

Get Prepared in 2014: Make Preparedness Part of Your New Year's Resolution

For many, the New Year is a time for setting goals and making new resolutions for the year to come. Each year you find yourself resolving to achieve a healthier lifestyle - eating right, exercising more, or losing a few pounds. Setting personal health goals in the New Year is great, but improving overall well-being involves taking actions to be prepared. Knowing what to do in an emergency is vital to the health and safety of you and your loved ones.

This year, the Ready Campaign of the Cleveland County Health Department is challenging you to be Prepared in 2014. Start the New

Year by connecting with family and friends on the importance of preparedness. Not only can the information shared potentially save a life, connecting with those you love has an added benefit. People who have strong social connections tend to be healthier and more resilient.

The hardest part of keeping a resolution is sustaining it after those first few weeks of the year, but you don't have to do it all at once:

First, start by simply having the conversation: who to call, where to meet and what to pack in an emer-

gency.

Build your family's emergency supply kit by picking up recommended emergency items over the first month or two of the year.

Create a preparedness checklist. This should include things such as emergency phone numbers and copies of important documents, and information on how to register for programs such as the American Red Cross Safe and Well website.

Set reminders throughout the year to talk about and update your family emergency communication plan. If you have children, include them in conversations and plan-

ning activities. The Ready Campaign has age-appropriate tools and resources you can use to introduce disaster preparedness to them. And you can learn more about talking with kids after disasters so you're ready to help them through tough situations.

Have pets? Make sure they are a part of your planning process. Create a pet go-bag to help keep them safe during an emergency. Find helpful tips from FEMA on how to plan for your furry friends.

Older adults often have special needs in a disaster and may depend on medications or other special re-

quirements. If older adults are a part of your social connection, be sure to include them in your preparedness planning efforts.

Emergencies can and will happen, but being ready can minimize the impact they have on the overall well-being of you and your family. This year, make disaster preparedness part of your New Year's resolution. Join the Resolve To Be Ready Thunderclap to promote a message of preparedness to your social connections. Don't forget to use the hashtag #Prepared2014 whenever you discuss family preparedness on Twitter.

BRIEFS

Kings Mountain Historical Museum will host a textile exhibit February 1-May 24 at the museum.

Southern Arts Society/Kings Mountain Arts Center still has 2014 calendars available for purchase.

Jack Greenfield's "Retrospective" watercolor exhibit is underway through January 31 at the Depot, 301 N. Piedmont Ave.

The Gift Shop features fine art, ceramics, woodwork, jewelry and wearable art. Ongoing - Offering art and pottery classes, and ongoing art exhibits by local and regional artists. Hours: Tuesday through Friday 10 am.-4 pm; or by appointment contact 704-739-5585 or 704-739-2056.

Mauney Memorial Library has scheduled the following activities:

Last Tuesday of each month, 6:30 p.m. "A Company of Readers" Book Club in Community Room. Open to the public. Have fun and make friends at this unique book club, a gathering of different ages and varied tastes. Read the book of your choice and participate by briefly sharing.

Story Time is held on Tuesdays and Thursdays. The Tuesday group includes 3-5 year old preschoolers. Thursday group is geared for birth to 2 years old. Join the Library staff at 10 a.m. in the Community Room.

The Play Group meets on Fridays, for birth to 5 years old, 10-11:30 a.m. in the Community Room.

American Legion Post 155 has bingo every Friday night starting at 6 p.m. Food is available.

Gaston County Adult Nutrition Program invites you to spend one hour a month delivering a smile and a hot lunch to the home bound elderly. Help is needed in Bessemer City. To volunteer, call 704-862-7676.

Good Hope Presbyterian Church, Cansler St., hosts a free after-school program on Monday and Wednesday each week from 3:30-5:30 p.m. for help with homework. Parents must

provide transportation.

Pre-school screening for 2014-2015 pre-school classes will be March 10-14. Location: Office of School Readiness, 308 W. Marion St. Building B, Shelby. Who: Children who live in Cleveland County and will be four years old by Aug. 31, 2014. How: For more information or to schedule a screening appointment, please call (704) 476-8064 between the hours of 8:30 a.m. to 3 p.m. No appointments will be made after Feb. 28, 2014.

The 2014 Cleveland Chamber annual banquet will be held Thursday, Jan. 30, 5:30-8 p.m. at the LeGrand Center, Highway 74 West. Awards, silent auction, and Hunger Games themed fun. Presented by Cleveland County Healthcare System. Award sponsors: Personnel Services, Duke Energy, Fox Distributing; gold sponsors Shelby Savings Bank, Bank of the Ozarks, Wells Fargo; silver sponsor LeGrand Center; bronze sponsor Talent Force; printing sponsor Westmoreland Printers. For more information and reservations call Vickie Tessener at 704-487-7521.

Other events: Feb. 14 Zombie Prom at LeGrand Center; March 4, Legislative Breakfast at 7:30 a.m. at LeGrand Center; March 11-Kings Mountain Business Showcase opens at Kings Mountain City Hall and exhibits remain open through April 4; May 3 Bump, Baby & Toddler, 10 a.m.-4 p.m., LeGrand Center; May 21, annual Raleigh trip; May 28 Kings Mountain State of Community Breakfast 7:30 a.m. Patrick Center; July 16 Shelby State of the Community Breakfast 7:30 a.m.; August 13 Congressional Luncheon 12-1:30 p.m. Oct. 18 Mush, Music & Mutts Festival and Little Miss Livermush Pageant, Uptown Shelby; Oct. 23-24 Chamber Fall planning conference; November 20 Taste of Cleveland County & Business Showcase, LeGrand Center, Shelby.

A fund raiser for Pinnacle Classical Academy will be held Feb. 22 at Cleveland

Country Club- reception from 6-7 p.m., dinner and entertainment from 7 p.m. until, silent auction from 6-8:30 p.m. and live auction during dinner. Donation: \$250 per couple, \$1500 table sponsorship. Celebrity waiters to serve guests at the second annual Celebrity Waiters Fundraiser for Pinnacle Classical Academy.

Gaston County Senior Center will host "Living Healthy with Diabetes" on Feb. 14 from 9:30 a.m.-12 noon program. Free and open to seniors 50 and older, sponsored by Gaston Parks & Recreation.

Gaston College is accepting applications for scholarships for the 2014-15 academic year at Gaston College. More than \$150,000 in scholarship assistance is available to students through the Gaston College Foundation. Scholarship awards can range from \$250 to more than \$2500 each. To apply go to the Gaston College Website at www.gaston.edu and click on the scholarship link at the top of the page. The deadline to apply is Sunday, Feb. 16. For more information or questions call 704-922-6228 or 704-922-6312.

A state approved Nursing Assistant I course will begin at Gaston College on January 28, 2014. This class will be held on Tuesday and Thursday from 8:30 a.m. to 3 p.m. through May 13 at the Lincoln campus. Upon completion of the course, graduates will be eligible to take the NC State Test for listing as a Nurse Aide. For more information, contact Danielle Kahne at 704-922-2275.

Joy Theater has scheduled the following special events:

Feb. 8 Harvest & Friends, 8 p.m. is what you get when a whole bunch of good musicians on the stage are together to make music. It's really "Harvest with Oak Grove String Band and some guys from L-Shaped Lot and Charlie Carpenter, a newcomer to Kings Mountain. Shady Rill is authentic Americana music performed by Patti Casey and Tom Mackenzie who were 2/3 of

the group "Wood Tea Company" which performed twice at the Joy. It will be an evening of entertaining singing, banjo, guitar, fluke, ukulele, hammered dulcimer and seated clogging. Tickets are \$15 and are available from the Joy Box Office, the Kings Mountain office of the Chamber of Commerce and from www.TicketsNC.com.

The American Red Cross Bloodmobile will be at Patrick Senior Center January 24 from 10 a.m. until 2 p.m. and in Grover at First Baptist Church on Feb. 11 from 3-7:30 p.m. for blood donations.

The annual Potato Project dinner will be held Thursday, Jan. 30, at 6 p.m. at the Baptist Men's Work Camp on Sharpton Road off S. Lafayette Street behind the skating rink in Shelby. Spouses and friends are invited. Anyone who has interest in growing potatoes for hungry people in the county is welcome to attend. Cost of dinner is \$8. Deadline for reservation is Jan. 27 by

emailing dwsharp428@aol.com.

The YMCA Job Fair is Thursday, Jan. 30, at 9 a.m. to 12 p.m. Kings Mountain YMCA is hosting a job fair sponsored by TalentForce. The staffing agency is in need of the following: MIG welders, assemblers (must be able to read blueprints), CNC programmer, quality inspectors. High school diploma or GED required. Background check required.

Diabetes Prevention classes will be starting at the Kings Mountain Family YMCA on Thursday, Feb. 6, from 6:30 to 7:30 p.m. Learn about healthier eating and increasing physical activity. Led by a certified Lifestyle Coach; runs over 12-month period. Register anytime through Feb. 6. For more information about the YMCA's Diabetes Prevention Program, please contact Ashley Harris, RN at (704)-669-3631 or aharris@clevelandymca.org.

Broad River Genealogical Society will meet Wednesday, Feb. 12, at 3 p.m. at Neal Senior Center in Shelby.

Award-winning author and storyteller Randell Jones will share stories from America's fight for independence with the presentation; "Before they were heroes at the Battle of Kings Mountain." Light refreshments will be served. The public is invited.

The regional meeting of the Amateur Astronomers 2014 will be held Saturday, Jan. 25, from 8 a.m.-5 p.m. at the Tucker Student Center at Gardner-Webb University, 110 S. Main St. A full program is planned and amateur astronomers are invited.

The MPO Board (Gaston, Cleveland, Lincoln Metropolitan Planning Organization) will meet Thursday, Jan. 23, at the Gastonia Police Department community room, 200 Long Avenue, Gastonia. Dinner will be served at 5:45 p.m. and the meeting will begin at 6:30 p.m.

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