

ENGAGEMENTS



CRYSTAL LEIGH FISHER
WILLIAM J. MAJORS III

Fisher-Majors

Ray and Jackie Fisher of Kings Mountain announce the engagement of their daughter, Crystal Leigh Fisher, to William J. Majors III of Kings Mountain, son of Alice Hancock of Salisbury, MD and William J. Majors Jr. of Mt. Vernon, MD.

The bride-to-be is a graduate of Kings Mountain High School and is attending UNC-Charlotte studying Early Childhood Education.

The bridegroom-to-be is a graduate of Life University Chiropractic School and is employed at the Majors Center of Chiropractic. He is a member of the Shelby Kiwanis Club.

An August 12, 2000 wedding is planned.



JESSICA ZENDEL
JOHN FINLEY KING

ZenDEL-King

Jessica Eden ZenDEL and John Finley King, both of Atlanta, GA, have announced their plans to be married on October 14, 2000 in Atlanta.

The bride-to-be is the daughter of Mr. and Mrs. Allen Ladd of Spartanburg, SC and Dr. and Mrs. Stephen ZenDEL of Sarasota, FL. She is a member of Alpha Omicron Pi.

The bridegroom-to-be is the son of Mr. and Mrs. Edward Gripkey of Columbia, SC and Jerry and Dr. Jane King of Kings Mountain.

COOKING CORNER

Popcorn - A fast, easy, versatile snack with a sensational taste

When you're in the mood for a fast, easy and tasty snack, reach for popcorn, the versatile snack that delivers a powerful taste sensation with excellent nutrition. Go from plain to positively perfect with these quick and easy popcorn ideas.

■ Spray warm, air-popped popcorn lightly with low-fat cooking spray, then just sprinkle with your favorite combination of herbs or spices such as garlic, curry, chili powder, lemon pepper, dry soup mix or shredded cheese.

■ For creative croutons, sprinkle popped popcorn with dry, low-fat Italian dressing mix. These crunchy tidbits add interest and flavor to salads and soups and make a great snack all by themselves.

■ Double up! Pop up a second batch of popcorn and store in a resealable bag. It's the perfect grab-and-go snack everyone will enjoy.

■ Popcorn for lunch? Absolutely. Kids love popcorn as part of a balanced lunch.

Try these fun and easy popcorn recipes and pop up your own super snack.

Rockin' Ranch Popcorn

1 oz. package of dry ranch dressing mix
8 cups of oil-popped popcorn

In a large bowl of paper bag, place the popped popcorn and sprinkle with the dressing mix. Cover the bowl or fold over the bag and shake well to coat. Makes 8 cups.

Nutritional Information (based on 1-cup serving): Total calories 46; Fat 2g; Carbohydrate 6.3g; Sugar 0.1g; Fiber 1.2g; Protein 1g; Sodium 24g; Cholesterol 0mg.

Tex Mex Mix

8 cups popped popcorn (air-popped)
2 teaspoons ground chili powder
2 teaspoons paprika
2 teaspoons ground cumin
Butter-flavored cooking spray

In a small bowl, combine all seasoning together. Put popcorn in a large bowl and spray lightly with butter-flavored cooking spray. Add spices to popcorn and mix thoroughly until all kernels are coated. Makes 8 cups.

Nutritional information

(based on 1-cup serving): Total calories 37; Fat 0.7g; Carbohydrate 7.2g; Sugar 0.4g; Fiber 1.6g; Protein 1.3g; Sodium 8mg; Cholesterol 0mg

English Toffee Popcorn Crunch

6 oz. English Toffee candy
1/4 cup light corn syrup
8 cups popped popcorn

In a small, heavy saucepan, combine the toffee and corn syrup. Stir constantly over low heat until the toffee has melted and the mixture is smooth. Remove from heat and pour over popcorn. Using two wooden spoons, toss to coat well. Let cool. Makes 8 cups.

Nutritional information (based on 1-cup serving): Total Calories 172; Fat 7.7g (4.7g saturated fat); Carbohydrate 26g; Sugar 12g; Fiber 1.3g; Protein 2g; Sodium 62g; Cholesterol 13mg.

*Nutritional information source: USDA Nutrient Database for Standard Reference.

For more popcorn information, visit www.popcorn.org or call toll free 1-877-POPALOT.

BRIEFS

Welsh to attend leadership school

Raquel Welsh, daughter of Tarey and Debbie Welsh of Kings Mountain, has been selected to attend the Legislators' School for Youth Leadership Development at Western Carolina University.

She attends Kings Mountain Middle School and is a rising ninth grader.

The Legislator's School for Youth Leadership Development offers some 300 rising eighth through 11th graders an opportunity to develop skills in leadership, critical thinking and communication. Located on the campus of Western Carolina University, the two-week residential program utilizes the cultural and recreational resources of WCU and the setting adjacent to Great Smoky Mountains National Park.

It is operated in two sessions, June 25-July 8 (eighth and ninth grades) and July 9-22 (10th-11th grades) by WCU's Office for Rural Education.

During their stay, students participate in leadership skills and special interest courses in personal safety skills, Appalachian culture, fine arts, computers, outdoor recreation/education activities and other topics. Community service work and discussions about current issues, led by state and regional leaders, are important aspects of the program. It is funded by the General Assembly.

KM Rockin' Recess to begin May 30

Rockin' Recess, the summer version of the Kings Mountain District Schools Kids Etc! program, will operate May 30-July 14 from 6:30 a.m.-6 p.m. weekdays at West Elementary School.

The cost is \$70 per week for the first child and \$65 per week for the second child. The fee includes child care, two snacks daily, and admission price to all field trips and special events.

For more information call the Kids Etc! office at 739-8622.

Tracy Wilson inducted into Phi Kappa Phi

Tracy D. Wilson, a junior from Kings Mountain, was one of 19 students recently inducted into the Campbell University Chapter of the Phi Kappa Phi Honor Society.

Wilson is majoring in pharmaceutical sciences. She is a

member of Phi Eta Sigma, Epsilon Pi Eta, and the International Society of Pharmaceutical Engineering (ISPE).



MIKAYLA HUMPHRIES

Mikayla Humphries celebrates birthday

Mikayla Anne Humphries, daughter of Mr. and Mrs. John Humphries of Kings Mountain, was four years old April 18. A party was given for Mikayla and her friends at McDonald's on Saturday, April 15. The family party which featured a Barbie cake and refreshments was held at Mikayla's home on Sunday, April 23.

Mikayla's mother is the former Kristy Braswell of Gastonia. Her grandparents are Mr. and Mrs. Marvin Braswell of Gastonia and Mr. and Mrs. Calvin Humphries of Kings Mountain.

Her great-grandmother is Mae Humphries of Kings Mountain. The late great-grandparents are Thomas Humphries and Mr. and Mrs. John Styers of Kings Mountain and Mr. and Mrs. Johnnie Braswell and Mr. and Mrs. J.H. Sams of Gastonia.

Rose Society plans show at Cleveland Mall

The Cleveland County Rose Society will present its 26th annual Rose Show Saturday, May 27 at the Cleveland Mall. The exhibitors' roses and the accompanying awards in each category will be displayed in the Mall at center stage from 1-9 p.m.

An educational table will be available to distribute brochures on growing roses and Rosarians will be there to answer questions.

The Rose Society meets every fourth Sunday at 2:30 p.m. at the County Office Building. New members are welcome.



TISHA COVEYOU

Tisha Coveyou notes her eighth birthday

Tisha Coveyou will be eight years old May 29. She is celebrating her birthday by having a barbecue with cake and ice cream with her mom, dad, MeMa Jane and friends.

She is the daughter of Lyticia "Tish" Deskins and Richard "Rick" Coveyou.

Grandparents are Jane Deskins, Dick and Diane Wilson, and Mr. and Mrs. Rick Coveyou. Great-grandmother is Betty Jane Hoff, and great-great-grandmother is Mary J. Miller.

Elizabeth Carroll earns RN degree

Elizabeth Jave Carroll recently completed her nursing training at Gardner-Webb University. She graduated Saturday with a RN degree.

CARROLL

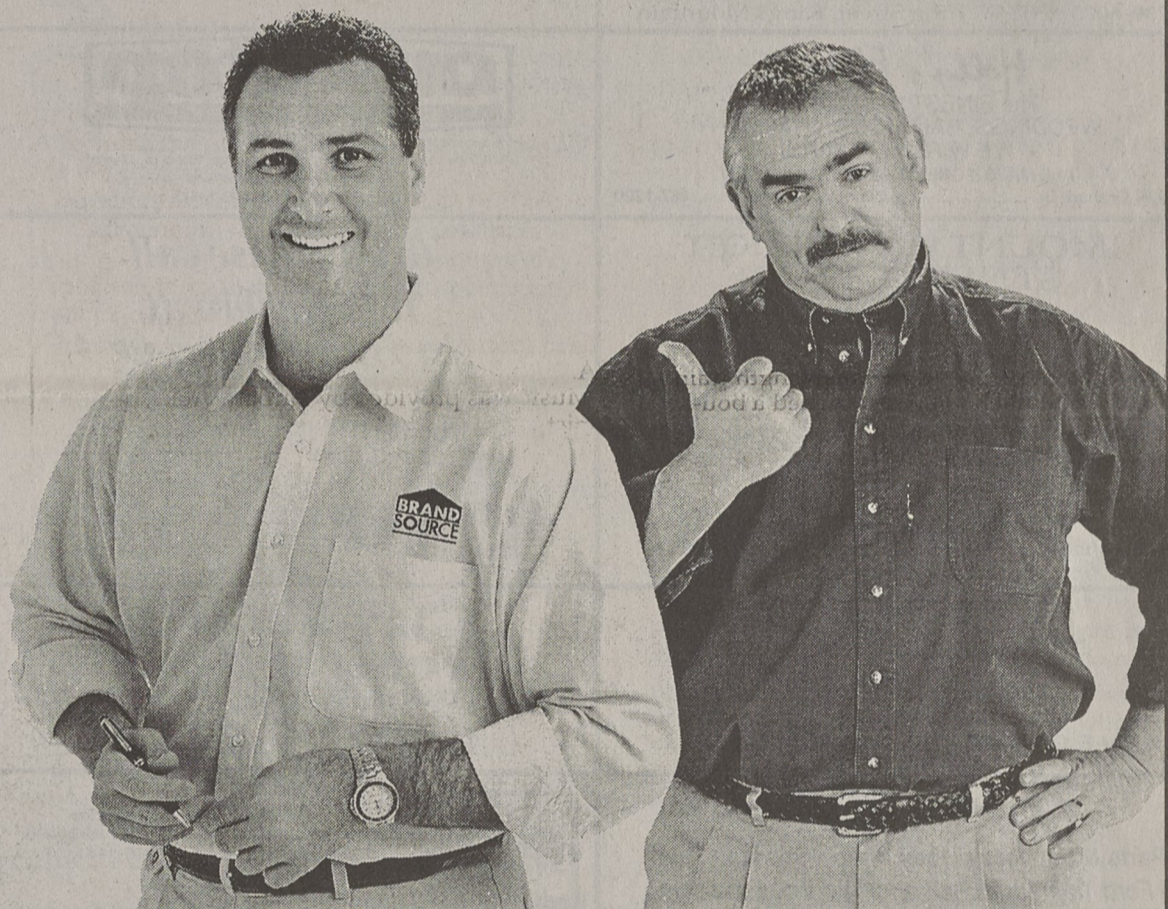
She is the daughter of W.J. and Patricia Carroll of Kings Mountain. Her grandparents are Mr. and Mrs. Woodrow Carroll and Mr. and Mrs. Paris Gantt.

Dr. Bradley earns ASA certification

Dr. T.L. Bradley, D.C., was recently certified by the Acupuncture Society of American, Inc., qualifying him to treat patients using various forms of acupuncture.

Bradley is qualified to practice teishin, a type of non-piercing acupuncture. With his new accreditation, he can also offer needle and microcurrent stimulation acupuncture.

THERE'S A BRAND NEW SOURCE FOR EXPERT ADVICE.



(IT'S THE GUY ON THE LEFT.)

If you're looking for expert advice on electronics, appliances, furniture and a great place to buy them, look to Brand Source. A huge inventory of the best brands; with people who know them inside and out and will make sure you get the most value for your hard-earned dollar.

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