

## SENIOR CALENDAR

# Line dancing classes slated

The following activities have been scheduled for senior citizens at the H. Lawrence Patrick Senior Life and Conference Center, 909 East King Street, Kings Mountain. All senior citizens (ages 60 and over) and their spouses living in the Kings Mountain School District are encouraged to participate. For more information call the center at 734-0447.

■ A beginner line dance class meeting will be held Tuesday, January 21 at 10:30 a.m. Men and women are invited to participate.

■ The Patrick Center will pre-register senior applicants for the U.S.D.A. commodities distribution which will be held March 11 at 1 p.m. Call the center to pre-register on Tuesday, Feb. 25 through Thursday, Feb. 27 from 9-11 a.m. You must pre-register in order to receive commodities.

Name, date of birth, social security number, number in family, telephone number, address, and amount of your household's income must be provided.

Commodities will include almonds, frozen chicken, cranberry juice and sauce, great northern beans, green beans, milk, peaches, peanut butter, sweet potatoes, and trail mix.

Commodities pre-registration for nutrition site participants only will be February 25-27 with site manager Susan Carpenter.

■ The Sit for Fitness class will be held on Mondays, Wednesdays and Fridays from 10:30-11:30 a.m. The cost is one dollar per session and is to be paid to the receptionist in the lobby.

■ The following programs are scheduled at the center nutrition site at 11 a.m.:

January 13 - Inspirational Thoughts by Ray Canipe.

January 15 - Claddaugh Home Care.

January 27 - Urinary Incontinence by Cleveland Regional Rehab.

February 3 - Black History by Myetta Oates.

February 14 - Valentine celebration by nutrition site participants.

## BRIEFS

### Senior health fair set in Shelby

The Cleveland County Council on Aging will hold a senior health care fair Friday, January 17 from 8:30-12:30 p.m. at the Leona Smith Neal Senior Center, 1266 Fallston Road, Shelby.

Admission is free. There will be screenings for blood pressure, height/weight, urinalysis, anemia/diabetes, hearing, vision/glaucoma, tetanus, and pap smear.

The only screening that requires a charge is the SMA 19 executive blood profile. It is \$15. For best results, fast after midnight except for water.

Juice and snacks will be provided after the screening. For more information, call the Senior Center at 482-3488.

### Bingo on Monday at Senior Center

Monday night bingo is held from 7-10 p.m. each Monday night at the Leona Smith Neal Senior Center, 1266 Fallston Road, Shelby.

There is a \$500 jackpot. The public is invited.

Doors open at 5:30 p.m. There is no admission after 7 p.m.

Hot dogs and other

refreshments are available. Door prizes are presented. For more information call the Senior Center at 482-3488.

### Fettucini Brothers in Clover Jan. 23

The Fettucini Brothers will perform Thursday, January 23 at 7 p.m. at the Clover School District Auditorium.

Tickets are \$3 per person or \$8 for a family of three or more.

The Fettucini Brothers - Alfred and Aldente - perform a unique blend of physical and verbal comedy set against a backdrop of six foot unicycles, juggling clubs, flaming torches, razor sharp machetes and rapid fire comedy improvisation.

For more information call (803) 222-8018.

### Gaston watch group to meet

The Gaston County Community Watch Association will hold its next meeting Thursday, January 16 at 7 p.m. at the Citizen Resource Center, located off Dallas Cherryville Highway at the entrance to Biggerstaff Park.

The Board of Directors will meet at 6:30.

## CLUB NEWS

# Open Gate Garden Club hears program on birds

The Open Gate Garden Club met in the parlor of the ARP Church on January 8. Stella Ware, hostess, served dessert to 12 members.

Jessie Collins, president, welcomed members. She introduced Lenora Morris who presented a program on "Birds."

Lenora opened her program by showing a large poster of the most common birds in North Carolina. She stated that birds are "feathered friends who pollinate flowers and reduce the bug population." During the winter, one should make birds a gardening focal

point. They offer beauty and life to the yard. Their songs can brighten a gray, blustery day.

As temperatures drop, natural food supplies become scarce and birds must scratch the leaf littered ground in search of seeds and insects. Humans can help them by supplying food and water.

There are many different types of seeds. Suet cakes, dried fruits, peanuts and mealworms may provide a variety in their diet. Sunflower seeds attract many species of birds.

Hang bird feeders at least

five feet off the ground and 10 feet away from trees and shrubs or fences. This will help keep squirrels and cats away. Birds need protection from the elements. Thick, bushy evergreens that block rain and wind will help.

Bird houses should be in place by the middle of February. Most birds start looking for a nesting place by then.

Bluebirds need to be encouraged back to yards, because so many of their habitats have been destroyed. Lenora showed a blue bird house with a

1/2-inch hole.

Timely tips were given by Phyllis Carpenter. It is time to order seeds. Anyone planting a new camellia bush should find an area that is sheltered from the sun and wind. Start a garden journal.

There will be a Garden Club Day at the Southern Spring Show on February 25. A special luncheon will be served at noon.

The State Garden Club meeting will be held in Fayetteville April 27-29.

The friendship basket was won by Lenora.



Guitarist David Burgess to perform at Gardner-Webb

## Well-known guitarist to perform at GWU

BOILING SPRINGS - As a part of its Distinguished Artist Series, the Fine Arts Department of Gardner-Webb University will host renowned New York guitarist David Burgess Tuesday, January 21, at 8 p.m. in the Blanton Auditorium on the GWU campus.

Recently returned from a seven city European concert tour, David Burgess will perform some of Brazil's finest solo guitar music. Praised by critics for polished technique and flamboyant style, he has performed throughout North and South America, Europe and the Far East, as well as having recorded for CBS Masterworks, Musical Heritage Society, Tritone and Athena Records. Formerly a student of Andres Segovia, he has won

prizes in international guitar competitions in New York, Mexico City, Toronto and Munich. Over the past ten years, he has also taken numerous trips to Brazil, rediscovering guitar music from Brazil's past, as well as finding many progressive contemporary Brazilian works.

The program will include music by some of the finest Brazilian composers of all time: Ernesto Nazareth, Pernambuco, Pixinguinha, Gnattali, and Luiz Bonfá and Antonio Carlos Jobim, the two best known composers of Bossa Nova.

The concert is free and open to the public. For more information on this and other concerts hosted by Gardner-Webb University, contact the Fine Arts Department at 704-406-4448.

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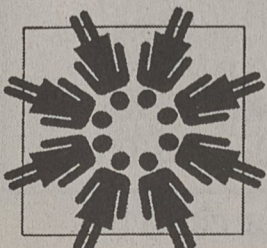
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## Heavy Periods Can Control Your Life... Or You Can Control Them.

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