

# Legion hangs lights on tree for Veterans



Joyce Kale, president of American Legion Auxiliary Unit 155, puts lights on a Christmas tree that will honor veterans in front of the American Legion Building on East Gold Street. The Auxiliary invites the public to trim the tree with a donation for each light and the name of a veteran.

The Christmas tree in front of the American Legion Post 155 on East Gold will soon be trimmed with lights honoring veterans.

"We want to place the names of our local veterans, those living and deceased, on a lighted tree," says Joyce Kale, American Legion Auxiliary president. But the public's help is needed.

Kale said that any donation, \$1 or more, for each light will be appreciated and all proceeds will be earmarked for veterans, those locally in nursing homes and at VA hospitals in the state.

The lights on the large tree located at the side of the Legion building will add holiday decor to the red berries already on the tree.

Contact Kale, Lou Ballew, Arlene Barrett, Myrtle Christenson, or Norma Bridges with the names of veterans and to donate to the project.

# Special Rotarian McGill honored



Dr. John McGill, (seated) a Rotarian since 1958, was honored with a special award Thursday, November 17. He was named an Honorary Rotarian for his outstanding service to Rotary and the community. Presenting the award were (L to R) Rotarians Dr. George Plonk, Hazel Thrift, JoAnn Hall, Larry Hamrick, and Club President Myra McGinnis



## Mayor Murphrey works to keep KM beautiful

It was a dirty job, but somebody had to do it. Mayor Rick Murphrey was knee-deep in mud on Wednesday, Nov. 16, planting pansies at an entrance to the city near the Army. It was an effort to Keep Kings Mountain Beautiful. His wife, Sandra Murphrey is president of the Keep Kings Mountain Beautiful committee.

The money for the pansies was raised from recycled cans that are collected behind the city's no. 2 fire station. The recycled cans were traded for cash at C&C Scrap Iron and Metal.

EMILY WEAVER/HERALD

# Christmas at the Fair

There are a few vendor spaces still available for this year's Christmas at the Fair December 2nd, 3rd and 4th at the Cleveland County Fairgrounds. Inside booth sizes are 8x8 for \$100 and 8x16 for \$150. Booths come

with a table and two chairs. Outside 10x16 booth spaces are also available for \$150. Christmas at the Fair will be from 10 a.m. until 8 p.m. on Friday and Saturday, December 2nd and 3rd and from 12 noon until 6 p.m.

on Sunday, December 4th. Cost for this year's event is \$3 for adults 13 and over, \$1 for children 6-12, and free for children 5 and under; or attendees can bring three cans of food or one new toy for donation to underprivileged children in Cleveland County and get in free.

There will be a petting zoo, a children's area with inflatables, tram rides, lights, music and Santa Claus. Area church groups, choirs, quartets or individuals are invited to sing at this year's event. Sign up by calling the fair office at 704-487-0651. Non-profit organizations and churches are invited to have an 8x8 booth for free. For more information, call the fair office.

# Y gets ready for 11th Jingle Bell Rockin' Run

The Kings Mountain Family YMCA is gearing up for its 11th annual Jingle Bell Rockin' Run, signing up runners, volunteers and sponsors for what organizers predict will be the best race yet.

This year's event, featuring a 2-mile race and a 600-meter fun run for kids, and a 5K and 10K walk/run for all ages, will kick off at 9 a.m. on Saturday, Dec. 3rd, hours before the city's annual Christmas Parade downtown. The race will start at the corner of Gold St. and Railroad Ave. Southern Experience will rock the stage with tunes. Precision Timing Systems will calculate and record the results. This year's event will also feature a costume contest, visit from

Santa, a cornhole tournament and a pre-race Vendor Fair during packet pick-up.

Each participant is invited to pick up their packets for the race on Friday, Dec. 2, from 3-7 p.m. in the gymnasium at the Y. Several vendors, including Prescriptions Plus and 1 Life Nutrition Health and Wellness, will be stationed in the gym on Friday.

On race day, every child participant will be awarded a medallion. Top runners in each age division for the 5K and 10K races will also be rewarded. The best child and adult in a costume will also get a prize.

The Y's second biggest annual fundraiser, Jingle Bell Rockin' Run supports the Y's We Build People

Scholarship fund. One of the goals of the YMCA is to turn no one away due to inability to pay. Through the scholarship program, the Y offers financial assistance to individuals and families so that YMCA programs are accessible to every person regardless of age, gender, religion, ethnicity or income level.

The Y welcomes "Phantom Dashers", monetary donations from people who want to contribute, but for some reason or another cannot run. Organizers are also seeking volunteers and sponsors for this year's Jingle Bell Rockin' Run.

To volunteer or become a sponsor contact Candice Hyde at ch Hyde@clevelandcoymca.org or call 704-739-9631. To sign up for the race, visit www.ptstiming.com or register in person at the Kings Mountain YMCA. Early registration ends Nov. 28.

## Bells will soon be ringing

Christmas bells will start ringing for benefit of the Kings Mountain Crisis Ministry this weekend and continue week-ends through Dec. 17.

Iris Frady, Executive Director of the Crisis Ministry, said People's Baptist Church volunteers will ring the bells from 10 a.m.-2 p.m. and Chestnut Ridge Baptist Church volunteers will ring the bells from 2-6 p.m. at Roses on Shelby Road. On Saturday volunteers from KM Rotary Club will ring the bells from 10 a.m.-6 p.m. at Ingles and New Life Family Worship volunteers will ring the bells from 10 a.m.-6 p.m. at Roses.

Frady said that during the Kings Mountain Christmas pa-

See BELLS, 3B

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### Harold's Weekly Health Tip...

Natural Tips to Prevent a Cold  
Continued...

#7 Eat Foods Containing Phytochemicals: "Phyto" means plants, and the natural chemicals in plants give the vitamins in food a su-

- percharged boost. So put away the vitamin pill, and eat dark green, red, and yellow vegetables and fruits.
- #8 Eat Yogurt: Some studies have shown that eating a daily cup of low-fat yogurt can reduce your susceptibility to colds by 25%.
- #9 Don't Smoke: Statistics show that heavy smokers get more severe colds and more frequent ones.
- #10 Cut Alcohol Consumption: Heavy alcohol use suppresses the immune system in a variety of ways. Heavier drinkers are more prone to initial infections as well as secondary complications. Alcohol also dehydrates the body -- it actually causes more fluid loss from your system than it puts in.
- #11 Relax: If you can teach yourself to relax, you can activate your immune system on demand. There's evidence that when you put your relaxation skills into action, your interleukins -- leaders in the immune system response against cold and flu viruses -- increase in the bloodstream.

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