

Rotarians rally to send vets to D.C.

By EMILY WEAVER
Editor

The Kings Mountain Rotary Club decided weeks ago to sponsor three local veterans to send on a "Flight of Honor" to visit the World War II Memorial in Washington, D.C. With the help of the community they raised enough money to secure this special trip.

But a fourth WWII veteran caught their attention last week. Steve Padgett, who is organizing the "flight", told the club at their Thursday lunch that they needed to raise \$500 for this new recruit.

"We've got the money for the first three," he said, adding that they had raised \$1,700 so far. "And we'll get the money for him."

Before adjourning the meeting, club President Earl Lutz told the Rotarians that he believed they could raise the money within the next 15 minutes. It only took 14 minutes.

Padgett said that after the meeting, several club members approached him with open wallets. One Rotarian gave him a blank, signed check and told him to fill in the difference needed to make up the total.

He said that the quick and generous responses of club members shows that Kings Mountain Rotarians are behind these brave veterans all the way. Others, who gave to the cause, throughout the community can feel equally as proud.

The four deserving veterans that will fly to see the

monument are: Ed Campbell, Sidney Dixon, James Theodore Ingle and charter Rotarian Wilson Griffin.

Campbell served in two branches of armed services. He served in the Merchant Marine Academy and in the U.S. Coast Guard, in the Atlantic, North Atlantic and Arctic ocean territories.

Before the invasion of Normandy in 1944, he said that his ship was part of a convoy established to take weapons and other war-related provisions to the Soviet Union. He said that if America was going to join the fight, they needed to make sure that the Soviet Union, which was invaded in June 1941, was equipped to help.

The convoy started with a total of 69 ships. Only 11 made it, he said, adding that

26 million Russians died in World War II and with a casualty rate of 85 percent he had both feelings of guilt and luck to still be alive.

"It was not in the Lord's plan for me to die in that place," Campbell said.

He was serving in the Pacific Theatre when the bombs were dropped on Japan.

Dixon was there too. He served in the U.S. Navy for six years during and after World War II. He fought in the Pacific Theatre and said that they lost 13 planes. They shot down 554.

I saw a poster once that read "Join the Navy and see the world," he said, "I saw the world down a gun barrel."

A young Dixon served two years and one month active duty in WWII before he

got the chance to see his family again. He has never seen the World War II memorial in Washington, D.C.

James "The" Ingle also served in the U.S. Navy in the Pacific Theatre. He fought in the invasion of Okinawa.

Griffin was another Navy soldier. After finishing 11 grades in Kings Mountain schools, he decided to accept a scholarship to a military school in Salzburg to prepare for pharmacy school at UNC. While at the military school, he said that Capt. Hanes told him and the other boys "Pearl Harbor has been bombed...you're probably going to see war."

He traveled across the Atlantic Ocean to the shores of North Africa and to different places to help set up hospitals during WWII.

"Sunday Morning" special about the "Flight of Honor" with the club. After viewing the video, learning about the special trip which gives veterans a chance to see the monument in honor of their sacrifices, and hearing from the four veterans, the club rose in a standing ovation for its WWII heroes.

Even though a grand monument was erected in their honor on the National Mall in 2004, many WWII veterans have yet to see it. Those heroes are dying now. An estimated 1,200-1,500 pass away every day.

These four veterans will join nearly 100 others from mid-western North Carolina in a special trip to Washington, D.C. in April.

Take time to think about your heart health

By Ginger Baity Ervin,
MSN, FNP-BC
Ervin Clinic
Special to the Herald

February, the month of candy hearts, chocolate and love, is also a Healthy Heart observance time of year. The large vinyl heart clings and rows of Hallmark Valentine cards are great reminders to each of us to spend just a few minutes thinking about heart health. Think of it as the time of year to review your standard maintenance plan for heart and blood vessels.

There are a number of factors we immediately think about such as maintaining regular EKG's or blood work to keep up with heart rhythm, cholesterol levels and inflammation markers in our body. Most of us will consider our exercise or lack of it, medications we take, our last blood pressure check in the pharmacy or the pamphlet the nurse gave us as we left the last office visit. It is also likely that most of us ponder whether we have stopped eating red meat or fried foods, changed our salad dressings to the low-fat version or converted everyone in the family to Splenda-filled "sweet tea". It's here, in the arena of foods and drinks, that we often miscalculate our efforts. Many times, we miscalculate because we are targets of savvy marketing efforts. Sometimes, it's simply because we don't know or understand all the facts and ignorance is bliss. Sometimes, it's because the well-meaning people in our lives who help us make decisions about health in terms of foods and drinks have also been influenced by the same factors or have never thought deeply about the physiology and we figure if "they" say so, then who's to argue with "them"?

Did you know that your eating habits contribute to your heart health in ways you never imagined? We have never had more availability of foods. Fast foods, organic foods, home-cooked foods, mail-order foods, lovely restaurant foods, hole-in-the wall diner foods; the list goes on and on. We have never had such accessibility to low-

fat, fat-free, diet, light, sugar-free and low calorie products as we have available on our grocery shelves today. Obesity affects 25% of the American population, with the Southern region being the most obese by more than 30% over other regions of the country. Sixty-five percent of Americans are overweight and well on their way to obesity. Obesity leads directly to some of the most deadly illnesses of our time. Type II Diabetes is almost always related to weight and lifestyle issues and can almost always be controlled by improving those factors. This disease leads directly to increased risk of heart disease, high blood pressure and vessel claudication (or clogging). The most alarming fact is that this disease was qualified in college, just fifteen years ago, as a disease that affects persons over the age of 35. Today, the estimate of Type II diabetic 14-year-olds is just over 15% of all 14-year-old teens in the U.S. In the past 20 years, we have seen an increased morbidity of this illness and a lowered "starting" age by more than twenty years! All the while, marketing experts at large and small companies alike have trained us on the pristine qualities of the new low-fat, sugar-free products and the benefits for our weight and health. Just think about the trends we have seen in foods and the parallel trends in weight gain and Type II Diabetes. It is quite clear. I don't mean to sound like a conspiracy theorist or the bearer of bad news; it is simply important to consider the same facts I am considering when you make 2009 the year you commit to a nutrition-related Health Heart reality check.

In working with patients who are trying to lose weight, it has become quite obvious that getting back to the basics is often the best prescription I can usually offer. Many times, the problem with the basics is that we have all been convinced of other ideas, so it sounds strange to hear and difficult to believe. You don't need to just trust me on this; take a look at the many resources available and decide for yourself! As you

take a look, here's a list of a few true "oddball ideas" to consider.

Fat is bad. Fat is good? Know your fats.

Trans fats are bad! They raise your bad cholesterol and lower your good cholesterol. Most fast-food restaurants fry foods in oils that contain trans fats. Some companies have marketed trans-fat-free products and cooking processes that do not involve trans fats. It's a start. Educate yourself about trans fats and avoid them. On the other hand, look for and increase your intake of Omega-3 Fatty Acids. Found in such foods as salmon, tuna, beans, walnuts, flaxseed oil, broccoli, cauliflower and spinach, these fats are beneficial to your health. Increased intake of these fatty acids has been proven to lower the risk of stroke, high blood pressure and heart disease as well as other illnesses such as depression, arthritis and various skin disorders.

It's not just sugar, it's insulin that contributes to weight gain.

It is difficult to fully grasp the concepts here without some detailed biochemistry, but I will try to leave the biochemistry in the lab for now. Stick with me. The debate over artificial sweeteners and the link to cancer has been recharged again and again through the years. The jury is still out on this debate's conclusion for most researchers. However, the impact of artificial sweeteners on obesity and Type II Diabetes is clear. The physiology is simple. When you ingest a real sweetener, like sugar or honey, OR an artificial sweetener, like the packets on the table, your brain sends signals to tell your body the following: "something sweet is on board so go ahead and pump out the insulin." It makes no difference whether the sweet item is natural or synthetic, the brain reads an (almost) identical signal. The insulin surge is needed to help your body's cells absorb and use the 'sugar' your brain heralded. After doing its work on the actual sugar needed from the blood stream, the insulin efficiently starts the process of **fat storage** to "save up" any extra sugars,

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fats or proteins currently congregating in the body and bloodstream for **later use**.

Before turning to a long physiology lecture, let me make the most critical point: drinking artificially sweetened drinks is no better for your weight than drinking full-sugar drinks. Just because it does not raise the blood sugar it does not automatically become "free". It raises the insulin nonetheless and higher insulin means more fat storage. Lay off the artificial sweeteners to help with weight loss or maintenance.

Eating late at night is not the problem, BUT it is the sign.

One of the most common weight loss questions I am asked is "Is it worse to eat late at night?" There are different schools of thought on this question. I am of the general school that total caloric intake at the end of each day, as a whole, generally correlates to your weight gain, loss or maintenance. However, I also know that when you eat later in the evening, it is typically because you have not eaten healthy foods regularly throughout the earlier part of the day. When you do not start your body's metabolism with a healthy breakfast or healthy breakfast substitute, you actually crank down your metabolism a notch. When you combine that with a skipped lunch or a simple sugar snack or drink, the metabolism revs down to zilch because your body has no idea when to expect food again.

After finally settling in at night and opening that bag of chips or frozen dinner, your body wakes up and says "Yeah, food.... Let me turn the appetite up a notch to make up for this famine all day!" You are most likely to overeat at that time to compensate for the day's overall deficiency. My suggestion: start with a High Fiber, High Protein breakfast and follow with High Fiber, High Protein lunch and dinner. Eat four or so

surviving are her husband, Bill Sanders, of the home; son, Mark Sanders and wife, Sue, of Madison; daughter, Leanne Strauss and husband Gary of Rock Hill, SC, grandson, Houston Strauss of Rock Hill, SC and brothers, Clyde Rhea and Jack Rhea, both of Kings Mountain, and Bill Rhea of Alabama.

The funeral service was conducted Monday, February 23, 2009 at 2 p.m. at Ollie Harris Memorial Chapel with Rev. Lee Thomas officiating. Interment was in Mountain Rest

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A guest register is available at www.HarrisFunerals.com. Harris Funeral Home was in charge of arrangements.

Harris Funeral Home

Bessie Page

KINGS MOUNTAIN - Bessie Page, 71, of 109 Meagon Dr., died Wednesday, Feb. 21, 2009 at home.

The funeral was conducted Saturday, Feb. 21, 2009 at 2 p.m. at Chestnut Ridge Baptist Church by Revs. Greg Neely, Richard Brown and Keith Lindsay, interment following in the church cemetery.

Surviving are three sons, three daughters, four daughters-in-law, three sons-in-law, two brothers, two sisters, 19 grandchildren and 13 great-grandchildren.

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Written by Robert Harling
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Rated R - 4:45, 7:15, 9:45

THE INTERNATIONAL

Rated R - 4:20, 7:05, 9:45

CORALINE 3D

Rated PG - 4:15, 7:00, 9:30

HE'S JUST NOT THAT INTO YOU

Rated PG-13 - 4:10, 7:00, 9:50

PINK PANTHER 2

Rated PG - 5:10, 7:30, 9:45

PUSH

Rated PG-13 - 4:20, 7:10, 9:45

TAKEN

Rated PG-13 - 4:20, 7:05, 9:20

HOTEL FOR DOGS

Rated PG - 4:30

MY BLOODY VALENTINE - 3D

Rated R - 7:00, 9:30

PAUL BLART: MALL COP

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