

WORD ON THE STREET

EDITOR'S NOTE: Each week, we are venturing out onto the streets of Roxboro looking for Personians to feature and to answer our question of the week for one of our newest features, Word on the Street. This week, we stayed within the confines of The Courier-Times and quizzed some of our full-time and part-time employees.

THIS WEEK'S QUESTION:

WHAT ARE YOUR SUMMER VACATION PLANS?



SANDRA COGHILL

"We are going on a family vacation to White Lake. This will make 21 straight years we have vacationed there."



KEISHA LYONS

"My summer plans actually include taking my children to Kings Dominion and also relaxing with them."



GREY PENTECOST

"I have not made any plans yet, but hopefully I will be planning something soon."



MARGIE STRANGE

"My plans are to possibly go to the beach later this summer."

LOOKING BACK

From the files of The Courier-Times

JUNE 5, 1961

The "Hat Making Workshop" held recently at the Home Economics Agent's office on Madison Blvd. was a huge success with more than 275 persons visiting the "Hat Show Off," Annie M. Tuck, Home Ec. Agent said today.

Fifty-two hats were made of straw and of the latest spring and summer colors.

A bowling meeting will be held Wednesday, June 7 at 7:30 p.m. at the Peoples Bank in Roxboro.

This will be the final meeting to enter a team in the Person County Bowling League, according to Vernon Huff, chairman of the league.

Four teams have been formed in the league so far and two to four more teams are urgently needed.

The teams so far are the Peoples Bank, Collins & Aikman, and Roxboro Saw Co.

JUNE 2, 1986

Person County's new Emergency & Veterans Service is shaping up on its West Barden Street Site.

The Piedmont Technical College Foundation presented 21 scholarships at the Student Government Association Awards Night on May 28 on the college campus.

JUNE 2001

Elizabeth Z. Duncan, a North Elementary School teacher will participate in a program sponsored by the Museum of

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DO YOU KNOW THESE PEOPLE?



This week's photo features the former Roxboro Mills softball squad. The picture was reportedly taken in the early 1960s. Do you know any of the members of the team? If you know some or all of the members of the team, you can send your guesses via e-mail to tchandler@roxboro-courier.com. The names of the team members will be published in the Wednesday, July 20, edition. If you have a photo you would like to submit, you can do so by sending it to the e-mail address listed above. Photos can also be mailed to The Courier-Times, P.O. Box 311, Roxboro, N.C., 27573 or they can be dropped off at The C-T office at 109 Clayton Ave.

Veggie burgers & squash pudding – yum, yum

We all know that living a healthy lifestyle takes some grit and self-discipline, but it can also be fun, especially when you have other people come alongside you in moving toward similar goals.

While my coworker Tara Dickerson and I have both been working on combining healthy eating habits with exercise for the past several months, we've recently joined forces and embarked on some fitness adventures together.

In addition to getting together to exercise, we've been teaming up to cook nutritious meals, and try some new recipes.

One evening we had a snack night and made guacamole from scratch, which I had done before, but this was a new recipe.

I was worried the whole dip would be botched when we discovered the avocados I'd picked out were too hard.

Fortunately Tara had some kind of masher that was much more effective than a fork. It ended up being a tasty creation we were extremely proud of.

Most recently we made our own black bean veggie burgers. I had never had these homemade, and the last time I'd eaten a restaurant veggie burger was several years ago, and I was unimpressed. However, I thought the ones we made were delicious.

The real intrigue of that night's meal for me was the dessert – squash pudding.

When Tara first mentioned it to me I thought the dish would be somewhat savory. But when I learned that the ingredients included vanilla extract, sugar and a topping of ice cream or cool whip, I couldn't help but be amused. Who ever heard of squash for dessert?



GREY'S MATTER

GREY PENTECOST

I love corn pudding, but in my mind this was taking it to another level.

I enjoy (sometimes deviously) introducing people to new, slightly unusual, foods.

However, this time I was excited to be on the other end of the venture.

While Tara tried to bring to mind all the ingredients and measurements called for in her grandmother's recipe, we made some substitutions and worked to bring about the desired flavor. By the time we were done we'd added enough natural sugar substitute, along with a bit of real sugar, to keep an ant happy for years. Furthermore, the bowl of creamy squash had so much vanilla extract in it the smell of vanilla flooded the kitchen.

Nonetheless it was a success, and we both enjoyed heaping bowls. Once Tara gets the exact recipe I hope to add it to my collection.

I think between the two of us, we'll be able to come up with many more fun tools for healthy living.

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