

COOKING CORNER

Don't let dining on the run lead to extra calories

Americans in the 21st century are always on the go - busy at work, running home to the family and eating in a hurry. Gone are the traditional family dinners and home cooked meals due to a hectic worklife and a multitude of after school activities. Dining on the run, at fast food restaurants does not have to translate into poor eating, extra calories and fat intake.

In an attempt to provide healthier choices, restaurant chains are offering more nutritious fare - but consumers beware, what you see is not always what you get. To get the good son what's really in those "healthier" options look further. You may be surprised at what you find.

"Eating a nutritious meal can be simple once you have the facts. Then you can learn to make good food choices," says Maria Walls, Senior Nutritionist for Weight Watchers International. "Request nutrition information. Most fast-food restaurants will provide nutrition information if you ask for it. You might find that the choices you thought were healthy ones are not. Look at the calories, fat, and fiber content and steer clear of choices that are fat and calorie laden. You can make an informed choice once you have the nutrition details. Alternatives exist virtually everywhere."

Next time you're grabbing a fast bite, keep these tips from Weight Watchers in mind:

■ Not all salads are created equal - Just because a meal contains lettuce doesn't always mean it's a healthy choice. Prepared sal-

ads have high-calorie dressing, sauce and options such as croutons, regular cheese, nuts, eggs, meat and fried potato sticks, which can double the fat and calories of the meal. Ask for the dressing and extras on the side.

■ Fried is a "fat alert" - Opt for foods that are baked, broiled, steamed or roasted. Words such as "crispy," "crunchy," or "battered" should send signals to your brain that the food is fried.

■ Keep it plain and simple - Avoid regular sauces and dressing, which add calories and fat, to your food. Look for lower fat versions. Spices add flavor without the calories. Keep some in your briefcase or workout bag and jazz up chicken and vegetables.

■ Fiber first, fat on the side - Base your meal on a high fiber food such as a baked potato or salad. Toppings such as sour cream and guacamole are loaded with extra calories, so instead try yogurt or low fat cottage cheese or salsa to add flavor without the fat.

■ Beware of "value meals" - Sure they're a good deal from a monetary point of view. But the long-term health costs are far more expensive. A double burger and extra large fries can have the calorie and fat equivalent of eating two meals.

■ Order a kid's meal - The perfect solution when you want a taste of the "fast" without the adverse effects. Kid's meals offer a taste of everything - plus an extra toy to share with your family.

FOOD INSPECTIONS

Cleveland County Health Department inspected the following food handling facilities during the week ending April 19.

**Indicates two extra points when an employee attended an approved food-handling course;

Restaurants:

- Corn Dog 7, Cleveland Mall, 82.5.
- Don's Italian, W. Dixon Blvd., 95.0**
- Hugo's Bar and Grill, KM, 93.0.
- Ham's, E. Dixon Blvd., 95.0**
- Kings Mountain Hospital Cafeteria, 98.5**
- New China, Kings Mountain, 94.5.
- Olympic Seafood and Pasta, KM, 95.5.
- Sarah's Grill BP, Highway 216, Kings Mountain, 97.0.
- Southern Style Rest., Fallston Rd., 92.5.
- Shelby Cafe, S. Lafayette St., 95.5.

- Ryan's Steak House, E. Dixon Blvd., 94.0**
- The Pantry 395, W. Dixon Blvd., 90.5.
- Wiener Works, Kings Mountain, 95.5**

Food inspections for the week ending April 25.

Restaurants:

- Alston Bridges BBQ, 95.5.
- China Royal, 93.5.
- Italian Garden, Boiling Springs, 97.0.
- Shelby Fish Camp 96.5**
- Tops Pizza Factory, Marion St., 97.0.
- Woodbridge Golf Club & Snack Shop, Kings Mountain, 91.5.

Food Stands:

- Food Lion Deli, S. Lafayette St., 93.5.
- One Stop, W. Dixon Blvd., 81.0.

Meat Markets:

- Food Lion, S. Lafayette St., 96.5.

Revival set at Harvest Baptist Church

Revival will be held May 5-8 at Harvest Baptist Church, 144 Ware Road, Kings Mountain. Services are at 11 a.m. and 6 p.m. Sunday and 7 p.m. Monday through Wednesday. Rev. Oscar Hullender will be the speaker.

CLUBS

Mrs. Rhodes presents program at Thursday Afternoon Book Club

The Thursday Afternoon Book Club met Thursday at 3:30 p.m. at the home of Ethel McGinnis.

Twelve members and a guest were present and were served a delicious salad plate, stuffed celery and iced tea. Club members enjoyed this time to socialize and discuss upcoming projects.

After the Collect, Pat Plonk introduced the guest, Marie Rhodes. Marie is a relatively newcomer to Kings Mountain and shared a story that she had written and which has been published. The book, "Cleveland County Tales," is a collection of stories written by Cleveland County residents.

The story that Marie shared was entitled "Lifestyle Changes." She read the story that was written reflecting on the changes in her life. The story takes place in Maryland where Marie grew up and tells very descriptively of her life as a child.

In 1935 she married her husband, Merrill Rhodes, and at this point in the story, she relates of her life with him. Throughout the story, lifestyles are consistently changing and bringing new adventures.

Marie and her husband moved to Kings Mountain in 1992 to be near her son and family. Club members heard of her new lifestyle changes as she moved

South. Friendly neighbors, new foods, new ways to talk, and interesting new places are included in this lifestyle change.

In closing, Marie commented on how much she enjoys writing and says that she writes something every day. Since being in Kings Mountain, she has written 1,972 pieces of correspondence. "Writing is a good habit and something everyone should practice," she said.

As the meeting adjourned, plans were made for the May meeting. Carolyn McGinnis will serve as hostess and Pat Plonk will present the program.

Charles Blanton presents program at Magnolia Garden Club meeting

Magnolia Garden Club met at the new home of Teresa Ruppe on April 23. Refreshments were served to 10 members and one guest.

Sandra Murphrey, president, led the reading of the Club Collect and heard the treasurer's report of \$146.93.

Points were counted with both teams having 12 points. The yearly points

show Team I the clear winner, so Team II will make arrangements for the May luncheon meeting.

Geneva Caveny, program chairman, introduced Charles Blanton, who gave an interesting informative program on ferns. Ferns are among the oldest living plants and there are 10,000 varieties. Ferns need a shady, moist place and

they like woods, mulch or compost. Their spores are very fragile.

Water ferns twice a week now, but during the hot months they need water every day.

Beth Baker and Sue Drye both had a beautiful arrangement made in a goblet.

Cocktail buffet honors local bridal couples

A cocktail buffet honoring two childhood next door neighbors on Merrimont Avenue and their fiances was held Saturday, April 20 at the home of Bob and Emily Suber. Co-hosts for the party were Allen and Patsy Queen, David and Marie Brinkley and Laurin and Judy Whisnant.

The honorees, who were presented corsages and bou-tonnieres of pink sweetheart roses and ruscus, were Jackie Houston and her fiancé, Darius Songaila, whose wedding will be an event of May 25 in Kings Mountain, and Davis Jennings and his fiancé, Jerillyn Sifford, whose wedding will take place June 22 in Chapel Hill.

Guests enjoyed a buffet from the dining room table, which was centered with an arrangement of mixed spring flowers including pink rubrum lilies, purple irises, burgundy snapdragons, mauve heather, yellow buttons, and pink mini-carnations, with mixed greenery of bells of Ireland and leather leaf. Other flora arrangements consisted of a large pink tropical bromeliad and a potted deep red

azalea with English ivy.

Guests included Davis' parents, Jim and Sharon Jennings of Kings Mountain; Davis' maternal grandmother, Harriet Davis of Denver, CO; Jerillyn's parents, Richard and Marilyn Sifford of Holly Springs; Jackie's parents, Marty and Denese Stallings of Kings Mountain; Darius' childhood friend and best man, Montas Ignatavicius of High Point, formerly of Lithuania; Darius' Wake Forest basketball teammate, Vytas Danielius of Winston-Salem, formerly of Lithuania; bridesmaids and groomsmen for both wedding parties; and neighbors and friends.

Following the presentation to both honored couples of a set of engraved silver serving pieces for the cake cutting, the hosts toasted the prospective brides and grooms.

✓ Social Deadline

Deadline for social and church news is 12 noon Monday. Items received after the deadline will run in other parts of the paper if time and space permit. If not, they will be withheld.

161 Small Engine Repair

- Lawn & Garden Equipment
- Small Construction Equipment
- Chain Saws & Sharpening
- Kerosene Heater Repair
- Free Pick Up & Delivery

1824 South Hwy 161, York
Ronnie Carter **803-222-2468** Mark Carter

Make Someone's Week

Bring a little sunshine into someone's life. Put their name in the paper. It's simple inexpensive - and memorable.

Call at 704-739-7496.

KIRK WELLS

Quality Home Sales, LLC
"Modular Headquarters"

Land and Home Packages

Low Rates Low Payments

Model Home Sale
Save \$1,000 on any lot model. Police, Fire, Rescue & Military personnel, active or retired, will save an extra \$1,000 on any order, anytime!
Bring Ad & Save \$1,000!
We Build Homes Anywhere in Cleveland, Lincoln, York & Gaston Counties!
Moving Soon to 3925 West Franklin Blvd.!!
3431 W. Franklin Blvd., Gastonia
704-869-0504

Lady D's Fashion

For Ladies and Men

"Specializing in Ladies and Men's Plus Sizes"

- Clothing (misses, plus and men's plus)
- Jewelry

- Shoes
- Accessories

Hours: Tuesday - Saturday 10:00-9:00
(Located on Cherryville Highway at corner of South Mountain and Church St.)
Diane Allen
Owner/Manager • 102 East Church Street, Cherryville, NC

Colon cancer is the second leading cause of cancer death in the U.S. It doesn't have to be.

Receive a free lifesaving examination at:

Colon Cancer Screening Day

8:30 a.m.-12 p.m.
Saturday, April 27
Kings Mountain Hospital

If you have had a colonoscopy within the last 24 months, it is not yet time to re-examine. For more information, please call Kings Mountain Hospital at 704-739-3601.

Sponsored by:
Dr. Austin Osemeka
Carolina Digestive Diseases Center and

Kings Mountain Hospital
Carolinas HealthCare System
www.carolinashealthcare.org

ALLPRO PAINT & BODY

The Next Generation of Production Paint & Body www.allproautopainting.com

FIVE YEAR ANNIVERSARY AND GRAND OPENING SALES

OVER 13,000 VEHICLES ALREADY PAINTED
LIFETIME WARRANTY GOOD FOR THE NEXT 250 ALLPRO 4, 5, 6, & 7 PAINT SERVICES!

ALLPRO 4 FULL EXTERIOR PAINT SERVICE

INCLUDES:
MACHINE, HAND & WET SANDING
PRE-DETAIL & CHEMICAL CLEANING
PROFESSIONAL MASKING
2 COATS EXTERIOR SURFACE SEALER
INTEGRATED UV PROTECTION ADDITIVE
2 COATS OF HIGH GLOSS ENAMEL COLORING
2 COAT OF URETHANE CLEAR TOP COATING

STANDARD SIZE CARS TRUCKS, VANS & SUVS

\$499.95 \$599.95

ALLPRO 3 FULL EXTERIOR PAINT SERVICE

INCLUDES:
MACHINE & HAND SANDING
PRE-DETAIL & CHEMICAL CLEANING
PROFESSIONAL MASKING
1 COAT EXTERIOR SURFACE SEALER
INTEGRATED UV PROTECTION ADDITIVE
2 COATS OF HIGH GLOSS ENAMEL COLORING
1 COAT OF URETHANE CLEAR TOP COATING

STANDARD SIZE CARS TRUCKS, VANS & SUVS

\$299.95 \$399.95

LIFETIME FADING & PEELING WARRANTY | **3 YEAR LIMITED WARRANTY**

PAINT REMOVAL, RUST, DENT & COLLISION REPAIRS
PRICED BY ESTIMATE ONLY.
INSURANCE ESTIMATES ACCEPTED
PRICES INCLUDES WASTE DISPOSAL FEE AND SALES TAX.

MONDAY THROUGH FRIDAY 7:30AM TO 6:00PM
FREE ESTIMATES
SATURDAY 9:00AM TO 1:00PM

WILKINSON @ BILLY GRAHAM

HWY 74 E. BYPASS

EXECUTIVE POINT @ HWY 74

HWY 321 NORTH OR S.W. BLVD.

HWY 321 @ 1-85

HWY 16 N. @ HWY 150

Charlotte (704) 394-9599

Shelby (704) 484-9565

Monroe (704) 226-9191

Lenoir (828) 726-9100

Gastonia (704) 810-9565

Lake Norman (704) 489-9565