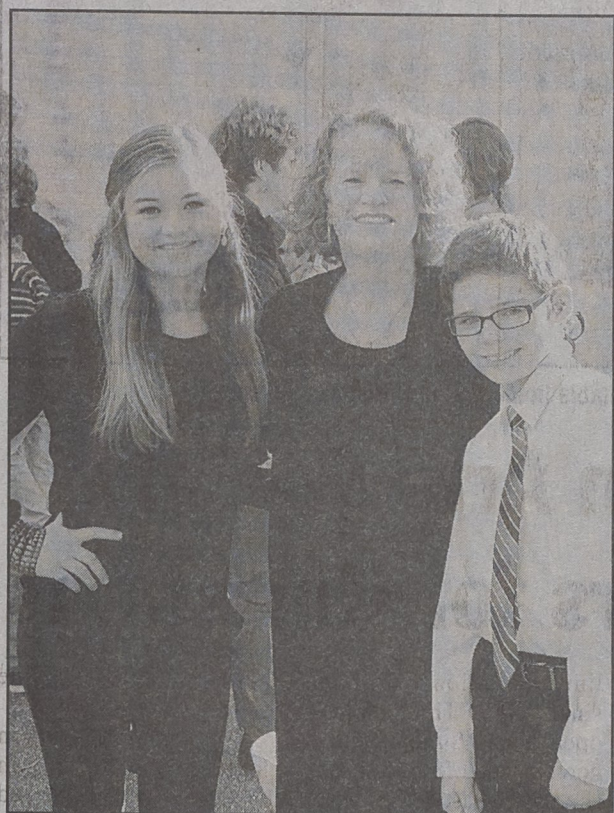


Two selected for honors chorus



Caroline Crawford, Kings Mountain Middle School Chorus Director Sherri Young and Evan Rogers, left to right, are pictured after Caroline and Evan's selection to participate in the 29th annual Middle School Honors Chorus performance Nov. 8 and 9 in Winston Salem. Students from 75 middle schools in the state participated in the choral event.

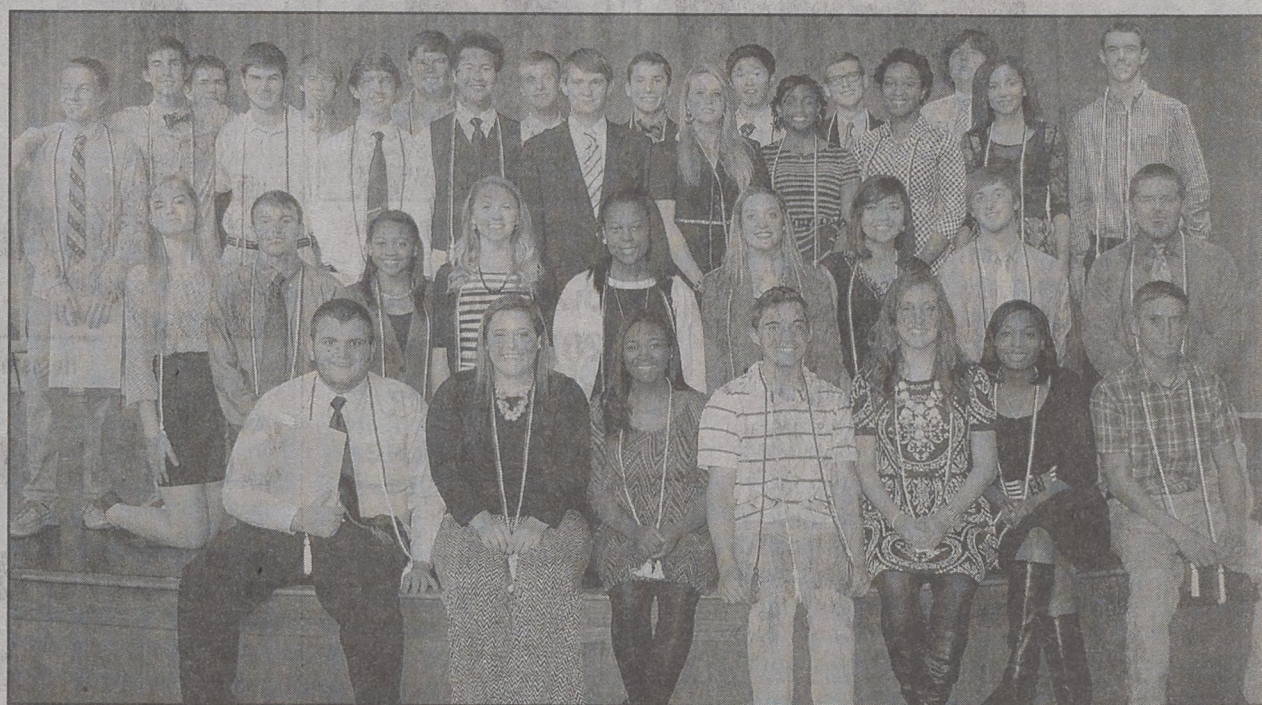
Caroline Crawford and Evan Rogers of Kings Mountain Middle School were among 168 Middle School students from 75 schools in the state to participate in the 29th annual Middle School Honors Chorus Nov. 8 and 9 in Winston-Salem.

Caroline is the daughter of Shane and Renee Crawford and Evan is the son of Karen Rogers, all of Kings Mountain. Caroline and Evan had to audition at one of the regional audition sites to make the honors chorus.

A total of 1,027 middle school students auditioned across North Carolina and the two were the students selected from Kings Mountain. After making the honors chorus, Caroline and Evan spent time with their chorus director Sherri Young learning the music that would be performed in Winston Salem.

On November 8 the students spent about 10 hours rehearsing and an additional four hours on Nov. 9 prior to the performance at Stevens Center.

Career-Technical Students honored for achievements



Career Technical students at the four high schools in Cleveland County, pictured, were honored for their achievements recently.

On Thursday, November 6, Cleveland County Schools held its induction ceremony of the National Technical Honor Society at Malcolm Brown Auditorium for 213 high school students. NTHS recognizes the achievements of outstanding students in Career-Technical Education. Crest, Burns, Shelby, and Kings Mountain High Schools inducted new members and awarded honor cords to seniors.

Tony Fogleman, Career-Technical Director for Cleveland County Schools, provided opening and closing remarks. NTHS presidents from each school led the candle lighting ceremony. Principals from each high school read the names of the inductees.

The ceremony was attended by parents, Career-Technical Education teachers, and Cleveland County Schools' administrative staff.

Membership in NTHS is by invitation only. Students are nominated for membership by a Career-Technical Education teacher. They must be a junior or senior who has demonstrated academic excellence and good character, must have taken four or more courses within one of the North Carolina career clusters (one being an advanced level course), and maintained a required GPA.

There are many benefits for NTHS members. Students receive a certificate of membership, a decal, a tassel, membership pin, and a seal that is placed on

their high school diploma. They also have an opportunity to apply for scholarships offered only through NTHS. Students may receive up to three letters of recommendation from the National Technical Honor Society to be used when seeking employment, college admission, or scholarships. These students will again be recognized during each high school's awards day and graduation ceremonies. NTHS members will wear their purple and white honor cords at graduation.

The officers for the KMHS chapter of NTHS for the 2014-2015 school year include: President, Tiffany Harris; Vice-President, Mackenzie Smith, and Secretary/Treasurer, Sarah

Bradshaw. KMHS-NTHS Advisor is Robin Spicer.

NTHS members include Austin Anthony, Devin Ayscue, Robert Baker, Zoe Barnette, Sarah Bradshaw, Cole Clampett, Noah Coleman, Gibson Conner, Ashley Curry, Mary Dellinger, Andy Dula, Collin Foster, Zachary Funderburke, Andrew Estridge, Tiffany Harris, Bradley Hodge, Sabrina Inthisarath, Kaylen Ledford, Alexis Lowe, Alex Martin, Marcus McKee, Erin Neisler, Tichina Parker, Trenton Ploeger, Arrick Rithiphong, Miles Robinson, Johnna Scism, Eric Setlock, Mackenzie Smith, Victoria Smith, Logan Stevens, Brittney Tarbush, Heaven Terry, Joshua Tucker, Jacob Warren, Peter Zheng.

THE SAVVY SENIOR

By JIM MILLER
Editor



How Seniors Can Quit Smoking with the Help of Medicare and Other Tools

Dear Savvy Senior,

Can Medicare help me quit smoking? I just turned 65, and would like to quit but need some help.
Coughing Connie

Dear Connie,

Yes, Medicare actually covers up to eight face-to-face counseling sessions a year to help beneficiaries quit smoking. And, if you have a Medicare Part D prescription drug plan, certain smoking-cessation medications are covered too. Here are some other tips that can help you kick the habit.

Never Too Late

Of the 46 million Americans who smoke, about 5.5 million are Medicare beneficiaries. According to the Center of Disease Control and Prevention (CDC), about 50 percent of smokers, age 65 and older, indicate they would like to completely quit, but because of the nicotine, which is considered to be more addictive than heroin, it's very difficult to do.

Tobacco use is the leading cause of preventable illness, responsible for an estimated one-fifth of deaths in the

United States each year.

But research shows that quitting, even after age 65, greatly reduces your risk of heart disease, stroke, cancer, osteoporosis and many other diseases. It also helps you breathe easier, smell and taste food better, not to mention saves you quite a bit of money. A \$5 pack-a-day smoker, for example, saves about \$150 after one month without cigarettes, and more than \$1,800 after one year.

How to Quit

The first step you need to take is to set a "quit date," but give yourself a few weeks to get ready. During that time you may want to start by reducing the number or the strength of cigarettes you smoke to begin weaning yourself. Also check out over-the-counter nicotine replacement products - patches, gum and lozenges - to help curb your cravings. And just prior to your quit day get rid of all cigarettes and ashtrays in your home, car, and place of work, and try to clean up and even spray air freshener. The smell of smoke can be a powerful trigger.

Get Help

Studies have shown that you have a much better chance of quitting if you have help. So tell your friends, family, and coworkers of your plan to quit. Others knowing can be a helpful reminder and motivator.

Then get some counseling. Don't go it alone. Start by contacting your doctor about smoking cessation counseling covered by Medicare, and find out about the prescription antismoking drugs that can help reduce your nicotine craving.

You can also get free one-on-one telephone counseling and referrals to local smoking cessation programs through your state quit line at 800-QUIT-NOW, or call the National Cancer Institute free smoking quit line at 877-44U-QUIT.

It's also important to identify and write down the times and situations you're most likely to smoke and make a list of things you can do to replace it or distract yourself. Some helpful suggestions when the smoking urge arises are

to call a friend or one of the free quit lines, keep your mouth occupied with some sugar-free gum, sunflower seeds, carrots, fruit or hard candy, go for a walk, read a magazine, listen to music or take a hot bath. The intense urge to smoke lasts about three to five minutes, so do what you can to wait it out. It's also wise to avoid drinking alcohol and steer clear of other smokers while you're trying to quit. Both can trigger powerful urges to smoke.

For more tips on how to quit, including managing your cravings, withdrawal symptoms and what to do if you relapse, visit smokefree.gov and nhseniorhealth.gov/quitingsmoking. If you're a smartphone user, there are also a number of apps that can help like LIVESTRONG MyQuit Coach, Cessation Nation and Quit It Lite.

Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit SavvySenior.org. Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book.



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