



It's volleyball time for the community day campers. Workers are fixing the net while eager players watch.

Churches Sponsor Youth Day Camp

A community Day Camp is being sponsored by Della-brook Presbyterian Church, Highland Presbyterian, and St. Paul's Methodist. All are contributing to provide activities for youngsters.

Youngsters from the ages of six to 12 years-old meet in the Dreamland and Winston Lake areas from 9 a.m. to 12 midday Monday thru Friday. The group of 31 campers

engage in such activities as nature walks, arts and crafts, field trips, swimming, drama, hikes and story-telling. Every Tuesday the group also attends movies.

A steering committee made up of representatives from the sponsoring churches comprise the Youth Energy Network. Community members also help with administering the program.



FISHING

For Pleasure and Relaxation

By George Boole

Swollen streams mean high waters in the lakes. High waters which flood shoreline weeds and grasses attract fish who strike it rich on a bonanza of drowned insects. High waters have a tendency to frighten off fishermen who do not realize the advantages presented by flooded conditions. Evident of this fact is that only a few fishermen, old timers, fish and prove that such conditions are productive.

You can beat the heat and still catch fish by being on the lake at daybreak and fishing until 10 or 11 o'clock in the late morning, or going on the lake by 6 p.m. and fishing into the night. Barring the mosquito bites, fishing should pick up as the night goes on. An insect repellent can minimize the annoyance of flying bugs.

"Luke" Nesmith, returning from a vacation, said he a blank at Santee Cooper. There were high waters everywhere, and no one to go on the lake with him. It seems



Louis Perry, 851 Camel Avenue, was not Phased by rains and high waters.

that everyone was tied up trying to save the almost devastated crops. The rains had played havoc with the crops in South Carolina. Santee affords some good fishing for the game fishermen. The lake is well stocked with striped bass, largemouth, and crappie. If you ever hit Santee, for the first time, it is

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Nutrition

By

Anita Shabah

Freshness is the only determining factor of quality in fish. A fresh fish never smells fishy or tastes strong. Below are some pointers to look for in buying fresh fish:

1. Its flesh is firm and springy. When pressed lightly with your fingers, no indentation remains.
2. The skin is firm and smooth.
3. If you buy whole fresh fish make sure the eyes are bright and bulging.
4. The gills should be pink and scales tight, bright and shiny.
5. By buying frozen fish all these signs are impossible to determine how old the fish really is.
6. Fresh fish is usually packaged and shipped on ice and should be displayed this way in fish markets or stores.
7. If you suspect fish has been frozen, do not buy it. Once defrosted, fish are not good to eat.

Broiled Fish and Lemon

1 lb. white fish, pike, or trout
Salt and Pepper
2 tablespoons butter or margarine for grilling
5 tablespoons lemon juice

Line a broiler pan with aluminium foil. Place fish on the foil, season with salt and pepper and dot with butter or margarine. Broil fish for 5 minutes, turn over, and broil for 5 minutes longer. Serve broiled fish immediately, sprinkled with lemon juice. Serves 4 persons.

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