

## Assistance Available For Victims

Assistance for tornado victims is available at the American Red Cross service center, which is open at the Cookeville Masonic Lodge in Cookeville. The hours are 9 a.m.-6 p.m. daily. Take Highway 10 to the old Shelby Highway. The lodge is beside the Cookeville Fire Department in Catawba County.

Anyone who suffered losses due to the recent tornadoes in Cleveland, Lincoln, Catawba or Burke counties is encouraged to visit the center for Red Cross assistance. Red Cross volunteer case-workers are working with disaster victims to determine their immediate needs in the way of food; clothing; rent; household items; medical, nursing and hospital care;

temporary repairs to homes; and the replacement of personal occupational supplies and equipment. Disaster victims should bring identification with them that shows where they lived at the time of the disaster. The identification can be driver's license, a canceled envelope, or anything with the person's name and address on it.

At the service center, Red Cross will provide information regarding government and other private agencies that may be of further help to disaster victims.

The Red Cross deals personally and confidentially with each family's situation. All Red Cross help is free; it's a gift from the American people.



Photo by Ronnie Hawkins

**NEW KIWANIANS** - Billy King, left, is pictured with three new members of the Kings Mountain Kiwanis Club. From left, after King, are Burriss Ramey, Hubert Toney and Dan Potter. All three live in Kings Mountain. Ramey is owner of Ramtex, Toney is a contractor and realtor, and Potter teaches at Kings Mountain Junior High.

## How To Reduce Fat From Your Diet

If you are health conscious, you may be concerned with the amount of fat in your diet. Current research has associated diets high in fat with the two leading causes of death in the United States — heart disease and cancer. Since fat is a concentrated form of calories having twice the number of calories as carbohydrates or protein, a large intake of foods high in fat attributes to weight gain.

Although too much fat may have negative effects, some fat is needed for good health. In addition to being an important source of calories, fats aid in the transport of fat soluble vitamins, A, D, E, and K, in the body. Some fats, particularly those from vegetables, also supply essential fatty acids needed to ensure proper growth in children as well as regulate important body processes. Fats make foods taste better and give you a more satisfied feeling.

How can you reduce the amount of fat in your diet? Just consider how many times you use margarine, and other high fat spreads such as mayonnaise, shortening or oil per day. If the answer is 5-6 times daily, then reducing the use of these items would be a way to reduce your fat intake. Food preparation techniques are another way to lower your intake of fats. Do you trim excess fat from meats and take the skin off poultry before you cook it? If you do not, then you might want to do so. Also, frying foods is a way to add lots of calories as well as unwanted food to your diet.

Dietitians with Southern Foodservice Management, Inc., join physicians and the American Heart Association in recommending the following dietary changes to lower fat intake.

- ...Bake, roast or broil meats instead of frying.
- ...Remove any visible fat from meats and skin from chicken before cooking.
- ...Add spices and herbs to vegetables instead of rich sauces or gravies to enhance flavor.
- ...Use a non-stick skillet or use a non-stick aerosol food release instead of butter or shortening in cooking.
- ...Cool and refrigerate stews and broths, and then remove the hardened fat from the surface before serving.
- ...Plan menus that incorporate high

fat foods less often.  
 ...Use less butter, margarine and spreads on bread or vegetables.  
 ...Choose cheese made with more part skim milk like mozzarella, or those that are low in fat like low fat cottage cheese, pot cheese, ricotta and farmers cheese.  
 ...Substitute low fat yogurt or cottage cheese for sour cream in

some recipes for sauces, dips or congealed salads.  
 ...Substitute evaporated milk for cream.  
 ...Choose fresh fruits for dessert — they are naturally low in fat.  
 ...Select leaner cuts of meat such as lean ground chuck instead of higher fat meats such as regular ground beef.

## Blackwell Graduates From UNC-G

Angela Blackwell, daughter of Mr. and Mrs. Haskel Blackwell of 806 Canterbury Road, graduated from UNC-Greensboro with a Bachelor of Science Degree in Nursing on May 14.

Angela is a member of the Sigma Theta Tau - International Honor Society of Nursing, The Golden Chain Honor Society and Alpha Delta Pi Sorority.

She is a 1985 graduate of Kings Mountain High School where she was a member of the Beta Club, National Honor Society, Band and All-State Honors Band.

Angela will be working her internship at Presbyterian Hospital in Charlotte, and plans to further her education in Anesthesiology.

## CLASS OF 1979 REUNION

The Class of 1979 of Kings Mountain Senior High School is organizing their Ten Year Class Reunion. We are unable to locate the addresses of the following classmates. If you know the address of anyone listed below or someone for us to contact for the address, please call 704-739-4829 after 5:00 p.m. before May 27, 1989.

|                   |                  |                  |
|-------------------|------------------|------------------|
| Cindy Bees        | Connid Perdue    | Darlene Bridges  |
| Rusty Bumgardner  | John Roberts     | Maple Falls      |
| Robert Carroll    | Betsy Steinert   | Daryl Friday     |
| Shelby Burns      | Betty Manley     | Leslie Moore     |
| Steve Childers    | Cindy Wells      | Patty Garner     |
| Oscar Davis       | Stan Taylor      | William Howell   |
| V. Lynn Hambricht | Linda Black      | Cecil Keeter     |
| William Hammett   | Sheila Wright    | Arthur McCoy     |
| John S. Hardin    | Lawrence Hamrick | Jerome Patterson |
| Cathy Heavner     | Kelly Stone      | David Robles     |
| Angie Hickman     | North Hann       | Sammy Rogers     |
| Rhonda Johnson    | Bobby Stamey     | Travis Young     |
| Shann London      | Cindy Lovelace   | Charles Wright   |
| Tony Oliver       | Timmy Adams      | Bobby Williams   |

If Any Class Member Has Not Received The Information About The Reunion By May 20, 1989, Please Call The Number Listed Above.

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## Curry Receives Sports Award

LaVar Curry, Belmont Abbey College's third all-time leading scorer in men's basketball, recently received the Marty Thomas Sports Award at the college's annual sports award banquet.

The Thomas Award, given to an outstanding athlete and scholar, honors a 1958 graduate who excelled in baseball, football and basketball.

Curry is the son of Jimmy Curry of Kings Mountain.

## Curry Honored

LaVar Curry of Kings Mountain, was recently honored at Belmont Abbey College's annual Sports Award Banquet.

Curry, the son of Jimmy Curry, of 406 Crocker road, was named Most Valuable Player in the College's intercollegiate basketball program.

Belmont Abbey College is a four-year, coeducational, liberal arts college offering Bachelor of Arts and Bachelor of Science degrees.

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