

Monumental Recipes, Volume II

New Kings Mountain Woman's Club cookbook hot off the press

Kings Mountain Woman's Club has published a new 262-page cookbook, "Monumental Recipes Volume II," available at \$20 to the public and chock full of recipes for all occasions.

The easy-to-read cookbook also includes pictures of scenes and buildings in the Kings Mountain area as well as a history of the club, organized in 1905. According to historical accounts of 1902 some of the ladies in Kings Mountain were concerned that the cemetery "was in much disarray" and formed a committee to rectify the situation by beautifying the cemetery with plantings. The cemetery committee realized that other civic items also needed attention and this organization was formed as a Civic League in 1905.

The club uses proceeds from the cookbook sale, from rental of the club building on E. Mountain Street, and from the annual floral fair, yard sale, and Christmas season projects to give scholarships, fund community projects, and for maintenance of the club building.

"The rich tapestry of the past leads to a future of continued service and that's what we do," commented Lois Gamble Blanton, publicity chairman for the club.

Members of the cookbook committee included Linda Appling, chairman, Ann Bennett, Betty Gamble,



Ann Bennett, Woman's Club President Betty Gamble, and Linda Appling, new cookbook chairman, show off "Monumental Recipes Volume II," the club's new cookbook just off the press.

Glenda Shields, Penny Larson, Lois Blanton, Betty Sue Morris and Carol Brazzell.

Some of the recipes from the book follow:

BLACK BEAN DIP
Betty Gamble
3-4 ripe avocados
1 red onion
1 red or orange pepper
1 pt. cherry tomatoes
Cilantro, chopped to taste
2 jalapenos, diced
1 can black beans, drained
1 can corn niblets, drained
1 T olive oil
1 t. cumin
Tortilla chips
Chop fresh vegetables and add the cilantro and jalapenos. Add the drained

beans and corn. Stir in olive oil and cumin. Serve with tortilla chips.

BEST GRAPE SALAD
Carolyn Carringer
2 lbs. green seedless grapes
2 lbs. red seedless grapes
16 oz. sour cream
2 (8 oz) pkgs cream cheese, softened
½ cup sugar
½ cup powdered sugar
1 T vanilla extract
10.5 oz. bag miniature marshmallows
1 c. shredded coconut, optional
1 c. brown sugar
1 c. chopped pecans
Wash and stem grapes, set aside. Mix sour cream,

cream cheese, sugar, powdered sugar and vanilla until creamy. Stir in marshmallows. Fold grapes into mixture. Pour into large bowl. Chill. Mix brown sugar and nuts. Sprinkle over servings. This is very creamy, sweet and addictive!

BRUNSWICK STEW
Mary Jo Stewart
1 can white shoe peg corn
1 med. onion chopped
1 T. red wine vinegar
2 (16 oz.) cans diced tomatoes
1 can Castleberry's BBQ Beef
1 can Castleberry's BBQ pork
1 can (10 oz.) white chicken

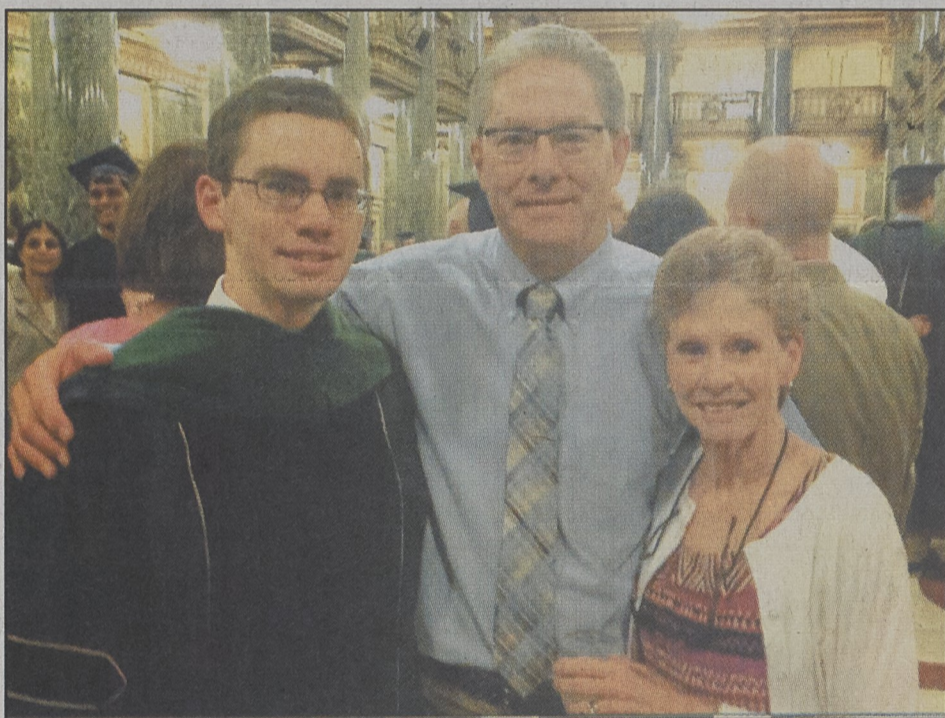
breast chunks, drained
1 can cream corn
1/4 c. BBQ sauce
1 squirt Heinz 57 sauce
Salt to taste
Pepper to taste
Mix all ingredients in crockpot. Add salt and pepper to taste. Cook on high for 4 hours.

POTATO BACON SOUP
Sandra Murphrey
2 ½ lbs. potatoes, peeled and diced
1 med. onion, diced
3 (14 oz.) cans chicken broth
1 can cream of onion soup
1 can cream of chicken soup
1 can cream of cheese soup
3 oz. jar bacon bits
½ t red pepper
Salt to taste
Pepper to taste
Cook potatoes and onion in chicken broth until tender. Whisk canned soups together; stir into potatoes and chicken broth. Add bacon bits and red pepper. Season with salt and pepper. Simmer until creamy.

CHICKEN PARISIAN
Ann Bennett
6 med. skinless, boneless chicken breasts
1 can cream of mushroom soup
¼ c. cooking sherry
½ c. plain yogurt
¼ t. salt
1/8 tsp. pepper
Place chicken in baking dish. Combine all other ingredients, mixing thoroughly. Bake, uncovered at 350 de-

grees for 1 hour.
CROCKPOT CHICKEN
Kay Carlisle
1 cut-up chicken or choice of pieces
1 can cream of mushroom soup
1 can sliced mushrooms, drained
½ to ¾ soup can white wine
Salt, pepper to taste
Paprika to taste
Sprinkle salt, pepper and paprika each piece of chicken. Place in crockpot. Mix soup, mushrooms and wine; pour over chicken. Cook on high for 45-60 minutes. Turn heat to low and leave for work. When you return, the house smells great and all you have to do is prepare minute rice and serve.

CHEESE PIE
Lois Blanton
8 oz. cream cheese
2 eggs
2/3 c. sugar
1 t. vanilla
1 graham cracker crust
1 c. sour cream
2 T. sugar
1 t. vanilla
Soften cream cheese. Beat with eggs, 2/3 c. sugar and 1 t. vanilla. Pour into pie shell. Bake at 375 degrees for 20 minutes or until set. For topping: Beat sour cream, 2 T. sugar and 1 t. vanilla. Spread over pie. Bake at 425 degrees for 10 minutes. Chill well before serving.



Dr. David Wesley Parker, left, his father, David Wesley Parker, and mother, Jody Ham Parker, at graduation exercises at the University of Pittsburgh School of Medicine.

Dr. Parker graduates

Dr. David Wesley Parker II has graduated from the University of Pittsburgh School of Medicine.

He graduated from UNC-Chapel Hill in 2005 and then received his Doctor of Dental Surgery from the Univer-

sity of North Carolina at Chapel Hill Dental School in 2009. Wes is currently enrolled in a 6-year maxillofacial surgery residency program at the University of Pittsburgh Medical Center with two years remaining.

Wes is the son of David Wesley and Jody Ham Parker and grandson of Paul and Dot Ham of Kings Mountain. He is married to the former Allison Buckner of Iron Station, NC.

SECU members award \$10,000 scholarship to KM High student Kellie Jayne Ford

State Employees' Credit Union (SECU) members via the SECU Foundation, presented a \$10,000 four-year college scholarship to Kellie Jayne Ford, a senior at Kings Mountain High School. Kellie is the daughter of Jay and Michelle Ford. This scholarship was awarded for study at North Carolina State University, part of North Carolina's 16-campus University of North Carolina System.

Funded solely by Credit Union members and given based on SECU's philosophy of "People Helping People," the scholarship recognizes the recipient's community involvement, leadership skills, character and integrity, as well as scholastic achievement. The scholarship is provided for tuition and university approved educational expenses over eight consecutive semesters.

State Employees' Credit Union's local Advisory Board member Eric Rhom comments, "Through the SECU Foundation 'People Helping People' Scholarship program, Credit Union members have the opportunity to make a difference in the lives of so many North Carolina high school seniors, helping them pursue and fulfill their educational goals through the University of North Carolina System. Our



commitment to education remains strong as we enter into the 9th year of this great program. On behalf of the SECU Foundation, I am proud to award this scholarship to Kellie Jayne Ford."

Since its inception in 2005, the SECU Foundation "People Helping People" High School Scholarship program has provided \$32 million in scholarships for North Carolina high school seniors.

About SECU and the SECU Foundation

A not-for-profit financial cooperative owned by its members, SECU has been

providing the employees of the State of North Carolina and their families with consumer financial services for 75 years. With 1.8 million members, SECU provides services through 248 branches, 1,100 ATMs, 24/7 Contact Centers and a website - www.nsecu.org. The SECU Foundation, a 501c(3) charitable organization approved by the Internal Revenue Service, promotes local community development primarily through high impact projects in the areas of education, health and human services.

4-H club to offer bear making workshop

The Sassy Scissors 4-H club will offer a free workshop each night of the Bethware Fair June 25-29 to encourage more community involvement with the actual sewing of flannel flat bears that fold up and fit inside a quart-size plastic sealed bag. The bears are donated to the local Fire Departments, EMS and Sheriff's Department to give to children in distress.

The club's "Making Life BEAR-able" community project has been active for eight years and raises funds to pay for the materi-

als for the bears.

Youth and adults are invited to drop by the fair booth and sew a bear. There is a \$10 fee to sponsor a bear, choose the material, name the bear, and decide where it rides, whether on an ambulance, fire truck, or sheriff's car. The club members will embroider the name you choose on the bear, package it and deliver it to your chosen organization.

To make an appointment for the free bear workshop call Jonie between 4-8 p.m. at 704-734-0809.

Sarah Greenlee graduates from Furman University

Sarah C. Greenlee of Kings Mountain graduated May 1 from Furman Univer-

sity in Greenville, SC with a Bachelor of Arts degree.

"A Prairie Home Companion" Radio Stars with appearances on the "Grand Ole Opry" & "Austin City Limits"



Robin & Linda Williams
June 22 8:00pm \$20 advance
Joy Performance Center
Kings Mountain, NC
http://TicketsNC.com
704-472-7762



Appearance Award

Treva Mullinax, a resident of South Cansler Street, was recently presented the appearance award by Town and Country Garden Club. Mrs. Mullinax's yard is filled with spring blossoms, and her porch is perfect to enjoy the view.

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