

IREDELL COUNTY SCHOOL MENUS

These meals will be served in all Iredell County and Statesville schools and during the week beginning May 20. A salad bar is available during lunch at all schools, and milk is served with all meals.

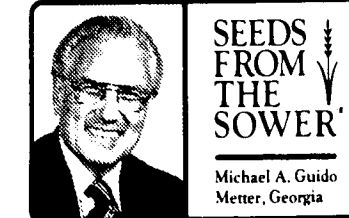
Monday
Breakfast — choice of fruit juice, choice of dry cereal or waffles with syrup; lunch — taco's, hot dog w/ chili, slaw, lettuce & tomato, potato rounds, choice of fresh fruit.

Tuesday
Breakfast — choice of fruit juice, choice of cereal or french toast/syrup, buttered toast; lunch — sausage pizza, tuna salad on lettuce/crackers, chicken nuggets, corn, lima beans, french fries, pineapple tidbits, school baked bread.

Wednesday
Breakfast — choice of fruit juice, choice of cereal or buttered biscuits, buttered toast; lunch — lasagna, sloppy joes w/ bun, slaw, tossed salad, green beans, french fries, peaches, school baked bread.

Thursday
Breakfast — choice of fruit juice, choice of cereal or sausage biscuit, buttered toast; lunch — turkey chow mein over chinese noodles, cheeseburger/bun, lettuce, tomato, pickle/onion, french fries, buttered carrots, applesauce.

Friday
Breakfast — choice of fruit juice, choice of cereal or blueberry muffin, buttered toast; lunch — chicken fillet sandwich, country style steak with rice & gravy, broccoli w/ cheese sauce, lettuce & tomato, french fries, slaw, peaches, school baked roll.



SEEDS FROM THE SOWER
Michael A. Guido
Metter, Georgia

A professor said to his class, "If you get this in your head, you'll have it in a nutshell."
But the Psalmist was more anxious to get it in his heart. He said, "Thy Word have I hid in my heart, that I might not sin against Thee."

Here's the plan: "Thy Word have I hid." This doesn't mean to bury it, but to believe it and behave it.

Here's the place: "In my heart." It's good to have the Bible in your home, it's better to have it in your head, but it's best to have it in your heart.

Here's the purpose: "That I might not sin." There are aids for reading the Bible, but there are no substitutes. A chapter a day will keep Satan at bay.

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SUNDAY SERVICES
10:00 AM — Worship Service
11:00 AM — Bible Study
12:00 PM — Lunch

Prospect Presbyterian Church,
Hwy. 152,
Mooreville 664-1514
Fieldstone Presbyterian Church,
804 Fieldstone Rd.,
Mooreville 663-2188
Rocky Mt. United Methodist
Church, Perth Road,
Mooreville 663-3525
First Foursquare Church Of
Mooreville, Parker Ave.,
Mooreville 664-2444
Jehovah's Witnesses,
Hwy. 115 North,
Mooreville 664-4145
Broad Street United Methodist
Church, 355 S. Broad St.,
Mooreville 663-2161
Centenary United Methodist
Church, Centenary Church Rd.,
Mooreville 663-2298
Central United Methodist
Church, 214 N. Academy St.,
Mooreville 664-5429
Fair View United Methodist
Church, Charlotte Highway,
Mooreville 664-2880
Faith United Methodist Church,
430 Patterson Ave.,
Mooreville 664-5493
Jones Memorial United
Methodist Church,
648 West Park Avenue,
Mooreville 663-3683
Morrow's Chapel United
Methodist Church,
Brawley School Rd.,
Mooreville 664-2646
St. Paul United Methodist
Church, Cornwell Rd.,
Mooreville 663-5431
Triplet United Methodist
Church, Mazeppa Rd.,
Mooreville 663-4619
Vanderburg United Methodist
Church, Statesville Highway,
Mooreville 663-1690
Church Of The Nazarene,
135 E. Wilson Ave.,
Mooreville 664-4216
Ark Presbyterian Church,
650 Carpenter Ave.,
Mooreville 664-1273
Centre Presbyterian Church,
Centre Church Road,
Mooreville 664-3160
Liberty Baptist Church,
Johnson Dairy Road,
Mooreville 663-6320
The Lakeside Fellowship,
Williamson Road,
Mooreville 663-6775
Faith Presbyterian Church In
America, Faith Road,
Mt. Mourne 892-1082
Coddle Creek Associate
Reformed Presbyterian Church,
Coddle Creek Road,
Mooreville 663-1020
Reid's Memorial United
Presbyterian Church,
366 N. Broad St.,
Mooreville 663-1803
New Life Christian Fellowship,
Williamson Road,
Mooreville 664-3800
McKendree United Methodist
Church, McKendree Church Rd.,
Mooreville 663-5111
Peninsula Baptist Church,
Brawley School Road,
Mooreville 664-2958

Church Directory

St. James Episcopal Church
Shinnville Road,
Mooreville 664-3828
Missionary Methodist Church,
307 Clover Street
Mooreville 663-4282
Community Baptist Church
Langtree Road,
Mooreville 892-3574
Knox Chapel United Methodist Church
Amity Hill Road,
Cleveland 278-4838



INDELIBLE IDENTITY

The fingerprint — that one physical characteristic common to all of us, yet different in each of us. Before our birth, God gives this unique mark to every human being He creates. We do not choose our fingerprint. It is given to us in its final form. It is the indelible identity of our physical selves.

God has also given an undeveloped potential with which we may give birth to other personal identities. Here, we do have a choice — free will. It is up to each of us whether we will choose to further our talents and abilities. An artist, a writer, a musician, a teacher, an athlete — there is a myriad of possibilities.

As you worship God this week, pray that He will guide you to realize and develop your particular gift, and to use it for His glory. Choose to leave your mark on God's world. Nurture your own indelible identity.

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Luke 6:46-49	Luke 7:36-50	Luke 9:57-62	Luke 10:1-12	Luke 16:26	Luke 12:35-48	Luke 14:25-33

Scriptures Selected by The American Bible Society

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Mooreville Roofing and Heating Co. 450 N. Broad Street	Gibson Brothers 275 N. Main St. Mooreville Ph. 664-1172 GIBSONSON — RICK GIBSON Take Your Family To Church This Weekend	All Season Tanning Enjoy our safe, comfortable private tanning suites Hours: Mon.-Sat. 10:00 am-10:00 pm 664-9370 or 664-3232 located at Kiosk, Brawley School Road & Hwy 21 S.	Iredell Health & Nutrition Specializing in all types of health food diets, all natural family groceries Hwy. 150 at I-77 127 N. Main St. MOORESVILLE 663-4741

Proper Nutrition Begins With Good Information, Will Power

Many people fighting the "battle of the bulge" tell me that they have learned to eat nutritious, low-fat meals during the day, but that their evening snacking keeps them from winning the battle. If you really want to change an evening snack habit, the first question to ask yourself is whether you are eating because of physical hunger or just desire or habit. If you are not truly hungry, then a three-step strategy can help you beat the habit.

Many people use eating as their only outlet for boredom, stress, or emotions. Thus, it is very important that you learn other ways to relax and reward yourself. Renew that forgotten hobby or begin a new one. Take a walk, or turn on the stereo and dance. Make a stop at the library for pleasure reading material, a regular part of your schedule. What other non-food pleasures can you think of? Do something nice for yourself daily, even if only for fifteen minutes.

Second, establish some rules that help make snacking an act you're conscious of, not something that just happens without you even noticing that you're suddenly eating again. One good and easy rule is that if you do eat outside of mealtime, it must be in one particular spot. The kitchen table, for example, is a good spot, but in front of the TV or in bed is not. Allow yourself to eat only when you sit in your chosen spot, and only from a plate, not from a box or bag of food. You will be amazed how more aware this will make you of your snacking and at the effect this has on your eating if you stick with it carefully.

Third, make having a snack a conscious decision. When you get the urge to eat in the evening, say "Okay, but first I will wait ten minutes." Then before you eat, force yourself to answer three questions: "What's going on?" "What do I feel?" "Will eating help?" Who knows? You may choose to do something else.

Q: Are there certain foods that will speed up my metabolism to help me control my weight?
A: Unfortunately, no such magic foods exist. But according to Dr. C. Wayne Callaway, an expert in the weight-loss field, there are things you can do to keep your metabolism running at a healthy level.

An important one is to make physical activity a regular part of your lifestyle. A twenty-minute walk three or four times per week, regular sports participation, dancing, or simply doing more walking than driving or escalator-riding, can all help. Second, eat at least three well-spaced, balanced meals every day. Don't skip meals! Forcing your body to go for a long period without any food, or trying to get by on just a piece of fruit or a cup of coffee, simply tells your body to slow down its metabolism and burn less calories.

And finally, Dr. Callaway urges dieters to remember that the lower the calories in your diet, the more your metabolism will slow down to compensate. Therefore, losing weight on a healthy, lowfat diet may be a little slower, but in the long run that weight loss will be easier to maintain than fast loss from a very restricted diet.

"Nutrition Notes" is provided as a public service by the American Institute for Cancer Research.

EVERYBODY'S SCIENCE

A Service of the U.S. Department of Agriculture

Consumers can enjoy the nutty flavor of brown rice a little longer, thanks to a new process that stretches the rice's shelf life. Depending on how it's packaged, brown rice normally has an average storage life of about six months before turning rancid," said research chemist Elaine T. Champagne of USDA's Agricultural Research Service. "Consequently, consumers don't have access to as much brown rice as they do to the less nutritious white rice."

Now Champagne and co-workers have developed a process using ethanol to prevent brown rice from turning rancid. Bran from the outer layer of the brown rice kernel contains dietary fiber, protein, carbohydrates, minerals and vitamins. But it also contains enzymes that can break down oils in the bran, causing rancidity.

Champagne said ethanol can be used to deactivate those damaging enzymes. The ethanol treatment roughly doubles brown

rice's shelf life to at least a year. Champagne and co-inventors Robert J. Horn Sr. and George Abraham of ARS' Southern Regional Research Center at New Orleans have filed a patent application on the ethanol process. Only 18,461 metric tons of brown rice were used for food in the United States in crop year 1988-89, compared with 848,226 metric tons of white rice, according to a USDA survey. Brown rice stabilized by ethanol retains its nutritional value and has the appearance and cooking properties of natural brown rice, Champagne said. The treatment also reduces bacteria and mold in brown rice, she added.

Other ways to stabilize brown rice use moist or dry heat, parboiling or precooking. But these methods can alter rice kernel appearance and texture of the cooked product and remove valuable nutrients, Champagne said. (Agricultural Research Service, U.S. Department of Agriculture)

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