

KM POLICE REPORT

ARRESTS

Paula Mills, 27, N. City St., felony obtaining controlled substance by fraud, \$1,000 secured bond.

Billy McCutcheon, 35, N. City St., unauthorized use of vehicle, criminal summons served.

Steven Grant, 21, Hawthorne Rd., DWI, \$300 unsecured bond.

Richard Weaver, 57, address unknown, solicit-money, consume alcohol on city property, \$500 secured bond (arrested on warrant out of Gaston Co.).

Robert Turner Jr., 27, Gastonia, two counts driving while license revoked, seat belt violation, \$1,000 secured bond. (Arrested on outstanding warrant for DWLR, turned over to Gaston County).

Allen Sisk, 18, Bethlehem Rd., felony second degree burglary, felony possession of stolen property, felony safe cracking, larceny after breaking and entering, \$30,000 secured bond. (Transported to Gaston Co.).

Bradley Sisk, 18, Bethlehem Rd., felony second degree burglary, felony possession of stolen property, felony safe cracking, larceny after breaking and entering, possession of schedule IV substance with intent to sell and deliver, \$30,000 secured bond. (Transported to Gaston Co.).

Marcus Sanders, 24, assault on female, interfering with emergency, breaking and entering, forcible trespassing, injury to real property, no bond.

Frederick Burris, 33, Cherry St., larceny, possession of stolen property, resisting police officer, \$3,000 secured bond.

Elizabeth Wallace, 58, Gastonia, assaulting a child under age 12, \$1,000 unsecured bond.

INCIDENTS

A resident of Northwoods Dr. reported that someone threw a brick through a window of his home, causing \$150 damage.

Griffin Drug, Mountain St., reported that someone attempted to obtain a controlled substance by forged prescription.

A resident of North City St. reported that someone obtained medicine at a local pharmacy without her permission.

A resident of Gold St. reported that someone broke into an out building and stole a dirt bike valued at \$1,570 and a chain saw valued at \$350.

A resident of Church St. reported larceny of a Ford truck valued at \$1,500.

A resident of Pennington Place reported that someone kicked in a door and assaulted her.

A resident of Kingswood Apts. reported vandalism to windows.

A resident of N. Tracy St. reported that someone punctured a tire, causing \$200 damage.

A resident of Morris St. reported a break-in and larceny of Christmas gifts valued at \$300.

A resident of S. Tracy St. reported larceny of \$200, a key and a razor with charger valued at \$150.

A resident of Spruce St. reported a break-in and larceny of a billfold and contents.

A resident of Grover reported larceny of a wallet and contents from a public building on S. Piedmont Ave.

A resident of E. King St. reported that someone broke into his home and assaulted him.

A resident of Gastonia reported larceny of a wallet and contents at Kings Mountain Hospital.

Silver Express, E. King St. reported larceny of light bulbs and food.

A resident of Galilee Church Rd. reported a break-in and larceny of a pistol and ammunition, total value \$420.

WRECKS

Lisa Kmonicek of Greenville, SC told police she was sneezing and lost control of her vehicle on I-85. The vehicle left struck a guard rail, bounced off of it and struck the guard rail on the other side of the road. Damage to the vehicle was \$11,000 and damage to the guard rail was \$500.

A vehicle driven by Lucas Breakfield of Kings Mountain left the road on Second St. Extension at the entrance to Buckeye Fire, and hit a utility pole, causing a 7-hour power outage. Damage to the pole and lines was \$10,000 and damage to the vehicle was \$12,000.

LOCAL

Make exercise fun, not work

EMILY WEAVER

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With the beginning of each New Year, often comes the hope of a better tomorrow. Lists of resolutions to obtain that better tomorrow are scribbled out and near the top of almost everyone's list is the promise to lose weight and eat healthy.

Those are noble causes indeed, but unfortunately, are not always attained. David Ozmore, Chief Operations Officer of the Cleveland County Family YMCA and Director of the KM Family YMCA, said that they typically see their biggest rush in memberships from December 15 through March 1 of every year. "We probably sell 50% of our total annual membership in this three-month period," he said.

But why does the sudden urge for fitness only hit people around this time of the year? "YMCA of the USA has done a tremendous amount of research on the New Year's resolution phenomenon," he said. "Typically, over 60% of the new exercisers will drop-out within six months. The problem is that they approach exercise as a chore, as work. They do not

equate exercise with fun or with emotion."

Stepping out of the mindset that one should punish one's self for being naughty over the colder months and letting those pounds pile on, may be the key to prolonged fitness. "Exercise is hard work and the only true way to reach your fitness goals is through a consistent regimen of exercise (burning calories) and a balanced diet (caloric intake)," Ozmore said. "Our job is to work with people, not only on the physiological aspects of body fat percentage, body mass index, weight loss, etc., but to work with people psychologically. When individuals exercise, your mood improves. When you exercise you are happier and more productive. We need to constantly remind people that it is the exercise that causes this. Not to mention you are more energetic at work, at home, at play."

The reasons for staying on the healthy "straight and narrow" are plentiful. But there are also many reasons that sway people off of the beaten path. "The biggest reason we hear for quitting is 'I don't have time,'" he said. However, "the investment in exercise produces a more effi-

cient lifestyle because of the increase in productivity. It leads to better sleep patterns, more rest, more productivity at work, etc. If you are exercising regularly, you will have more time."

With all excuses out of the way, Ozmore offers these tips to help you obtain those resolutions for a healthier you:

- ✓ "Moderation - exercise 4-5 times per week, not everyday."
- ✓ "Seek advice from a professional," which he said is "free at the YMCA."
- ✓ "Make short-term (realistic) goals, for example, eliminating soda, reducing the amount of sugar in your diet, etc. Long-term goals will happen if you stay focused on the short-term goals. You can't lose 45 pounds in one month."
- ✓ "Recruit a partner to take the journey with you."
- ✓ "Remember that you are seeking a lifestyle change. This will be hard work. This requires consistency. There is no finish line, just a healthy lifestyle."
- ✓ Last of all, try to make exercise fun, something you'll want to do and not just feel like you have to do.

Herald needs stories of non-traditional weddings

Have your or anyone you know had an unusual wedding? Perhaps you were married at a race track, ball field, on the beach, or some other place outside the realm of a traditional wedding.

Or, did you and your wife meet each other in an unusual way, such as by internet, mail, etc?

Then, we'd like to hear from

you because we're gathering information for a special section that will be published in The Herald on Valentine's Day.

Contact us by January 21 at The Herald at 824-1 East King

Street; call us at 704-739-7496, fax us at 704-739-0611 or Email gstewart@kingsmountainherald.com. You may also write Editor, The Herald, P.O. Box 769, Kings Mountain, NC 28086.

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