

Wednesday Evening June 18, 2008. Table listing various events, times, and locations.

Thursday Evening June 19, 2008. Table listing various events, times, and locations.

Friday Evening June 20, 2008. Table listing various events, times, and locations.

Saturday Evening June 21, 2008. Table listing various events, times, and locations.

Sunday Evening June 22, 2008. Table listing various events, times, and locations.

Monday Evening June 23, 2008. Table listing various events, times, and locations.

Tuesday Evening June 24, 2008. Table listing various events, times, and locations.

Wednesday Evening June 25, 2008. Table listing various events, times, and locations.

LIFESTYLE A Pinch of This and a Dash of That

By Jill Hutton EFNEP Program Assistant... The green beans, zucchini, and cucumbers are in full bloom...

- 2.) In a large saucepan, boil 3 quarts of water... 4.) Heat a large mound of skillet over medium high heat...

Source: Adapted from Food Family USFDA... Team Nutrition... Smothered Greens... 3 cups water...

4.) Add greens to turkey small pan... the stewed tomatoes used a small pan... 3.) Add the rice, canned beans, and seasonings...

Delicious Greens... 1/2 pound mustard or collard greens rinsed, stems removed and coarsely shredded... 2 cups shredded cabbage...

Seared Greens... 1 and 1/2 pounds kale or collard greens... 2 tablespoons vegetable oil or olive oil... 4 chopped garlic cloves...

Source: Adapted from Cooking Demo #1, p. 166 Food and Health Communications, Inc. http://recipfinder.nal.usda.gov

Nutritional Information: Serving Size: 1 and 1/2 cups. Calories: 90; Total fat: 4.5 grams; Total carbohydrate: 10 grams; Dietary fiber: 3 grams...

OBITS Continued from Page 3... Nephews served as cash-collaborers... Memorial contributions are suggested to the Grand Haven Nursing Home Activities Fund...



Grid of car advertisements for models like '95 Chevy Tahoe, '98 Jeep Gr. Cherokee, '03 Chevy Suburban, '03 Chevy Tracker, '05 Pontiac Grand Am, '72 Chevy C2500, '03 Jeep Gr. Cherokee, '03 Dodge Durango, '06 Chevy Express, '99 Chevy Silverado, '03 Jeep Gr. Cherokee, '05 Buick LeSabre, '05 Dodge Magnum, '06 Dodge Caravan, '05 Pontiac G6, '04 Chevy Tahoe, '03 Dodge Ram, '05 Chevy Silverado, '04 Audi A4 Turbo, '07 Chevy Silverado.

Financial services advertisement for Rita Robbins. Text: 'Bad Credit? No Credit? Medical Bills? Divorce? Bankruptcy? No S Down?' and contact information: (800)272-0205, (859)234-2032.