

NC Air Guardsmen deploy to fight fires



Modular Airborne Fire-fighting System (MAFFS) aircrew and a U.S. Air Force C-130 Hercules aircraft from the 145th Airlift Wing, North Carolina Air National Guard located at the Charlotte Douglas International Airport, Charlotte, have been federally activated to support fire-fighting missions in California.

An aircrew from the 145th Airlift Wing departed last Thursday and is currently supporting fire-fighting operations in California.

A North Carolina Air National Guard C-130 Hercules aircraft equipped with the MAFFS unit departed for California on Friday.

Airmen and MAFFS

units from the 145th Airlift Wing, along with other Air Force Reserve and Air National Guard MAFFS units, comprise the MAFFS Air Expeditionary Group and stand ready at any given time to answer our nation's call to fight fires.

MAFFS are portable fire retardant delivery systems that can be inserted into military C-130 aircraft

to convert them into large airtankers when needed. Military C-130s equipped with MAFFS can drop up to 3,000 gallons of fire retardant on wildfires. They can discharge their entire load in under five seconds or make variable drops.

This photo shows the retardant discharge apparatus being tested. Photo courtesy NCANG.

MUSIC FEST

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Garden members receive free admission to the festival and additional discounted tickets according to their level of membership. Discounted Hillside Theatre Packages are also available to members. A One-Day Hillside Theatre Package includes a concert blanket, a bottle of wine or six beer tickets and a \$10 voucher that can be applied to membership renewal for \$35.44. A Two-Day Hillside Theatre Package also includes two food vouchers for \$56.24.

The festival is free to the general public with Garden admission. Admission is \$12.95/adult, \$11.95/senior 60+, \$6.95/child 2-12, and free for children under age two. Discounted two-day passes are available at \$19.43/adult, \$17.93/senior 60+, and \$10.43/child 2-12. A One-Day Hillside Theatre Package including one ticket is available for \$47.25 and a Two-Day Package for \$74.99.

Tickets and limited-time packages are available in advance online at www.DSBG.org. Hillside Theatre Packages can also be purchased over the phone by calling 704-829-1252. Tickets will also be available at the door.

Bands Featured in Lost Hollow Music Fest

David Holt, who some may recognize as the host of PBS's long-running series *Folkways*, will perform with Josh Goforth, a fiddling virtuoso who learned to play from some of the great innovators of music in the mountains of North Carolina. Holt performed with the late, great Doc

Watson for 16 years, has won numerous awards including four Grammys and has dedicated his life to music and telling the story of the music of the Southern Appalachians.

The 23-year-old Hull first picked up the mandolin at age 8. By the time she was 11, Allison Kraus called to ask her to perform with her on the Grand Old Opry stage. Two years later she signed a record deal and released her first album at 16. She's played the White House, Carnegie Hall and the Kennedy Center and will appear on the Lost Hollow stage with her trio.

Also appearing is Underhill Rose, an Asheville-based trio of women who have recently burst onto the Americana scene with soulful harmonies rooted in folk, bluegrass and blues. The band's album *Something Real* from 2013 made it into the Americana charts and has been critically acclaimed.

Gaston County's top musicians will also be on hand. Cherryville's husband and wife duo Darrin & Brooke Aldridge have placed songs on the Americana, Gospel and Bluegrass charts. The two create incredible vocal harmonies and impeccable acoustic music performances. Mount Holly's David Childers & The Serpents will also take the stage with his unique mix of secular and gospel lyrics and sound. The Avett Brothers' Bob Crawford said Childers is the "most prolific North Carolina song-writer alive." Local band Riverbend, a new group of musicians formed in Eastern Gaston County, rounds out the schedule.



CHICKEN IN A BAG

Stuart Schweppe
chicken pieces
onion salt
garlic salt
celery salt
paprika
Sprinkle desired chicken pieces with the spices and place in brown paper grocery bag, folding edges to seal. Place bag with chicken on cookie sheet and bake at 400 degrees for 1 hour. Children adore this.

BBQ CHICKEN

Jean Sowers
½ cup catsup
1/3 cup water
1 chopped onion
1 heaping teaspoon mustard
1 tablespoon vinegar
1 ½ tablespoon sugar
A-1 Sauce to taste, a few drops
Worcestershire sauce to

(Ed. note- The recipes in today's cooking corner come from Presbyterian Delights published by Shelby Presbyterian Church.)

taste
1 tablespoon chili powder
salt and pepper to taste
combine ingredients. Pour over 2 pound chicken. Bake at 350 degrees for 2 hours.

EASY QUICHE

Nancy Blackley
9 inch baked pie shell
½ cup mayonnaise
2 tablespoons flour
½ cup milk
2 eggs, beaten
1/3 cup chopped onion
½ pound grated cheese
1 pkg. Frozen broccoli, spinach or 1 can tuna or chicken, etc.
partially cook vegetables
Mix mayonnaise, flour, milk and beaten eggs. Stir in onion, cheese, and vegetables or meat. Spoon into pie shell. Bake at 350 degrees for 30-40 minutes or until firm.

HASH BROWN CASSEROLE

Vera Morrison
1 two pound bag frozen hash brown potatoes
2 cans potato soup
1 (8 oz.) Carton sour cream
8 ounces sharp cheddar cheese, grated
½ teaspoon garlic salt
½ cup Parmesan cheese
Mix potatoes, soup, sour cream, cheddar cheese and garlic salt together in a large mixing bowl; pour into a 2 ½ quart greased casserole or 9x13 inch baking dish. Dot with butter Sprinkle top with Parmesan cheese. Bake uncovered at 350 degrees for 1 hour.

PLUM POUND CAKE

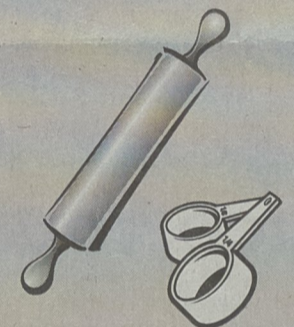
Martha Noblitt
3 eggs
2 jars Gerber's baby food plums
1 cup Wesson oil
1 teaspoon vanilla
2 cups sugar

2 cups self rising flour
½ cup chopped nuts
½ cup Angel flake coconut

½ teaspoon cinnamon
½ teaspoon cloves
Combine eggs, plums, oil and vanilla. Add remaining ingredients to this and mix well. Bake for 1 hour, no more and no less, in pre-heated 350 degree oven.

GLAZE

1 cup confectioner's sugar
juice of 1 lemon
Stir together and glaze cake while it is hot.



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Tricks to eat less

Exercise and healthy eating are the main components to shedding pounds and maintaining that weight loss over the long haul. Although bodies and dietary needs vary from person to person, medical professionals typically advise adults to consume a certain amount of calories per day to maintain long-term health.

The National Health Service advises the average adult male needs approximately 2,500 calories per day to keep his weight constant, while the average adult female needs 2,000. Reducing caloric intake slightly can serve as a catalyst to losing weight. A healthy weight can reduce the risk of certain diseases and conditions, such as diabetes, heart disease and arthritis-related joint pain.

Men and women will find there are dozens of diets designed to help people eat less, and some of these may be more manageable than others. There also are additional strategies people can take to curb unhealthy eating habits, which can contribute to weight gain.

• Drink more water. Dehydration symptoms can mimic the symptoms of hunger. Before reaching for a snack, try a tall glass of water. Also, consume water before a meal and you will be less likely to overeat.

• Use a smaller plate. It's possible to trick the brain into thinking you're eating more

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OUTDOOR TRUTHS

By Gary Miller

Aiming Outdoorsmen Toward Christ



GARY MILLER

One of the ways to get a great cycling workout without going a long distance is to ride to the pinnacle. That may sound like a motivational statement but in my area there is actually a place called the pinnacle. It is within the boundaries of the Cumberland Gap National Historical Park. It is a place where thousands of visitors travel each year to see the spectacular view, hike its trails, and learn about its history. From the visitors center to the pinnacle is only about 3 ½ miles but the elevation gain is almost 3000 feet. This one, big, long hill is a challenge to cyclists to say the least. It becomes even more difficult when her participants decide to repeat the trek multiple times. My personal best is three but I can remember the first time I ever made it to the top. I thought I had won a medal in the Olympics. At my age, speed is not a priority. Finishing is all that matters.

One of the most satisfying moments of these rides comes when, on occasion, some motorist yells their words of encouragement, sticks up their thumb in approval, or claps in appreciation as our paths cross. It never fails that no matter how difficult the past few pedals have been, no matter how much sweat is in my eyes, or how bad I want to get off and walk, I become renewed and strengthened to continue my uphill battle. In those simple, slow, and silent moments, the voice of encouragement screams its value. It is palpable both mentally and physically.

It is my sincere and genuine belief that this ought to be the picture of what happens each time believers gather together on a Sunday morning. I believe it is the business of pastors and parishioners to be people who are constantly showing our encouragement and appreciation for those who have been fighting the good fight of faith. Some of those individuals have had a tough week. They have endured difficulty for simply choosing to follow Christ. And just like my cycling trips, they do it because in the midst of its challenge, there is a love that keeps drawing them to its gratification. I say, at our churches, we replace greeters with clappers and instead of shaking someone's hand, we stand in applause for each one who comes through our doors in appreciation for the faith-feats they do each week. For those who are on the verge of quitting; their resolve would be reinforced and for those who feel as if they are pedaling the journey alone, their strength would be renewed. Encouragement really is a powerful tool. It works on those who struggle the greatest or the least and its power can be released through a card, a word, or even a thumb pointing up from an anonymous passerby. I applaud you today. Now go and see who you can do the same.

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