

## Students give program at VFW

The Veterans of Foreign Wars, Department of N.C., District 13, met recently at the Kings Mountain - Cherryville Post 9811. Special guests were Savannah Whisnant and Natalie Fedyschyn.

Whisnant, a student at Kings Mountain Middle School, opened the meeting by singing the 'National Anthem'.

Fedyschyn, a senior at Kings Mountain High School, is the Post winner of the "Voice of Democracy" contest. She recited a 500-word essay on "What Patriotism Means". She is the recipient of a certificate of award and a check from Post Commander Leroy Edwards and Ladies Auxiliary President Louise Homesley.

Post 9811 Quartermaster Jim Homesley said the organization's "Voice of Democracy" contest is a scholarship program where students can win up to \$30,000 in scholarships.

Nationwide, Veterans of Foreign Wars gives away millions of dollars a year in all 50 states.

Teachers and educators are encouraged to advise students from middle through high school age to enter the scholarship competitions.

## BOYLES: announces retirement

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Boyles said he and his family will continue to remain in the county. He and his wife have a son who is a senior and a daughter who is a freshman at Kings Mountain High School. Mrs. Boyles is a high school teacher. Mr. Boyles is the son of Melba Boyles of Kings Mountain and the late Willard Boyles.

In the letter he read to the school board Monday night, the superintendent said: It has been a distinct honor to return home and serve the students of this district as superintendent for the past seven years. Cleveland County has outstanding teachers, administrators, and support staff who work daily to do what is best for our children. It has been an honor to work along with

them to ensure students are well served.

Boyles continued, "Please know that I appreciate the support I have received from board members and our staff. While these are difficult times with many attacks on public schools, I believe our district is poised for even greater success as initiatives in the new strategic plan are implemented. Please know that I will continue to work tirelessly for the success of our schools in my remaining months as superintendent and will work to ensure a smooth transition when new leadership is selected. I will continue to be involved and support the work of our schools as a parent in the district. Thank you for the opportunity I have had to serve the Cleveland County Schools."

## PATRICK CENTER: lunch program gets \$8k boost

From page 1A

as those with diabetes. The Kings Mountain Hospital has committed to provide consulting to the Patrick Center staff through the hospital nutritionist to ensure all meals provide

healthy, nutritious lunches for seniors.

To date the "Building the Future" campaign has raised close to \$900,000 (approximately 82%).

The fund raising campaign is expected to end in February, with the

goal of raising \$1,065,000 to expand the 17,000 square foot facility by 4,304 square feet and a new covered rear entrance of 1,600 square feet.

Those wishing to make a contribution, call Carl Elliott at the Patrick Center, 704-734-0447.

## COLD: Residents asked to cut back thermostats, conserve energy

From page 1A

Temperatures recovered on Sunday and Monday but forecasters are saying that another blast of cold weather will arrive on Wednesday.

"I would like to thank everyone for their continued assistance in shedding natural gas loads when requested. This is extremely important in assisting and reducing our overall wholesale natural gas costs," said Sellers.

Murphrey said the city and its energy consultants study previous years' usage and weather models that show temperature readings and anticipated usage and

the city purchases that amount of gas from Williams Transco Continental Pipeline and contracts for the decatherms.

"If we go over that amount in the contract we can still obtain the gas but it would be at a higher cost. This requested conservation is an effort to keep natural gas costs down to benefit all customers," the mayor added.

"Our city staff has really gone beyond the call of duty to keep costs under control," said Sellers.

The city buys electricity wholesale from Duke Energy. No outages were reported during the recent wintery weather.

Sellers said that to help save energy and money, customers are asked to select the lowest comfortable thermostat setting when home, and bump the thermostat down a degree or two when leaving home. She said that Duke Energy recommends that a ceiling fan in the home is also a good way to warm in the winter and also reminds customers of another energy-saving hint - leave your drapes and blinds open to allow the sun's rays to warm the house. "I also use an extra blanket so that I can drop my thermostat down," said Sellers.

Both the mayor and Sellers say they are concerned about the impact of the cold

on customers' pocketbooks and they want to encourage residents to cut back on usage during this unseasonably cold weather.

Kings Mountain has more than 3700 natural gas customers and more than 4,000 electric customers.

Tuesday the National Weather Service expanded the winter weather advisory - or area where an inch or two of snow is expected - to include Cleveland County.

In Kings Mountain, the Kings Mountain Police Department in the case of inclement weather maintains a priority call list for individuals who are dependent on ventilators, respirators, oxygen tanks and other devices.

## FEE: for storm water system begins Feb. 1

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and water quality measures shall each be eligible for a 20% maximum credit. Any credit allowance shall be conditional on continuing compliance with applicable standards, including requirements for operation and maintenance. Subject to approval in accordance with the credit policy, any credits shall be effective on the date of application thereof."

The ordinance establishes regulations to meet the requirements of state and federal law regarding control of storm water runoff and discharge. Urbanized areas, including Kings Mountain, are mandated to adopt storm water

controls and establish a storm water utility which city council passed recently by vote of 6-1, councilman Moore voting "no" because he said he wanted the public to enter into the discussions.

Where will the money go from the new fees?

- Reconstruction of outdated inlets that are prone to flooding.
- Acquiring easements for troubled open ditches on private property.
- Public education.
- Construction of curb and gutter systems where none presently exist.
- Public involvement programs (adopt a stream, etc.)

Local erosion and sediment control program.

Stream-corridor reforestation program.

Partial credits against the fees for such items as: a commercial property with storm runoff mitigation features; schools that teach water conservation; tax exempt organizations that volunteer in clean water programs (adopt a stream, basin stenciling, etc.)

- Protects drinking water, takes care of public drainage problems, and mitigates flood hazards.
- Street sweeping
- Household toxin collection
- Illegal discharge detection
- Storm drain marking

# THE SAVVY SENIOR

By JIM MILLER  
Editor



## Tips & Tools to Help Seniors Regain their Flexibility

### Dear Savvy Senior,

Can you offer some good stretching tips and resources for seniors? I've gotten so inflexible in recent years I can hardly bend over to tie my shoes anymore.

Stiff Senior

### Dear Stiff,

Of all possible exercises, stretching tends to be the most overlooked and neglected among seniors, yet nothing is more vital to keeping an aging body limber and injury free. Here's what you should know along with some tip and resources to help you regain some flexibility.

As we age, our muscles naturally lose their elasticity if you're not active, which can make common day-to-day activities like reaching down to tie your shoes, or looking over your shoulder to back your car out of the driveway difficult.

But the good news is, by incorporating some simple stretching exercises into your routine (at least three times a week) you can greatly improve your flexibility, as well as enhance your balance, posture and circulation, relieve

pain and stress, and prevent injuries. In addition, stretching is also important as a warm-up and cool-down for more vigorous activities, and leg stretching is an excellent way to prevent nighttime leg cramps too.

### Stretching Basics

Stretching exercises should focus on the muscles in your calves, front and back thighs, hips, lower and upper back, chest, shoulders and neck. If you've had hip or back surgery, you should talk to your doctor before doing lower-back flexibility exercises.

If you don't have any experience with stretching, there are books like "Stretching for Dummies" and "Stretching for 50+" that you can purchase at your local bookstore or amazon.com that provides instructions and illustrations of proper techniques.

There are also a number of DVDs and videos you can buy to guide you through a series of stretching exercises you can do at home. Collage Video (collagevideo.com, 800-819-7111) sells several at prices ranging between \$10 and \$20, as does iefit.com and amazon.com.

Also see go4life.nia.nih.gov, a resource created by the National Institute on Aging that offers a free exercise DVD and booklet that provide illustrated examples of stretching exercises. You can order your free copies online or by calling 800-222-2225.

While stretching, it's very important to listen to your body. You want to stretch each muscle group to the point where the muscle feels tight. If it hurts, you've gone too far. Back off to the point where you don't feel any pain, then hold the stretch for 10 to 20 seconds. Relax, then repeat it three to five times, trying to stretch a little farther, but don't bounce. Bouncing greatly increases your chance of injury.

It's also a good idea to warm up a little before you start stretching by walking in place and pumping your arms. And remember to breathe when you stretch. Also keep in mind that muscles that have not been stretched in a while take time to regain their flexibility. So be patient and go slow.

### Eastern Options

Another popular way to improve your flexibility is through gentle yoga or

chair yoga. In chair yoga you replace the yoga mat with a chair where most poses can be duplicated. This is much easier on tight, inflexible muscles.

To get started, there are DVDs and videos that offer yoga instructions and routines for seniors that you can do at home. Some good resources for finding them are peggycappy.net and yoga-heart.com, or check with your local public library.

Tai chi is another good exercise option for improving flexibility and balance. To learn it, it's best to work with an instructor who can teach you the correct movements and breathing techniques. To locate a class in your area, call your local senior center, health club or wellness center or check your yellow pages. If nothing's available, tai chi DVDs for seniors (see amazon.com, collagevideo.com and iefit.com) is a good alternative.

Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit SavvySenior.org. Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book.



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