Gilman looks great and feels even better!

beth.kmherald@gmail.com

Have you ever really wanted to lose weight, shape up, and just generally become a new you?

Kristy Gilman decided to do just that, about a year ago. And the results were amazing – not only has she shaped up, she has lost about 50 pounds!

In the past, she had tried different diets and exercises and she never could really get excited about the results, or the lack of.

Kristy started going to classes at the Kings Mountain YMCA about a year ago, but she didn't really go on a regular basis. She started becoming more aware of what she was eating, and tried to change

some eating habits. When she first joined the "Y", the first member that she really got to know well was Mona Hinson. Kristy said, "Mona took me under her wing and kept me going when I wasn't sure I could and has become a very near and dear friend. She is a long- standing member of the Y and always goes out of her way to make new members feel welcome." She goes on to say that she feels really blessed to have made so many friends who have encouraged her to keep going even when she feels day I have at work, or how bad of a headache I have when I get to the gym, between the people and the workout(s), I feel so much better in no time. Exercising is a true release for me. It helps so much with stress. I look forward to working out which is something that years ago, even when I was going to the gym regularly, was not something I truly enjoyed.'

In April of last year Kristy started doubling up on her classes and now goes to classes for two hours each Monday, Tuesday and Thursday. On Wednesday nights she goes to Zumba classes. "Fridays are hit and miss, according what is going on."

Weekends don't slow Gilman down. On Saturdays she either hikes the backside of Crowders Mountain, which is near her home, or goes hunting, in season. Climbing up to different deer stands used to be a challenge to her, and she felt she had a fear of heights but now she says there is no deer stand too high for her, and climbing up to it is a breeze.

Sunday afternoons, Kristy usually grills out with her husband Scotty and son Travis, 17. They grill enough chicken and deer meat so that she has enough to take for lunch during the week.

Kristy is quick to tell you

"No matter what kind of that she isn't on a diet, but has changed her diet. She cut way back on sugar, cut out all sodas and tea, drinking lots of water instead, and has increased her fiber intake. She still eats food that she enjoys, and is amazed at the difference in her energy

"Moderation is the key," she says. "In almost any recipe you prepare, there are better ways to fix them, so they are healthier for you." She used to go home from work and sit on the couch, too tired to do anything else. Now Kristy looks forward to going home fixing supper, doing laundry and anything else around the house, even after a two-hour workout.

A great tool was introduced to Kristy, a free app called "myfitnesspal.com." This is an on-line diary where she logs in, by phone, the daily meals she eats and it will give her a breakdown of the calories she has consumed. She logs in what exercises she has done for how long, and it tells her how many calories she has burned. She stresses that a journal is an awesome tool to keep when trying to lose weight and shape up whether

it is handwritten or online. In addition to using her phone app, Kristy also utilizes the Fitlinxx kiosk at the Y. She enters her password, and her information comes up. She decides what ma-



Running in the "Wounded Warrior Run'

Photo by Ellen Devenny chine she wants to work out on, and enters it into the computer that then sets up the machine to fit her needs. Each machine has a range she can monitor to ensure that she doesn't overdo or 'underdo'. Kristy can also check the progress of other participants to see where she stands by checking it on the Fitlinxx computer.

Challenges are always fun for her, and friends encouraged her to enter the "Wounded Warrior" run in the fall. She was hesitant, feeling that she may not be ready to run yet, but she

went ahead and finished the grueling run up and down Canterbury Rd. After that, entering the "Jingle Bell Run" was a natural for her.

"Competing against others is always an incentive to try harder, even when the prize is as simple as a tshirt." Kristy noted that she has earned a lot of t-shirts in the past year.

Participating in the "Fat Blast" class was another challenge. She compares the class to boot camp, but recommends it to anyone really serious about shaping up. Melissa Phillips, the instructor, is another person who has encouraged Kristy along the way.

Why did she decide to really get serious about losing weight and shaping up? "Even though my husband and son have been supportive all the way, I did it for myself." She did add that since she has started shaping up, Travis has started going to the Y as well, and is encouraging friends to follow

his example. How do you know how much to lose, and what exercises you need to do? Candace Hyde has helped her learn how much she needed to lose. Kristy has been participating in the "Shrink Down" Program, which has given her tips on keeping fit and recipes for healthier meals. She weighs in every Monday and at the end of the program there will be another t-shirt waiting for her, as well as other prizes awarded for various areas of the program.

She has just entered a new cycling class. The first 12 to sign up got a t-shirt. Did you get one? "Of

course!" she grinned. We see ads for weight loss and programs on TV, but meeting someone first hand, and seeing the results is truly rewarding. As hard as Kristy has worked to achieve her results, she is still quick to attribute her success to others - "I have been amazed at my abilities to do so many other things due to my weight loss and exercising increased stamina, energy, etc. I have a younger sister, Robin, who has always been extremely active, has worked at various gyms, and has done personal training. I could never understand how she enjoyed it so much until

"There's no way I could ever thank all the exercise class instructors, basically the majority of the Y staff for all the support, motivation and encouragement that they have given me to get me to

the point that I am now." So now, it's a new year, and a new you, Kristy, what are your plans for this year? "I want to lose maybe 20 more pounds and keep on doing exactly what I am doing!"

POLICE

ARRESTS

JAN. 14: Emily Beth Madison, 19, 1005 Joanne Ct., lar-

ceny, \$2000 bond, secured. JAN. 16: Larry Dean Slycord, 30, 512 Monroe Ave., order for arrest, driving while license revoked, \$570 bond.

JAN. 17: Donnie Keith Guin, 52, Trinity, NC, assault and battery, two counts, second degree trespassing, \$2500 bond,

JAN. 18: Tony Randall Walker, 39, 913 Church St., breaking and entering motor vehicle, larceny, possession stolen goods all felonies \$15,000 bond, secured.

JAN. 18: Beverly Reedy, 47, Gastonia, DWI, \$5,000 bond, unsecured.

JAN. 18: Michael Paulsen, 27, 2217 Landing Dr. Apt. J, driving while license revoked, \$2,000 bond, secured. He was also cited for speeding, failure to burn headlamps and rear lamps and suspended license.

JAN. 19:William Roy Fowler III, 32, Gaffney, SC, carrying concealed weapon.

JAN. 20: Joshua Alan Sharpe, 26, Gastonia, failure to comply, \$333 bond.

JAN. 21: Craig Harrill Lackey, 52, Bessemer City, DWI, resist and obstruct, simple possession, \$5,000 bond, secured.

JAN. 9: Kurstin Cordle, 20, 107 S. Gaston St., speeding.

JAN. 9: Nichole Decoskey, 18, 220 Hastings Hill Rd., failure to yield right of way.

JAN. 10: Christopher Childers, 18, Grover, speeding. JAN. 10: Richard Washburn, 47, 715 Bethlehem Church Rd.,

expired tag, no inspection. JAN. 14: Michael Criswell II, 38, Jackson St., no seat belt. JAN. 14: Lewis Ricky Detter, 52, 205 Cranford Dr., carry-

ing concealed weapon. JAN. 14: Daniel Keith Willis, 27, 18 Bennett Dr., no

operator's license. JAN.14: Blaine Thomas Renigen, 22, Charlotte, no in-

spection, expired tag. JAN. 14: Charles Evan Bar-

rett, 28, 506 Linwood Road, failure to carry driver's license. JAN. 14: A 16-year-old male

was cited for possession of marijuana and drug paraphernalia. JAN. 15: Joshua Scott Barnes, 20, 616 Mauney Ave.,

no insurance. JAN. 15: Walter Baker, 27, Grover, no insurance, expired

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Grover, no inspection. JAN. 15: Talina Williams, 32, 124 Crown Court, speeding.

JAN. 15: Chouris Dean Ballard, 48, Bessemer City, no current inspection, expired tag. JAN. 15: Ira Lee Brewster

Jr., 22, Cherryville, expired tag. JAN. 17: Robbie Lee Helms, 51, Cherryville, revoked license, faulty equipment, tires. JAN. 18: Jennifer Green, 39, 5536 Greenway Ct., expired

JAN. 18: Kristen Byrd, 25, 112 N. Cansler St., no inspection, expired tag.

JAN. 18: Larry Carroll, 38, 116 Benton Rd., no inspection, expired tag.

JAN. 18: Lewis Young II, 25, 38 Chesterfield Court, no insurance, expired tag. JAN. 18: Jeffrey Guyton Jr.,

29, Charlotte, red light viola-0 JAN. 18: Adrian Coats, 28, Lawndale, expired tag.

JAN. 18: Lloyd Bryant, 48, Charlotte, speeding.

JAN. 18: Joshua Moore, 225, 1212 Northwoods, speeding. JAN. 18: Marcus Wells, 37,

Gastonia, expired tag. JAN. 18: Ashley Jamison, 22, Gastonia, revoked license, safe movement violation.

JAN. 18: Erika Carter, 20, Bessemer City, no inspection, expired tag.

JAN. 19: Timothy Mc-Daniel, 53, Gastonia, speeding. JAN. 19: Brenda Tallent, 20,

205 Catherine St., expired tag. JAN. 19: James Zunick, 77, 811 Rhodes Ave., expired tag. JAN. 19: Robert Clark, 52,

Shelby, speeding, unsafe move-JAN. 19: Joshua Sanders, 19, Shelby, failure to carry dri-

ver's license. JAN. 19; Gary Caldwell, 48. Bessemer City, expired tag. JAN. 19: Eric Hellstrand,

26, 311 W. Gold St. Apt. B, expired tag. JAN. 19: Tyeshia Briscoe,

35, Lawndale, speeding. JAN. 20: Corey Johnson, 42,

Charlotte, speeding. JAN. 20: Jeremy Oliver, 34, 1142 York Rd., no operator's li-

JAN. 20: Samuel Hope, 21, 7008 Richmond Dr., no inspec-

tion, expired tag. JAN. 20: Kristen Farmer, 21, 603 Oak Grove Rd., no op-

erator's license. JAN. 20: Camron Adair, 23,

116 Early Rd., expired tag. JAN. 20: Munsin Hassan,

36, Lithonia, Ga., speeding. JAN. 20: Jonathan Oliver, 38, 1142 York Rd., no motorcycle endorsement.

JAN. 20: Rush Merrill, 29, Bessemer City, possession of marijuana and drug parapherna-

JAN. 21: Charles Hunt, 33, 107 Majesty Place, expired tag, revoked license,.

JAN. 21: Cynthia Croft, 49, Bessemer City, littering.

JAN. 21: Larry Hopper, 54, 418 Belvedere Circle, red light violation, expired tag.

JAN. 16: A resident of Fulton St. reported theft of a wallet, driver's license and currency from a vehicle.

JAN. 14: Jack's Jewelry Loan, 106 Cleveland Ave., reported a customer obtained cash by false pretense.

JAN. 15: A resident of Henry St. reported an automobile break-in and theft of a GPS and silver IPOD valued at \$400.

JAN. 17: A resident of Dutchess Dr. said his back and front car windows were damaged by someone firing a gun.

JAN. 17: A resident of Mountain Crest Drive reported damage to a door during a break-in.

JAN. 17: Cash Pro Pawn Shop, 101 S. Battleground Ave., reported a customer pawned stolen property and received \$1200 for an iPad.

JAN. 17: A resident of Mountain Crest Drive reported theft of currency.

WRECKS

JAN. 11: Officer J.D. Buff said Travis Griffin of Shelby, operating a 2000 Toyota, and Kelton Stone, Brook Road, operating a 2000 VW, were exiting the parking lot at Kings Mountain High School at the same time. Property damages from the collision were estimated at \$1,000.

JAN. 11: Officer Chris Tate said vehicles operated by Bounmy Manomai, 506 Landing St., and Loretta Lane, 1442 York Rd Apt. 2, were involved in a collision on US 74 Business at King Street. Property damages were estimated at \$2500.

JAN. 13: Officer Bryan McGinnis said Andrew P. Brown, 1714 Kings Row Dr.

Apt. 203, operating a 1996 Cadillac, backed into a 2005 Honda operated by Barbara Haynes Ross, 210 Cleveland Ave., Apt. 9A, in the parking lot of 1033 Shelby Rd. Property damages were estimated at JAN. 14: Officer G. L.

McKinney said Felicia Downs of Shelby, operating a 2001 BMW said her car was struck from behind by a 2001 Honda operated by Emily Madison, 1005 Joanne Ct. The accident happened on the US 74 By-pass with slight damage to both ve-

JAN. 14: Officer R. S. Davis said vehicles operated by Kevin McLendon, Mount Holly, and Allison Simmons, 134 Putnam Lake Rd., were involved in a collision on Mountaineer Drive. Property damages were estimated at \$1200.

JAN. 17: Officer Jason L. Dee said Robbie Helms of Cherryville was traveling east on Highway 74 to I-85 northbound and his car hydroplaned due to unsafe tires and struck several trees on the exit ramp road. Property damages were listed at \$3,000.

JAN. 17: Officer Jason L. Dee said Walter McCain of Charlotte, operating a 1999 VW, was driving west on Highway 74 and the vehicle hydroplaned in the westbound lanes of US 74 striking the center guardrail. Property damages were estimated at \$7500 to the vehicle and \$2,000 damage to the guardrail.

JAN. 17: Officer Jason L. Dee said James Ernest Leak, Shelby, was driving his 1994 Saturn east at Oak Grove Road. The vehicle hydroplaned due to speed and hit the guardrail in the median of US 74 coming to rest on the westbound side of US 74. Property damages were estimated at \$1500 to the

guardrail and \$3500 to the vehi-

JAN. 17: Officer J.D. Buff said a driver left the scene after rear-ending a 2009 Mazda operated by Lashanda Ellington, 1714 Kings Row Dr. Ellington was waiting to make a left turn onto Kings Mountain Boulevard from US 74. KM Rescue transported Ellington to Cleveland Regional Medical Center for treatment.

JAN. 17: Officer Bryan McGinnis said vehicles operated by Norma Simpson of Blacksburg, SC and Darrell Burris, 405 Waco Rd, Apt A, were stopped for a red light on NC 161 at King Street. Simpson said when she started to pull off her 1991 Ford struck the 1996 Lexis doing slight damage.

JAN. 17: Officer Bryan McGinnis said a 2002 Lincoln operated by Rebecca Falls Scism, 108 Country Club Rd, backed into a parked BMW owned by Robert Miller of Shelby. The accident happened at 111 Cash Rd. Property damages were minor.

JAN. 17: A 1994 Ford operated by Jody Roberts III of Ellenboro struck a 2003 Jeep operated by Maggie Souders of Shelby on I-85 as traffic slowed due to a wreck. Property damages were estimated at \$3,000.

JAN. 18: Officer D.K. Davis said that a 1999 Chevy operated by Daniel Capps, 207 S. Gaston St., bumped a 2000 Lincoln operated by Bettina Oates, 119 N. City Street. The accident happened on Gaston Street as Capps noticed his brake lights

JAN. 18: Officer K. L. Putnam said that Jada Safley of Gastonia reported that her foot came off the brakes of her 2002 Honda and the vehicle struck a 2010 Honda operated by Joshua Whetstine, 498 Bridges Dr.

See POLICE, 6A

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