

Enjoy those picnics -- but be aware of picnic safety

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During the summer months one of the most relaxing, enjoyable and hassle-free meals for adults and children is a picnic.

The main thing to keep in mind in planning and preparing for picnics is the food safety aspects of preventing food poisoning. Because picnics take place outside, away from the refrigerator, stove and other home conveniences, it's harder to keep hot foods hot and cold cuts cold.

A cooler full of ice is a must for potato salad, macaroni salad, ham, hamburgers, hot dogs, lunch meat, cooked beef or chicken, deviled eggs, custards or cream pies.

The cooler should be well insulated and packed with ice, or you can use a freezer pack insert. Cold drinks in cans help keep other foods cool, too.



Falls

When possible, place the cooler in the shade. Keep the lid on as much as possible.

Teacher certificate renewal classes set at Sawtooth

There will be six workshops at the Sawtooth Center for Visual Design between July 20 and 27.

State Department of Public Education Certificate Renewal Credits are available for most classes offered at Sawtooth. The week of July 24 has been scheduled with three short-term classes planned to help teachers obtain necessary credits in a concentrated period of time. A \$10 fee is required for processing forms and the office must be notified in advance by persons desiring credit.

Art for the Elementary Classroom Teacher is a week-long class geared toward the integration of art education in the non-arts curriculum. Teachers will explore lesson plans for two-part projects in a wide range of materials designed to inspire student creativity. The workshop will meet Monday through Friday from 9 a.m. to noon. The fee is \$60.

The third class offering teacher renewal credit is a three-day beginning stained glass workshop which meets Tuesday, Wednesday and Thursday, July 25 to 27, from 9 a.m. to 1 p.m. Students will complete a small stained glass panel while learning basic techniques of glass cutting and construction with copper foil and lead. The fee for the class is \$39.

Preregistration is required for all workshops.

N.C. SCLC plans statewide meeting

The North Carolina Chapter of the Southern Christian Leadership Conference will hold a statewide conference July 20 to 22. The conference will be held at St. Stephen AME Zion Church, 1012 Leonard Ave. in High Point.

Speakers scheduled during the conference will include the Rev. Joseph Lowery, national SCLC president; Bennie Roundtree, N.C. SCLC president; Dr. McLouis Clayton of Shaw University; and Stedman Graham, president of Graham/Williams Group of B&C Associates in High Point. The Rev. W.E. Banks is the convention coordinator.

The SCLC is a non-profit, interdenominational advocacy organization dedicated to utilizing the principles of non-violence as a strategy for bringing about social, economic and political justice.

The SCLC was founded in 1957 by Dr. Martin Luther King Jr.

Anyone interested in attending the conference may register at the church Thursday, July 20, at 10 a.m. The cost for adults is \$5 and the cost for children is \$2.50.

Put perishable foods back in the cooler as soon as you finish eating. Don't leave them out while you go for a swim or a hike.

When possible, put the ice chest in the passenger area of the

car for the trip home. It's much cooler than the trunk. If you were gone no more than four or five hours, and your perishables were on ice except when cooked and served, you should be able to save the leftovers.

If toddlers are included in the picnic, supervise mealtime. Toddlers who do not chew food well can choke when they try to swallow large particles.

Keep children seated. Cut

meat and other bulky foods up for them while serving.

Watch carrots, celery sticks, grapes, apples, cookies and nuts, too. Cut or crumble these into pieces too small to block the child's throat.

If there's no water faucet available, use disposable, wet handwipes to clean your hands before working with food. Leave paper cups in the plastic bag until you are ready to pour the beverage.

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<p>16 Oz. - Phillip's PORK & BEANS</p> <p>3/99¢ </p>	<p>16 Oz. - Quaker OATMEAL BRAN</p> <p>\$1.29</p>	<p>10 Ct. - Reg./Southern Style BIG COUNTRY BISCUITS</p> <p>2/\$1 </p>	<p>8 Oz. Yogurt - Assorted Flavors LIGHT N' LIVELY 100</p> <p>3/\$1</p>
<p>15 Oz. - ABC-123's With Meatballs/ Beef O'Getti/Beef-A-Roni/Dinosaurs With Meatballs/Beef Ravioli/Mini Ravioli/Roller Coasters/Spaghetti With Meatballs/Tic-Tac-Toes With Meatballs CHEF BOY-AR-DEE PASTA</p> <p>79¢ </p>	<p>16 Oz. - 20 Ct. Color DIXIE PARTY CUPS</p> <p>99¢</p>	<p>25 Lb. - Purina DOG CHOW</p> <p>\$6.99 </p>	 FOOD LION

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Lewisville-Clemmons Rd. - Clemmons
DELI/BAKERY AT: 703 Jonesville Rds./Westchester Plaza
 100 Bermuda Quay - Advance

592 Hanes Mall Blvd./Highland Oakes S/C
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