spent the weekend reading about calories. She's now cutting back on starches and sweets and eating more fruits and vegetables.

Guinn started her routine after finding herself exhausted from everyday tasks. She credits the YMCA with providing structure. Guinn had purchased exercise equipment to use at home but says now she is more faithful to her workout routine.

Before beginning her program, Guinn got the okay from her physician. Then a YMCA staff member demonstrated the machines. Guinn has taken an aerobics class and works out with weights and on the treadmill, bike and step machine.

She's gone from 10 minutes on the treadmill to 30 minutes. Guinn started out only using the step machine for two minutes. Now she is up to five minutes.

After dropping her children off at school, Guinn visits the YMCA Monday through Friday. Headphones and a large supply of magazines help her avoid boredom while lifting, biking, stepping and walking. The magazines also cover the digital display telling how long she has been on a machine. Guinn finds her workout goes faster when she doesn't watch the dials.

Danny Shirah, 53, has lifted weights for 30 years.

"It's just part of my life now, maintaining," he said. Shirah credits working out with helping him avoid



Danny Shirah has been lifting weights for the past 30 years.

ANDIE BYRMER / HERALD

chronic illnesses affecting many people his age. He also believes the fitness routine helped him recover faster from knee surgery. Shirah also includes exercises which improve his cardiovascular function.

"It makes me feel better," he said.

Shirah finds exercise helps him have the energy to play with his grandchildren.

Despite his enthusiasm, Shirah admits he doesn't enjoy the workout itself, just the benefits. He advises would-be gym goers that the hardest part is getting there. Shirah says he has had to make it a top priority.

For Shirah, the importance of exercise is also reinforced by a higher authority. Hearing a biblical passage as a child calling the body a temple has stuck with him.

"I grew up with that in mind," he said.

As he ages, Shirah says he will switch from free weights to machines if he experiences joint pain.

"I'll do it till I can't do it," he said. "If you haven't got your health, the rest is minimal."

The Patrick Senior Center is partnering with the YMCA to offer two classes at the senior center. Instructor Ginger Deaton uses bands, tubes, balls and small weights for the sit for fitness class. The class is accessible for people with limited mobility. This class meets Monday, Wednesday and Friday from 10:30 to 11:30 a.m. Wilma Halsey leads the more aerobic Fit For a King class on Wednesday and Friday at 2 p.m.

Registered Nutritionist Denise Danley from Gaston Memorial will present a program on healthy heart eating Jan. 11 at 11 a.m. She'll talk about Parkinson Disease on Feb. 1.

Hard of hearing Specialist Jan Riddle will talk about hearing loss Feb. 8. Cleveland Home Health will talk about maintaining healthy legs Feb. 22 at 11 a.m.

Total Care, Inc. of Shelby offers free blood pressure clinics on the third Wednesday of each month from 10 to 11:30 a.m.

The center's exercise room includes a gazelle, tread climber and a R2200 semi-recumbent bike. Walking 17 times around the inside of the center equals one mile.

MEETINGS

Thursday

12 noon - Kings Mountain Rotary Club, H. Lawrence Patrick Senior Life and Conference Center, 909 E. King St.

Monday

6:30-7:30 p.m. - Kings Mountain Relay for Life team captains meeting at The Patrick Center, 909 East King Street. For more information call David Ozmore at 739-9361.

7 p.m. - Grover Town Council, first Monday of month, Town Hall, 207 Mulberry Road, Grover.

7 p.m. - Cleveland County Board of Education, second Monday, Cleveland County Office Building Auditorium, Shelby.

Tuesday

6 p.m. - Moss Lake Commission, first Tuesday of month, City Hall Council Chambers, East Gold St.

7 p.m. - Southern Arts Society, first Tuesday of month, Kings Mountain Arts Center, 301 N. Piedmont Avenue. Social hour begins at 6:30.

7 p.m. - Cleveland County Board of Commissioners, first and third Tuesday at 6

p.m. at the County Administration Building in Shelby.

7 p.m. - Cleveland County Sanitary District Board of Commissioners, second Tuesday of each month at Cleveland County Sanitary District conference room, Lawndale.

7 p.m. - Kings Mountain City Council, last Monday of month, City Hall Council Chambers, East Gold St.

7 p.m. - Grover Area Woman's Club, first Tuesday of month, Grover Town Hall.

7 p.m. - Grover Lions Club, first and third Tuesday, Finally's Restaurant, downtown Grover.

Wednesday

10 a.m. - Cleveland County Board of Elections, first Wednesday of each month, BOE conference room, 310 East Dale St., Shelby. Call 484-4858 for more information.

To have your meetings listed, fax to The Herald at 704 739-0611 or e mail gstewart@kingsmountainherald.com

BOARD

From 1A

redrawn.

The draft school calendar is created by administrators, teachers and parents. The major change will be a new state law mandating school

not start before Labor Day. Last year the board met at the county office building and area schools. Litton said meetings will be held primarily at the county building in 2005. When the board formed in January some meeting dates had already been taken.

ELECTION

From 1A

plugging along and have a great county system."

Former KMDS board member Jerry Blanton could not be reached for comment. Michael Smith who repre-

sented the Gaston County portion of Kings Mountain on the KMDS board is not eligible to run because he lives in Gaston County. Former KMDS chairperson Shearra Miller currently serves on the Cleveland board. Her term expires in 2007.

ALLEN

From 1A

During his career Allen has watched the patrol add full time accident reconstruction specialists and helicopter units. The General Assembly recently merged the patrol and the Division of Motor Vehicles enforcement division.

People are the best part of the Highway Patrol for Allen.

"I'm a people person first

and foremost," he said.

Allen views his work as a way to make a difference in the community.

The hardest part for Allen and most other patrol officers is making a death notification.

"There is no good way to tell someone," he said.

Allen remembers the first one. He had to tell a man his wife had died. Allen says he is still carrying around memories of most of the other notifications as well.

The officer looks to his res-

gious faith to help him deal with those conversations.

Allen is active at First Baptist Church and has served as a deacon.

"I'm here today because of my Lord and my wife," he said.

Allen and his wife Beth Allen have three sons, Andy, Jake and Noah. They live in Kings Mountain.

Allen sits on the Highway Patrol's interview board. His advice to young people considering a law enforcement career is to be truthful dur-

ing the interview process - applicants are given a polygraph and a background investigation - and to remember "your actions follow you the rest of your life."

In addition to family, work and church, Allen plays golf, serves on the Kings Mountain Planning and Zoning Board and is pursuing a masters degree at Western Carolina University.

20/20

From 1A

jobs and assist small businesses.

Stuart Gilbert and Bill Evans will address the council during the 2 p.m. meeting which is open to the public.

"It's time to have an open discussion about monetary commitment," said Mayor Rick Murphrey.

Murphrey described 20/20 as a more aggressive form of economic develop-

ment.

"Economic growth, prosperity is what we want to do for all our citizens," he said.

The Chamber hopes to get support from municipalities and private entities across the county. Last year Kings Mountain budgeted \$30,000 for Chamber efforts.

Contact Andie Brymer at 704 739-7496 or abrymer@kingsmountainherald.com

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Cleveland Home Health Agency, Inc.

Winter Safety Tips For Elderly

Properly preparing the home for winter can help prevent illness and injuries among seniors. Ensure the home is safely and adequately heated, monitor indoor temperatures regularly, and develop an emergency plan for possible power failures. Stock the home with sufficient supplies of food, bottled water, and necessary medications in case a storm keeps people indoors. Encourage the person to eat nutritiously and avoid excessive alcohol. Make sure the senior has proper attire for the cold weather, including well-treaded, warm boots and a water-resistant coat. Keep driveways, pathways, and steps free from ice and snow.

Caregivers should be aware of the problems the elderly face in cold weather. They also need the right supplies and equipment to make their task easier. Cleveland Home Health Agency is here to help. Our Home Medical Equipment store carries a wide range of equipment and supplies, including oxygen and respiratory equipment. Our dedicated nurses and therapists are available for in-home care if ordered by your physician.

P.S. Regularly check in on elderly neighbors during the winter months.

704-487-5225

Happy Birthday!

Ain't It Dirty The Twins are Thirty

We Love You Sandy and Cindy.
Mom, Dad and the Whole Gang