Kings Mountain Historical DAR celebrates Constitu-Museum's Fall & Winter programming schedule

Adria L. Focht, Director This thrilling story will enand Curator, will present a lecture about "Common Threads, Kings Mountain's Textile Heritage," previously shown at the local museum, Saturday, Oct. 4 from 8:15-9:30 a.m. in Room 141 of Gardner Webb University's Tucker Student Center. The exhibit is open in the Student Gallery through Oct. 8.

The Museum's current exhibit, "The incredible medical history of Kings Mountain" has been well attended and is open through Oct. 24, Tuesdays through Saturdays, from 10 a.m.-4 p.m. each day.

OCTOBER 11

The Gateway festival, an annual fall festival honoring the anniversary of the 1780 Battle of Kings Mountain, will feature several events at the Museum. A trolley will carry visitors throughout the day to various locations including the Museum.

At 12 noon Dr. Tony Zeiss, historian, author and President of Central Piedmont Community College, will appear as Thomas Young, the main character of Dr. Zeiss's book, "Backcountry Fury, a 16-year-old Patriot in the Revolutionary War." Thomas fought barefoot in the Battle of Kings Mountain and led his company of militia cavalry into the Battle at Cowpens, was held prisoner and escaped before his 18th birthday.

tertain and inform audiences of all ages.

1 p.m.-3 p.m. The dulcet tunes of The Log Cabin String Band will transport visitors back in time as they tour the early 1800s Barber Log House and the late 1800s Cornwell House on the Museum Commons.

Oct. 21- Oct. 24

"Say Ahh and Eek!" are special Halloween-inspired tours available Oct. 21-Friday, Oct. 24 starting at 1, 2, and 3 p.m. Tuesday through Saturday. See the popular medical display at the Museum which highlights the evolution of science and technology in medicine over the past three centuries. Hear the stories behind the bone screws, bed pans, human teeth, surgical tools and foot-pedal dental drill on display with the exhibit. The tour is appropriate for ages 10 and up, a coloring station is available for younger children.

NOV. 15

Toys, Games and Trains return on November 15. Visitors of all ages will be enchanted as they explore the miniature snow-covered scenes that line the tracks and discover the interactive features such as a carousel, chocolate factory, hot air balloons and mailbag pickup. Take your camera for holiday family photos.

The Museum's signature

holiday events will be held on the first two Saturdays in December.

DEC. 6

The"Spirit of Christmas Past" will feature a full day of activities sure to get the whole family in the holiday spirit. Visitors will learn about the history of Christmas celebrations and participate in traditional craft demonstrations such as scherenschnitte, the historic German art of paper-cutting presented by Linda Bell. After the City of Kings Mountain's annual Christmas parade, the Museum will host a special night run of the train display, candlelight tours of the historic Barber House and hot apple cider with cookies by the firelight.

DEC. 13

Santa and Mrs. Claus will visit the Museum on Dec. 13 and spend time with the little ones at the train exhibit. Mrs. Claus will do a special reading of the classic 1823 children's story, 'The Night Before Christmas'.

Visitors can also do some Christmas shopping in the Museum gift shop where an array of gift items are fea-

Admission is free. Donations are appreciated. Visit www.kingsmountainmuseum.org or call 704-7390-1019 or follow on Facebook, Twitter, Pinterest.

tion Week, Sept. 14-20

Colonel Frederick Hambright Chapter DAR is calling attention to the 227th anniversary of Constitution Week and encouraging all residents to learn more about and recall the achieve-

Mayor Rick Murphrey signed an official proclamation marking the week of Sept. 14-20 as Constitution Week, asking that citizens

ments of our founders this reflect on the rights and privileges of citizens.

Joel Rountree of Grover gave the program at Tuesday's meeting of the DAR chapter of which Robin Masters Meyer is Regent.



CONSTITUTION WEEK - Mayor Rick Murphrey presents a proclamation to Colonel Frederick Hambright Chapter DAR recognizing the week Sept. 14-20 in Constitution Week. Robin Masters Meyer, Regent, accepts the proclamation.



CHURCH SOCIAL - Advent Lutheran Church held their annual ice cream social at the home of Dennis and Ann Sessom at Moss Lake. Members brought churns of homemade ice cream, cookies, cakes and brownies. Chairs were set up under the large oak trees and everyone participated in corn hole games and boat rides, pictured above. Dr. and Mrs.George Plonk were among those enjoying the festivities.

photo by Caroline Allen

LADIES OF LIBERTY MOUNTAIN-Stage manager Katy Biser and several of the cast of Liberty Mountain attended the Sept. 25 meeting of the Kings Mountain Rotary Club. Following an update on the progress of the production the women performed a scene for the appreciative club. Pictured during the scene are Janey Ollis, Sandra Jenkins, Mary Grace Keller, Bridget Allen and Judy Jones.

Open computer lab at Mauney Library

Open the door to learning more about technology!

The Mauney Memorial Library is hosting a drop in Open Computer Lab, open on Mondays from 10 AM to noon in the Library Community Room. This is an excellent opportunity for you to receive one-on-one assistance on the computer topic of your choice.

Sample topics include: • How to navigate the In-

· How to create an email address

· How to format a Mi-

crosoft Word document · How to create formulas

in Excel · How to create a mail

merge document

And much more. Bring your questions and come learn tips to enhance

your computer experience. Some topics covered re-

Formatting a resume in Microsoft Word; Publisher; Applying for a job online;

Facebook; Email; How to

copy & paste; Ebay

Health inspection report

Cleveland County Health Department inspected the following area restaurants, food stands and school lunchrooms during the period Sept. 15-26.

Thai Hut, West Mountain Street, 93; 238 Cherokee Grill, 96; Ingles 147 Produce, Shelby Road, 98.5; Jan and Bleeka's Catering, Countryside Road, 98; Ingles Meat/Seafood Market, Shelby Road, 991; Bethware Elementary School, 98.5; North Elementary School, 98; Washington Elementary School, 99.5.



Adjust to a pain free, and healthy lifestyle

Pumpkin

preservation

How to preserve your pumpkin after it is

carved: After you scoop out

and carve your pumpkin, dip it

in a large container of bleach

and water (use a 1 tsp:1 gal

mix). The bleach will kill bac-

teria and help your pumpkin

Once completely dry,

(drain upside down), add 2 ta-

blespoon of vinegar and 1 teaspoon of lemon juice to a quart

of water. Brush this solution onto your pumpkin to keep it looking fresh for weeks.

stay fresh longer.

With Acupuncture -

Acupuncture has been shown to be a valuable treatment option for many health related problems. Acupuncture has been used as a treatment for thousands of years, but has recently gained in relevance and credibility.

Some of the most common problems treated with acupuncture in our office include a number of musculoskeletal issues such as neck and back pain, joint pain due to arthritis. It is successful in the treatment of headaches, sinus problems, neuropathy, but is also frequently used to treat countless other ailments.

I have found acupuncture works well as a complement to chiropractic care, often achieving better result together than either one alone. We offer acupuncture treatment with traditional needles along with an anxiety free needleless form of acupuncture.

If you are interested in acupuncture as a treatment or have any other questions, please feel free to contact our office.

Complete Chiropractic



Acupuncture

George W. Randall, D.C.

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