

## Future nurses

The Allied Health Division at the Mooresville Center of Mitchell Community College recently completed a 144-hour CNA class. They are (from left, first row) Patti Schwendinger, Margie Reid, Connie Barton, Peaches Roseboro, Danni Barnhardt and Wanda Cornher (instructor). Second row: Tammy Westmoreland, Kathleen Lockett, Janice Witherspoon, Crystal Parks, Jamie Torrence and Misty Collins Thompson. Back row: Sue Aldridge Bell, Danielle Jordan, Sharon Beatty, Kristy Threaltte and Joanne Cook. Not pictured: Judy Jones.



## Getting relief from pain and suffering

By DAVID E. JENKINS, Psy.D.

### A Helping Hand

Sue was an active, competent and successful woman, wife and mother. She was involved in her church and community and received awards for sterling performance in her career. Sue's skies in life appeared blue and cloudless—until an accident left her with chronic back, neck and headache pain.

Frank had just received that promotion to line supervisor at the plant. He had worked toward that for nine years and his family had just moved into a new house, anticipating the financial benefits that came with his reward for dedicated service. It looked like children's college planning was finally able to begin—until he picked up that small 20-pound box at work and heard the distinct "pop" of two vertebral discs.

Even after months of physical therapy, it was a struggle for Frank to get out of his bed and to the telephone, much less to coach his son's baseball team.

Marcia made it through college and had life plans pretty well laid out. Then her recurrent episodes of debilitating depression began. Although she felt fairly well between episodes, her depression had gotten more severe and lasted longer each time. For years, she privately and silently wondered if anyone would ever find out.

Although chronic pain and illness often do not give the person much choice in whether their presence is felt or not, there are ways to effectively cope with such situations. Most often, a comprehensive approach that combines a number of treatment modalities works best.

Medically there are practitioners that specialize in the treatment of chronic pain and illness. There may be a number of physical therapies, medications, and even naturalistic approaches that could help. Often, the individual suffering in chronic situations has already tried more traditional medical approaches and may need to consider other alternatives such as acupuncture, biofeedback, and relaxation training.

Counseling can also be of help, but many times it is the last option considered rather than one of the first. This is unfortunate because profes-

sional support of the kind that good counseling can offer has been shown to be effective in helping people manage chronic conditions. One particular benefit is increased compliance with other treatments.

A good counselor can serve as a teacher, coach and guide as the person develops new strategies for managing pain. The therapist can also assist in coping with related problems and help the person and family assume a more rewarding lifestyle. Often, thoughts, feelings, attitudes, and behaviors have to be changed and restructured if successful adaptation is to occur.

An interesting "finding" of behavioral science that has been well known by people of devout faith is that religious coping can be especially helpful within certain guidelines. On the negative side, if one engages in constant pleading for relief in prayer and views God as "punishing" then suffering is increased rather than decreased.

But people of deep faith who cope well with suffering view their situations as opportunities for change that God could not accomplish in any other way. Many people find that their faith helps the "incomprehensible" circumstances become understandable and the "unbearable" become livable. By redefining the negative situation more positively, the

relationship between God, one-self, and others remains in better balance.

When asked to identify one special way they have used to deal with helping someone who suffers, caregivers most often identify a spiritual and religious one. In fact, medical staff frequently report that their patients who suffer offer them spiritual support!

Counseling from a Christian perspective can be helpful for those who chronically suffer. When one is willing to utilize their faith in Jesus Christ as part of the counseling process, they frequently discover that they worship a God who not only knows how to heal, but also how to suffer.

If you or someone you care about is in a situation that involves chronic pain and suffering, call a trusted friend, pastor, or counselor. A "helping hand" may be waiting.

David E. Jenkins, Psy.D., is a licensed psychologist with Samaritan Counseling Services, which offers weekly counseling sessions to the public at First Baptist Church in Mooresville, and at its offices at 351 Turnersburg Highway in Statesville. The organization is a partnership between the South Yakin Baptist Association and N.C. Baptist Hospital. Contact Samaritan Counseling Services at 871-1712, or by email: staff@samaritancare.net

### Lifestyles

#### Deadlines

Items such as weddings, engagements, anniversaries, club and church news must be received by 5 p.m. on Thursday for publication in the following Wednesday's paper, and by 5 p.m. Tuesday for publication in the weekend edition.

#### Policies

We welcome your wedding announcements. However, due to the volume, we can only publish those that are submitted within four months of the wedding date.

We would appreciate receiving engagement announcements at least a month in advance of the wedding.

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## Fighting allergy season with nature

Wendy Cheslak, managing director of Apothecary Herbs, Inc. in Mooresville, is the author of "The Power Herbs: 13 Herbs Every Medicine Cabinet Should Have." Her column, "Mortar & Pestle," appears occasionally in the Tribune.

By WENDY CHESLAK

Hay fever, itchy eyes, and sinusitis are springtime problems for allergy sufferers. Aside from the over the counter or prescription medications, what can you do?

Why not fight nature with nature? Herbalists have utilized the power of nature to combat most allergy symptoms and so can you. For instance, there is nothing more effective than a little cayenne pepper or horseradish root for sinusitis. These herbs will open up the sinus cavity in a skin minute.

Once the sinuses are opened, congestion is alleviated and the body's immune system can finish the job. You can supplement with immune boosting herbs like echinacea root and garlic to shorten recovery time. If the sinuses are infected, herbs like goldenseal root and bayberry bark are very effective in reducing inflammation and disinfecting the sinuses.

You can also try herbal tonics for your allergies. I have found that taking a vinegar-based tonic of fresh onion, garlic, ginger root, horseradish root, and cayenne pepper help keep most allergies at bay. Why not take things a step further and learn how to make your own allergy alternatives?

If you don't want the mess and bother of making your own, try to find quality herbal supplements that will supply your body with the nutrition it needs to heal. There are hundreds of products on the market and knowing which ones to buy can be a challenge.

### Mortar & Pestle

By asking any product manufacturer these questions, you can become a savvy consumer and eliminate 95 percent of the junk on the market. For instance, you will want to be aware of plant quality in your herbal supplements. How can you tell if a product was made with top-notch herbs or with herbs just off the boat from a third-world country?

Heat is also a factor to consider when it comes to preserving the whole plant nutrition in herbs. Does your product have all the nutrition it should? The ratio por-

tion of the herb is also important. How do you know if your herb supplement is potent enough to produce results?

All good questions that can help you select quality allergy alternatives. I recommend approaching your allergy alternatives carefully.

Wendy Cheslak can be reached at 704-799-1174. Her column is not intended to diagnose, treat, prevent or cure any disease. Seek medical advice from a licensed medical physician or naturopath before using any herbal products or natural therapies.

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# THE MOORESVILLE Tribune

Friday, June 8, 2001

Section B

## Sports

## Moors to have ball at home this weekend in a pair of appearances

This weekend promised to be more of ball that most for Mooresville's American Legion baseball team.

It will spend it all at home.

The Gresham-Baker Post 66 Moors will spend the middle segment of a four-game consecutive streak on their home Mooresville Senior High School diamond as they embark on a crucial phase of Southern Division of Area III play.

Mooreville will continue a friendly scheduling quirk that finds it at home for all regular-season Saturday nights when entertaining Stanley County and will stay here to welcome in rivals from division member Kannapolis Sunday night.

Both contests, carrying league clout, feature 7:15 p.m. starting times.

Sandwiching the two at-home affair are a pair of road trips that are also included in the upcoming stretch. Post 66 opens the spree with a trip to SD-Area III foe

Mocksville-Davie tonight (Friday) and closes it with a road trip to Stanley County for a second meeting with that entry within a three-night span.

The Moors are coming off earlier this week's home 6-3 loss to non-conference opponent Surry County that dropped them to the 8-7 level overall but had no effect on their 4-2 conference record. It's that latter that carries the most weight when determining playoff positions for that phase of the season that starts later this month. A top-four finish within league play will earn Mooreville the home-field advantage for its first-round postseason series.

This weekend's homestand will be the team's next-to-the-last one of the regular season. Post 66 will be on the road twice next week before closing out the regular season with back-to-back homes games against Rowan County June 15 and South Rowan June 16.



### Trio is pick of Mooresville's tennis litter

Mooreville Senior High's tennis team left much to be admired in its wake this spring season. The Devils set a school record for wins in a single season, with 18, fashioned a second-place finish within the Western Foothills Conference and reached the second round of the state dual-team playoffs before ending their run at the hands of the eventual state 3A class champions. All team members, stressed head coach Tim Smith, played a helping hand in steering the squad towards that end. None, however, were perhaps more instrumental than these three. That's why, during the Devils' recent gathering used to recall those accomplishments, they're the one selected to receive team awards. The recipients, and what each won, are, from left, Wesley Gibson, coach's award; John Umstead, most valuable; and Matthew Burton, most improved. Perhaps even more pleasing to Smith than the efforts of each underclassman is the fact that all are also eligible to return to the court next season as well.

## Basketballs come bouncing in



Amber Broach guides girls through ballhandling drill

Basketballs bounced off the floors and walls and even a few baskets during the course of the recent annual Mooresville Blue Devils Youth Basketball Camp.

It was all by design. Catering to players rising in grades three through 12, the three-day affair took place in the gyms in the Mooresville Senior and Mooresville Middle schools, drills and instruction within each based on respective age groups.

Those rising in grades three through six participated in more basic fundamental drills in the high school gym, while those more advanced rising in grades seven through 12 engaged in more detailed skills sessions.

Jon Symons, head boys junior varsity and varsity assistant coach at the high school level, helps lead a group of youngest campers through a slip-slide drill designed to increase foot speed required for proper defensive play.

Meanwhile, in the middle school gym, high school varsity players Erica Johanson and Amber Broach run their campers through dribbling and ballhandling drills, respectively, with hopes of increasing levels of ability in both.

The camp was conducted through the joint efforts of the Mooresville Senior High basketball program and the Mooresville Recreation Department.



Jon Symons leads floor of gym rats through defensive agility test

## Half the field victors in MSBL debut Saturday

A full half the field within the Mooresville Summer Basketball League emerged as winners following regular-season openers last weekend.

The other half, however, paid for it. All eight members of the MSBL roster christened their respective seasons late Saturday afternoon into early evening in the Mooresville Middle School gym, one of two sites being put into use by the summer circuit.

When all was said and done, those coughing up wins included the Ballers, Run & Gun, Rowan Stars, and Mo'Style Clippers. As a result, all of them head into this first full week of play with equal shares of first place.

That leaves the group comprised of Statesville Bam, Statesville Allstars, Heartbreakers and Carolina Connection to lick opening wounds and eye a rebound this week.

After Jeff Little, league organizer and president, conducted the official league-opening center court toss to signal the start of the near two-month-long season, play opened. With the Ballers bagging a 58-33 trouncing

of the Carolina Connection.

Following games found Run & Gun breaking the Heartbreakers, 100-71, Cleveland's Rowan Stars shining past Statesville's Allstars, 78-70, and Mo'Style Clippers becoming the day's second crew to reach triple digits with a 102-82 racing past Statesville Bam.

All games were held in the MMS gym. League play will also be held this season in the Mooresville Senior High gym. Individually, single-game top scoring honors wound up being shared by two players off as many victorious teams. Cleveland's Quinton Hall joined Mo'Style's spark plug, Ed Suber with an outpouring of 20 points apiece to top their respective teams. No other player reached the 20-point barrier, with Statesville Allstar member Jason Morris just missing the mark with his total of 19 points.

Additional league play is on this week as league play gets underway. In full swing, Thursday night in the MMS gym, three games were held, with Cleveland meeting Statesville Bam, Run & Gun

See MSBL DEBUT, page 26

## Field set, tee times released for Lake Norman Golf Classic

The mood has changed drastically for the teams entered into this weekend's annual Lake Norman Civic Golf Classic.

After spending previous time planning their respective attacks, they put those ideas into motion upon participation in the two-day, 36-hole stroke play affair that gets underway tomorrow (Saturday). All play will be held on the Mooresville Municipal Golf Course.

The field has been finalized and tee times released for those two-player crews eyeing this late spring's top prizes. The tournament is being co-hosted by the Mooresville Civitans and Cornelius/Lake Norman Lions Club.

While all in the field will be gunning for top available team flight honors as well as seeking any number of individual accolades up for grabs during the weekend-long affair, the biggest winners will be community projects involving the host civic groups. Proceeds realized from the event, for which local entry fees are tax deductible, will go to boost those various projects.

Following opening round play Saturday, the field will be thinned for the final round Sunday. However, both day's scores will be used to help reach a team's official stroke total, encouraging all in the field to put their best efforts forward during all 36 holes.

Under the tournament's familiar scoring format, the best score achieved on a hole by a team member will be used as the team's official score. The number of flights and teams awarded within each will be based on the scores and number of teams in the field.

In addition to team competition, various on-course events such as closest-to-the-pin challenges on selected par three holes and perhaps a long drive contest are also expected to be held during each round.

With all play starting at the par-five first hole, first-day tee times for Civic Golf Classic teams are as follows:

10:06: Walt Jones and Randy Rushton; Erskine Smith and Craig Culberson.  
11:00: Matt Ray and Eric Barnhardt; Freddie Rinehardt and Mike Ray.  
11:09: Larry Beaver and Chuck Smith; Larry Neil and Mark Beaver.  
11:18: Lee Dowell and partner; Barry Davis and Phil Verneson.  
11:27: Rock Pickard and Chip Pickard; Gabe Davis and Larry Brawley.  
11:36: David Holloway and Bedo Culberson; Richard Bradshaw and Ronnie Clodfelter.  
11:45: Jay Huntley and Rick Morrow; Jason Meadows and Bubba Hendren.  
11:54: Ronnie Mangum and Craig Brawley; Mike Overcash and Jeff Overcash.  
12:03: Chuck Byrd and Buddy Rodgers; Frankie White and Larry Young.  
12:12: Virgil Ehler and Jim Hewins; Dick Willard and Thomas Thompson.  
Sunday's tee times will be set following play on Saturday, based on what each team scores during that first round. If at all possible, teams within same flights will be paired together for final round play.