

FOOD INSPECTIONS

Cleveland County Health Department has inspected the following food handling facilities.

**Denotes 2 extra points when an employee attended an approved food handling course.

Restaurants

- Griffin's Drug Center, W. Mountain St., Kings Mountain, 98.5.
- Hardee's, E. King St., Kings Mountain, 101.0**
- KFC, E. King St., Kings Mountain, 95**
- Minit Grill, Battleground Ave., Kings Mountain, 97.
- New China, E. King St., Kings Mountain, 85.
- Pizza Hut, Spring St., Kings Mountain, 90.
- Kings Mountain Hospital Cafe, 95.5**
- Polygrub-Universal Mfg., S. Battleground Ave., Grover, 95.5.
- R&R Stores, Bethlehem Rd., Kings Mountain, 95.
- Roger's BBQ, W. Mountain St., Kings Mountain, 96.
- Sub Factory, Gold St., Kings Mountain, 99.
- The Cup & Saucer, W. King St., Kings Mountain, 97.
- Woodbridge Golf Club, Kings Mountain, 95.5.
- Beefy's, Earl Rd., 92.5.
- Carousel Ice Cream, E. Dixon Blvd., 98.5**
- Chong Wah Express, Cleveland Mall, 90.
- Chick Fil A, Cleveland Mall, 94**
- Curve View Quick Stop, Fallston Rd., 95.5**
- D&N Mini Mart, Fallston Rd., 96.5.
- Hong Kong Chinese Restaurant, Kings Mountain, 90.
- McDonald's, Kings Mountain Plaza, 95**
- McDonald's, Interstate 85, Kings Mountain, 97**
- Patellis Pizza, Lafayette St., 95.
- Pinegrove Grill, Costner Rd., 100**
- Riverbend Snack Bar, Longwood Dr., 98.
- Subway Highland Festival, E. Marion St., 97.5
- Shelby Ice Cream Bar 7

- Deli, N. Lafayette St., 95**
- Red Wok Express, E. Grover St., 97.5**
- Southern Style Rest., Fallston Rd., 99.5**
- Tokyo Japanese Express, S. Post Rd., 95.
- Tops Pizza Factory, W. Stagecoach Tr., 97.5**
- Yamato Express, Kings Mountain Plaza, 91.
- Bojangles, Cleveland Ave., Kings Mountain, 95**
- Subway, KM Truck Stop, 98.
- Subway, York Road, Kings Mountain, 96.5**
- The Diner, Dixon School Road, Kings Mountain, 96.
- Waffle House, York Road, Kings Mountain, 93.5.
- Wiener Works, Shelby Road, Kings Mountain Plaza, 96.5**

Nursing homes

- Golden Years, Sugar Hill, Lawndale, 96.

Food stands

- Bi Lo Produce, E. Dixon Blvd., 93**
- Bi Lo Deli, E. Dixon Blvd., 96**
- Kangaroo, Boiling Springs, 94.
- One Stop, Shelby Rd., Kings Mountain, 96
- The Pantry, E. Marion St., 94.5
- Stony Point Handy Mart, 98.5
- Wendell's Town & Country Catering, Kings Mountain, 97.5.
- Woodbridge Handy Mart, Kings Mountain, 100**

Meat markets

- Bi Lo Meat Market, E. Dixon Blvd., 97.
- Harris Teeter Meat Market, Kings Mountain, 97.5.

School cafeterias

- Bethware Elementary, Kings Mountain, 99**
- East Elementary, Kings Mountain, 99**
- North School, 97.5.
- West Elementary, 99**
- Kings Mountain High, 97.5**
- Grover Elementary, 98.5**
- Kings Mountain Middle, 99**

LOCAL

Tourism Authority grants \$22,725

The Kings Mountain Tourism Development Authority has awarded \$22,725 in grants for nine projects. Funds come from hotel occupancy tax.

Grants were awarded to: City of Kings Mountain Gateway Festival, advertising, etc. \$1,000.

Kings Mountain Fire Museum Cook-off, \$4,000.

Kings Mountain Historical Museum, cabin, chinking, \$1,000.

Kings Mountain Little Theatre, Raleigh Ringers, \$1,000.

Kings Mountain Rotary Club, Patriots Park landscaping, \$6,225.

Kings Mountain YMCA, baseball complex improvements, \$1,000.

Mauney Memorial Library, book signing, Ann B. Ross, \$1,500.

Regal Ventures, Cross Walk, \$6,000.

Southern Arts Society, pottery studio, \$2,000.

Neris joins staff of Coldwell Banker

Alicia R. Neris has joined Coldwell Banker Horn Real Estate as a full-time sales associate working out of our Shelby office.

Prior to joining Horn Real Estate, Neris met the North Carolina real estate licensing requirements and completed the comprehensive Coldwell Banker® training program.

"We're happy to have Alicia on our team," said Eric Gay, Broker/Owner at Coldwell Banker Horn Real Estate. "We feel that Alicia will be an asset to our company and help us better meet the needs of the Hispanic community".

Neris is a graduate of Mingle School of Real Estate and is an active member of the Cleveland County Association of Realtors. Before joining Horn Real Estate she worked for Time Warner Cable for two years. She is a native of Caguas, Puerto Rico and currently resides in Shelby with her husband, Jose, and her son Ansel.



ANDIE L. BRYMER/HERALD
Kings Mountain Hospital Registered Dietician Diana Martin stands in front of pain management department staffers Laura Faulkner, left, Rhonda Kiser, Joy Bumgardner, Dana Painter, Sharon White and Carol Bell. The entire department is participating in the Employees Learning Fitness program.

Learning Fitness

Weight loss program paying off for employees at KM Hospital

BY ANDIE L. BRYMER
Staff Writer

After just two weeks, Kings Mountain Hospital's Employees Learning Fitness program has helped staff lose a collective 93 pounds.

So far 69 employees have signed up for the free program, according to Diana Martin, the registered dietician coordinating ELF.

The six-member pain management department has enrolled.

"We all support each other," said Dana Painter who is trying to drop between 30 and 40 pounds.

The women have asked pharmaceutical representatives and others to no longer bring them sugary, fattening snacks. They've brought bottled water, yogurt, diet gelatin and fruit for the staff refrigerator.

Today's lunch was oriental steak, rice, vegetables and apple sauce from the hospital cafeteria. An 1,800 calorie meal is on the menu every day. Low calorie snacks and a healthy break-

fast also are available. "We appreciate what the hospital is doing for us," Painter said.

When they don't eat in-house, the women order a sub sandwich or salad.

Recently Painter and her family ate at a fish restaurant. She stuck with the program, requesting broiled food instead of fried. In a similar situation Laura Faulkner tried a lower fat lemon dill sauce on the cod fish she ordered. The women are also planning to ask for carry out boxes with their food. Before taking the first bite, half the food goes in the box.

"Just because they bring it, you don't have to eat it," Martin said.

The program is changing how the women cook at home. They've swapped stories about their children's reactions to the increase in vegetables and steamed, grilled and sauteed foods.

Joy Bumgardner reminds her kids to look at the serving size on the package of cookies when they grab five or six at one time. One of Rhonda Kiser's children is on the program with her. The other two are bemoaning their mother's decision not to buy chips and ice cream.

Sharon White, who hopes to lose 40 pounds, says she

doesn't get hungry on the program. She likes the fact bread isn't forbidden.

The ELF program is not a fad diet. Instead Martin recommends more fiber and water, limiting meat to three ounce servings and starches to six ounces. Two servings of one percent or lower milk and two to three fruit servings are permitted. Fat is limited to three teaspoons. No food is forbidden. Instead, Martin encourages participants to limit high calorie, low nutrient foods.

Participants are bringing food labels to Martin for her interpretation.

Painter says the diet isn't a magic pill. Instead it's about learning what and how much to eat.

In addition, 20 minutes of exercise daily is encouraged. "You've got to work out," Painter said.

Most of the women in her department are walking. They all agree that the increased activity has given them more energy.

Bumgardner has shared this with a few patients. Some of the people visiting the pain management department are suffering because of the stress excess weight puts on joints.

The staff say being accountable to each other helps. They weigh in weekly and measure themselves.

KM WEATHER REPORT

By Kenneth Kitzmiller

	Feb. 2-8	Year Ago
Total precipitation	.79	2.45
Maximum 1 day	.49 (3rd)	1.07 (2nd)
Month to date	.79	2.45
Year to date	2.58	3.92
Low temperature	30 (3rd)	23 (7th)
High temperature	66 (7,8)	58 (5th)
Avg. temperature	45.1	39.4

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