

Grant used to purchase new exercise equipment and save lives

By EMILY WEAVER
Editor

The leading cause of death in firefighters is not fire, but heart attacks. So to a firefighter, staying healthy is just as important as his turnout gear and helmet.

That maybe why the \$96,663 the Kings Mountain Fire Department received through an Assistance to Firefighters Grant in April was so appreciated.

Assistant Fire Chief Jamie Black said that they

used about \$41,000 from the grant to purchase exercise and fitness equipment for the station. The rest of the funds were used for physicals, consultations with dieticians, immunizations and follow-up physicals.

Fire Engineer Rocky Pack said that the physical he had this year may have saved his life. His thyroid was acting up and was altering the natural rhythm of his heart. The change in beat was slowing him down. He

felt tired. Left unchecked, it could have done more than drain his energy.

"My physical saved my life," he said.

Doctors were able to pinpoint the issue with the thyroid and bring it into check. With diet, exercise and a normal heart beat Pack is back in action.

On Friday afternoon, the Kings Mountain Fire Department and the city thanked U.S. Congressman Patrick McHenry for helping

them get the grant through the U.S. Department of Homeland Security.

After 9-11 the country realized how important our firefighters are, McHenry said. "They're our heroes."

But even heroes need help.

"Equipment is expensive," he said, adding that it is important to get those federal resources brought back locally.

Black also thanked Steve Moffitt, sales representative of Total Strength & Speed, who helped them equip their new gym in the firehouse.

Moffitt, who through his company helped equip the gym at Kings Mountain High, found the KMFDF several exercise machines and weight stations that are now in use.



At left: KM Fire Engineer Rocky Pack tries out one of the new exercise bikes in the firehouse Friday. Behind him are, l-r, Bobby King, Assistant Fire Chief Jamie Black and Willard Yarborough Jr. Bottom: Members of the Kings Mountain Fire Department gather around a big check recognizing the \$96,000 grant the department received earlier this year. Standing with Congressman Patrick McHenry are, l-r, Mayor Rick Murphy, Rocky Pack and KM Assistant Fire Chief Jamie Black. Back row, l-r, Tyler Laughridge, John Wright, Willard Yarborough Jr., Bobby King, Randy Peterson.



Jacob Metcalf, right, talks about his service in the Korean War around a shadowbox of medals he earned, with Congressman Patrick McHenry.

J. Metcalf thanks McHenry for long-awaited medals

After a mother lost every one of her five sons serving in World War II, the country pledged it would not ask another sacrifice of a mother's only remaining son in war again (if a parent or sibling of that last remaining son had served and died in battle).

But asked or not, Jacob Kenneth Metcalf and his two brothers left their mother to fight in the Korean War. All three of the Metcalf sons were in service and luckily, all three returned.

Jacob Metcalf served in Uncle Sam's Army two years, spending much of that time in Korea. He served his country bravely and with honor. Although he came home, the medals promised to him never did.

Last year, the Metcalfs, with the help of their son-in-law, Mayor Pro-tem Rodney Gordon, sought Congressman Patrick McHenry's help in getting those medals. Last November - 55 years after his service ended - the medals arrived quietly in the mail.

The family was elated and Jacob finally received the honors he had earned in battle - five medals from the Korean War.

Gordon gathered the medals, service pins, patches, a photograph and his father-in-law's dog tag and placed them into a shadow box for display. On Friday afternoon, Jacob Metcalf and his wife of 60 years, Letha Metcalf, gathered with other family members inside city hall around the shadow box and framed letter that came from McHenry's office with the medals.

They thanked McHenry, who had just finished a visit to the KM fire station no. 1, for helping Jacob obtain his medals.

McHenry, in turn, thanked Jacob for his honorable service. "You're the one that made it happen," he said.

Jacob and Letha Metcalf, of Kings Mountain, have two daughters, Vickie Gordon and Jackie Pittman; four granddaughters and one great grandson.

Kerns top scorer for E. Tennessee

Kings Mountain freshman Ramey Kerns tied for top scoring honors for the East Tennessee State University women's soccer team this fall. Kerns played in all 18 games for the Bucs and tallied 13 points. The Bucs finished 4-5-1 in the conference and 8-7-3 overall. They lost to Kennesaw State in the A-Sun Tournament quarter-finals.

Councilmen, Commissioner attend news conference



EMILY WEAVER/HERALD
Attending the news conference Monday where a new Kings Mountain data center was announced, city Councilman Rick Moore talks with newly elected county Commissioner Jason Falls and Councilmen Rev. Howard Shipp and Tommy Hawkins (l-r). The announcement was well attended.

Tate benefit to be held Nov. 20-21 Youth basketball registration

Two benefits for Brad Tate, who is fighting lung cancer, will be held Saturday and Sunday.

Shotgun start for a Captain's Choice tournament at 11 a.m. at Kings Mountain Country Club and limited to 20 teams.

Teams will be flighted into two flights base on total team handicap and pay out will be \$400 to each flight winner. Cost is \$50 per player and you can pick up an entry form at KMCC or call 704-297-1117.

BBQ and Music will feature a Sunday benefit from 5:30-9:30 p.m. at the American Legion. Tickets are \$25 and food serving will begin at 5:30 p.m. and features BBQ, chicken, pork tenderloin and sides. Three music acts will feature Scott Sanders, David Robbins, and the 1978 High School Band Reunion with Al Eddins, Rick Broome, Ted Webster, and George (Scoot) Pittman. A cash bar will be provided by the American Legion Post 155.

You can reserve on Facebook and pay at the door. Tickets can also be purchased at J Oliver's Coffee Shop, Dellinger's Jewel Shop or call 704-297-1117.

Basketball registration for youth 3-18, girls and boys, continues through Friday at Kings Mountain YMCA on Cleveland Avenue. Registration fee is \$25 for members, \$40 for non-members who are city residents, and \$50 for out-of-city residents. John Maynard is sports director.

Hospital fundraiser

Kings Mountain Hospital Auxiliary fundraiser; Tupperware Sale; Wednesday, Nov. 17; 7 a.m.-4 p.m.; Kings Mountain Hospital Lobby

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