

Regans - Pearson engagement



Jason Andrew Pearson and Rebecca Ashley Regans

Gordon and Wendy Regans of Kings Mountain, NC are pleased to announce the engagement of their daughter, Rebecca Ashley to Jason Andrew Pearson, son of Michael and Jamie Pearson of Shelby, NC.

Ashley and Jason are college sweethearts who recently graduated with honors from Cleveland Community College earning their Associate in Arts Degrees.

Ashley is the granddaughter of Jean Regans of Huntersville, NC and Bruce and Faye Harry of Blacksburg, SC.

Jason is the grandson of Jim Carpenter of Shelby, NC.

The couple will celebrate their special day with family and friends with a church wedding and reception to follow the ceremony on Saturday, September 27, 2014.

Trio honored as Distinguished Women of Cleveland County



Photo by LIB STEWART

DISTINGUISHED WOMEN – Libbey Lavender, Dr. Linda Hopper, and Betsy Hart Wells, left to right, were honored by the Cleveland County Commission for Women as 'Distinguished Women' Friday night at a banquet at the LeGrand Center in Shelby.

Educator Dr. Linda Hunt Hopper, ardent supporter of veterans, Libbey Canipe Lavender, and retired teacher Betsy Hart Wells who worked many years for equal rights, were honored as Distinguished Women of Cleveland County at the 23rd annual banquet Friday night at the LeGrand Center in Shelby.

Mary Accor presented Dr. Hopper to banquet guests, Lavender's son Jody presented his mother and Wells was escorted by her husband, Steve, and presented to the crowd by her pastor, Rev. Randy Patterson.

Hopper was recognized as an educator that realizes the potential of every child

and a pioneer in establishing a program for young ladies called Sophisticated Young Ladies.

Lavender was lauded as a political activist who federated the Republican women's organization in the county and was first president of the League of Women Voters.

Wells, a former high school English and drama teacher, was recognized for her 'caring spirit' and a woman who could communicate in every situation. She led county and district Democratic organizations, worked two national presidential campaigns, and as an advocate for equal rights worked many years for equal rights beginning as a

young wife and mother who took her family to Raleigh to work for equal rights when she was told she could not own a credit card because she was a married woman.

All the presenters were entertaining in their introductions of the honorees. After receiving silver awards, the honorees stated appreciation to the Cleveland County Commission of Women and formally accepted the award with appropriate remarks.

Debra Blanton gave a history of the sponsoring group, Margie Christopher recognized previous honorees, Robert Miller gave the invocation and Jason Falls recognized other guests.

Final Library Summer Programs

Two programs remain in Mauney Memorial Library's summer reading program, including programs for adults and families.

Southern Arts Society will host the children's program, "Scratch Art" at 10 a.m. today, Wednesday, Aug. 13, at the Depot.

The last "movie by the pool" program will be held at the YMCA pool on Aug. 22 at 6 p.m., a program which has drawn up to 100 people. The YMCA is providing a lifeguard so that everyone can swim. There will be refreshments and activities to complete during the movie, which starts at dusk, to keep the whole family entertained.

There's no excuse

Some of the excuses older folks have for not exercising are so far off the mark that they reveal a deep seated guilt about their sedentary lifestyles, according to the Association of Mature American Citizens. "I'm not getting any younger," they'll say. But the fact is that a regimen of exercise will actually make you feel younger.

You don't have to run a marathon, but maybe you can get up out of that armchair and take a brisk walk, says AMAC. You'll be amazed at the benefits. We all know that exercise is good for your heart. But did you know that it can lower the risk of dementia and Alzheimer's disease.

Meanwhile, if you are suffering from a chronic illness that has you "grounded," there are special aerobic and stretching exercises you can do that can help improve muscle health.

Be sure to check with your physician before you start in on any exercise program. In fact, the doctor may have suggestions on what types of workouts would be best for you.

Put a spring into your step

When you hear the recommendations the experts have regarding exercise for those getting on in years, it might sound daunting, according to the Association of Mature American Citizens.

For example, the Centers for Disease Control suggest that older adults should work out for at least two and a half hours a week. Whew! But, figure it out, that's 150 minutes or less than one hour every other day.

The CDC says that "not doing any physical activity can be bad for you, no matter your age or health condition. Keep in mind, some physical activity is better than none at all. Your health benefits will also increase with the more physical activity that you do."

Check out what else the CDC has to say about the need to put a spring into your step, particularly as the years go by. So, fire up your computer and head to this Web page: <http://www.cdc.gov/physicalactivity/everyone/guidelines/olderadults.html>.

Get a move on

The older you get the more you find ways to avoid exercise, says the Association of Mature American Citizens. As one wag put it: the only exercise some people get is jumping to conclusions, running down their friends, side-stepping responsibility, and pushing their luck.

But the fact is, the older you get the more you need to exert yourself. You must overcome the inertia of aging and find ways of improving your heart rate and blood sugar levels by developing good exercise

habits. Of course, it is important to check with your doctor before beginning any regimen that involves strenuous activities, says AMAC.

Exercise is particular good for fending off Type 2 Diabetes and other chronic conditions. In fact, the World Health Organization, which says that a healthy diet, increased physical activity and avoiding tobacco use can prevent 80% of premature heart disease, 80% of type 2 diabetes cases and 40% of cancers.

Post Polio Support Group

The Cleveland County Post Polio Support Group will meet Monday, Aug. 18, in the conference room of the Life Enrichment Center in Shelby, Highway 18 North on Life Enrichment Blvd. Just north of Cornerstone Dentistry. Take your meal. Coffee and water will

be provided. Polio survivor David Thompson will be guest speaker.

Facility inspections

Cleveland County Health Department inspected facilities July 28-Aug. 1. Among them: Chat N Nibble, N. Piedmont Avenue, received a rating of 98.5 and Italian Gardens & Pizzeria, E. King St., received a rating of 97.5.

ALL-STARS: 11 & 12 year-olds go 4-2 in state tournament

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stake the Mountaineers to a 3-0 lead.

Kings Mountain would add a single run in the fourth on a Ruffalo home run, and another in the fifth as Bolin singled and later scored on Fisher's RBI ground out.

West Chatham rallied in the top of the sixth off Fisher. With one out, two West Chatham hitters walked and Chatham's clean-up hitter hit a three-run home run.

Melton came on to pitch and struck out the last two batters to preserve the victory.

Ruffalo led KM at the plate with two hits, including a solo home run. Fisher, Melton, Bolin and Scotty Richards collected a hit apiece.

Kings Mountain got revenge against Moore County by defeating them 7-4 to earn a berth in the state semi-finals.

Moore County struck first with a single run in the top of the first, but KM rallied for three in the bottom half of the inning. Fisher led

off with a walk and Ruffalo hit his sixth home run of the tournament.

Melton was hit by a pitch and scored on an RBI groundout by DJ Bagwell.

Moore County pushed across three in the top of the second to regain the lead at 4-3, but that lead would be short-lived thanks to the power hitting of Ruffalo.

The top of the third started like the first for KM. Fisher walked and Ruffalo hit another two-run homer, his seventh of the tournament.

Ruffalo and the young KM team weren't finished with their long ball parade. In the top of the fifth, Ruffalo connected for his eighth home run and third in the game. Melton hit a solo shot to go back-to-back for KM and extend the lead to 7-4. This was the fourth time in the tournament that KM players had hit back-to-back home runs.

Bagwell led KM on the mound, pitching the first three innings. KM followed with two scoreless innings from Melton and one from Ruffalo. In addition the

home runs by Ruffalo and Melton,

Zach and Trey Crawford each collected a hit for KM.

The hot hitting and timely pitching reached an end for Kings Mountain in the semi-finals. Playing their sixth game in five days, KM finally wore down and was overpowered 14-2 by a very good Hope Mills team.

Hope Mills jumped ahead 5-0 in the first inning. KM could not get its bats going against the strong Hope Mills pitching staff, and in the top of the fourth Hope Mills pushed across six runs for an 11-0 lead.

Melton provided the only offensive spark for KM in the bottom of the fourth. After a walk to Fisher, Melton slammed his fifth home run of the tournament to make the score 11-2. Hope Mills scored three more in the top of the fifth to round out the scoring.

Bagwell, Melton and Ruffalo split time on the mound. KM collected only three hits – one each by Fisher, Bagwell and Melton.

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