



The Making Of Brian Center's 40 Rest Home Beds
The Brian Center of Nursing Care at 752 East Center Ave., is adding a wing that will contain 40 rest home beds. Pat Sherrill is administrator of the nine-year-old, 100-bed facility. She said the addition will be ready for use early next year. The center now contains 55 skilled-nursing beds and 45 intermediate-care beds. All existing beds are filled, and the center has a waiting list for their category of care. Sherrill said she also has a waiting list for the rest home beds, and that applications for them now are being taken.

Colors Still Shine At Chapel Hill

Although the light is less intense and the temperatures lower, the parade of color of flowers, leaves, and fruits continues at the N.C. Botanical Garden at the University of North Carolina at Chapel Hill. The color started in the early spring with spring ephemerals that bloom before the leaves come out on trees. As the temperatures rise and the light intensifies, a new set of wild flowers, usually larger and showier than the spring plants, replaced them.

A native plant that starts blooming in April and continues sporadically into November is *Chrysanthemum virginicum*, known as green and gold. It is a low-growing native of the central Atlantic region can be found in highly forested areas. More gold or yellow flowering plants appear now. Tall yellow plants include *Helianthus*, the sunflower, which grows from 1 to 6 feet with hairy stems and leaves and bright yellow petals and centers. This plant and other *Helianthus* species are known as *sunflowers*. *Rudbeckia fulgida* also shows its common name, black-eyed Susan, describes its yellow petals with a dark center. A smaller, composite plant is Maryland golden aster, not as tall as the other plants, but with equally bright yellow flowers. There also are various species of goldenrod with various growing habits—some erect, some spreading. Fall wild flowers aren't always yellow, as seen in the purple cone flower, *Echinacea purpurea*, really more pink than purple, with lavender pink petals and a dark copper center. The tallest of these fall wild flowers is *Eupatorium fistulosum*, commonly called Joe-Pye-weed.

A girl adopted a stray dog which, a few weeks later, was killed by a car. To cheer her, the grandmother bought her a thoroughbred. But she didn't love him. "I can't understand you," said the grandmother. "You took a stray dog and loved him. I bought you a fine dog, and you don't care for him." "But, grandmother," cried the girl, "it's the inside that counts." In dogs and in men, it's the inside that counts. Sooner or later, what you are on the inside will show through. Looks and lip-service don't reveal the Christian. But love for the Lord and man does. "Man looks on the outward appearance," says the Bible, "but the Lord looks on the heart."

Words of Wisdom
An injury done to another is a greater injury done to one's self.

SEEDS FROM THE SOWER
By Michael A. Gidycz, Minister, Georgia

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Chamber Calendar Lists Upcoming Local Events

September 20— Jones Memorial United Methodist Church homecoming. Rev. Ed Center, guest speaker. Covered dish dinner following worship outside, weather permitting.

September 21— Jones Memorial United Methodist Church will have a Bible study call Sunday at 9:45 a.m.

Mooreville Artist Guild meets the 4th Tuesday of each month at 7:30 p.m. at the Depot. There will be demonstrations and refreshments. For further information contact Jean Mueller, 663-6717.

Mt. Mourne Extension Homemakers meets on the 2nd Wednesday of the month at Fair View United Methodist Church at 10 a.m. Visitors and new members are welcome.

American Association of University Women (AAUW) meets the 1st Thursday (Sept.-May) at 7:30 p.m. in private homes/NCNB Conf. Room. For additional information, contact Peggy Williamson of Mooreville.

Mooreville Women's Club Executive Board meets the 2nd Thursday every month at the War Memorial, and a luncheon and meeting held every 4th Thursday, also at War Memorial.

Chapter 1782, National Association of Retired Federal Employees, meets on the 3rd Monday of each month at 11:30 a.m. at the Talley House, Troutman. Call H.B. McLellan, Pres. at 663-7884 for more information.

The South Iredell Golden Age Club meets 3rd Thursday of each month.

The Lake Norman Chapter of the International Business Women's Association meets 1st Tuesday of each month at 8:30 p.m., Sam's Pier.

Jones Memorial United Methodist Church is conducting a Bible study the 1st, 2nd and 4th Sundays at 8:00 a.m. 872-3403 is the Crisis Line telephone number of the Rape and Abuse Prevention Task Force of the Jubilee House in Statesville. Persons in the Mooreville telephone exchange should call collect.

Rotary Club meets every Thursday night at 6:30 p.m.

Lake Norman Rotary Club meets every Tuesday at the Boardwalk at 12:00 noon.

TOPS—"Take Off Pounds Sensibly" will meet every Monday night at 6:00 at Williamson Chapel Church.

Welcome Wagon Newcomers Club meets 2nd Tuesday of each month at 6:30 p.m. Call 663-3632 for meeting location.

Mooreville's Business and Professional Women's Club meets the 3rd Tuesday of each month at 6:30 p.m. at the Junior High School Cafeteria.

Mooreville's Community Theater meets the 2nd Tuesday of each month at 7:30 p.m. NCNB Conference-Citizens Savings and Loan. Moring Glories Garden Club meets the 1st Wednesday of each month at 10 a.m. at homes of members.

Mooreville Running Club meets every Monday at 7 p.m. in front of Junior High for a run, and on the 3rd Monday night of each month at 7 p.m. at the King of Pizzas, Mooreville.

Mooreville's SOLO Club meets the 1st, 2nd and 4th Sundays at 7:00 p.m. at different specified locations. Informal time.

Mooreville Credit Union International meets the 1st Tuesday of each month at 6:00 p.m. at First Union Bank, Main Building.

Service Social Club meets the 4th Tuesday of each month at 5:00 p.m. at the Mooreville Flea Market on South Main.

Mooreville Computer Club meets the 1st Thursday of each month at 11:30 a.m. at the Mooreville Flea Market on South Main.

Shepherd Friendship Club meets the 1st Tuesday of each month at 11:30 a.m. at the Mooreville Flea Market on South Main.

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To Your Health

Migraines are commonly thought of as an adult ailment. But they are actually the most common cause of severe headaches in children, according to a study by a pediatric neurologist at Duke University Medical Center.

"Muscles, in response to stress or pain, become tight, and the extrinsic muscles become tight," she said. "The muscles in the forehead and shoulders may be especially tense during a migraine attack."

During a session, electrodes are attached to the child's forehead and shoulders to measure muscle tension. "A machine emits a beeping sound, and by the speed of the beeps, the child hears how tense a muscle is," she said. "We tell them to relax the muscle, to understand the direct cause and effect."

To teach a child how to warm his hands and feet to effect vascular symptoms—sensors are attached to the fingertips, and the child practices raising his temperatures shown on a digital display.

"I ask young patients and their parents about the character of the headache, onset and duration, family history, if it interrupts activity and what they do to stop it," D'Souza said. "If a child has been getting these headaches for a long time without showing any abnormalities during the neurological exam, it's unlikely that there is a serious neurological disorder."

In addition to pain, the symptoms of migraine may include nausea, cold hands and feet, vomiting, inability to see loss of peripheral vision, seeing flashing lights and sensitivity to sound or light. The headache may last for several hours or occur frequently over a short period.

Rare forms of migraines can be temporarily incapacitating. In hemiplegic migraines, one-half of the body may be paralyzed for several hours. Ophthalmic migraines cause droopy eyelids or immobilize eye movement.

Baellar arterial migraines—affecting the blood supply to the lower part of the brain—are accompanied by loss of consciousness, dizziness and loss of balance.

Learning what triggers the migraine is an important step in treatment. By keeping a journal, a child may be able to pinpoint influencing factors, D'Souza said.

The most common factor that precipitates migraines is stress. However, no personality type is predisposed to migraine. "Stress may not be obvious, as in a super-achiever who seems to enjoy a high level of activity," he said.

For these child migraine sufferers, biofeedback is an effective treatment.

"The goal of biofeedback is to get them to relax on a regular basis, reduce overall tension and prevent migraines," said Karen Gil, Ph.D.,

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Grandparents Day Sept. 13

Gov. James G. Martin has proclaimed Sept. 13 as "Grandparents Day" in North Carolina. This special day has been set aside to recognize grandparents as the foundation of the family.

Martin said that the home and family are the greatest reinforcements to our free way of life, and grandparents should be honored as cherished sources of guidance for the family.

Elsie Stoops, assistant secretary of the Department of Human Resources' Division of Aging, explained that the first Sunday after Labor Day was established as National Grandparents Day by Congress in 1979. "Grandparents Day" has been celebrated as a special day in North Carolina by the Division of Aging since then, Stoops said.

"Grandparents are a vital and important extension of the basic family, and it is appropriate that we all show our appreciation for the wisdom and inspiration of those who have lived longer than we," Stoops added.

As part of the "Grandparents Day" celebration, the North Carolina Zoo, in cooperation with the Division of Aging, is holding a special Bluegrass Music program in recognition of older adults' patronage of the zoo. Featuring three generations of musicians, the program will be held Sept. 12, 1 p.m. to 2 p.m. at the Zoo Amphitheater. Zoo spokesman Elise Gellman said that of the more than half a million visitors each year, more

than six percent are older adults. As a result of the high attendance, senior adults, the zoo is developing more activities for the enjoyment of this special age group.

During the weekend commemorating grandparents, Stoops is encouraging the Area Agencies on Aging, Councils on Aging, other agencies within the aging network—schools, churches, and families to specifically recognize grandparents and older persons.

10 Percent Hike In Catawba's Enrollment

Catawba College has experienced a healthy increase in enrollment this fall. Statistics reveal a 25 percent increase in the number of freshmen and a 10 percent increase overall.

This is accompanied by a 30-point rise in the average SAT score for incoming freshmen, the highest average in 13 years.

"Total enrollment stands at 894, compared to 886 last year. This includes 300 first-time freshmen, compared to 240 last year, and 28 graduate students. Catawba initiated its graduate program in education in January.

The number of freshmen from Rowan County and the five contiguous counties has also risen, from 44 to 75. This is a 70 percent increase over last year. Similarly, the number of transfer students from North Carolina has risen 67 percent.

A child or teenager might also need to modify the following factors that may induce migraines:

Certain foods — Chocolate, nuts, peanut butter, cheese, wine and foods containing nitrite, such as hot dogs, bacon, and lunch meats, monosodium glutamate (MSG) and tyramines, such as beer, yeast, most cheeses, wine and chicken livers, are common culprits.

Sleeping habits — "This is especially true among dieting teenage girls," D'Souza said.

Sleep habits — Too much or too little sleep may be a cause.

Strenuous exercise
Birth control pills
Smoking

While migraines may place limitations on a child's activities, the future is promising. "Most of them will outgrow their migraines," he said.

KEEPING FIT

Grandma's feather bed may be soft and cuddly and warm, but it may be your greatest obstacle to keeping fit and healthy. We spend one-third of our lives in bed, and a bad bed is a number one cause of back pain.

More than 75 million Americans suffer from back problems which also include the upper back and neck. And this makes the ability to exercise and remain physically fit nearly impossible — which only serves to compound back problems.

If you have a weak back, you've probably got weak stomach muscles and a protruding abdomen. A properly monitored program of stretching and strengthening exercises, tailored to specific back needs, will help prevent and alleviate the pain of weak back.

If diet and exercise sound like too much work for you, here's good news: you can improve your back while sleeping. The number one recommendation by orthopedic surgeons for the prevention of back pain is a firm to hard inner spring mattress and box spring. Yet you don't need to sleep on a bed as hard and uncomfortable as rock. Top-of-the-line bedding manufacturers are producing inner spring mattresses that are supportive yet offer softer, plusher surfaces for comfort.

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Twice Pardoned' Film Showing At Calvary Evangelical Church

"Twice Pardoned" a two-part film created especially for teenagers, will be shown at Calvary Evangelical Free Church this month.

Part 1 is scheduled to be shown on Sept. 13, while Part 2 is to be shown on Sept. 20. Both showings are scheduled for 6 p.m.

Members of Calvary Evangelical Free Church currently are meeting in the Southern Professional building on Williamson Road, west of Mooreville.

The film examines the destructive ways in which many young people try to cope with the pain and pressures of growing up.

In the release from Focus On The Family Films, ex-con Harold Morris tells his incredible life story and urges teenagers to avoid the snares—alcohol, drugs, illicit sex and wrong associations—that led to his imprisonment.

In the film, taped before 10,000 teens in San Antonio, Tex., and on location at Georgia State Penitentiary, Morris encourages young people to realize how much they are loved. Speaking from personal experiences, he explains how feelings of inferiority can make them vulnerable to peer pressure. He also shares, in a down-to-earth manner, some of the tragic consequences of his wrong choices.

In 1969, as a result of false testimony from two "friends," Morris was convicted of armed robbery and murder, and was sentenced to a double life term at Georgia State Penitentiary. After eight years of prison, including a period of time on Death Row, Morris made a commitment to Jesus Christ and began an outreach to young people to help them avoid the traps that got him into trouble.

Morris was miraculously released on parole on March 14, 1978, after nearly a decade behind bars. He later graduated from Southeastern Bible College in Birmingham, Ala., and was granted a full pardon by Georgia Governor George Busbee on March 15, 1981.

Morris' first book, "Twice Pardoned: An Ex-Con Talks To Parents And Teens," has ranked near the top of Christian best-seller lists since its release in July 1985.

The public is cordially invited to attend the showing of the two-part film.

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"I'm Five Years Old To Tap Dance"

Brandi Nicole Brantley is the daughter of Henry and Anne Brantley of Mooreville. She celebrated her 5th birthday on July 29, with a party at Edgemore Park. She has two brothers, Joshua and Jamie. Her grandparents are Howard and Doris Clontz and Madeline Brantley and great-grandparents, Mr. and Mrs. George Clontz of Mooreville.

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The film examines the destructive ways in which many young people try to cope with the pain and pressures of growing up.

In the release from Focus On The Family Films, ex-con Harold Morris tells his incredible life story and urges teenagers to avoid the snares—alcohol, drugs, illicit sex and wrong associations—that led to his imprisonment.

In the film, taped before 10,000 teens in San Antonio, Tex., and on location at Georgia State Penitentiary, Morris encourages young people to realize how much they are loved. Speaking from personal experiences, he explains how feelings of inferiority can make them vulnerable to peer pressure. He also shares, in a down-to-earth manner, some of the tragic consequences of his wrong choices.

In 1969, as a result of false testimony from two "friends," Morris was convicted of armed robbery and murder, and was sentenced to a double life term at Georgia State Penitentiary. After eight years of prison, including a period of time on Death Row, Morris made a commitment to Jesus Christ and began an outreach to young people to help them avoid the traps that got him into trouble.

Morris was miraculously released on parole on March 14, 1978, after nearly a decade behind bars. He later graduated from Southeastern Bible College in Birmingham, Ala., and was granted a full pardon by Georgia Governor George Busbee on March 15, 1981.

Morris' first book, "Twice Pardoned: An Ex-Con Talks To Parents And Teens," has ranked near the top of Christian best-seller lists since its release in July 1985.

The public is cordially invited to attend the showing of the two-part film.

Twice Pardoned' Film Showing At Calvary Evangelical Church

"Twice Pardoned" a two-part film created especially for teenagers, will be shown at Calvary Evangelical Free Church this month.

Part 1 is scheduled to be shown on Sept. 13, while Part 2 is to be shown on Sept. 20. Both showings are scheduled for 6 p.m.

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