

## Edwards brothers to perform at Mountaineer Days

BY HEATHER BARR

Two talented guitar and vocal musicians created from one Kings Mountain family. Calvin and Jett Edwards, brothers with music careers in Japan, are coming back to perform a special musical show at the Mountaineer Days Festival on October 16 from 5 to 7 p.m. at the new gazebo in the downtown.

The brothers grew up around the Edwards family with their mother Mary Edwards singing gospel in the church and their father Hiawatha singing gospel and playing the guitar. The family belongs to the Mt. Olive Baptist Church in Kings Mountain. Their father taught them to play guitar at a young age and then they took guitar lessons and the rest was picked up through playing. The house would always be filled with music from neighborhood jam sessions in the basement to many times of 50 people or more gathered in the living room of the Edwards home to enjoy music with guests. The Edwards family has never been too shy to open up their home to friends and family who wanted to participate in some good music for the soul.

The adventure into music began when they played in a band as early as junior high school. They won all the Kiwanis Talent Shows and in high school were asked to play at the Gardner Webb University. Calvin played lead guitar and Jett played bass guitar. From there they kept their guitar preference and now Calvin plays jazz while Jett plays jazz and other forms. Jett also plays keyboards and drums and records most of all of his background sounds on his music.

After high school Jett moved to California and opened his own recording studio which took off. Meanwhile Calvin played closer to home with the famous Five Blind Boys of

Alabama and in local clubs all over Charlotte. Jett did his own playing at clubs in California. After Calvin move dto California. They played in a band and their younger brother Todd Edwards played on drums.

They lived in California for some years until Jett decided to move to Japan after a client asked to have him closer to be able to record. He then met his wife there Kaiko. Jett has a son Justice in Japan and a daughter Katherine who lives in California.

Jett, now 40, was the first black person to own and produce his own studio in Japan called Jett Sonic Studio. He put out his own tape and CD album called "Story Teller" produced in 1997. Jett sings with his fa-

ther on the album in the song "Heaven Open Doors," a gospel number. He also produced a song about his mother called "Who's that Lady." Recently he has bought into a club in Japan. Jett and Calvin both live in Tokyo, Japan presently. Calvin has his own music productions called Chasity Music, named after his daughter Chasity. He has a wife Tammy, have a daughter Chasity, 12, and a son Caleb, 4, who live in Kings Mountain

"We are very excited they are coming home and so is all their friends. We have people coming from all over the country to see them when they come in. I have to start baking up food early. We are so proud of our boys. I always knew they would do well in music, even if I didn't want them to be in that kind of business. Calvin came recently in May to visit, but Jett hasn't been able to get back for three years," said mother Mary Edwards.

## Crimson Rose always a hit at Cleveland County Fair

BY HEATHER BARR

An Elton John or Aretha Franklin look alike may grace the stage this year's Cleveland County Fair. The band Crimson Rose will take the big stage on the side of the fair ground with music and their own blend of comedy and entertainment.

Cleveland County's local talented act has another fun filled show ready. John Gillespie of Mooresville likes to sometimes dress up as famous people like Elton John or Aretha Franklin to spice up the show.

The band plays music from Beach, Country, Rock to Top 40. They also like to add comedy to the show by dressing up in 50's costumes and doing comedy skits. They even like to dress up a band member as a gorilla to dance with the crowd for laughs.

The band is excited to play on the big stage this year.

"We like to play the fair. We like to see the crowd response of all ages and all different groups of people," said Debbie Terry of Kings Mountain, keyboards and vocals of the band.

Crimson Rose formed two years ago and has been playing around Salisbury, Statesville and Hickory at weddings, festivals and a variety of different events since. They will do the

Shelby Fish Camp Jam this year and maybe the Mountaineer Days for next year. Right now they are so busy that they have no open dates to play until after the millennium. They will play in Salisbury at the Wagonwheel for New Year's Eve.

Crimson Rose formed from the old band Crimson. Members now are John Gillespie from Mooresville who plays keyboards and vocals, Ronnie Whisnant of Shelby who plays guitar, Rick Delozier of Shelby who plays guitar, Kim Greene/Truelove from Kings

Mountain who sings vocals and Rick Terry from Kings Mountain who plays drums and Debbie Terry from Kings Mountain who plays keyboards and vocals.

Some of the members had music experience from playing with Crimson, the old band, which began in 1980. Kim Truelove and Rick and Debbie Terry had a past together in music already from before playing ten years ago in the County Line Band out of Gastonia. Rick Delozier has a music degree from MIT, John Gillespie has played for over 17 years in various bands, and Ronnie Whisnant has played for over seven years and used to play with the band "Legend."

"The new Crimson Rose is more versatile than before. It has been very enjoyable performing," said Whisnant.

They practice every week to stay in tune, but each member also has a life other than music to fulfill. They are family oriented and many of them have children.

Kim Truelove works at Kemet Industries, Ronnie Whisnant is a history teacher at Kings Mountain High School, Rick and Debbie Terry work at the Shergill Clinic in Kings Mountain as a ex-ray technician and a nurse, and John Gillespie works too.

"We like to use our talent we have been given to entertain people. When people see me performing they are surprised. They say 'wow that's my nurse playing,'" said Debbie Terry.

Right now the band has no cd yet but would like to do one in the future. They do have a demo tape out and promo package. They hope to do more shows in the future and to continue playing.

"Our main goal for the fair is to have families come, relax and have a good time," said Debbie Terry.

# Vegetarian Day

## Friday is good time to get off junk food

BY HEATHER BARR

Bunny food it is said by some, but many people are turning to vegetables for better health and a healthful future. Today's menus all over restaurants are offering many dishes without meat. One example of the craze is with McDonald's new salads or Subways Vegetarian sub. In honor of our colorful nutritious friends, October 1 is Rural Vegetarian Day.

Doctors everywhere are telling patients to eat more vegetables because of their obvious benefits and because of many new studies that say eating just a few could save you from many diseases.

Others believe the economy would be better. Many vegetarians claim that eating more vegetables could help save on grain production because more grain must be fed to animals to produce more meat for us to eat.

According to a book called "Vegetarian Times by the editors of Vegetarians Times magazine and former executive editor of Vegetarian Times magazine Lucy Moll, two or three decades ago only 1 percent of Americans describes themselves as vegetarian. In 1992 the number was about 6.7 percent which is around 12.5 million.

One interesting note is in 1993, at San Francisco's Candlestick Park, a concession stand opened named "the

Natural" which served up vegetarian burgers, fruit salad, trail mix and other goodies to fans that would rather not chomp a hot dogs or guzzle a beer.

Some interesting famous people who are vegetarians are Bob Barker (TV personality), Kim Basinger (actress), Dustin Hoffman (actor), Jean King (tennis champion), Cloris Leachman (actress), Marv Levy (pro-football head coach), Paul and Linda McCartney (rock musicians), and Vanessa Williams (actress and singer).

At present dietician, Stephanie Knight at the Kings Mountain hospital says she serves three to four servings of vegetables in the cafeteria and only 2 ounces of meat per meal.

Fresh produce can be purchased at many stores and local stores in the area. McMurry Farms in Lawndale on Fallston Road, Putnam's Produce in Shelby on Warren St., Walker's Garden Center in Shelby on Hwy 226 and Mountain View Farms in Kings Mountain on Shelby Road. Mountain View Farms carries fresh squash, okra, green beans, cabbage and tomatoes.

In honor of Friday, here are some recipes that contain vegetarian delight.

### Garden Fresh Quiche

This flavorful, cholesterol free microwave version is ready in half the time it takes to make in the oven.

**Crust:**  
2 cups cooked brown rice  
1 egg white  
1 tablespoon chopped fresh parsley  
1/4 teaspoon garlic powder  
1/4 teaspoon seasoned salt

**Filling:**  
1 cup thinly sliced red onion  
1 cup asparagus tips  
1/2 cup chopped carrot  
1 teaspoon margarine  
1 10 ounce carton egg substitute  
1/3 cup skim milk  
2 tablespoons all purpose-flour  
1 tablespoon shredded Parmesan cheese (optional)  
1/4 teaspoon dried Italian seasoning

**Crust:** In a medium mixing bowl, combine the crust ingredients. Mix well. Press the mixture over the bottom and up the sides of a 9-inch pie plate. Microwave at high power until the crust is set, about 1 or 2 minutes, rotating plate twice. Set aside.

### Vegetarian Pot Pie

1/4 to 1/2 cup vegetable stock or white vinegar  
1 cup diced onion  
1 cup thinly sliced celery  
2/3 cup thinly sliced carrots  
1 cup diced red bell peppers  
2/3 cup sliced frozen green beans  
1/3 cup frozen peas  
1/3 cup whole-wheat flour  
1 cup of skim milk or soy milk

2 cups vegetable stock  
2 tablespoons minced fresh parsley  
1 teaspoon salt or low sodium soy sauce  
1/4 teaspoon dried sage  
1/2 teaspoon dried thyme  
1/4 teaspoon freshly ground black pepper  
1/4 teaspoon cayenne pepper  
1 recipe Basic Biscuit Crust

Preheat the oven to 400 F. Coat a two quart casserole dish with nonstick cooking spray. In a heavy saucepan over medium-heat, heat the stock or wine to a simmer and add onion. Cook, stirring, for three minutes. Add the celery, carrots, bell peppers, beans and peas. If the mixture begins to dry out, add 1/4 cup more vegetable stock or wine. Cook, stirring for three minutes more.

Lower the heat and sprinkle the flour over the vegetable mixture; cook, stirring, for two minutes. Combine the skim milk or soy milk and two cups vegetable stock in a measuring cup. Slowly whisk the liquid mixture into the vegetables. The sauce will start to thicken. Add the parsley, salt or soy sauce, sage, thyme, black pepper and cayenne. Cook, stirring constantly, until the mixture is thickened. Remove from the heat and pour into the prepared casserole dish.

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