

'I Can Cope' Program Begins On March 23

"I Can Cope", an American Cancer Society patient education program for cancer patients and their families, will be held each Tuesday beginning March 23 in conference room 223 of the Cleveland County Health Department.

The session each Tuesday night will run from 7 until 8:30 p.m.

The free eight-session program is being held for patients and their families to learn more about cancer and the patient's role in managing his disease. Topics to be covered include "The Disease Process", "Potential Side Effects of Treatment", "Nutritional Information", "Improving Communication Skills",

"Self-Image And Personal Relationships", "Making the Most of One's Own Capabilities", and "Available Community Resources."

Entrollment is limited to 25 cancer patients and/or their families. Deadline for registration is Fri., Mar. 19. Registration forms may be sent to the American Cancer Society, Suite 314, The Whistlestop, Shelby, N.C. 28150. For further information, call 482-1566 or 482-8714.

Registration forms may be obtained at the Kings Mountain Hospital or by calling the American Cancer Society at 482-1566.

BASKETBALL TOURNAMENT

The Kings Mountain Parks and Recreation Department will sponsor an eight, nine and 10 year old Invitational Basketball Tournament Thursday through Saturday at the Community Center.

Teams from Spindale, Grover, Shelby, and two teams from Kings Mountain and Sacred Heart will seek the championship of the double-elimination event.

Action will get underway Thursday at 6 p.m., with four games on tap. Four more games

will be played Friday, beginning at 6, and six games will be played Saturday, beginning at 12 noon.

Spindale and Grover will get the tourney underway Thursday at 6, followed by Sacred Heart Blue against Plonk Oil, Sacred Heart Gold against Shelby Boys Club and Bessemer City against the Kings Mountain All-Stars.

The Grover-Spindale winner will face the Sacred Heart Blue-Plonk Oil winner Friday at 8 p.m., and the Sacred Heart Gold-Shelby winner will battle the KM-BC winner Friday at 9 p.m.

Fitness Center To Open

The Kings Mountain Parks and Recreation Department announces the opening of the Kings Mountain Physical Fitness Center for both men and women on Monday, March 22. Located on the upper gym level of the Neighborhood Facility Center at 208 North Cleveland Avenue, this new center will

feature free weights, a petro machine and a universal weight machine. All instructions given on these machines will be based on an individualized personal program which will be drawn up on each participant.

For women, the Center will be open from 10 a.m. to 1:15 p.m. and 2:15 p.m. to 9 p.m., on Mondays, Tuesdays and Wednesdays. In addition to the use of the machines during these times, three fifteen to thirty minute Jazzercise sessions will be held daily at noon, 4:30 p.m. and 7:30 p.m., when the Center is open.

For men, the Center will be open Mondays through Saturdays on a staggered schedule, which will be announced in advance on a weekly basis.

To join, participants will be asked for a nominal \$2.50 weekly fee, which will be payable monthly. This fee entitles the participants to complete use of the facilities available, at any time when the Center is scheduled to be open for their use. Due to the nature of these programs, participants under the age of 15 must be accompanied by a parent or guardian. All womens exercise programs come under the direction of Patsy Parker. All mens exercise programs come under the direction of Gary Sale.

Advance registration will be taken on Thursday, March 18 from 10 a.m. to 6 p.m. at the Physical Fitness Center on the upper level of the Neighborhood

Facility Center Gym. Ongoing registrations will also be taken starting on Monday, March 22, during the days and times of the scheduled sessions.

KM Wins Cleveland Tournament

Kings Mountain High's girls softball team defeated Burns and Shelby last week to win the Cleveland County High School Softball Tournament at Shelby.

The Mountaintettes of Coach Tim Echols came from three runs down in the seventh inning Thursday to edge Burns by a 5-4 score, and scored eight runs in the first inning of Friday's championship game against Shelby to score a 15-7 victory.

Against Burns, the KM ladies trailed 4-1 going into the bottom of the seventh. Big hits were singles by Dana Blalock and Heidi Hagans and a double by Tammy Bolton. Kings Mountain scored the winning run on a bases-loaded error.

Blalock hurled the win. Pat Davis and Melissa Bowen had three hits each and Hagans added two to lead a 12-hit plate attack.

The Mountaintettes collected seven of their 16 hits in the first inning Friday to jump ahead of Shelby. Blalock was again the winning pitcher.

Tippi Curry led the KM hitting with 3-for-4, including a home run and triple. Hagans was also 3-for-4 and Lisa Crawford and Jackie Hartgrove added two hits each.

The Mountaintettes, 3-2 overall, were scheduled to play at Burns Wednesday. They are scheduled to host R-S Central Friday at 4 p.m. and Shelby Saturday at 2 p.m.

KMHS Netters Nip Lincolnton

Kings Mountain High's tennis team lost two of its first three non-conference matches of the season. The Mounties were scheduled to play at Watauga yesterday.

In action last week, the Mounties fell to Hunter Huss 7-2, and Ashbrook 5-4, and defeated Lincolnton 6-3.

HUSS MATCH

John Whitesides (HH) def. Jay Schronce 4-6, 6-3, 6-2.

Joey Vollmer (HH) def. Jeff Barnette 6-2, 4-6, 6-0.

Matt Surbeck (HH) def. Lindsay Davis 6-1, 6-0.

Pat Wilson (HH) def. Eddie Greene 6-4, 7-5.

Russ Wood (HH) def. Scott Shaw 6-1, 6-2.

Howard Allen (KM) def. Doug Cron 6-4, 6-1.

(Doubles)
Whitesides-Surbeck (HH) def. Schronce-Davis 8-4.

Vollmer-Wilson (HH) def. Barnette-Greene 6-1, 1-6, 7-5.

Allen-Shaw (KM) def. Wood-Cron 7-5, 7-6.

ASHBROOK MATCH

(Singles)
Jay Schronce (KM) def. Wayne Parrish 6-4, 1-6, 6-2.

Jeff Barnette (KM) def. Miles Griffith 6-2, 6-4.

Ricky Turner (A) def. Chris Barnette 6-2, 6-0.

Blair Mauney (A) def. Eddie Greene 6-4, 6-3.

J.C. Vargas (A) def. Lindsay Davis 6-3, 6-2.

Todd Ballenger (A) def. Howard Allen 6-0, 6-2.

(Doubles)
Schronce-Davis (KM) def. Parrish-Griffith 8-3.

Turner-Mauney (A) def. Barnette-Barnette 6-3, 6-2.

Greene-Allen (KM) def. Vargas-Hill 6-2, 6-3.

LINCOLNTON MATCH
Jay Schronce (KM) def. Chris Guffy 6-1, 6-3.

Jeff Barnette (KM) def. Brett Houser 6-0, 6-1.

Chris Barnette (KM) def. Darwin Magness 6-3, 6-4.

Eddie Greene (KM) def. David Boyd 6-7, 6-3, 6-3.

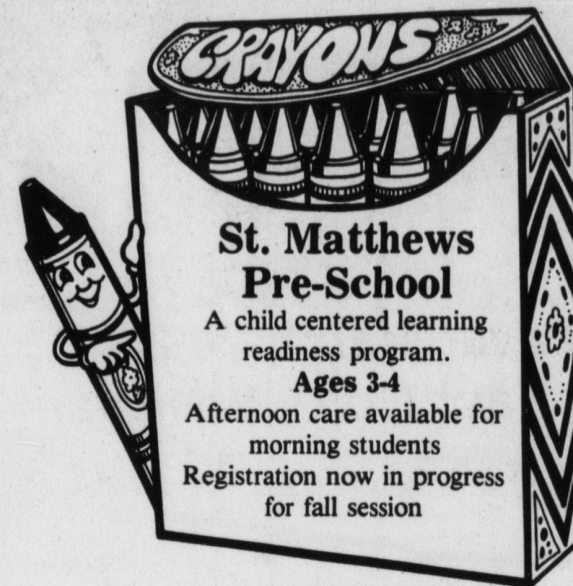
Scott Rankin (L) def. Howard Allen 6-4, 6-3.

Scott Shaw (KM) def. Lee Brogden 6-2, 6-3.

Barnette-Barnette (KM) def. Houser-Magness 6-0, 6-1.

Curry-Boyd (L) def. Greene-Shaw 8-4.

Rankin-Brogden (L) def. Brad Curtis-Mike Bowles 7-5, 6-3.



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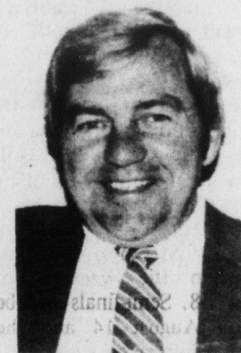
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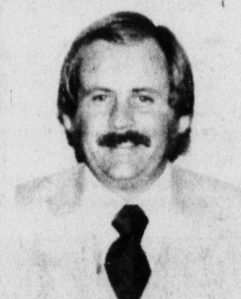
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