

■ SOCIAL CALENDAR

Thursday

Senior shuttle, 9 a.m.-1 p.m., for ages 60 and over, Kings Mountain Senior Center, 909 E. King St., Kings Mountain. Call 734-0447 for information.

Nutrition, 11 a.m. program, 11:30 meal, for ages 60 and over, Kings Mountain Senior Center, 909 E. King St., Kings Mountain. Call 734-0447 for information.

Bingo, 11 a.m., for ages 60 and over, Kings Mountain Senior Center, 909 E. King St. Call 734-0447 for information.

Shopping, 12-2 p.m., for ages 60 and over, Kings Mountain Senior Center, 909 E. King St. Call 734-0447 for information.

Craft Class, 1 p.m., ages 60 and over, Kings Mountain Senior Center, 909 E. King St. Kings Mountain. Call 734-0447 for information.

Friday

Senior shuttle, 9 a.m.-1 p.m., ages 60 and over, Kings Mountain Senior Center, 909 E. King St. Call 734-0447 for more information.

Nutrition, ages 60 and over, 11 a.m. program, 11:30 meal, Kings Mountain Senior Center, 909 E. King St. Call 734-0447 for information.

Men's Coffee Time, ages 60 and over, 10 a.m., Kings Mountain Senior Center, 909 E. King St. Call 734-0447 for information.

Sit For Fitness, ages 60

and over, 10:30-11:30 a.m., Kings Mountain Senior Center, 909 E. King St. Call 734-0447 for information.

Bill Gaither Videos by Bill Worthen, 10:30 a.m., Kings Mountain Senior Center, 909 E. King St. Call 734-0447 for information.

Sit For A King Exercise Class, ages 60 and over, 2 p.m., Kings Mountain Senior Center, 909 E. King St. Call 734-0447 for more information.

Upcoming:

Mark O'Connor's Hot Swing Trio, Friday, Jan. 14 at 7:30 p.m. at Converse College's Twichell Auditorium, Spartanburg, SC. Tickets are \$25 for adults and \$15 for students. Group discounts available. For more information call 864 948-9020 or 864 596-9725.

Saturday

Ranger on the Ridge, Sunday, January 8 at 1 p.m. at Crowders Mountain State Park. Meet with ranger at overlook at top of Backside Trail. Ask questions about the park and look at surrounding countryside through a spotting scope. Call the park at 853-5375 for more information.

Monday

Ceramics, 9:30-11:30 a.m., ages 60 and over, Kings Mountain Senior Center, 909 E. King St. Call 734-0447 for information.

Sit For Fitness, 10:30-

11:30, ages 60 and over, Kings Mountain Senior Center, 909 E. King St. Call 734-0447 for information.

Quilting Class, 12:30 p.m., ages 60 and over, Kings Mountain Senior Center, 909 E. King St. Call 734-0447 for information.

Senior shuttle by TACC, 9 a.m.-1 p.m., ages 60 and over, Kings Mountain Senior Center, 909 E. King St. Call 734-0447.

Nutrition by COA, ages 60 and over, 11 a.m., program, 11:30 meal, Kings Mountain Senior Center, 909 E. King St. Call 734-0447 for more information.

Relay for Life team captain's meeting, 6-7 p.m., Patrick Center, 909 E. King St., Kings Mountain. Call David Ozmore at 739-9631 for more information.

Tuesday

Senior shuttle by TACC, 9 a.m.-1 p.m., for ages 60 and over, Kings Mountain Senior Center, 909 E. King St. Call 734-0447 for information.

Nutrition by COA, ages 60 and over, 11 a.m. program, 11:30 meal, Kings Mountain Senior Center, 909 E. King St. Call 734-0447 for more information.

Beginning line dancing, ages 60 and over, 9 a.m., Kings Mountain Senior Center, 909 E. King St. Call 734-0447 for information.

Line dancing, ages 60 and over, 10 a.m., Kings Mountain Senior Center, 909 E. King St. Call 734-0447 for information.

Bible History, ages 60 and over, 10:30 a.m., Kings Mountain Senior Center, 909 E. King St. Call 734-0447 for information.

Knitting, ages 60 and over, 10:30 a.m., Kings Mountain Senior Center, 909 E. King St. Call 734-0447 for information.

Craft class, ages 60 and over, 1 p.m., Kings Mountain Senior Center, 909 E. King St. Call 734-0447 for information.

Lunchtime Alzheimer's Support Group, 12 noon, third Tuesday, Summit Place, Phifer Rd., Kings Mountain. Lunch provided. Call Summit Place for more information.

Evening Dementia Support Group, third Tuesday, 5:30 p.m., Life Enrichment Center, Shelby. Call LEC for information.

Parkinson's Support Group, fourth Tuesday, 6:30 p.m., Life Enrichment Center, Shelby. Call LEC for more information.

Upcoming:

Heart Healthy Eating, presented by Denise Danley, RN with Gaston Memorial Home Health, Tuesday, Jan. 11 at 11 a.m. at Patrick Senior Center, 909 East King Street, Kings Mountain. Learn how to read food labels and monitor the amount of salt and fat in your diet. For more information call The Patrick Center at 704 734-0447.

Computers for Seniors

class registration, ages 60 and over, 9 a.m.-4 p.m. Jan. 18-21, Kings Mountain Senior Center, 909 E. King St. Call 734-0447 for more information.

Questions & Answers about Alzheimer's, Tuesday, Jan. 18 5:30-7 p.m. at Life Enrichment Center, 103 T.R. Harris Drive, Shelby. Free sitter service. Call Linda at 484-0405 for more information.

Monthly Birthday Party by Summit Place, for ages 60 and over, 10:30 a.m., Tues., Jan. 25, Kings Mountain Senior Center, 909 E. King St. Call 734-0447 for more information.

Advisory Board Meeting, 12 noon, Tuesday, Jan. 25, Kings Mountain Senior Center, 909 E. King St. Call 734-0447 for information.

Professionals Program, by Gail Weathers from Home Health, Tues., Feb. 1, Kings Mountain Senior Center, 909 E. King St. Call 734-0447 for information.

Veterans Meeting, 3:30 p.m., Tues., Feb. 1, Kings Mountain Senior Center, 909 E. King St. Call 734-0447 for information.

See You Can Hear program, information on hearing loss and what you can do by Jan Riddle, Hard of Hearing Specialist, Tues., Feb. 8, Kings Mountain Senior Center. Call 734-0447 for information.

Pre-registration for commodities, for ages 60 and over, 9-11 a.m., Tues., Feb. 15, Kings Mountain Senior Center, 909 E. King St. Call 734-0447 for information.

AARP Meeting, 2 p.m., Tues., Feb. 15, Kings Mountain Senior Center, 909 E. King St. New and prospective members welcome. Call 734-0447 for more information.

Wednesday

Lunch time Dementia Support Group, first Monday, noon, Neal Senior Center, Shelby. Call the Center for more information.

Senior shuttle, 9 a.m.-1 p.m., Kings Mountain Senior Center, 909 E. King St., Kings Mountain. Call 734-0447 for information.

Nutrition by COA, program 11 a.m., meal 11:30, Kings Mountain Senior Center, 909 E. King St., Kings Mountain. Call 734-0447 for information.

Blood Pressure Clinic, sponsored by Total Care, 10-11:30 a.m., Kings Mountain Senior Center, 909 E. King St. Call 734-0447 for information.

Sit For Fitness, 10:30-11:30, Kings Mountain Senior Center, 909 E. King St. Call 734-0447 for information.

Duplicate Bridge, 1:30 p.m., Kings Mountain Senior Center, 909 E. King St. Call 734-0447 for more information.

Sit For A King Exercise Class, 2 p.m., Kings Mountain Senior Center, 909 E. King St. Call 734-0447 for information.

■ COOKING CORNER

The recipes in today's cooking corner come from a cookbook published by "Ladies of the Shrine."

CHRISTMAS RICE

1 c. rice
2 cans chicken with rice soup
1 1/4 cups water
1 stick margarine
1 (4 oz.) jar mushrooms
1 tsp. salt
1 onion, chopped
1 green pepper, chopped
1 small jar pimento

Mix together and pour into 2 quart baking dish. Bake at 350 degrees for 45 to 60 minutes. Stir 3 times during baking. Do not cover while baking.

BBQ MEAT BALLS

1 lb. ground beef
1 cup bread crumbs
1/2 cup milk
2 Tbsp. Worcestershire sauce
1/2 c. vinegar
1/2 cup water
1/2 cup catsup
1 tsp. salt
1 tsp. pepper
3 Tbsp. sugar
1/2 c. chopped onions
1/2 c. chopped green peppers

Mix together the first 3 ingredients and form into small balls. Place in baking dish. Combine the remaining ingredients and pour over the meat balls, after mixing well. Bake at 350 degrees for 50 minutes.

HOLIDAY CHEESE BALL

2 (8 oz.) pkg. cream cheese
1 (8 1/2 oz.) can crushed pineapple
2 cups chopped pecans
1/4 c. chopped green pepper
1 Tbsp. seasoned salt
2 Tbsp. chopped onion
Softened cheese. Stir in all ingredients, except pecans. Form ball and roll in pecans. Chill.

POTATO SOUP

4 potatoes
3 cups milk
1 Tbsp. chopped onion
2 Tbsp. margarine
1 Tbsp. flour
salt and cayenne pepper
Boil the potatoes and mash. Brown onion in margarine. Add the flour, then the potatoes, milk and seasonings. Stir and heat until smooth. Serve with sprinkled grated cheese.

HOT CHICKEN SALAD

2 c. diced, cooked chicken
1 c. diced celery
1 c. cooked rice
1 can cream of chicken or cream of celery soup, undiluted
1 can water chestnuts, cut up
2 tbsp. finely chopped onion

1/4 cup mayonnaise
1/2 cup slivered almonds, optional
Mix well. Top with 1 c. cornflakes and 1/2 stick margarine melted. Bake at 350 degrees about 45 minutes or until hot through.

CHOPS AND KRAUT

1 (1 lb.) bag sauerkraut
2 large onions, sliced
6 to 8 pork chops
In slow cooker, layer a little kraut, sliced of onion and 2 or 3 pork chops. Continue layering until all ingredients are used. Cover and cook on low 6 to 8 hours. serve with applesauce. Makes 6 servings.

CHERRY POUND CAKE

1 1/2 c. Crisco
3 cups sugar
3 3/4 cups plain flour
3/4 cup milk
6 eggs
3 tsp. butternut flavoring
1/2 jar cherries, chopped
ICING
3 oz. pkg. cream cheese
1/2 stick margarine
1 tsp. butternut flavoring
2 c. powdered sugar
1/2 c. nuts
1/2 c/ jar chopped maraschino cherries
Mix Crisco and sugar. Add flour and milk. Add eggs, flavoring and cherries. Bake at 275 degrees for 1 hour and 45 minutes.
ICING: Mix cream cheese, margarine and flavoring. Add sugar, nuts and cherries.

TINY FRUIT CAKES

2 cups chopped pecans
1 can coconut
1/4 lb. cherries, candied
3 rings candied pineapple
2 tsp. vanilla
1 can Eagle Brand milk
1 stick margarine, melted
Cut up fruit and nuts. Add to coconut, margarine, Eagle brand milk and vanilla. Mix well. Bake for 35 minutes at 325 degrees. Remove while still warm.
COOKIES AND CREAM
16 oz. bag chocolate chip cookies
32 oz. whipped cream
Layer Cool Whip, then dip cookies in milk and layer cookies. Continue until out of Cool Whip.

CHRISTMAS SALAD

1 large can red cherries
3/4 cup sugar
2 pkgs. cherry jello
1 small can crushed pineapple
1 cup chopped pecans
Heat cherries and juice with sugar to boiling point. Remove from heat and add jello. Stir until dissolved. Add pineapple and sugar. Refrigerate until set.

FOOD INSPECTIONS

Cleveland County Health Department inspected the following food handling facilities during the week ending December 31.

**Denotes 2 extra points when an employee attended an approved food handling course.

Restaurants

KFC, E. King St., Kings Mountain, 96**
Fisherman's Feast, E. Marion St., 97.5
Honey Bear & Co., S. Dekalb St., 98.
Linwood Restaurant, Cleveland Avenue, Kings Mountain, 93.5.

Love's Fish Box, Shelby Rd., Kings Mountain, 97.
Silver Villa, E. King St., Kings Mountain, 92.5.

Food stands

Winn Dixie Deli, Earl Rd., 98
Winn Dixie Seafood, Earl Rd., 96.5

Meat markets

Winn Dixie, Earl Rd., 97.

Residential care facilities

Century Care, N. Morgan St., 100**
Kings Mountain Care, 96.5
Somerset Court, Hardin Dr., 99**

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Ask A Lawyer

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Q: Yesterday I got hurt at work while doing my job. I've been to the doctor and it looks like I'm going to need some medical treatment and may even have to miss some work as a result of the accident. Do I have to report the accident to anyone? How do I do that? (R)

A: If you were injured while in the "course and scope" of your employment and work for someone with 3 or more employees in North Carolina, you may have a claim under the North Carolina workers compensation law. As soon as you are able, make sure your employer has notice of your accident and injury. Many employers have a procedure they want you to use in reporting accidents, and you want to be sure you've followed those rules.

North Carolina's workers compensation law also requires you give notice of your accident to the employer or agents of the employer (like a supervisor or someone in human resources). This rule allows the company and its insurance company to properly investigate your claim while the accident evidence is still "fresh" and make a prompt decision about paying or denying your claim. Generally, under the law, you have 30 days to give notice of an accident to your employer, but in my experience the sooner you do this, the better.

Notice can be given by simply discussing the accident with your boss or company manager. However, if you really want to remove all doubt about this notice issue, the law says you can send

your employer a short written letter giving the date, time and other circumstances of the accident. So you can prove the employer actually received this letter, send it by certified mail, with return receipt requested. Keep both a copy of the letter you write as well as the signed green card you'll get back in the mail for your records.

There is one other important issue related to notice. Even if you've given proper notice to your employer, you do not have an unlimited amount of time to make a claim for workers compensation. Generally, if you do not file certain paperwork to report your claim to the NC Industrial Commission (the government agency responsible for administering workers compensation in North Carolina) within 2 years of your accident, you lose your rights to pursue the claim.

The most common way to file is sending a "Form 18" from the Industrial Commission in Raleigh. Ask for this form from your employer or by contacting the Industrial Commission in Raleigh (they may also help you fill out the form). Even if your employer filed something with the Industrial Commission. Many worker's injury claims are quickly and completely resolved. However, if yours does not, make sure you have correctly filed a Form 18 with the Industrial Commission well before the two year anniversary date of your injury to preserve your rights.

Jim Ragan
Attorney at Law



HARRIS RAGAN PATTERSON & RODGERS PLLC
Trial Attorneys
Toll Free: 1-800-858-4808

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