

You can cut your diabetes risk

Ashley Harris
Cleveland County YMCA

November is National Diabetes Awareness Month, and the Cleveland County Family YMCA is helping residents of Kings Mountain and surrounding areas cut their risk of developing Type 2 diabetes through the YMCA's Diabetes Prevention Program. Programs like the YMCA's Diabetes Prevention Program, which help people lose 5-7 percent of body weight through healthier eating and increased physical activity, can prevent or delay the onset of Type 2 diabetes.

Upon a recent visit to the doctor, Shannon Blanton, 76, found out that she was indeed at risk for developing diabetes. Blanton, a former employee of Kings Mountain Hospital for 30 years, said, "It really concerned me and I didn't want to be labeled 'diabetic,' and I knew it was up to me to take control of the situation, to lose the extra weight and to get active."

Blanton enrolled in the YMCA's Diabetes Prevention Program, and began her journey. "I tracked everything I put in my mouth except my tooth brush and dental floss," Blanton said.

After 16 weeks, Blanton returned to her doctor. Her blood glucose was reported to be in the low normal range, she had lost 30 pounds, and was proud to report she was more active than ever.

"This will be a permanent change for me," she said. "This program has worked so well for me I want to tell others about it and be an advocate for diabetes prevention."

Pre-diabetes is a condition in which individuals have blood glucose levels that are higher than normal, but not high enough to be classified as diabetes. An estimated one in three adults in the U.S. (79 million people) has pre-diabetes, yet just 11 percent of those individuals know they have it. People with pre-diabetes are at a high risk of developing Type 2 diabetes and other chronic diseases such as heart disease and stroke. Find out if you are at risk for pre-diabetes at www.cdc.gov/features/diabetesalert.

The Cleveland County Family YMCA is one of 94

Ys nationwide participating in the YMCA's Diabetes Prevention Program, a lifestyle modification program that helps people reduce their risk for Type 2 diabetes. The program is part of the Centers for Disease Control and Prevention's National Diabetes Prevention Program, and based on the National Institutes of Health led, CDC supported, Diabetes Prevention Program study that showed losing a moderate amount of weight and increasing physical activity reduces the number of new cases of Type 2 diabetes by 58 percent.

"Initiatives like the YMCA's Diabetes Prevention Program that help residents avoid developing Type 2 diabetes and other chronic diseases play a key role in improving the nation's health," said Ashley Harris, Director of the Diabetes Prevention Program for the Cleveland County Family YMCA. "Taking preventive steps helps everyone live better, healthier lives."

Participants in the YMCA's Diabetes Prevention Program take part in a year-long program beginning with 16 one-hour weekly classroom sessions with a trained lifestyle coach who teaches individuals about healthy eating, physical activity and other lifestyle changes. Following these sessions, participants meet monthly for added support in reaching their ultimate goals of reducing body weight by 5-7 percent and participating in 150 minutes of physical activity per week. Through lifestyle changes and modest weight reduction, a person with pre-diabetes can reduce their risk for Type 2 diabetes.

In Cleveland County, close to 90 participants have taken advantage of the YMCA's Diabetes Prevention Program. To learn more about the program, please contact Ashley Harris, R.N., at (704) 669-3631 or aharris@clevecoymca.org.

The YMCA's Diabetes Prevention Program is supported nationally by the Diabetes Prevention and Control Alliance and the Centers for Disease Control and Prevention and is available at 94 Ys in 39 states. For more information, visit ymca.net/diabetes.

Tryouts for "I Do, I Do"

Greater Shelby Community Theatre will hold auditions for the musical "I Do, I Do" on Friday and Saturday, Nov. 22 and 23 from 6-9 p.m. and Sunday, Nov. 24 from 2:30-5:30 p.m. Tryouts

will be held in the basement of the Cleveland County Arts Council on Washington Street in Shelby.

Persons wanting to audition should be prepared to sing.

Biscuit making is serious business for Brice

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Justen Brice, in the kitchen at the local Bojangles, is a finalist in Bojangles' Master Biscuit Maker Challenge.

Brice, a team trainer at Bojangles' located at 218 Cleveland Avenue in Kings Mountain, has been named a finalist in the 2013 Master Biscuit Maker Challenge, an annual company-wide competition in which thousands of Bojangles' teammates from more than 550 company-owned and franchised locations across the Southeast compete to be named the best biscuit-maker, the Master Biscuit Baker.

"I am excited," says Brice, who joined the local Bojangles 10 years ago and has been baking made-from-scratch biscuits for eight years.

"Being named a finalist is a big deal," said Bojangles' Regional Vice-President Jeff Wells. "There is no room for error with tough competition and a very precise biscuit-making process, but our Kings Mountain team is confident that Justen will represent us well as a strong contender at the finals."

Brice takes biscuit making seriously.



Justen Brice makes up a batch of biscuits in preparation for the upcoming Bojangles' Master Biscuit Maker Challenge taking place in Charlotte later this week.

Photo by LIB STEWART

He learned the biscuit-making process by completing in-depth training and is certified or re-certified with this training every year to participate in the Master

Biscuit Maker Challenge.

Brice will compete with eight other finalists at Bojangles' test kitchen in Charlotte this week.

Fighting hunger, one bumper crop at a time

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With borrowed land, donated money and hundreds of generous volunteers, the Cleveland County Potato Project has this year churned up more than 156,000 pounds of sweet and white potatoes in the effort to feed the area's hungry.

This is the project's fourth year and the figures that go with the harvests they've cultivating since 2009 come in at an astounding 430,000 pounds.

"(Our total was) 8,000 less than last year," said co-founder Doug Sharp, a retired human resources professional. "We feel this was a pretty good year when you consider all the rain we had at the beginning of the year. Our sweet potato amount would have been greater but we had to get them up a little early due to the early frost."

"We were greatly blessed and I am thankful for the contribution of food we made to so many people. We hope to re-new our efforts next year. We would love for groups to accept responsibility for a plot of potatoes," said Sharp, who said Cleveland County Potato Project provides all the raw materials and most of the labor to get through the planting, cultivating and harvest.

Sharp said the potatoes raised are funneled primarily to four agencies: the Greater Cleveland County Baptist Association, the Kings Mountain Crisis Ministry, The Salvation Army and U-CAN, a Lawn-dale charitable organization



Volunteers work the fields in the last stages of this year's Cleveland County Potato Project. In the first year of the initiative, about 30,000 pounds of white and sweet potatoes were raised. This year, that number is up to 156,000 pounds. The crop is provided to the area's needy families.

that stands for Upper Cleveland Area Needy.

Central Methodist Church and the H. Lawrence Patrick Senior Center in Kings Mountain and the Washington Missionary Baptist Church in the Oak Grove area also receive some of the bounty.

A great deal of financial support comes from the N.C. Baptist Convention, according to Sharp, who said the project is also grateful to Gardner-Webb University, which coordinates and provides student volunteers. He said about 500 volunteers a year pitch in to make the initiative a success.

To learn more about the Cleveland County Potato Project, visit www.ccpotato.org.

Annual Toy Run set for Nov. 23

Murphrey's 19th annual Toy Run to benefit Shiner Burn Center and Oxford Orphanage Masonic Home for Children and Kings Mountain Police Department Shop for a Cop will be held Saturday, Nov. 23, at 11 a.m. From Scooter Shed, 114 Camelot Court. Police will escort motorcycle riders beginning at noon.

Riders are asking for \$5 and a new toy per person. Free barbecue will be served after the ride. Rain date is Sunday, Nov. 24.

The toy run route: 114 Camelot Court, right on Phifer Road, right on Bethlehem Road, left on 74 west bound, right onto Marion Street at Mall, right on Borders Road, right on Oak Grove Road, right on Stoney Point Road, straight on 74/West to King Street, right on York Road, right into Military Park, right onto Highway 29, merge left onto Battleground, left on KM Boulevard, left onto Phifer Road, right onto Camelot Court.

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- 1 intermission
- 11 European Community
- 12 all right
- 13 Royal Academy
- 14 New Zealand
- 15 strange
- 17 zinc
- 18 Pennsylvania
- 19 mini disc
- 20 zinc
- 21 Edward's nickname
- 23 large white bird with a long neck, which lives on rivers and lakes
- 25 second(s)
- 27 radium
- 28 iridium
- 29 science fiction
- 31 bush with strong prickly stems and divided leaves
- 33 Advertisement
- 34 becon, lettuce and tomato
- 35 radon
- 36 reach an opinion after thinking
- 39 hand
- 40 strike the hand, foot, lightly against something
- 47 New Zealand
- 48 strange
- 50 mini disc
- 51 zinc
- 52 second(s)
- 55 bush with strong prickly stems and divided leaves
- 57 radon
- 58 hand
- 59 strike the hand, foot, lightly against something
- 61 public relations
- 62 hour
- 64 Roman Catholic
- 66 Idaho
- 67 tablespoon(ful)
- 69 calcium
- 70 Central Intelligence Agency
- 72 true
- 74 for example
- 76 teacher association
- 77 adverb
- 79 European Community
- 81 firm belief in the

honesty or worth of someone or something

*** DOWN ***

- 1 decision
- 2 integrated circuit
- 3 examination
- 4 all right
- 5 spell in another alphabet
- 6 Iowa
- 7 wheels of an aircraft
- 8 Arizona
- 9 density
- 10 Edward's nickname
- 16 thick bank built to prevent flooding
- 18 power amp.
- 19 manuscript
- 22 district attorney
- 24 wide receiver (football)
- 26 care of
- 30 foot (feet)
- 32 Senior
- 33 auto focus
- 37 number
- 38 radium
- 39 past participle
- 41 kick, throw, hit, etc. to a member of one's own side
- 44 iron
- 47 manuscript
- 50 care of
- 52 Senior
- 54 past participle
- 56 kick, throw, hit, etc. to a member of one's own side
- 60 cadmium
- 63 Bachelor of Arts
- 64 corporate identity
- 65 customer satisfaction
- 67 former
- 69 earn
- 71 declitter
- 73 chromium

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