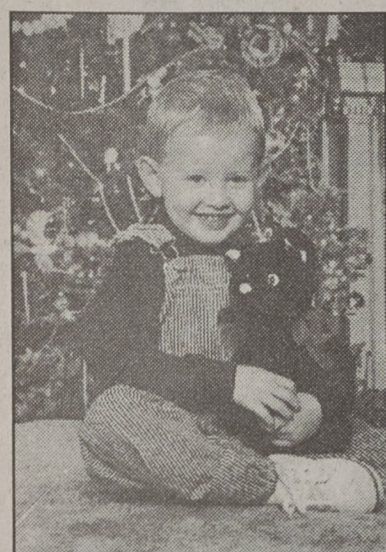


BIRTHDAYS



HUNTER COOKE

Hunter Cooke celebrates birthday

Hunter Cooke celebrated his fourth birthday December 30. Family and friends gathered for a "Bob the Builder" party. Hunter is the son of Tony and Paige Cooke. He is the grandson of Phil and Donna Russ and Espy and Pat Cooke. He is the great-grandson of Boyce and Virgie Eaker and George Mauney.



LEAH SCHAE WHISNANT

Leah Whisnant celebrates birthday

Leah Schae Whisnant, who was five years old on January 24, celebrated January 26 with a party at her home. Friends and family gathered for a power puff girl party. Leah is the daughter of Jeff and Sharon Green Whisnant and sister of Tyler and Christopher Whisnant. She is the granddaughter of Joel and Doris Whisnant and Herman and Joyce Green.



ERICA CARPENTER

Erica Carpenter is five years old

Erica Elizabeth Hall Carpenter, daughter of Scott Eric and Linda Ellis Carpenter, was five years old January 8. She celebrated January 12 with a party at David Baptist Church recreation building. Friends and family attended. Grandparents are Mr. and Mrs. Jimmy H. Carpenter and the late Dorothy Hall Carpenter, and the late E.B. Ellis and Bettye Wilson Ellis of Shelby.

COMMUNITY CALENDAR

Mondays

9:45 a.m. - Aqua aerobics, Kings Mountain YMCA. No charge for members. \$15 month for non-members. Also meets on Wednesday and Friday. Call 739-9631 for information.
 9:30 a.m. - Morning aerobics, Kings Mountain YMCA. No charge for members. \$15 month for non-members. Also meets on Wednesday and Friday. Call 739-9631 for information.
 9:30 a.m. - Yoga, Kings Mountain YMCA. No charge to members or \$15 month.
 5:45 p.m. - Land aerobics. Also meets Tuesday and Thursday; also 7 p.m. Tuesday and Thursday and 10:30 a.m. Saturday. Free to members. \$15 for non-members. Call 739-9631.
 7 p.m. - Second Monday of each month, Kings Mountain Board of Education, Central School, 105 East Ridge St.
 5:30-6:30 p.m. - Overeaters Anonymous, every Monday, Central United Methodist Church, Kings Mountain. For more information call Phyllis Carroll at 864-7629.
 5:45 p.m. - Aerobic classes, Kings Mountain YMCA. Land aerobics. Call 739-9631 for more information.
 7 p.m. - Parents Without Partners, every Monday, Shelby Presbyterian Church. For more information call Alan Smith at 481-2986.
 7 p.m. - Hurting Families Support Group, every Monday, Christopher Road Baptist Church, Shelby. For information call 538-0410.
 8 p.m. - AA Big Book Study, every Monday, Serenity Club, Highway 74 at Bethlehem Road, Kings Mountain.

Tuesdays

6 p.m. - Cleveland County Board of Commissioners, first and third Tuesdays, County Administration Building, Shelby.
 10 a.m. - (Second Tuesday)- LaLeche League of Gaston County, mother to mother breast feeding support group, Sacred Heart, 100 Mercy Dr., Belmont. For more information call Judy at 704 853-0449.
 6-7 p.m. - Free aerobics classes, First Baptist Church, Kings Mountain. For more information call Rosemary at 739-9631.
 6:30 p.m. - Kings Mountain Lions Club, dinner meeting, second and fourth Tuesday of each month at Kings Mountain Woman's Club.
 7 p.m. - Kings Mountain City Council, last Tuesday of the month, City Hall, East Gold St.
 7:30 p.m. - Southern Arts Society, first Tuesday of the month, at Kings Mountain Woman's Club.

Thursdays

11 a.m. - every Thursday, Self Care Program, Bliss Center in Lawndale, Kings Mountain Senior Center, Boiling Springs United Methodist Church, and Charles Place, Shelby. Call Amanda Helms at 482-3488 for information.
 12 noon - Kings Mountain Rotary Club, Patrick Senior Center.
 12 noon - Senior Scribblers, Kings Mountain YMCA. (First Thursday of month). Seniors writing memories for fun. Take brown bag lunch, writing notebook and pen or pencil. No charge.
 5:30-6:30 p.m. - Overeaters Anonymous, Central United Methodist Church. For more information call Phyllis Carroll at 864-7629.
 6-7 p.m. - Free aerobics, First Baptist Church, Kings Mountain. For more information call Rosemary at 739-9631.
 6 p.m. - Kings Mountain Kiwanis Club, Mauney Memorial Library.
 7 p.m. - Broad River

Genealogical Society, fourth Thursday, Senior Center in Shelby.

Fridays

10 a.m. - Senior Center Cinema, each Friday during January and February, Kings Mountain Senior Center television room. Free admission. Pop corn and coke will be served. Call 734-0447 for more information.

Saturdays

9-10 a.m. - Overeaters Anonymous, Central United Methodist Church. For more information call Phyllis Carroll at 864-7629.
 11 a.m.-2 p.m. - Kings Mountain Historical Museum is open the first Saturday of every month. Kings Mountain artifacts and special events displays.
 4-5:30 p.m. - Scrap booking, every Tuesday, Cleveland County Arts Center, 111 S. Washington St., Shelby. For middle and high school students. Basic concepts of scrap booking. \$20 plus supply fee. Call 484-2787 for information.

January 31-February 12

4-5:30 p.m. - Scrap booking, every Tuesday, Cleveland County Arts Center, 111 S. Washington St., Shelby. For middle and high school students. Basic concepts of scrap booking. \$20 plus supply fee. Call 484-2787 for information.

January 31-Feb. 2

7:30 p.m. - (except 2:30 p.m., Sun., Jan. 27 - "Murder at the Howard Johnson's," Cleveland Community College. For ticket information call 484-4139.

Saturday, February 2

4 p.m. - Shadows stroll at the Broad River Greenway. Call 434-2357 for information.

February 4, 11, 18, 25

4:30-6 p.m. - After school clay class for 3-8 graders, Cleveland County Arts Center, 111 S. Washington St., Shelby. \$45 plus supply fee. Call 484-2787 for information.

February 5, 12, 19, 26

4:30-6 p.m. - After school art for 3-8 graders, Cleveland County Arts Center. \$45 plus supply fee. Call 484-2787.

February 7-28

9 a.m.-5 p.m. - 7th annual Treasures of the Earth exhibit and sale, Cleveland County Arts Center. Call 484-2787.

February 8-9

8 a.m. Friday, 8-12 Saturday. Flea market and silent auction, Shelby Senior Center, 1266 Fallston Rd. Call 482-3488 for more information.

Tuesday, February 12

7:30 p.m. - Story teller Madafo Lloyd Wilson, Cleveland Community College. Call 484-4139 for information.

9 a.m. - Uptown Shelby Walkers Club, Shelby City Park aquatics conference room. \$5 joining fee. For more information call 484-3100 Option 1.

Thursday, February 14

Valentine horse and carriage rides, Shelby courtsquare. Each couple receives flowers, candy and \$5 gift certificate. \$25 per couple. Call 484-3100.
 12 noon - Brown Baggin' the Arts, Cleveland County Arts Center. Take bag lunch.

COOKING CORNER

The recipes in today's Cooking Corner come from the 'Ladies of the Shrine' cookbook.

BQ CHICKEN
By PAT SWANN

1/3 cup chopped onion
 1 cup ketchup
 1/2 cup water
 1 Tbsp. Worcestershire sauce
 1/8 tsp. pepper
 3 Tbsp. butter
 1/3 cup vinegar or lemon juice
 2 tsp. prepared mustard
 salt to taste

Place chicken in glass or glazed pan. Grease pan before putting chicken in. Slowly cook onion in butter in a saucepan until tender. Add remaining ingredients and pour over chicken. Bake for 1 hour or until tender at 350 degrees.

BROWN RICE
By BRENDA HARRIS

2 sticks margarine, melted
 2 1/2 cups long grain rice
 4 cans beef consomme
 1 tsp. chopped onion
 Melt margarine in a 9x13 inch pan. Add other ingredients. Bake, covered, for 35 minutes at 350 degrees. Take cover off and bake until brown.

SQUASH CASSEROLE
By LEA COX

4 cups cooked squash
 1/3 cup milk
 1/2 cup onion
 1/2 cup celery
 1/3 cup shredded carrots
 3/4 cup Pepperidge Farm stuffing mix
 1 cup mushroom soup or celery soup, diluted
 1 egg

Combine squash, onion, celery, carrots and 1/4 cup stuffing mix. Mix milk, egg and soup. Pour together. Add 1/2 cup stuffing mix with grated cheese and 2 tablespoons melted margarine. Pour over casserole. Bake 25 minutes at 350 degrees.

NO FAT SOUR CREAM BANANA BREAD
By JAN WALKER

1/2 cup margarine
 1 cup sugar
 2 eggs, beaten
 1 tsp. vanilla
 3 ripe bananas, mashed
 1/2 tsp. salt
 1/2 cup sour cream, no fat
 2 cups flour
 1 tsp. baking powder
 Cream the margarine with the sugar. Add eggs and bananas; mix until blended. Add remaining ingredients until smooth. Pour into 2 loaf pans that are greased. Bake at 325 degrees for 1 hour and test for doneness.

BAKED BEEF STEW
By LIB JAMES

2 lbs. beef stew
 1/2 turnip
 3 medium potatoes
 1 large onion
 1 tsp. sugar
 1 can tomato sauce,
 16 oz. 6 carrots
 1/2 cabbage
 3 stalks celery
 1 tsp. salt
 2 tsp. tapioca
 Mix all ingredients together. Put into a roaster pan and cover

tightly. Bake at 250 degrees for four hours. Do not remove cover during that time.

SKILLET DINNER
By PAT SWANN

3/4 lb. ground beef
 1 small onion
 1/4 tsp. garlic salt
 2 cups thin egg noodles, uncooked
 1 1/4 1/2oz. can tomato sauce
 1 tsp. oregano
 1/2 cup shredded cheese
 Brown beef, onion and garlic on high. reduce heat. Spread noodles over meat. Combine oregano and tomato sauce. Pour over noodles. Cover and cook 15 minutes. Sprinkle cheese over all and heat until melted. Serves 6.

HAMBURGER CASSEROLE
By PAULINE HEFNER

1 lb. ground beef
 1/4 tsp. garlic salt
 1 can kernel corn
 2 cups cooked macaroni
 2 cans tomato soup
 1/4 cup water salt and pepper
 Brown beef. Stir in remaining ingredients. Bake in casserole dish at 350 degrees for 20 to 25 minutes.

GOOP
By PAT SWANN

1 1/2 lb., ground beef
 1 large onion, chopped
 1 two pound bag Tater Tots
 1 can cream of chicken soup
 1 can mushroom soup
 1 can Cheddar Cheese soup optional
 1 Tbsp. Worcestershire sauce
 Mix and bake until bubbles in

center. Bake at 400 degrees. Top with cheese.

MEAT LOAF
By CAROLYN CRAWLEY

1 lb. hamburger
 1 egg 1 can tomato sauce
 1 onion cracker crumbs
 dash of garlic powder
 Worcestershire sauce
 Mix well and shape. Place in pan and bake at 350 degrees for one hour.

POUND CAKE
By BRENDA HORNE

1 1/2 cups Crisco
 2 1/2 cups sugar
 1 cup milk
 5 eggs
 3 cups flour
 1 tsp. baking powder
 1/2 tsp. salt
 2 tsp. vanilla or lemon flavoring
 Cream together the shortening and sugar. Add one egg at a time. Beat well. Alternate flour and milk. Mix all ingredients well. Pour in well-greased tube pan. Cook 1 hour at 325 degrees.

MOLASSES CAKE
By PAT SWANN

1/3 cup oil
 1 egg
 2 cups all purpose flour
 1/2 tsp. salt
 1 tsp. baking powder
 1/2 tsp. baking soda
 1/2 tsp. cinnamon
 3/4 cup buttermilk
 1 cup molasses
 Put all liquids in bowl; mix in sifted dry ingredients. Bake at 325 degrees for 35 minutes in a greased and floured 9x13 inch pan. Serve warm.

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