

SENIOR CALENDAR

Kings Mountain Senior Center activities for March and April:

■ The annual St. Patrick's Day dance will be held on Friday, March 15 from 7-10 p.m. Music will be provided by the Ordinaries.

Take a favorite party dish and 2-liter drink. Admission is \$3.

■ Income tax assistance is available April 9 from 9 a.m.-4

p.m. Call 734-0447 to make an appointment.

■ Sit for Fitness is offered every Monday and Wednesday from 10:30-11:30 a.m. The cost is \$1 per session. Call 734-447 for more information.

■ A free seminar "The Overactive Bladder" will be presented on Tuesday, March 26 at 1 p.m. It will be led by Dr. Everette Thombs. All seniors in the community are invited.

Light refreshments will be served

■ Cleveland County Senior Games will be held April 15-19 at Gardner-Webb College. Participants must be 55 or older and reside in Cleveland County. Entry fee is \$5 before April 1 and \$7 after April 1. The fee entitles one to participate in as many events as he desires, and lunch on Monday and Wednesday.

The awards ceremony and reception will be held for all participants and their guests on Thursday, April 25 at 7 p.m.

■ National Volunteer Week is April 21-27. During the week the Senior Center will have a volunteer meeting for all current volunteers and all others who wish to begin volunteering. For more information call Carolyn Bell at 734-0447.

COOKING CORNER

Big Daddy's Pecan Artichoke Fettuccine

- 1 tablespoon oil from sun-dried tomatoes
- 2 teaspoons finely minced garlic (2 cloves)
- 3/4 pound cubed, boneless, skinless chicken breast cut in cubes
- 8 medium mushrooms, sliced
- 2 canned artichoke hearts, diced
- 10 sun-dried tomatoes in oil, sliced
- 2 green onions, chopped
- Seasoned salt, coarsely ground black pepper, dill, tarragon
- 2 tablespoons flour
- 1/2 cup sherry
- 2 cups Farm Rich® non-dairy creamer
- 8 ounces fettuccine, cooked al dente
- Chopped parsley
- 1/2 cup chopped, roasted pecans

Put pecans in pie pan and broil in oven at maximum temperature for 3-5 minutes or until they look and smell slightly toasted. Let them cool. Dice and set aside.

Separate sun-dried tomatoes from the oil in which they were packed. In a large skillet, heat sun-dried tomato oil (1 tablespoon) over medium heat. Add garlic and sauté about 30 seconds until you love the smell of the combination.

Add chicken, mushrooms, artichoke hearts, sun-dried tomatoes and green onions. While cooking, sprinkle with salt and pepper and herbs to taste. Add flour. Next, add sherry and Farm Rich® non-dairy creamer. Cook and stir until thickened.

Add fettuccine to skillet, toss and cook about 4-5 minutes or until heated thoroughly. Taste and adjust seasonings. Remove and sprinkle pasta with roasted pecans and parsley.

Honey-Orange Spiced Cake

Makes 9 servings

- 3/4 cup honey
- 1/3 cup vegetable oil
- 1/4 cup orange juice
- 2 eggs
- 1 1/2 cups all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon ground cinnamon
- 1/2 teaspoon baking soda
- 1/4 teaspoon ground cloves
- Orange Syrup
- 1/4 cup honey
- 1/4 cup orange juice
- 2 teaspoons freshly grated orange peel

Using electric mixer, beat together honey, oil and orange juice; beat in eggs. In separate

bow, combine dry ingredients; gradually add to honey-egg mixture, mixing until well blended.

Pour into lightly greased and floured 9 x 9-inch baking pan. Bake at 350°F for 25 to 30 minutes or until toothpick inserted in center comes out clean. Remove from oven and immediately cut into 9 squares. Pour hot syrup evenly over cake in pan. Cool in pan on wire rack.

To make syrup, in small saucepan, combine honey, orange juice and peel. Bring just to a boil; remove from heat and pour over cake. Prep time: 15 minutes; cook time: 30 minutes.

Nutrition information per serving (1/9 of recipe): calories 286; total fat 9g; cholesterol 47 mg; sodium 117 mg; total carbohydrate 49 g; dietary fiber 1 g; protein 4 g.

Traditional Mexican Sweet Red Pepper Soup

- 2 tablespoons vegetable oil
- 2 medium onions, finely chopped
- 3 large ripe red bell peppers
- 4 1/2 cups chicken or beef stock
- 1 1/2 cups tomato juice
- 1 fresh hot red or green pepper, whole and with stem left on (optional)
- Salt, ground pepper

Heat oil in frying pan and cook the onion until it is soft. Skin peppers by skewering the stem end and heating over a flame until the skin blisters and darkens. Place peppers in a cloth wrung out in hot water and let stand for 25-30 minutes. The charred area of the skin will come off under cold water and most of the rest can be easily pulled away. Seed and chop coarsely. Purée peppers with onion and a splash of stock in a food processor. Transfer to a saucepan, add the remaining stock, tomato juice, and the hot pepper. Salt and pepper to taste. Simmer, covered for 15 to 20 minutes. Remove the pepper.

Rich Cocoa Fudge

- 3 cups sugar
- 2/3 cup Hershey's Cocoa or Hershey's Dutch Processed Cocoa
- 1/8 teaspoon salt
- 1 1/2 cups milk
- 1/4 cup (1/2 stick) butter
- 1 teaspoon vanilla extract
- 1 cup chopped nuts, optional

1. Line 8- or 9-inch square pan with foil, extending foil over edges of pan.

2. Mix sugar, cocoa and salt in heavy 4-quart saucepan; stir in milk. Cook over medium

heat, stirring constantly, until mixture comes to full rolling boil. Boil, without stirring, until mixture reaches 234°F on candy thermometer or until small amount of mixture dropped into very cold water, forms a soft ball which flattens when removed from water. (Bulb of candy thermometer should not rest on bottom of saucepan.)

3. Remove from heat. Add butter and vanilla. DO NOT STIR.

4. Cool at room temperature to 110°F (lukewarm). Beat with wooden spoon until fudge thickens and just begins to lose some of its gloss. Add nuts quickly, if desired. Quickly spread into prepared pan; cool completely. Cut into squares. Store in tightly covered container at room temperature. About 36 pieces or 13/4 pounds. NOTE: For best results, do not double this recipe.

Easy Double Decker Fudge

- 1 cup Reese's Peanut Butter Chips
- 1 can (14 oz.) sweetened condensed milk, divided (not evaporated milk)
- 2 tablespoons butter, softened
- 1 cup Hershey's Semi-Sweet Chocolate Chips
- 1 teaspoon vanilla extract, divided

1. Line 8-inch square pan or 9x5x3-inch loaf pan with foil.

2. Place peanut butter chips, 2/3 cup sweetened condensed milk and butter in medium microwave-safe bowl. Place chocolate chips and remaining sweetened condensed milk in second medium microwave-safe bowl.

3. Microwave bowl with peanut butter chips at HIGH (100%) 1 minute or until chips are melted and mixture is smooth when stirred; stir in 1/2 teaspoon vanilla. Immediately pour and spread evenly into prepared pan.

4. Microwave bowl with chocolate chips at HIGH 1 minute or until chips are melted and mixture is smooth when stirred; stir in remaining 1/2 teaspoon vanilla. Immediately pour and spread evenly over peanut butter layer; cool. Cover; refrigerate until firm. Remove from pan; place on cutting board. Peel off foil; cut into 1-inch squares. Store in tightly covered container in refrigerator. About 2 dozen pieces. NOTE: For best results, do not double this recipe.

Chocolate-Dipped Figs

15 Blue Ribbon Orchard

Choice or Sun-Maid Mission or Calimyrna Figs 3/4 cup each sugar and water

1/2 cup brandy (or 1/2 cup water mixed with 1 1/2 tea spoons vanilla extract)

15 to 30 small pieces candied ginger, toasted nuts (walnuts, pecans, hazelnuts, almonds or macadamias) or chocolate

5 to 6 ounces semisweet, bit tersweet or premium white chocolate, chopped

With sharp knife, cut small slit in bottom of each fig. In small saucepan, heat sugar and water over medium heat until sugar dissolves. Stir in brandy and figs. Bring to a boil over high heat then reduce heat and simmer 20 minutes. Drain figs, cool and dry thoroughly. Stuff one or two pieces of ginger, nuts and/or chocolate into each fig. Place chopped chocolate in 1-cup glass measuring cup or small microwave-safe bowl. Heat on medium/50% power until almost melted, stirring after every 1 to 1 1/2 minutes. Remove from oven and stir until melted. Hold stem of each fig and dip in melted chocolate. Place figs, stems up, on wax paper-lined tray until chocolate sets. Store in airtight container in refrigerator. Makes 15 figs.

Cajun-Style Popcorn

- 10 cups popped popcorn
- 1/4 cup butter, melted
- 1 teaspoon paprika
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1/4 teaspoon cayenne pepper
- 1 teaspoon lemon pepper

Place the popcorn in a large bowl. Pour butter over warm popcorn. Combine seasonings and sprinkle over popcorn. Toss to mix. Spread the popcorn mixture in single layer on a baking sheet. Bake in 300-degree oven for 8-10 minutes or until crisp.

Nutritional Information (based on 3-cup serving) Total calories-246; Fat-20g (13g saturated); Carbohydrate-17g; Fiber-1g; Protein-4g; Sodium 259mg; Cholesterol 38mg

SOCIAL BRIEFS

Bloodmobile to visit Boyce Memorial

Boyce Memorial ARP Church in Kings Mountain will host a bloodmobile Thursday, March 21 from 1:30-6 p.m.

Donors must be at least 17 years old, weigh at least 110 pounds and be in general good health.

No appointment is necessary.

Debutante Ball set at Cleveland College

The Greater Shelby Community Theatre will present "The Debutante Ball" march 2-24 and march 28-30 in the Cleveland Community College auditorium. Performances are at 7:30 p.m. except the March 24 matinee which begins at 2:30 p.m.

Tickets are available at the door and are \$8 for general adult admission and \$6 for students and senior citizens. Advance tickets are available at the Cleveland County Arts council until 5 p.m. March 22, for \$6 and \$4.

The play is recommended for mature audiences. For more information, call Dr. Dottie McIntyre at 484-4139.

Child care seminar March 26 in Shelby

Child Care Connections of Cleveland County will conduct a free seminar on "25 Things Parents Should Know About Child Care" at the Child Care Connections office, 313 s. Dekalb St., Shelby, Wednesday, March 26 from 10-11:30 a.m. and repeated from 7-8:30 p.m.

Due to limited space, participants must call 487-7778 to register.



ZACHARY WHITE

Zachary White is one year old

Zachary White, who was one year old on March 6, celebrated March 2 with a party at his Aunt Debbie's home in Shelby.

Zachary is the son of Paul and Jessica White of Lincolnton. He has a sister, Kayla White, 7. Other children attending the party were T.A. Duncan and Justin Chapman.

Zachary is the grandson of Diane Wellmon of Kings Mountain, Jesse and Melody Wellmon of Lincolnton, Peggy Stidham of Newton, and Paul White Sr. of Newton.

Great-grandparents are Lola Elmor of Hickory, The late Tag and Tinny Stidham, and the late Boyce and Rosealeen Goins.

St. Peter to begin special program

St. Peter Missionary Baptist Church in Grover will have a kickoff for its "Dream of a Church that Never Sleeps" on Saturday, March 23 from 2 to 7 p.m.

MARCH IS OPEN HOUSE MONTH!

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KINGS MOUNTAIN Kings Mountain Women's Club 108 E. Mountain Street Monday 6pm

CHERRYVILLE Cherryville City Hall 116 South Mountain Street Wednesday 5:30 pm

Weigh-in begins 30 minutes prior to meeting time

*Open House offer valid from 3/3/02 - 3/30/02. Registration and weigh-in begin one-half hour earlier than the meeting time. ©2002 Weight Watchers International, Inc. Owner of the WEIGHT WATCHERS trademark. All rights reserved. Offer valid in participating locations only in AL, FL, GA, OK, TX, NC, SC and WA. Fee for subsequent weeks \$11-\$12, depending on geography. Not valid for The At Work Program® or community meetings.

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Kings Mountain Hospital- Looking To The Future.



At this time of year, it's natural to reflect on the past and look to the future. Over the past 50 years, Kings Mountain Hospital has gone through many changes. Today, it offers a range of specialty care that allows patients to stay close to home for care. And as Kings Mountain's largest employer, we take our role as the primary provider of healthcare services to our community to heart.

Kings Mountain Hospital is proud of a medical staff that has grown to help provide access to important medical services. Whether it's offering free cholesterol and blood pressure screenings or 24-hour emergency care, our staff remains dedicated to enhancing your health hour by hour...day by day. We look forward to being your partner in good health for years to come.



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