



The name of Imperial Barber & Beauty Salon was inadvertently left off of the photo last month. We have reprinted the photo in addition to the names.



L to R: Guary Connely, Jr. Owner & Manager, with newcomers Keith W. Speas, Ayana Fulton, Steve D. May, and Arman R. Jones




TRIVITTE'S SPORTING GOODS



LONG KNOWN FOR THEIR WIDE VARIETY OF SPORTING GOODS, TRIVITTES IS READY FOR FALL WITH THESE GREAT GIFT IDEAS!

AUTHENTIC MAJOR LEAGUE BASEBALL APPAREL.


- M.L.B. BATTING PRACTICE JERSEYS BY 

- OVER 250 DIFFERENT TEAM BALL CAPS BY THE BRAND WORN ON THE FIELD BY TODAYS PROS.

- JUST IN: OVER 40 MINOR LEAGUE TEAM CAPS IN ALL

THE HOT NEW LOGOS, MUDCATS, CRAWDADS, & QUAKES, JUST TO NAME A FEW.

CATCH CAROLINA PANTHERS FEVER AT TRIVITTES WITH PANTHER T-SHIRTS, SWEATSHIRTS, JERSEYS AND CAPS.

TRIVITTES IS A CERTIFIED CORTLAND PRO SHOP FOR ALL YOUR FLY FISHING NEEDS. RODS, REELS, LINE AND ACCESSORIES BY CORTLAND, ST. CROIX AND PENN. AS ALWAYS TRIVITTES HAS 

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MON-FRI
9:00-6:00
SAT
9:00-4:00

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OR
760-9277

The AC Phoenix would like to wish the following individuals

HAPPY BIRTHDAY
ROSLYN F. WILEY
HOLLIS WHITAKER
RODNEY SUMLER

HEALTH WATCH

HEALTH WATCH

KNOWLEDGE AND VALUING OUR BODIES PROPERLY

The greatest gift that we have been given is the gift of life. The essence of our very being is housed within this magnificent creation of flesh and blood known as our bodies. Unfortunately, we live in a society that misdirects us and misinforms us in such a way that we place our own bodies at risk.

We take care of our clothes, our pets and our material possessions better than we take care of our own bodies. Knowledge is the principle resource that can help us take better care of our bodies and our health. God, the Creator and Sustainer of all life, has given us direction for taking

care of our health. However, we live in a society that is in opposition to the directions from the Giver of life and as a result we suffer.

It is said that buying material possessions is valued more than getting a simple yearly checkup by a competent doctor. It is sad that watching television several hours a day takes precedence over scheduling a few minutes of exercise that would help keep our bodies and our minds fit. It is also a shame that we put more emphasis on going to movie and listening to music than feeding our minds through the reading of proper books and literature. And it's a tragedy that we overeat, eat the wrong foods, smoke, take drugs, drink alcohol, and take an excessive amount of pills to cope with life's stresses instead of developing the core values and self-control to protect ourselves from these addictions.

Here again, the airwaves can be used to promote a healthy lifestyle among the people. Therefore, monthly the Phoenix will feature a special section that discusses issues on HEALTH.

Diabetic Recipes

1/4 cup peanut butter
1/4 cup skim milk, divided
1/4 cup raisins
4 graham crackers, 2-inch squares
1 teaspoon vanilla
dash cinnamon
Cream peanut butter with two tablespoons milk until well blended.
Crumbs graham crackers. Add with remaining ingredients. Mix well. Shape into balls about 1 inch in diameter and place on aluminum foil or wax paper. Freeze until ready to serve.

Cut in shortening. Add milk to make a stiff dough. Roll dough out to about 1/8 inch thickness. Cut into 1-inch strips or squares.

Chicken and Dumplings

Serves six. Each 3/4 cup serving may be exchanged for 2 medium fat-meat and 1 starch.

1 small chicken, about 1 1/2 pounds
1 1/2 cups water
1/4 teaspoon salt
1/2 stalk celery, about 1/4 cup chopped

1/4 cup chopped onion
Dumplings, recipe follows
Cut up chicken. Remove skin.

Place chicken in large pan. Add water, salt, celery and onion. Simmer 1-2 hours or

until meat is tender. Remove chicken from bone. Return chicken to chicken stock. Bring chicken and stock to a boil. Add rolled dumplings. Cover and boil gently 8-10 minutes.

Dumplings:

1 cup all-purpose flour
1 teaspoon baking powder
1/2 teaspoon salt
3 tablespoons shortening
1/4 cup skim milk
Combine dry ingredients.

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