

Horn to sponsor Hospice benefit

BY ELIZABETH STEWART
Staff writer

Kings Mountain High School senior Brittney Horn's senior project is dear to her heart. She lost her father to cancer and Hospice became the family's friend with the care of Randy Horn in his home.

"I want to give back to Hospice," says Brittney, who, with the help of her family, will sponsor a benefit for the new Cleveland County Hospice going up in Kings Mountain. Patterson Grove Baptist Church Fellowship Hall will be the setting Saturday, April 18, for a big bake sale, refreshments, performances by the church's Praise and Worship Team, performances by the Wagon Wheelers dance group of Shelby and special songs by Hope Hutchins of Spartanburg, SC. The event begins at 2 p.m. and lasts until 6 p.m. There is no admission charge and no cost

for refreshments but donations will be appreciated. Brittney will display information about the services that Hospice provides, including its grief-counseling program.

Horn's senior project, a six-page thesis, is entitled, "More Government Funding for Hospice." In her paper turned in to senior English teacher Marcie McCready, she cites the need for more funds to help families with medical costs that occur from life-threatening illnesses. "There just isn't enough insurance to take care of the needs," says the versatile young woman who has her mother and grandparents cooking goodies for Saturday's event and enlisting aunts and uncles to help out. Her paternal grandparents, Janice and Arnie Horn, are members of the popular Wagon Wheelers dance team. Her maternal grandparents, Joan and Willard Sanders, and of course, her biggest supporter, her



Brittney Horn

mother, Sharon Horn, and Brittney's sisters, Miranda, Kassie, and Carmyn will be giving her encouragement as well as her Hospice mentor, Pam Isaccs.

Brittney, who aspires to become a pre-school teacher, interns at West Elementary School. The students observe and interact with the children. Additionally, she is a member of the PEPI class where the students are taught games and how to interact with chil-

dren. This class goes to East School on Tuesday, West School on Wednesday, North School on Thursday and Beth ware School on Friday. In addition to Senior English, Brittney is taking Early Childhood, a college class; Life, a class that, among other things, stresses finances; and PEPI.

Brittney is dedicating the fundraiser Saturday to the memory of her late father. Randy Horn, who died Feb. 7, 2001. Hospice served the family six months prior to Horn's death and Brittney said that because of their caring and expertise her family was able to be with her Dad in the home rather than in a hospital.

Said Brittney, "I am so glad that Kings Mountain will have a Hospice House in a great location." Brittney was one of the many local people, who attended the groundbreaking for the new facility on Kings Mountain Boulevard,

Register now for the Step One Challenge

The Cleveland County Health Department with its collaborative sponsors opened registration for the 4th Annual Step One Challenge county-wide walking contest on April 1. This contest is a community-wide approach to increasing physical activity and supporting obesity prevention strategies for all residents of the county.

The Step One Challenge is a county-wide event in which all Cleveland County residents are eligible to participate at no cost. Participants must form teams of between three-six individuals. All participants ages 12 and older will receive a free pedometer, walking logs, and activity conversion charts to monitor daily steps taken.

Entry forms are available from the Cleveland County Health Department, the YMCA sites in the county and the public libraries. Entry forms are also posted on the Step One Challenge web site at www.steponechallenge.com

All team registrations for this year's walking event are due by 5 p.m. on Friday, April 17th to Karma Edwards at the Cleveland County Health Department or to Anne Short of the Alliance for Health, Inc.

Team captains will pick up the team packets consisting of walking logs, reporting sheets and activity conversion charts on Friday, April 24, from 3-6 p.m. at either the Cleveland County Health Department or Kings Mountain Hospital.

The contest kicks off on Saturday, April 25; walkers may participate in an optional Fun Walk sponsored by Shelby City Parks and Recreation as an event to jump start their participation.

The Step One Challenge is sponsored by the Cleveland County Health Department, Alliance for Health, Image Marketing Group, and Cleveland County HealthCare System.

In 2008, 278 teams composed of 1,458 walkers participated in the Step One Challenge. From those teams, 191 actually reported the steps walked which totaled 345,519,571 for the entire county. The top three teams for 2008 were all from PPG Industries. First place went to the Amazing Walking Machines captained by Marie Harrill with an average of 1,321,009 steps per team member. Second place went to the Go Team, captained by Debbie Atchley with an average of 1,106,769 steps per member. Third place was awarded to the Wcrew Wellness Walkers, captained by Victor Darville with an average of 1,049,699 steps per member.

Walking can be achieved easily by most people, and serves as an inexpensive way of increasing your physical activity levels. Proven health benefits of walking include improved physical condition, improved cardiovascular functioning, increased calorie expenditure, as well as reductions in cholesterol and high blood pressure. Additionally, participants will have opportunities to accrue extra steps based upon the completion of other physical activities of which a pedometer cannot measure by using an activity conversion chart. Examples of such activities are water aerobics, kick boxing, fishing, etc.

The Step One Challenge is an opportunity for individuals to become active participants in the improvement of their health status. Participation is crucial to the success of this year's event.

For more information about the Step One Challenge visit www.steponechallenge.com

Y to celebrate Healthy Kids Day April 18

On Saturday, April 18, the Kings Mountain Family YMCA invites the community to participate in YMCA Healthy Kids Day, the nation's largest health day for children and families.

YMCA Healthy Kids Day includes fun, engaging and creative activities for children and families and promotes year-long wellness and healthy living. YMCA Healthy Kids Day events are free and open to all.

"As families struggle to balance life's daily demands and persevere during an economic downturn, it is important that we reach beyond our YMCA facility to the entire community," says Heather Wilson, Family and Membership Services Director. "In Kings Mountain, we've been doing this with the annual YMCA Healthy Kids Day event for more than three years. Through this event, the Kings Mountain Family YMCA and our partners have given our neighbors the opportunity to take their minds off daily stresses, and instead have fun and focus on positive sustainable healthy lifestyle changes together, as a family."

This year, activities will include sample classes of Wee Yoga, Zumba, Summer Camp style games and an inflatable bouncy house.

We will also have representatives from Cleveland County Department of Social Services to answer any questions dealing with the qualification of Medicaid/NC Health Choice Insurance and Food Stamps along with the Cleveland County Health Department and the Mauney Memorial Library just to name a few, according to the Y.

YMCA Healthy Kids Day will be celebrated across the county at more

than 1,700 YMCAs. Last year, more than 700,000 attendees participated in YMCA Healthy Kids Day events nationwide. This year's activities vary and may include exercise demonstrations, family fitness activities, health screenings, educational fun projects, nutritious food demonstrations and more. Educational take-home materials for parents will also be provided, including

pamphlets from MyPyramid for healthier eating ideas, American Diabetes Association and coupons and samples from Kraft Foods.

YMCA Healthy Kids Day is supported by the following national donors: Disney Channel's Playhouse Disney, Eli Lilly and Company, Huggies Little Swimmers Brand, Northwestern Mutual Foundation and Tropicana.

YMCA Healthy Kids Day is also supported by the American Cancer Society, American Diabetes Association, American Heart Association, Centers for Disease Control and Prevention, and the National Association of Chronic Disease Directors.

For more information about YMCA Healthy Kids Day, call the Kings Mountain Family YMCA at (704) 739-9631.

Bennett performs original plays

Kings Mountain playwright Tom Bennett performed in two of his original works during the evening of short plays at Lost Playwrights in Hendersonville on Saturday, Mar. 28.

The two plays he presented were: "Sandy," about a woman grieving for a lost pet, and "Decision," about an elderly retiree who must move to stay with family. Bennett has appeared in productions of the Kings Mountain Little Theatre and the Greater Shelby Community Theatre.

His plays have been performed at Rock Hill Community Theatre, Actor's Studio in Charlotte and Theatre Charlotte.

Stan Logan, theatre director of Adventure House in Shelby, was guest speaker during the business meeting of Lost Playwrights. Adventure House, Logan explained, is a day care facility for people working through mental illness. The staff and members there use drama to dispel myths about mental illness and help their clients find employment.

Adventure House will perform "The Interview" on April 15 at Central United Methodist Church in Shelby. The production

is open to the public. The play tells of a well qualified man applying for a job but the personnel manager learns the man has gone through some mental illness. Some plays the Adventure House players perform are written by clients. Logan is an accomplished actor and director with Greater Shelby Com-

munity Theatre and will appear in the production of "12 Angry Men," set to open the first week in May.

Lost Playwrights meets the last Saturday of each month at Dock's Deli, 225 S. Grove Street, Hendersonville. The meeting begins at 4 p.m. followed by a presentation of short plays beginning at 7.

Building Permits



Photo by EMILY WEAVER
Construction is underway at the future site of the Kings Mountain Hospice house on Kings Mountain Boulevard.

Chemetalle Foote, 348 Holiday Drive, is putting up a cooling tower and compressor estimated to cost \$427,000, according to a commercial/mechanical permit issued by the City

of Kings Mountain. Two other major upcoming projects for which city permits were issued recently were to Patrick Yarns for roofing of their business (the former Clevemont Mills) at

estimated cost of \$350,000 and to Morrison Construction for

grading of the site of the proposed new Hospice of Cleveland County, 321 Kings Mountain Boulevard, estimated cost \$72,000. Pro Fabric Inc. is doing the work at Chemetalle Foote and Centima Roofing is doing the roofing job for Patrick Yarn Mills.

In other projects, the city issued a demolition permit for the demolition of the old Davidson School building on Parker Street.

See **Permits** page 8A

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