

Duke Energy opens new training center

A crowd gathered to celebrate the official opening of the new Duke Training Center in Kings Mountain's Cleveland County Industrial Park last Thursday. Attendants enjoyed lunch in the food court and a tour of the state-of-the-art facility.

President of Duke Energy Carolinas Brett Carter said that the Kings Mountain LEED-certified facility became operational on July 11.

Training Manager Ed Fritz said that 2-4 day classes started last week. "We've processed about 100 (in training) so far," he added.

The 190,000-square-foot center will host specialty classes, up to two weeks in length; safety training, and initial classes, which can last up to 12 months. Thousands of Duke employees from throughout the southeast will be coming to the training center.

Carter said that he was pleased to learn the training center has been certified for Leadership in Energy and Environmental Design (LEED). He thanked the city and the county for their "great support" in the project.

Cleveland County Commissioner Johnny Hutchins hailed the company as "a second-to-none corporate citizen." "We're looking forward to many, many more years of partnership," he added.

"We extend greetings and congratulations," Mayor Rick Murphrey told the company at the ceremony. "When you surround yourself with good people, it makes you look good also."

He proclaimed July 28, 2011 as Duke Energy Day in the City of Kings Mountain.

"Duke Energy has had a working relationship with Kings Mountain since 1905 and has contributed significantly to the local quality of life through corporate and employee community service," the mayor read in his proclamation.

Duke Energy sells energy at a wholesale price to the city. The energy is transmitted to each of the city's existing substations. The City of Kings Mountain and Duke Energy also have a pact to provide emergency assistance to each other should the need ever arise.

"Duke Energy is becoming an integral component in our



EMILY WEAVER/HERALD

Cutting the ribbon for the new Duke Training Center are, left to right, city councilmen Rick Moore, Tommy Hawkins, Rodney Gordon, Mayor Rick Murphrey, Duke Energy Vice President of Nuclear Corp. Ben Waldrep, Duke Energy Carolinas President Brett Carter, Duke Energy Training Manager Ed Fritz, county commissioners Ronnie Hawkins, Mary Accor, Jason Falls, Johnny Hutchins and Eddie Holbrook.

community and is providing a strong, diversified economic base with their new training facility," Murphrey said.

Carter thanked the mayor for his kind words and the proclamation. "That means a lot. When I first came up here, I saw this was a special place," he said, adding that they are

happy to call KM home.

"We've always had a great relationship with those guys," Murphrey said on Tuesday. "They're good to us and since 1905 we've been doing business with them."

Kids dive into a real taste of life on Sonridge Farm

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Kids are diving head first into fun on the farm this summer at Sonridge Farm in Kings Mountain.

Mary Ann Stumbo and her family are giving children from the ages of 9 - 15 years old a real taste of life on a farm.

From 9 a.m. until 3:30 p.m. these children are doing farm work, from feeding and milking the goats to horseback riding and making nails like a blacksmith in the forge.

Allie Stumbo, 17, was trying to figure a way to help out her family and the farm when the economy started to turn for the worse. One day Allie had a friend ask her, "Why don't you do something for kids at your farm?"

It sparked an idea in Allie. She called their Cleveland County 4-H agent, Ashley, and explained her idea about a petting zoo and farm tours, and then took it one step further to a day camp.

Last year she hosted her first campers, and with many children showing interest in the camps, they decided to do more than a single-day camp that summer.

This summer they have had three different camps so far and will have their last one next week with the Gaston County 4-H.

Campers get to experience parts of the farm life such as milking, bee keeping, making lip balm and honey; making cheese for pizzas and soap from the goats milk; blacksmithing, leather making, shearing and catching an alpaca, cleaning up goat patties, and participate in a goat show.

The Stumbo family has acquired many animals over time including horses, llamas, an alpaca, bunnies, potbelly pigs, dogs, bees, ducks, a goose, and chickens.

On the last day of these camps, the kids get to show off the goats that they have taken care of all week and they parade around in a goat show. Allie asks them different questions about the things they had learned during the week. Campers earn prizes for how well they know their goats and how well they have taken care of them.

The camp also gives out an award for the all-star camper of the week and added a special award for the best blogger (for the online journals the kids create about the camp).

On Friday, Allie mentioned the campers and what they learned and excelled at in the past week.

Last April, during spring break, the Stumbos added an intermediate "Reality" farm camp: one week for Cleveland and Lincoln counties and one week for Gaston County. The Stumbo kids are homeschooled so they can arrange these camps for all spring breaks.

The intermediate camps are offered to kids 12-15 and/or to those who have been a part of one of the basic camps. This camp is more rigorous and kids are asked to do more on the farm than in the basic camps. Some tasks they will be asked to do include castrating, dis-



KYRA TURNER/HERALD

Christian Hoey, 11, waiting patiently with his goat to be judged.

budding and maybe even help the animals give birth; learning how to use a spinning wheel; and making different cheeses. Farm chores begin at 7 a.m.

Allie isn't the only Stumbo child holding these camps. Her brother Stephen, 18, and sister Joni, 14, help out with her camps.

Along with the Stumbo family, they have friends who come out to help and who have become counselors for the different groups the kids are split into during the week.

In addition to all the farm work they accomplish they also learn how to blog about their experiences on the Sonridge Farm website. The Stumbos offer a computer lab in their living room so the kids can blog while they are at camp.

"We have also had adults contact us and ask if we offer an adult



Mary Robinson, 9, winner of the All-Star Camper 2011 award and Brooke Patterson, 12, winner of the Best Blogger award, show off their prizes.

version of the camp," Mary Ann commented.

Joni Stumbo also held mini day camps for two weeks in April and May, on Monday, Wednesday, and Friday, from 9 a.m.-1 p.m., for ages 4-8 years old. Many of her campers are taught simple tasks such as milking a goat, feeding the baby goats, gathering eggs and doing different crafts.

"It's a perfect micro-dose of farm camp for the little ones," Mary Ann said.

The farm will host a Family Day on Saturday, Aug. 6 from 8-10 a.m., where all the campers are invited to bring families to come meet the goats they were assigned, the horses they rode, and just get to see where they had all their adventures during camp.

"Hopefully there will be more camps next year," Allie said.

WINGS Cancer Support Group

August 1 6 p.m.

CRMC Cancer Center

A support group for patients with all types of cancer. Preparing for "Walk For Hope" with Latonia Hopper, RN. For more information, please call 980-487-3025.

Expectant Grandparents

August 2 6 p.m.

CRMC Women's Life Center Conference Room.

For first time grandparents, insights into what to expect with the new grandchild. To register, please call 980-487-3983.

Healthy Hearts Support Group

August 3 Noon

CRMC Gina C. Suttle Wellness Education Suite T. R. Harris Wellness Center. "Heart Rate/CAD" For more information, please call 980-487-3659.

Some programs may require pre-registration or appointments. Some require a fee.

Breastfeeding & Mom to Mom Support Groups

August 3 10 a.m. - Noon

Women's Life Center Conference Room

Open to all breastfeeding mothers and nursing babies and expectant moms who are interested in breastfeeding. For more information, please call 980-487-3887 and 980-487-3983 to register.

Pink Ribbon Network

August 4 12 - 1 p.m.

CRMC Oncology Board Room Tonya Craig, COTA/L from Cleveland Regional Rehab will be presenting "Lymphedema Education and Management". A gathering for newly diagnosed breast cancer patients. Lunch served. To register, please call 980-487-3757.

Bridges

August 8 or 22 2 - 3 p.m.

CRMC Cancer Center A special educational program to aid recovery during the post-operative

period after a mastectomy or lumpectomy. Register two weeks after mastectomy or lumpectomy by calling 980-487-3757.

Diabetes Wellness & Resource Group

August 9 5:30 p.m.

CRMC Auditorium

"Mind, Body and Spirit" with Craig Langston, Senior Minister, Central United Methodist Church. For more information, please call 980-487-3953.

Kangaroo Kapers

August 22 6 p.m.

CRMC Women's Life Center Conference Room

Provides children expecting a brother or sister a positive introduction to the hospital and to what life will be like with a new baby. Pre-registration is required. Please call 980-487-3983.

Lobby Blood Pressure Screen

August 23 11:30 a.m. - 2 p.m.

CRMC Lobby

Parkinson's Disease Support Group

August 23 6:30 pm

Life Enrichment Center;

For more information, please contact Linda at the Life enrichment Center by phone: 704-484-0405 or email: linda@lifeenrichmentcenter.org.

Early Bird Pregnancy Class

August 24 6 p.m.

CRMC Women's Life Center Conference Room

For couples in the early stages of pregnancy or considering getting pregnant. \$10 per couple. Preregistration is required. Please call 980-487-3983.

Life as a Suicide Survivor

August 30 11:30 a.m. - 1:30 p.m.

Cleveland County Library Conference Room, 104 Howie Drive

This program is for anyone who has suffered the loss of someone close to them by the taking of their own life.

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