

RECIPES

From 2B

- 12 cups salad spinach
 - 12-16 ounces cooked turkey or chicken breast, cut into 1/2-inch cubes
 - 1 can (15 ounces) Garbanzo beans, rinsed, drained
 - 1 can (15 ounces) Blackeyes or Navy beans, rinsed, drained
 - 2 cups small broccoli florets
 - 1 large sweet apple (red delicious), cored, unpeeled, cubed
 - 1/3 cup dried cranberries or raisins
 - 1/2 cup walnut pieces
- Apricot-Ginger Dressing (recipe follows)**
Salt and pepper, to taste

Combine spinach, turkey, Garbanzo beans, Blackeyes, broccoli, apple, cranberries and walnuts in salad bowl; pour Apricot-Ginger Dressing over and toss. Season to taste with salt and pepper.

Apricot-Ginger Dressing
Makes about 1 1/4 cup
Combine 3/4 cup fat-free ranch dressing; 1/2 cup apricot preserves or jam; 1 teaspoon Dijon-style mustard; and 3/4 teaspoon ground ginger. Refrigerate until ready to use.

Grainy Mustard Chicken
This simple, elegant dish could not be simpler to make. The recipe is for 4 breasts, but you could just as easily make 20. Just increase the mustard, honey, and soy sauce in the same proportions to accommodate larger amounts.

- 4 boneless, skinless chicken breasts
- 3 tablespoons grainy Dijon mustard
- 3 tablespoons honey
- 1 1/2 teaspoons soy sauce

Place chicken breasts in a glass or ceramic container. In a small bowl, mix mustard, honey, and soy sauce.

Spoon 3 tablespoons of the mustard mixture over chicken, making sure all surfaces are covered, and refrigerate the rest to use later. Marinate for at least 20 minutes but preferably for several hours in the refrigerator.

Preheat breasts in one layer on a broiler pan. Pour remaining marinade and reserved sauce over them.

Broil about 3-4 inches from the heating coil for 10-15 minutes, checking to see if done after 10 minutes. 4 servings

Calories per serving: 193 total; 13 fat; 4 sat-fat.

- Frozen Sweet Cherry Sorbet**
- 4 cups Northwest fresh sweet cherries, halved and pitted
 - 1/2 cup sugar
 - 1 tablespoon lemon juice
 - 1 cup club soda

Puree cherries, sugar and lemon juice in food processor or blender. Pour into 2-quart saucepan, bring to boil and cook 3 minutes. Cool thoroughly. Stir in club soda. Pour into shallow 8-inch baking pan; freeze 11/2 hours or until edges are solid but center is slushy. Spoon frozen mixture into food processor or blender; process to a coarse texture. Freeze 11/2 hours or until edges are solid but center is slushy. Repeat processing step. Freeze 6 hours or longer. Makes 4 servings.

Recipe may be doubled. Freezing mixture in two pans will make mixture freeze faster.

Fire on the Mountain

Prescribed burn will restore KM battlefield landscape to 18th century look

Kings Mountain National Military Park will be conducting a prescribed burn on the battlefield and the immediate area surrounding the battlefield within the next two weeks. The burn is the first of many prescribed burns that will take place over the course of the next five years. After years of research and planning, the park is ready to implement the use of prescribed fire as a management tool.

As in many other federal and state agencies, the park will utilize the prescribed fire program to assist managers in forest pro-

tection and cultural landscape restoration. Recent research identified the need for prescribed fire to restore the landscape to that of the 18th century. A vascular plant survey further supported the use of fire as a management tool. The study indicated that the heavy fuel layer was contributing to the decline in the park's biodiversity.

The inherent danger for a catastrophic wildfire increases each year across the country due to fuel build-ups caused by insects damage, violent storms, and drought. Prescribed fire, unlike wildfire, is practiced

when conditions are favorable for fire personnel to conduct the burn for the desired effects. The benefits of prescribed fire are immeasurable. Prescribed fire will greatly reduce the heavy fuel loads that currently exist as a result of forest pests and Hurricane Hugo. It will also enhance the biodiversity of the forest which will be beneficial to the wildlife populations within the park. Botanists recently in the park indicated that the inventory of vascular plants would increase by a minimum of 100 plants after the prescribed burns.

Rangers advise that it is difficult to give an exact day for the burns, as weather conditions will dictate the time in which the burn will take place. A strict burning prescription will be followed to implement all burns within the park.

Visitors will be prohibited from the burn area. Therefore, the battlefield trail and the hiking trail to Browns Mountain and the Clarks Creek Trail will be closed during the burn.

Visitors to the park can expect to see a burned area until the native grasses start to regenerate after the burn. Once a burn-

ing regime is established for the management of the cultural landscape, visitors can expect to see a forest similar to that of the

18th century. In Dr. J.B. Landrum's book, "Colonial and Revolutionary History of Upper South Carolina," the landscape was described in the following manner: "Up to the breaking out of the Revolutionary War, the woodlands in the upper regions of South Carolina were carpeted with grass and the wild pea vine...while flowers of every description were seen growing all around."

Odyssey Film and Video shoots safety video in KM

Odyssey Film and Video Production recently completed a safety video for Dixie Lawn Service, Gastonia. Dixie is the largest right-of-way mowing service for the states of North Carolina and South Carolina. With almost 300 mowing tractors in the fleet, Dixie Lawn selected Odyssey to produce a video showing proper techniques for safety.

"We had planned on shooting all the principal photography on I-85, however, with all the construction in the area, we moved the shoot to Highway 74 By-Pass between Oak Grove

Road and Shelby Highway at Reliance," stated Ellis Noell, Executive Producer with Odyssey.

The finished eight-minute video will be showcased to all drivers at Dixie Lawn as part of a safety orientation campaign.

Odyssey, based in Kings Mountain for the last six years, produces television commercials and corporate videos. Clients include Cleveland Regional Medical Center, Eaton Corporation, River Bend Golf Club, N.C. State University, Hospice, and Special Olympics.



Author Anne Vilen (center) from Cullowhee held a workshop on therapeutic writing Monday night at Kings Mountain High School. Among the crowd who attended were students Mary Kaylor (left) and Amanda Mitchell.

KM students attend seminar by noted author Anne Vilen

BY ALAN HODGE
Staff Writer

Nearly two dozen students, teachers, and parents had the unique opportunity Monday night at Kings Mountain High School to attend a seminar on the therapeutic value of writing. The special presentation, made possible by a grant from the North Carolina Arts Council, a state agency, was led by noted author Anne Vilen of Cullowhee.

Vilen's background in writing is strong and includes credits such as touring artist for the N.C. Arts Council, publication in a wide variety of formats, workshop leader in schools, and skills as a storyteller.

"Writing can be about survival," Vilen said. "Even though some write for publication, ultimately writing is always therapeutic in nature."

Vilen's work with writing as therapy has taken her into places such as Elderhostel, women's shelters, and cancer patient's homes.

"I have found that people can benefit from writing about their

experiences, even if they originally didn't make sense," said Vilen.

Vilen's workshops emphasize emotional honesty, community, and non-judgemental feedback as the keystones for discovering and developing the writer within.

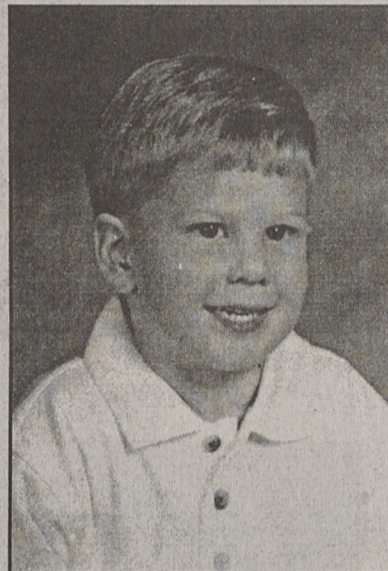
The Kings Mountain High students who attended Vilen's workshop expressed a desire to better their writing skills.

"I like to write stories," said tenth grader Amanda Mitchell. "We're having a writing test and this seminar will help me."

Vilen's work explores the right of everyone to tell their own story, and the right to be deeply heard.

"When we claim these rights, we reveal our heart's truth," said Vilen. "We discover a meaning in our past and write a passage to our wildest dreams."

BIRTHDAYS



CALEB YARBRO

Caleb Yarbro

Caleb Logan Yarbro, son of Alan and Angela Yarbro of Forston, GA, celebrated his fourth birthday February 27.

A firemen's theme was held. He and his guests enjoyed a Dalmatian cake and fire truck pinata. They visited Fire station #14 in Columbus, GA where they toured the station and got to try out the fire equipment and truck.

Guests included Lisa Dasinger, Hope Wilson, Haskel and Reatha Blackwell, Cathy and Chuck Schrankel, Karen and Les Brown, Hanna Webster, Dustin and Cole Dasinger, Hunter Cain, Blair Wilson and Emma Webster.

Grandparents are Haskel and Reatha Blackwell and Ned and Scottie Yarbro, all of Kings Mountain.



ALEX & DEVIN SANDERS

Alex & Devin Sanders

Alex and Devin Sanders, sons of Forrest and Renee Sanders of Kings Mountain, were one year old on March 14. They celebrated March 11 with a party at the home of their great-grandmother, Dora Bridges. Friends and family attended and enjoyed a construction site cake.

Grandparents are Billy and Beverly Small of Kings Mountain, Floyd and Barbara Sanders of Kings Mountain, and Tim and Teresa Bynum of Dallas. Great-grandparents are Dora Bridges of Kings Mountain and William and Pat Lingerfelt of Belmont.

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