

LIFESTYLE
A Pinch of This and a Dash of That

By Jill Hatton

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This is the middle of January. Have you already broken some of your New Year's resolutions?
Hopefully not, but in case you have been some by now...

than a standard three ounce serving.
Once you see what you are really eating, then you can decide how to eat healthier.

Split Pea Soup
1 large onion
3 tablespoons margarine or butter
1 and 1/2 cups dry split peas
6 cups water
1 teaspoon salt

grams total fat; 1 gram saturated fat; 1.5 grams trans fat; 32 grams carbohydrate; 19 grams fiber; 9 grams sugar; 12 grams protein

Tortellini Soup
1 cup dried beans, Great Northern
1/2 cup green split peas
2 tablespoons dried parsley flakes
2 cucumbers
2 oranges

Nutrition Facts: Serving size: 1 and 1/2 cups soup (1/6 of recipe)
Total Fat: 2 grams; Total Protein: 11 grams; Protein: 13 grams

A Simple Mexican Salad
2 cucumbers
1 lemon or lime (the juice)
1/2 teaspoon chili powder
1/2 teaspoon salt
1 Wash the cucumbers, oranges, and lemon or lime under cold running water.

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Thoughts from... the Pastor's Study

By Bro. Ernie Carmickle

Carlie ULMC
I feel impressed upon to share a subject with you that most people would rather not think about.

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Community Calendar

AA meetings held
AA meetings are held every Tuesday at 8 p.m. except the third Tuesday of the month at 7 p.m. in the Community Room of the Nicholas County Health Department.

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DAN CUMMINS
Bill Scaff
Dana Cummins

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Dorothy E. Hamilton

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of Woody's Auto Repair and Body Shop, announced by the late Mr. J. M. Cochran passed peacefully on Monday, January 14, 1983.

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