

COOK-OFF: notes memorable moments - storms, 5th honeymoon, good food, contest



KM Fire Chief Frank Burns, left, holds the Firehouse flag with this year's Grand Champion a cooker with Tarheel Smokers along with Firefighter Eric Carroll, another Tarheel Smoker cooker, Reserve Grand Champions GB's BBQ and Mayor Rick Murphrey, right.

A Mountain Magic cooker takes home the top prize for the Anything Butt dessert contest that team won for their deep-fried cheesecake.

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"I was watching to make sure there were no tornadoes," he said.

The state did see a lot of tornadoes with this storm system, coined by meteorologists as one of the deadliest Spring storms in years. A total of 62 twisters were spotted throughout North Carolina over the weekend, causing billions in damages, killing 22 residents and injuring more than 100.

But Kings Mountain was lucky. Although the winds whipped the flags and gave flight to pretty much anything not weighted down at the walking track on Saturday, tornadoes avoided the area.

"The weather last night was tough, I know that," Mayor Rick Murphrey told the Firehouse contenders as they gathered around the stage for the awards ceremony. "We had a lot of people here for the first time and a lot of you have returned. We thank you for that."

"We promised you a good contest but we said nothing about the weather," joked Kings Mountain Firefighter Eddie Parker.

This was the 15th year the Kings Mountain Fire Department has hosted the cook-off—a state championship event that helps raise money to support the Kings Mountain Fire Museum, one of few in the state. Husband and wife team B.S. Pitmeisters (Charles and Leslie Fretwell) came to compete in the cook-off during their honeymoon five years ago.

Each year, the "Honeymooners" return to the Firehouse and fire up their grills.

"For me, there will never be another contest that is more special to my heart than Kings Mountain,"



Leslie told The Herald in 2009.

In 2006—on their first honeymoon—B.S. Pitmeister's won the ultimate title of Grand Champion. As the couple was called on stage on Saturday for another award, 4th place overall, Leslie said, "This is my favorite contest."

'Anything Butt'

Kings Mountain firefighters, city leaders and volunteers teamed up to judge a tasty contest Friday night in the Firehouse's Anything Butt competition. Cooking teams, who chose to compete, were offered the chance to show off their culinary skills outside of barbecue in a meat/vegetable category and a dessert category.

Ranucci's Big Butt BBQ offered judges a delicious bowl of shrimp and grits - a

dish offered at Kings Mountain's Center Street Tavern which also sells Ranucci's BBQ.

On Saturday, he took home the Mayor's Choice Award and the top award for the Anything Butt - meat contest.

Judges also sank their teeth into grilled jalapeño poppers, smoked turkey, peanut butter cup cake, and a red velvet cake, to name a few of the dishes. The dessert award for Anything Butt went to Cleveland County's Mountain Magic, which served judges a deep-fried cheesecake.

Uncle Mac's BBQ Crue won the honors for Best Booth at the cook-off. In the 50/50 drawing, Dale Duckworth of Carolina BBQ Co. won the \$150 prize money and donated it back to the fire department.

Kings Cooking won the honors as Highest Scoring Cleveland County Team. Bubba's Backyard BBQ won the top prize in the sauce contest.

And Kings Mountain's own Big E's BBQ took away plaques for 4th place in Pork, 5th place in Pork Ribs and 6th in sauce.

For the first time this year, KMFD's Junior Firefighters helped out at the



At left, singer, songwriter, musician Scoot Pittman plays "Where I'm From" - a song he wrote about his hometown of Kings Mountain. Above, Janet Glascoe of Screamin' Night Hogs BBQ takes a break inside Daddy Dean's Chuck Wagon to listen to the music. Scoot was a big hit on Friday night. Below, Alex Ranucci talks to judges tasting the shrimp and grits he made in the Anything Butt contest. Judges, l-r, are Carol Gordon, Eddie Parker, Beth Parker, Mayor Rick Murphrey and Dear Spears around the table.



cook-off and made sure the event ran smoothly.

And the trophies go to...

Tarheel Smokers of Hertford, NC, won the title of Grand Champion of the Kansas City BBQ Society sanctioned event, taking home \$4,000 in prize money and a chance to compete in the American Royal Barbecue Contest for a shot at the Jack Daniels Invitational Contest.

GB's BBQ was honored Reserve Champion, also taking home second places in Brisket and Chicken.

In the Pork Contest, Bayou Pork Smokers came in 1st, Bold Branch Bar-B-Q Boys - 2nd, Bite Me BBQ - 3rd, Big E - 4th, Tater Bugs BBQ - 5th, Rocky Top BBQ - 6th, The Rolling Grill - 7th, Flame Master G's BBQ - 8th, Bubba and Son BBQ - 9th, Big on the Pig - 10th.

In the Pork Ribs Contest, Sue E. Pig finished 1st, Two Old Men and a Grill - 2nd, Tarheel Smokers - 3rd, Smoke This - 4th, Big E - 5th, Flame Master G's BBQ - 6th, County Line Que - 7th, Iron Pig - 8th, Pickin' Porkers - 9th, Old Dominion Smokehouse - 10th.

In the Brisket Contest,

Wicked Que came in 1st, GB's BBQ - 2nd, Chatham Artillery BBQ - 3rd, Tarheel Smokers - 4th, B.S. Pitmeisters - 5th, Kings Cooking - 6th, Old Dominion Smokehouse - 7th, Tater Bugs Bar-B-Que - 8th, Big Mo from Aho - 9th, Sue E. Pig - 10th.

In the Chicken Contest, Chatham Artillery BBQ finished 1st, GB's BBQ - 2nd, A Taste of Carolina - 3rd, Wicked Que - 4th, Gooney Creek BBQ - 5th, Carolina BBQ - 6th, Pit Bulls Up in Smoke - 7th, Rocky Top BBQ - 8th, Tarheel Smokers - 9th, Two Old Men and a Grill - 10th.

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Diabetes Caught Early Saves Lives & Money
 Early screening for type 2 diabetes not only saves lives, but it could save money in the long run through early intervention.
 A new study shows that starting screening for diabetes between the ages of 30 and 45 would prevent a significant number of heart attacks, deaths, and diabetes-related health complications and add years of healthy living for people in the U.S.
 In the study, researchers used information from a representative sample of the U.S. population to create a simulated population of 325,000 people aged 30 without diabetes and then used a computer model to compare eight diabetes screening methods vs. no screening.
 The results showed that compared with no diabetes screening, all of the diabetes screening strategies: Reduced the number of heart attacks (3-9 heart attacks prevented per 1,000 people screened); Prevented diabetes-related complications (3-9 events prevented per 1,000 people screening); Added 93-194 additional healthy life years per 1,000 people screened.
 Most screening strategies prevented diabetes-related deaths (2.5 deaths prevented per 1,000 people screened.)

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