

FIRST PLACE WINNER –

Gene White, No. 5 above, is pictured crossing the finish line in the recent 5K-10K run at Gateway Trail for males 70-99, with a time of 47 minutes 43 seconds. White, who started logging miles in 2006, has walked a total of 4600 miles with 777 miles completed in 2012. By his 81st birthday in September he plans to reach his goal of 5,000 miles. White, retired city planner with the City of Kings Mountain, averages walking 50-60 miles a month on the Gateway Trail.



THORNBURG

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ones long before the need arises. This is an important lesson I have learned after working in the field of aging for twenty-seven years. I have assisted many senior adults and their family members with the preparation of Living Wills and Health Care Power of Attorneys during my career. Completing these documents are two very important ways we can avoid an unhealthy family crisis dealing with end of life health choices, and who better to make these choices than we ourselves while we are healthy and competent.

Executing both documents is a good idea. The Living Will makes your wishes known to those you love and care about. It takes the hard decisions out of your loved ones hands and lets them know in writing what you want done. The Health Care Power of Attorney allows you to name a trusted person to serve as your health care decision maker and this is important because many standardized living will forms can be limited in what they can accomplish and what conditions they cover. For example, most provide instructions that apply only if the individual is in a terminal condition, suffering from dementia or permanently unconscious, yet Charles P. Sabatino, J.D. of the American Bar Association says that the majority of health care decisions that need to be made for patients lacking capacity concern questions about day-to-day care, placement options short of "pulling the plug".

Not only have I experienced this professionally but personally with both of my dear parents. Having to decide what a parent would want is a heart wrenching decision that none of us should have to make but my family has had to do that in the past and you may have to if you do not have these documents in place. It is because of my personal and professional experiences in these matters that I executed these documents for myself many years ago. Many folks may fear that the execution of these documents is telling medical personnel to "Not Treat" but this is simply not true. Advance directives are also used to say that the individual wants all possible treatments within the range of generally accepted medical standards. What is said depends upon one's particular wishes and values. Even when an advance directive avoids all life-sustaining treatments, one should always assume and insist upon continuing pain control, comfort care and respect for one's dignity.

An often forgotten piece of the advance directive puzzle is funeral planning. I know from experience as a part time licensed funeral director/embalmer, this is often the case especially for individuals who die suddenly without warning and/or who are younger. Funeral pre-needs are nice, but even if folks have not done a pre-need contract, some dialogue with their loved ones regarding their wishes is better than none. We encourage folks to preplan or write down their wishes and desires and share this information with their family. This will lessen the uncertainties at the time of crisis.

As far as pre-needs are concerned, be an informed consumer and compare prices. Ask funeral homes for a copy of their general price list. "The Funeral Rule," enforced by the Federal Trade Commission requires funeral directors to give you itemized prices in person and if you ask, over the phone. As a smart consumer, you need to know what you are paying for. You need to know what happens to the money you've prepaid. Each state is different. You need to know what happens to the interest income on money that is prepaid and put into a trust account. You need to know how you will be protected if the firm you have chosen goes out of business. What if you change your mind? What if you move to a different area or die while away from home? All these are good questions a savvy consumer will want answered. Funeral planning is a must in your Journey. The adage of "shop before you drop" may be uncouth but true. Following some basic common sense rules should save your loved ones both heartache and money at the same time.

Monty Thornburg has been the Director of the Patrick Center for 30 years and is a part-time licensed funeral director/embalmer. He has seen personally and professionally first-hand the importance of having these documents in place.

He is a member of Journey, a group of community volunteers who believe end of life issues are a Road We All Will Travel. How we travel is determined by how we prepare for our journey. One of the primary tasks of Journey is to educate the community and family members about end of life issues and to educate the community and family members about care giving for both the caregiver and receiver. Web site where copies of the Living Will and Health Care Power of Attorney forms can be downloaded <http://www.nclifelinks.org/>

Firefighters burn house, conduct training

Pictured is the historic house at 207 W. Mountain Street which was burned last Wednesday during Cleveland Community College Fire Academy class training by Kings Mountain Fire Department.

"The winds were pretty gusty at the time but firemen burned the house at request of owners who donated it for the fire training exercise," said Chief Frank Burns. Grover Fire Department also assisted.



(Photo by BETH BROCK)

Blood Drive, March 21

"Giving and playing" is the motto for the Woodbridge Golf Links blood drive on Thursday, March 21. Woodbridge Golf Links and the Woodbridge Homeowners Association are co-sponsoring a Red Cross event that gives back to donors. Donors will receive a free round of golf at Woodbridge. Each contributor will also be eligible to win a six month membership to the golf club.

Cindy Webb, General Manager of the golf club, and Nancy Quinn, President of the homeowners association, decided to reward donors for their time and gift of blood. Woodbridge residents are also baking cakes to be served to patrons of this event.

Club Woodbridge, located on New Camp Creek Church Road, will be site for the drive. Hours are 3 p.m. until 7 p.m. Appointments may be made by calling the golf club at 704-482-0353. Drop-ins are welcome. Come early and have a piece of award winning cake before giving blood.

LIFESTYLE DEADLINES

Deadline for wedding and engagement information is 12 noon Monday. Items received after deadline will run if time and space permit; if not, they will be held until the following week.

The cost is \$20. Wedding and engagement forms are available at the reception desk at The Herald, 700 East Gold Street. Only the information requested on the form will be published at the \$20 price. Additional information will be charged at regular advertising rates.

MOORE

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our youth for high demand careers. During this first month we have made some very tough decisions, all of which I believe were necessary to putting this great state back on the track to success for all. In the near future, we will tackle the topics of reforming our outdated tax system, as well as protecting our election process.

Currently, we are working on repealing the estate or inheritance tax, commonly referred to as the "death tax." Upon one's death, his or her assets are taxed before being passed along to one's relatives. The penalization of growth, success, and hard work is unfair. The government should not double-tax individuals – once in life, and again in death. North Carolina and Tennessee are the only states in the southeast that have this tax, and Tennessee is allowing theirs to expire in 2016. Ridding ourselves of this outrageous tax meant to redistribute hard

earned belongings will offer greater economic prosperity and job creation.

I want to thank the many constituents that call my office to offer perspective upon the many issues at stake for North Carolina, and I assure you that your voice is heard. I also want to thank you for the honor and privilege to serve as your Representative. I look forward to hearing from you. You can reach me at my Raleigh number, 919-733-4838 or you can e-mail me or my Legislative Assistant, Nancy, attim.moore@ncleg.net or Moorela@ncleg.net.

THE GREAT OUTDOORS
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50% OFF all Clothing Except Under Armour, Costa, Browning, and rainwear	Fishermen
10% OFF Bedding & Gift Items	Daiwa Sweepfire Reels & Rods \$34 ⁹⁹ Buy One, Get One FREE Buy any Abu Garcia rod or reel, get a FREE HAT!
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20-Round AR308 Magazines \$29⁹⁹	Berkley Havoc \$2 ⁵⁰ /pack Buy 4 packs, get a FREE HAT Megabass Jerk Baits \$24⁹⁹
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20% OFF all FN Pistols	25% Off All Footwear Except Irish Setter
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