

Lifestyles



It's beginning to look a lot like. This table decked with pretty packages and holiday trimmings was one of many creative tables featured at the recent Parade of Tables at Grace Christian Academy.

Parade of Tables raises more than \$6,000

Grace Christian Academy's annual Parade of Tables was a huge success Saturday as more than \$6,000 was raised for the Christ-centered, Bible-based school that offers education for all children from Pre-Kindergarten through 11th grade.

Parents, grandparents and volunteers decorated 35 tables on various themes and sold eight tickets for each table where diners enjoyed chicken, baked potato, salad and cheese cake

catered by Outback Steak House.

The table raising the highest amount of dollars was "Deck the Halls," a Christmas table decorated by Vickie Steele.

Leigh Wrenn is principal of Grace Christian Academy and Stephanie Chambers is administrative assistant.

Grace Christian Academy was founded by Christian Freedom Baptist Church.

Children's art museum opens with circus fanfare

Amid much fanfare, The Dunedin Fine Art Center Children's Museum in Dunedin, Fla., opened with a circus theme, "Under the Big Top", in its new two million dollar renovation co-designed by its Youth Education Director Todd Still, son of Dr. John and Pat Still of Kings Mountain.

Panels of bright blue were draped to suggest a circus tent under which sat a large red locomotive whose cars were tables loaded with coloring materials dispensed from the mouths of circus animals modeled in plaster. Many of the activities, computer-related, allowed children to create their own videos.

A green screen, costumes and props, let children become part of various circus scenarios televised throughout the facility. Entering a black-light area through a giant cheetah's mouth created a glow-in-the-card drawing. Tyrone, the Terrible, a huge gorilla on a vintage poster suspended from the ceiling, presided over the whole show.

According to Todd Still, project manager, the new design-reconfigures existing space and adds new ones, including a bright yellow gallery dedicated to children's art, expanded clay studios for children and adults, and a large multipurpose room



Todd Still at The Dunedin Fine Art Center Children's Museum opening with "Under the Big Top".

with large windows overlooking the nearby lake that can be used for classes, educational programs and events. The darkroom has been expanded where students can learn traditional photographic methods. Year-round classes have risen to an all-time high with another 1,500 in its summer art camp.

With the new facility, the center will be offering 17 youth classes and 13 teen classes. In this difficult economy more and more homeschool, public and private schools are in need of additional support in areas of art. The center assists with instructors,

studio space, a dedicated children's art gallery, interactive hands-on museum with engaging thoughtful art experiences.

A graduate of the University of South Florida in Art Education, Still has been the youth director of the David L. Mason Children's Art Museum since 1995. Prior to this position, Still taught art at Dillworth Elementary in Charlotte and Kings Mountain Middle and elementary schools. He was also a guest art teacher at Northside Christian School in Tampa, Fla.

Still is grandson of the late former Kings Moun-

tain mayor Mr. and Mrs. Garland E. Still, and great grandson of the late Mr. and Mrs. R.L. Mauney.

Trim and Light A Tree for Veterans

Trim and light a tree for veterans by contacting Unit 155 Legion Auxiliary President Joyce Kale at 704-419-1239. For each donation, the name of a veteran will be placed on a Christmas tree located at the side of the American Legion Building on E. Gold Street. Proceeds from the project are earmarked for veterans projects.

Rewiring the brain after stroke

Rewiring the brain for better functioning following a stroke was the emphasis of a daylong seminar attended by two professionals from the Life Enrichment Center Adult Day Health Service, which helps adults recover from stroke by using a number of therapies.

The brain is really simple, stroke researcher Peter G. Levine told the health care professionals gathered in Pineville Nov. 15. The "rules" for rewiring the brain to recover from stroke, he said, or rewiring the brain to become a better musician, athlete, artist, educator - whatever - are the same for all.

"I was especially interested in his modified constraint-induced therapy," said Karissa Jensen, a physical therapy assistant at Life Enrichment. CIT is a stroke-recovery therapy in which the stroke survivor neuroplastically rewires the brain by hyper-challenging the affected side.

Realizing that Life Enrichment incorporates much of CIT in its own philosophy of helping people recover from stroke was exciting for Derand Peppers, who is a registered nurse and health care coordinator for the Life Enrichment Center's Kings Mountain facility.

Levine is the author of "Stronger After Stroke" and has co-authored more than 60 articles and abstracts in peer-reviewed journals. He is director of SynapsTogether and co-developer of Modified constraint-induced therapy.

To learn more about Peter Levine, check his blog: www.recoverfromstroke.blogspot.com

For more information about Life Enrichment Center, call 704.484.0405 in Shelby or 704.739.4858 in Kings Mountain or check out the video on stroke therapy at Life Enrichment on its website www.lifeenrichmentcenter.org

Trains exhibit rolls into museum

"All aboard!" The Kings Mountain Historical Museum's annual "Trains, Trains, Trains" interactive exhibit opened Tuesday with extended hours during the displays 40-day-long run.

The museum is open 10 a.m.-4 p.m. Tuesday-Saturday and 1-4 p.m. on Sunday during the Nov. 29-Jan. 7 exhibit, provided in conjunction with support from the Piedmont "S" Gaugers. The display brings together several childhood favorites of holidays past, including Christmas cards, antique dolls, and model train components in various scales.

A little something for everyone this Christmas, the "Trains, Trains, Trains" exhibit showcases the history of the railroad in Kings Mountain.

Don't miss this other events coming up at the museum:

Friday, Dec. 9 - **Christmas at KMHM.** Extended evening hours of 5:30-8:30 p.m. for the "Trains, Trains, Trains" exhibit and candlelight tours of the Robert Barber House.

Saturday, Dec. 10 - **Santa's Fire Truck Express.** Santa and his helpers will be visiting the museum from 1 p.m.-3 p.m.

Also the museum's gift shop features pottery, train novelties, books, Old Salem cookies and Cheese straws for gift giving needs. There is no cost of admission to enter the museum or see its displays, but donations are appreciated. All donations go towards supporting the museum's mission of informing the public of the history of the City of Kings Mountain and surrounding areas by preserving and exhibiting its 19th and early 20th century collection.

The museum is located at 100 E. Mountain Street, Kings Mountain. For more information, visit www.kingsmountain-museum.org or call 704-739-1019.

Medicine Drop-Off Saturday in Shelby

Operation Medicine Drop will be held Saturday, Dec. 3, at the Cleveland County Health Department and residents can take their unused, expired prescriptions and over-the-counter medications and drop them off between 9 a.m. and 1 p.m. at 315 E. Grover Street in Shelby.

The drop-off is also sponsored by Alliance for Health, Safe Kids, ACCES, Cleveland County Substance Abuse Prevention Coalition, Community Care, and all law enforcement agencies including Kings Mountain and Shelby Police and Sheriff's Departments.

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Harold's Weekly Health Tip...

Food Poisoning

Call 911 or other emergency services immediately if: You have signs of severe dehydration. These include little or no urine; sunken eyes, no tears, and a dry mouth and tongue; fast breathing and heartbeat; feeling very dizzy or lightheaded; and not feeling or acting alert. You think you may have food poisoning from a canned food and you have symptoms of botulism (blurred or double vision, trouble swallowing or breathing, and muscle weakness).
Call your doctor immediately if: You have severe diarrhea (large amounts of loose stool every 1 to 2 hours) that lasts longer than 2 days if you are an adult; You have vomiting that lasts longer than 1 day if you are an adult; You have sudden, severe belly pain.
Talk to your doctor if: You have symptoms of mild dehydration (dry mouth, dark urine, not much urine) that get worse even with home treatment; You have a fever; You are not feeling better after 1 week of home treatment.
If you think you have eaten contaminated food, your local Poison Control Center can answer questions and provide information on what to do next. Poison Control Centers are usually listed with other emergency numbers in your telephone book.

Griffin Drug Center

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