



Marshall visits practice

Kareem Marshall, left, former KMHS and University of Georgia football standout, visited the Mountaineers' practice session on Saturday morning. He is pictured with Charlie and Zack Smith. Marshall was a three-year starter at offensive tackle for the Mountaineers from 1996-98, helping the Mountaineers to three consecutive conference championships, the Western NC finals in 1997 and the Western North Carolina championship in 1998. He was an All-American junior college player and started two years on the offensive line at Georgia, helping the Bulldogs win the Southeastern Conference championship.

KMHS volleyball team opens season Aug. 17

Impressive in multi-team scrimmage

Kings Mountain High's women's volleyball team will open its season Tuesday, Aug. 17 at home with a JV/varsity doubleheader with Polk Central.

JV action begins at 5 p.m. and varsity play will begin around 6.

The Lady Mountaineers competed in a multi-team scrimmage at home on Saturday and were very impressive. They were scheduled to go to Charlotte Latin yesterday for another scrimmage.

Veteran head coach Brian Grant has been highly impressed with his team so far and expects good things over the course of the season.

The Lady Mountaineers finished second in the Big South 3A Conference last year after winning the Southwestern Conference four straight years.

"We did very well in the scrimmage Saturday," Grant noted. "We didn't keep score but we played a lot of different lineups and had good success."

The KM team returns several of its top players from last year, including seniors Sarah Fedyschyn, Sarah Blackburn, Cailyn Hughes and Emily Yarbro. Promising newcomers include Paisley Williams, Tiffani Champion, Akua Adams and Kirstin Postell.

"We have a lot of players who are very versatile and can do a lot of different things," Grant said. "No matter what people show us we believe we have a plan in place to handle



GARY STEWART/HERALD
Sarah Fedyschyn returns for her senior year with the Kings Mountain Volleyball team.

different teams."

Grant and the Lady Mountaineers hope to improve on their second place finish of last season and go deep in the state playoffs.

"We're going to take it one step at a time," Grant said, "but we have the potential to compete with anyone. North Gaston and Forestview have a lot of players back and will be tough again but we have a team that can compete for the conference championship and we like to think we can make a run in the playoffs."

Sports briefs...

Melton named KM JV coach

Brad Melton has assumed the duties of head coach of the Kings Mountain High JV football team.

Former coach Dave Minnich resigned recently to accept an assistant coaching job at West Henderson High School.

Melton has been on the JV staff as an assistant. He is also head JV baseball coach at KMHS.

Joining the JV staff this season is former Mountaineer lineman Kelly McCrary. Other JV coaches are Tyrece Brooks and Tom Lease.

The JV Mountaineers open their season at home on Thursday, Sept. 2 against Burns.



Touchdown Club to meet Aug. 24

The Kings Mountain Touchdown Club will hold its first meeting of the year on Tuesday, Aug. 24 at 7 p.m. at B.N. Barnes Auditorium and will meet every Tuesday after that throughout the football season.

Coach Greg Lloyd will be on hand to discuss the upcoming season, which begins on Aug. 27 at home against Q Foundation.

All members who haven't renewed their memberships are urged to do so and all prospective members are invited to attend and join the club. Membership, with proper membership and parking passes, allows members to park behind the KMHS baseball field and have their own entrance to the football stadium and easy exit from the stadium after the game.

Levels of membership include first down club, \$100; second down club, \$200; third down club, \$300; fourth down club, \$500; and coaches club, \$1,000 and up. Make checks payable to Kings Mountain Touchdown Club and mail to 413 Country Club Acres, Kings Mountain, NC 28086.

New Touchdown Club hats will be available for \$15 each beginning with the first meeting.

Money raised through memberships and fund raisers goes to the KMHS athletic department. In just three years, the club has given over \$85,000 to the athletic department for equipment and renovation of the KMHS weight room. The club has committed over \$22,000 for this school year.

Hall of Fame BBQ August 27

The annual Kings Mountain Hall of Fame barbecue will be held Friday, Aug. 27 from 10 a.m. - 5 p.m.

*Plates will be sold for \$7 apiece in the

lobby of B.N. Barnes Auditorium (take-out only). Orders of five or more plates will be delivered.

Tickets are available from members of the Hall of Fame Committee and at the door.

All proceeds go toward scholarships for KMHS student athletes.

KMHS sports passes available

Numerous sports passes are available for the 2010-11 school year at Kings Mountain High School.

Football season passes are being sold for \$35. Each pass admits one person to every regular season home game and a seat in the reserved section. Seats with backs cost an additional \$10 for the season.

All-sports passes are \$100 each. They admit one person to every KM home regular season sporting event and includes a reserved seat for all home football games, reserved parking for all home football games, and membership in the Booster's Club. Seats with backs cost an additional \$10 for the football season.

The Mountaineer Pass sells for \$150 and admits two persons to every home regular season sporting event. It includes reserves seats for two for all home football games, reserved parking for all home football games and membership to the Booster's Club. Seats with backs cost an additional \$10 each for the season. Add-ons are available for \$30 each (for K-12 children only).

KMHS girls golf begins Aug. 17

All girls interested in trying out for the 2010 Kings Mountain High women's golf team need to contact Coach Kevin Moss at

kemoss@clevelandcountyschools.org

The first day of tryouts is Tuesday, August 17 at 3:30 p.m. at Kings Mountain Country Club. All players must have a current physical on file at KMHS or bring a copy of a current physical on the first day of practice.

KMMS football practice to begin

Kings Mountain Middle School football practice begins Monday, August 16 from 3-5:30 p.m.

Players will meet in the KMMS gym for sign-ups. Each player must have a physical on file at the school or have one in his possession before he can practice.

Practice attire is shorts, t-shirt and cleats or tennis shoes. Practice will be every Monday through Friday from 3-5:30 p.m. Parents should drop the players off in front of the school by 2:55 p.m. and pick them up by 5:55 p.m. in front of the school.

NOTE TO COACHES

Report your game scores to The Herald by bringing them by the office at 700 E. Gold Street; call 739-7496, fax 739-0611 or Email gstewart26@carolina.rr.com.

Home Care with Compassion, Excellence, and Reliability

Bayada Nurses: Care in the Comfort of Home



Thanks to Bayada Nurses, Dora and Clayton Singleton, 92, are able to remain in the comfort of their own home. They are pictured here with their Bayada Nurses home health aide Linda Gail Hamrick.

home. They want to stay in their home, where they are comfortable and everything is familiar."

Singleton knew she couldn't care for her parents alone. She researched home care companies and chose Bayada Nurses because of their flexibility.

"We have a home health aide who gets mom out of bed, bathed and dressed, and makes breakfast for her. In the evening, another aide gets mom ready for bed. It makes life so much easier for me," said Singleton.

All Bayada Nurses employees are fully bonded and insured, receive hands-on training prior to being allowed in home settings, and are screened for adherence to the company's core values: compassion, excellence, and reliability.

Diane Singleton feels so blessed to still have her parents in her life, however, making sure they have the care they need can be quite a challenge.

"Mom and dad are both 92," said Singleton. "Even with mom's Alzheimer's disease and dad's poor vision, they insist they don't want to go in a nursing

Homemaker, Companion, and Live-in Services

Bayada Nurses offers a variety of services that can help your loved ones stay in the home they love.

- **Rise and Shine:** Bayada's pleasant staff helps with getting out of bed, dressing, preparing breakfast, and medication reminders.
- **Evening Care Services:** In the evening, Bayada is there to help with dinner, medication reminders, and preparation for bed.
- **Out on the Town:** The loss of the ability to drive can lead to a loss of independence. Bayada Nurses companions can help with transportation to appointments, family outings, and social occasions.
- **Live-in Companions:** Bayada Nurses offers compassionate and reliable around-the-clock companions.
- **Bayada Buddies:** Bayada Buddies lend a hand with household chores and meal preparation, assist with hygiene, and promote participation in hobbies and activities.
- **Bayada Respite Care:** Bayada's caring staff is available to give primary caregivers the break they deserve. With Bayada's help, caregivers can take care of themselves while knowing that their loved ones are in capable hands.

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