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Happy Birthday USA

Don't Forget The Winslow 4th Of July Celebration

Don't spend your money on expensive gas when you can see one of the Best Fireworks Shows right here in your own Hometown.

Make your plans now to join all your friends and neighbors at Winslow Ball Park to celebrate our Nation's Birthday.

There will be games, live music, lots of good company, plenty of visiting and best of all will be the fantastic fireworks display that gets better each year.

The Friends of the Library will open the Concession Stand at 5:00 PM with Hot Dogs, Nachos, Dill Pickles on a stick, Tea, Sodas, Ice Cream Bars, and several other munchies.

Storytime

Storytime at the Winslow Library continues until July 23rd. All K-6 kids are invited to attend and enjoy a fun filled hour with Ms Sherry every Thursday morning at 10:00 AM. Younger children may attend with parental supervision.

If that won't fit into your schedule the other rural libraries have Storytime at different times and days. Check it out and don't miss this great opportunity.

Recycling On

There will be Recycling on the 4th of July, 9:00 - 12:00 so be sure to gather up all your recyclable items and bring them down to pick-up units.

Bible School

There are two churches scheduling Summer Bible School in July. Winslow Assembly of God has scheduled Crocodile Dock from Monday, July 20 to Friday, July 25 from 6:30 to 8:30 PM.

Winslow First Baptist Church is presenting "Hop on Board the Boomerang Express" Sunday July 26 until Thursday July 30 from 6:00 to 8:00 PM.

There is more information in the Flyers in this paper.

Meetings

Winslow City Council 2nd Mon @ 7:00 pm

WCDC board 2nd Tue @ 7:00 pm @ Winslow Library Conference Room

Ozark Folkways Guild Board 3rd Sat @ 1:00 pm

Winslow Home Ext 3rd Tue @ 1:00 pm

Boston Mountain Quilters Ozark Folkways 10:00 a.m. Mondays Potluck Lunch

BMFD Board Meeting 2nd Thurs @ 7:00 p.m.

United Methodist Women 1st Mon. 10 a.m. at the church.

BMFD meets 1st & 3rd Monday at 7:00 p.m. at BMFS

Friends Of The Library 1st Tuesday at 7:00 pm at Winslow Library.

Baptist Women 1st and 3rd Monday at 1pm at FBC.

Wool & Wheel Hand Spinners 3rd Saturday 10am at Ozark Folkways.

4-H Club 4:15 pm @ Boston Mountain Fire Station Wed

Community Meals Board 2nd Mon 4:00 pm at the Winslow Community Meals Building.

Goat Keepers 3rd Thursday 6:30 PM. Fellowship Baptist Church. Call Geri Ramsfield 479 409-8230 for more info

Winslow Library Hours: Tuesday, Wednesday, Thursday, & Saturday 9:00 AM to 5:00 PM



Birth Announcements

Didn't get the information in time for this month's paper.

Mexican Buffets At Sky-View Lodge

Many of our patrons have been asking when we will hold the next Mexican Buffet. We thought it would happen in July but our boys have been invited to play on an All Star baseball team. The seemingly endless baseball season will not end now until mid-July. We will be gone in early to mid-August so we are looking at September for our first buffet. Thank you for your patience with us and our active family. We will keep you informed when the next buffet will take place.

Your hosts,
Glenn and Janice



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Affiliated Foods Southwest



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Pense Family Reunion

July 25, 2009.

The Pense Family Reunion will be held Saturday, July 25, 2009 at Lake Fort Smith State Park Pavilion.

Bring your lawn chairs and a food dish.

If you sing or play, bring your musical instrument or just come relax and enjoy lots of good company.

Come Early Stay All Day!!

Please RSVP

For more information and RSVP you can email:

Debbie dhudson@uark.edu
Joan joanpense@centurytel.net
Gena gpense@greenland.k12.ar.us

or call or write Joan Pense at P.O. Box 255, Mountainburg, AR 72946 Telephone 479-369-2414

Greenland S.O.S. Yard Sale

By Ginger Fritch

June 13th, we started selling at the Greenland "Save Our School" Yard Sale before 7:00 AM and kept up a steady stream until 5:00 PM. It was a big success. I'd like to thank all you kind souls who made donations, all the shoppers and the dozen or so tireless workers who kept everything running smooth.

A very special THANKS to the Baptist Women of Winslow who donated all we could stuff into my great big van and to J. R. and Celeste Jenkins who filled the same van with all sorts of great merchandise for our sale.

S.O.S. took in \$762.22 and donated the few things left to a charitable organization at one of the local churches. Nothing was wasted.

We are looking forward to doing this again in the fall. How about October 10th? Start saving for this sale now!!!

PUPPIES TO GIVE AWAY

FREE TO A GOOD HOME LAB-HEELER MIX PUPPIES 13 WEEKS OLD. HAND-RAISED, GOOD WITH CHILDREN, CATS, AND OTHER PUPPIES. CALL 479-634-2111 OR 479-502-4131.

The Rains Did Fall And So Did Hwy 71

By Jo Kyle

The Big Flashing Sign at the bottom of the mountain near the entrance on Hwy 74 to Winslow says"

"Road Closed 10 Miles".
"State Park Open"

According to the Arkansas State Highway Department, the heavy rain we had this spring caused the east lane of the highway to slide off the mountainside about 10 miles south of Winslow and about 2.5 miles north of Mountainburg. The traffic was cut down to one lane at first but now the slide has extended into the one lane that was open on the west side of the road. The road is now closed. This is causing a lot of inconvenience and expense for people who live on the Winslow side of the road closing and work south of Winslow in Ft. Smith, Alma or Van Buren etc. An article in the Arkansas Democrat Gazette on June 24 2009 mentioned the problem for fire crews and emergency units coming from the south to answer calls on the north side of the closing. They are working on how to solve that problem.

It is also affecting tourism to Lake Ft. Smith and Artist Point coming from the south. Travelers with large RVs have to go to West Fork, get off I-540 and come back south to get to Lake Ft. Smith State Park. The Highway Commission is estimating about 2 weeks time frame to fix the problem. In the meantime try not to schedule activities or shopping in the Ft. Smith/Alma area unless you plan to take I-540.

Fun at the Park

By Ginger Fritch

Saturday evening, June 20 a bunch of local friends got together to create quite an evening for everyone who attended.

Darrell Center showed up with enough BBQed bear and wild boar to feed a small army. There were quite a few who brought drinks and side dishes. Then Jesse Dean and his band Left of Center kicked up some real wild music to entertain the masses and to promote their new album "Theory of Revolution".

The ballpark was pretty full and everyone seemed to be having lots of fun. If you weren't there, you missed a fun, relaxing evening all at no charge.

Jesse's new album is really special. If you haven't bought yours yet, you should hurry before they are all sold out.

Thanks to Jesse and all his friends for helping to make Winslow a great place to live.

If at first you don't succeed, skydiving is not for you.

WINSLOW LOVED ONES WE HAVE LOST

Kenneth Wayne Butler (March 31, 1971 - June 6, 2009)

Kenneth Wayne Butler, 38, of Sunset, died Saturday, June 6, 2009. He was born March 31, 1971 in Fayetteville, Arkansas, the son of Larry Kenneth and Loretta Wright Butler.

He was a truck driver who loved to hunt and fish with his sons. He was preceded in death by mother, Loretta Bohannon and infant twin brothers.

He is survived by: His wife: Kelly Butler and their sons, Austin and Aubrey Butler of the home His father: Larry Butler of Rogers A brother: Christopher Butler of Rogers

Funeral service was held at Friday, June 12 at Unity Covenant Church in West Fork. Officiating will be Chaplain Delmar Ferrell and Rev. Brian Bowerman Burial was in Sunset Cemetery, under the direction of Moore's Chapel

Pallbearers were Christopher Butler, Rick Shepherd, Travis Eddings, Robert Bayliss, Bill Kelley, William Kelley, Clint Kelley and Raymond Day. Honorary pallbearers will be Dalton Shepherd, Hunter Eddings, Weldon Eddings, Billy Eddings, Coy Eddings, Robert Eddings, Steve Hensley, Ron Lowery, Jason Cole and Jack Guinn.

In lieu of flowers, memorials may be made to the Austin and Aubrey Butler Contribution Fund c/o Arvest Bank P. O. Box 1327 Fayetteville, AR 72702 Acct. #0039979610

Viola "Polly" Caveness (April 10, 1913 - June 14, 2009)

Viola S. Caveness, 96, originally of Winslow Arkansas, passed away June 14, 2009, at White County Hospital. She had made Beebe, AR her home for the last several years.

She worked along with her husband for over forty years at Burns Gables Restaurant on Hwy. 71 in Winslow.

Viola was preceded in death by her husband Kenneth; her parents, Washington Ervin and Cora Etta (Ellis) Stone; sister Faye Neal; brothers Bedford, Louis, Clarence, Elton and W. C. (Top) Stone.

She is survived by her caregivers, her nieces Jean Bradford of Beebe, Bobbie Loftin of Hensley and nephew C. D. Neal of Houston, Texas; and several other nieces and nephews. Graveside service were Thursday, June 18, 2009, at Fayetteville National Cemetery, under the direction of Moore's Chapel.

Joe Rasori (May 21, 1939 - June 15, 2009)

U.S. Veteran

Joe Rasori, 70, of Winslow, died Monday, June 15, 2009 at Washington Regional Medical Center.

He was born May 21, 1939 at Chicago, Illinois, the son of Joseph & Maria Pernini Rasori.

He was a farmer, a member of V.F.W. Post #146 & a Catholic. He was a United States Marine veteran of the Vietnam War.

He is survived by: His wife: Mary Rasori. A sister: Lillian Moroni of Glen Ellyn, IL. Several brothers & sisters-in-law

Memorial services were held Tuesday, June 23 at Moore's Chapel. Officiating was Rev. Phil Misenheimer. Burial was at the National Cemetery,

Memorials may be made to: American Heart Association Memorial & Tribute Processing Center P. O. Box 1653 Topeka, KS 66601-1653

Wendell Vance Sallee (August 25, 1964 - June 16, 2009)

Wendell Vance Sallee, 44, of Fayetteville, died Tuesday, June 16, 2009 at his home.

He was born August 25, 1964 at Fayetteville, the son of Dempsey W. & Mary Paschal Sallee.

He was a former employee of Kelly Excavating Company & a graduate of Elkins High School.

He is survived by: His mother: Mary Sallee of the Brannon Mountain Community A brother: Wayne Sallee of Brashears His grandmother: Bonnie Paschal of Hazel Valley Two nephews: Clayton & Matthew Sallee of Prairie Grove Uncles & aunts: Jerry & Deloris Paschal of Elkins John & Karen Paschal of Fayetteville Janie & Dolan Noisewater of Hazel Valley

Funeral services were held Saturday, June 20 at Nickell Memorial Church. Burial was in Nickell Cemetery, under the direction of Moore's Chapel.

Only two people signed the Declaration of Independence on July 4: John Hancock and Charles Thomson. Most of the rest signed on August 2, but the last signature wasn't added until 5 years later.

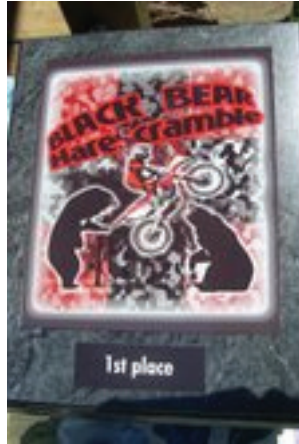
3rd ANNUAL BLACK BEAR HARESCRAMBLE MOTOCROSS RACE

The 3rd Annual Black Bear Harescramble Motocross Race was very exciting! Sunday June 21st on Hazel Valley Road. John Rhodes, host of the race was interviewed live on KNWA 51 on June 18th prior to the race.

102 Riders entered!!! Famous pros like Zach Ingram and Brian Vaughn competed, it was thrills, thrills, thrills!!

Mark your calendar for next year in June! And if you are interested in getting into the sport of motocross call John Rhodes at 479-643-2658

These pics are just the tip of the iceberg, the live action was incredible! One rider wore a special helmet camera and filmed the race from the drivers seat!!!



Baseball Tournament

By Ginger Fritch

The last weekend in June, a Baseball Tournament was held at Winslow Ball Park. They played a scrimmage game on Friday night, and really got down to business on Saturday playing from 8:30 in the morning until late into the night. One half of the proceeds from entrance fees were donated to Winslow Community Meals.

Winslow Community Meals operate was asked to operate the concession stand giving them the opportunity to raise extra money always badly needed for the Community Meals Program.

Thanks to Eugene Stockton for organizing the Tournament and the City of Winslow for allowing it to happen!!

Progress at Winslow Community Meals

By Ginger Fritch

After four years of saying "We need," "You do it." "I'm goin' a's" and other put off, we finally got insulation in the attic of the Winslow Community Meals Building last week. What a difference it makes!! It's so cool with far less effort. This should really help cut our electric and gas bills.

We finally got a badly needed load of gravel for our parking lots. One more time, Daniel Smith came to the rescue and smoothed everything out perfectly. What would we do without that young man??

Lost, Strayed, or Stolen?

By Ginger Fritch

After 34 years of just hanging around near the large telescope at Artist Point, the large sign "Saddle Canyon, Scenic View" just vanished into thin air.

Have you seen it hanging around some strange place? It's really needed back where it came from. Any info you have please call Angie at 479-369-2226 or just help the poor old thing return to Artist Point, no questions asked.

Thank you.

Meet Me At The Movie

Winslow First Baptist Church will present a free children's movie on Saturday, July 18, from 1:00 to 2:30 PM.

Preschool children must be accompanied by an adult.

For more information call 634-2871 or 634-7190.

OZARK FOLKWAYS NEWS

By Connie Wright

This year, Summer Art Camp takes place the last week of July, Monday the 27th through Friday the 31st. Call 634-3791 to register. Children should be registered by the 20th of July. We really need to know how many children are coming in order to have enough supplies on hand to take care of them. This year's activities were planned last April and although the theme coincides with the county library theme, our activities are entirely different, designed to stretch young minds.

The Wool and Wheel Spinners had a very interesting program in June. Joey Arnold, a weaver specializing in authentic Scottish tartan plaids, gave a presentation on Kilt construction. This was all the more interesting because Joey was attired in the traditional costume from head to toe. He certainly made a hit with the spinners and is going to be a regular member of their group because he wants to learn to hand spin and hand dye the yarns. Joey is a sixth generation weaver from Berryville and he has promised to be part of the program for the September Fiber Arts Fair to take place the 19th of September.

And, speaking of weaving, the long-cherished dream of having a weaving studio at Ozark Folkways has become a reality. This month, Bill Stapp of Ruby brought in the weaving supplies left to Folkways by his mother, Patty Stapp, who was a master weaver. Patty created a notebook to guide us in restoring the large barn loom that lives in our museum, and her notebook is on display there. It is a great resource for anyone wishing to restore a barn loom. Among the supplies from her estate were an extensive library of her weaving resource books and lesson plans, complete with examples and illustrations of different patterns and designs. We also have her large four harness floor loom and are presently looking for a knowledgeable volunteer to demonstrate an on-going weaving project on a weekly basis. The studio will be known as the Patty Stapp Weaving Studio in her honor. Patty's husband, John, an attorney, was at one time President of the Board when the organization was known as Ozark Native Crafts. Many fine people have, over time, contributed to the organization, each one leaving his, or her, own unique stamp. This is a very special gift.

The quilters are working on a red, white and blue quilt with patriotic emblems that will be coming along well just in time for the Fourth of July. Stop in and take a peek.

Rug hookers are always invited to come to walk-in Friday rug hooking days. This is a good time to exchange hints, tips, seek solutions to rug hooking problems and socialize.

The Thursday art group is currently working on "stuffies" for an on-line competition. Who knows, one or all of our projects may end up published in a national format. Erin Chapman leads this group and is always challenging us with something new to try. She makes us grow, in spite of ourselves. The 22nd of this month, the art group will be entertaining the Lunch Bunch artists who are associated with the Center for Art and Education from Van Buren.

The September Fiber Arts Fair prospectus will be going out soon. There is \$1500.00 available for prizes so call right away to get your name on the mailing list.

Ozark Folkways, 22733 North Highway 71, Winslow, AR 72959,
Ph: 479-634-3791

Hours are 10-6 daily, 12-1 on Sunday and closed on Wednesday.

Movie in the Park

When was the last time you went to an outdoor movie?

Saturday evening WCDC presented the movie Indiana Jones and Raiders of the Lost Ark outdoors on the "big screen" at the Winslow Ball Park.

This was the first of the monthly movies that will be shown at the stage in the park this summer. The cost of admission is \$1.00 each or \$5.00 for a family. With admission, you can vote on the movie for the next month from a selection of 4 movies. The choices for next month were "Field of Dreams," "Singing in the Rain," "Ghostbusters," and "The Gods Must Be Crazy." I haven't heard which one received the most votes so it will be a surprise for all of us when the flyers come out in July announcing the movie and the date.

Winslow Community Meals ran the concession stand that served both the moviegoers and the attendees of the Baseball Tournament on the other field.

The Friends of the Winslow Library held a cakewalk and several people took home some luscious looking cakes, cupcakes and cobblers.

Watch for the flyers for the July movie and plan to come out to the Ball Park for a great time. Just be sure to bring your lawn chairs or a blanket.

Tip About Your Car Keys

From an Internet Friend

PUT YOUR CAR KEYS BESIDE YOUR BED AT NIGHT

Tell your spouse, your children, your neighbors, your parents, your Dr Office, the check out Girl at the market, everyone you run across.

Put your car keys beside your bed at night. If you hear a noise outside your home or someone trying to get in your house, just press the panic button for your car. The alarm will be set off, and the horn will continue to sound until either you turn it off or the car battery dies.

This tip came from a neighborhood watch coordinator. Next time you come home for the night and you start to put your keys away, think of this:

It's a security alarm system that you probably already have and requires no installation. Test it. It will go off from most everywhere inside your house and will keep honking until your battery runs down or until you reset it with the button on the key fob chain. It works if you park in your driveway or garage. If your car alarm goes off when someone is trying to break in your house, odds are the burglar rapist won't stick around... after a few seconds all the neighbors will be looking out their windows to see who is out there and sure enough the criminal won't want that. And remember to carry your keys while walking to your car in a parking lot. The alarm can work the same way there.....

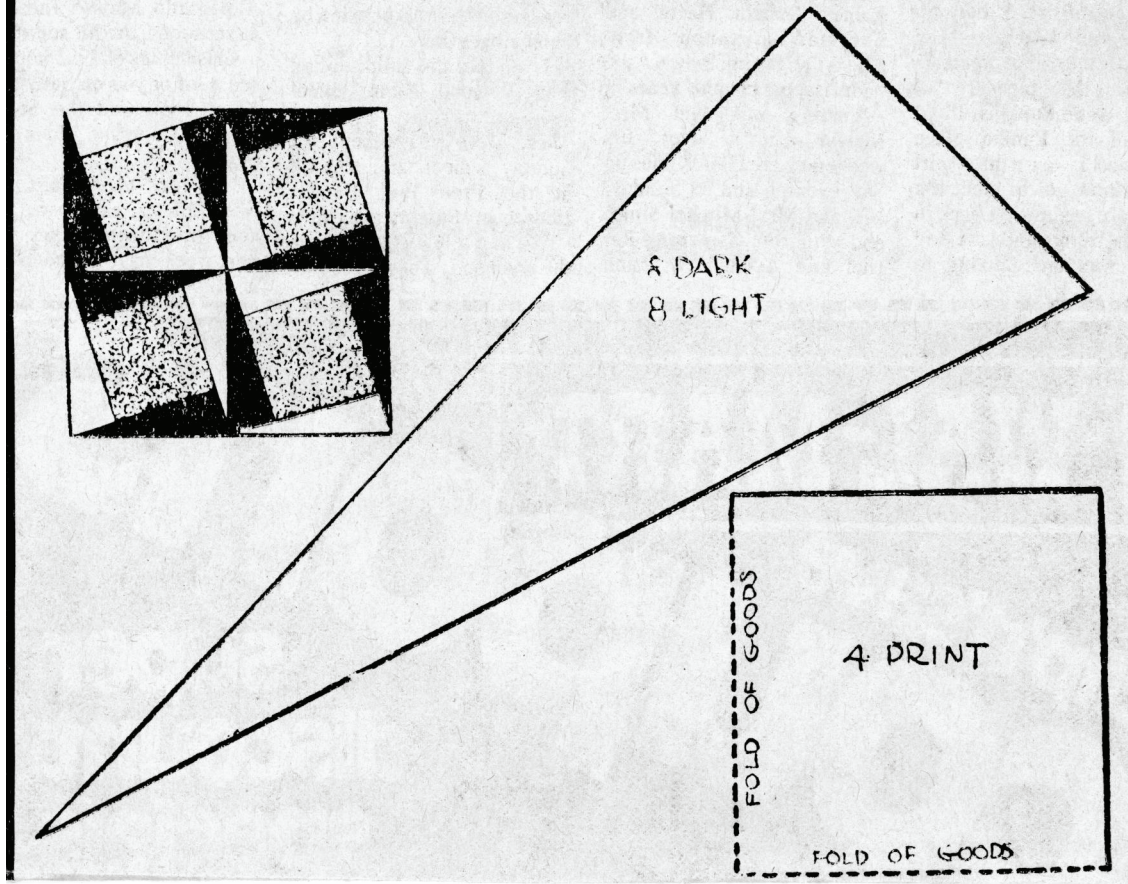
This is something that should really be shared with everyone. Maybe it could save a life or a sexual abuse crime.

This would also be useful for any emergency, such as a heart attack, where you can't reach a phone.

My Mom has suggested to my Dad that he carry his car keys with him in case he falls outside and she doesn't hear him. He can activate the car alarm from anywhere in the yard and then she'll know there's a problem.

QUILT PATTERN

JACK IN THE BOX



Winslow 4-H Club News

by Nancy Hill

The 4H Club is staying busy making crafts to enter into the Washington County Fair. We had a meeting on June 10 at the fire station and talked about the upcoming summer events. The annual county Survivor camp is on June 30 - July 1 at the Pauline Whitaker arena. Several members have signed up to participate. They know what a great time they will have.

We had a special project meeting on June 17. Members were able to create 4 different crafts including Tie Dyeing a shirt, a door hanger, a magnet, and decorating an ornament.

Our next meeting will be changed from July 8 to July 15 due to a conflict of scheduling. We will meet at the fire station on the 15th at 10.00 in the morning with a quick meeting, then get started on more crafts. We will also have another project day on July 22 at 10.00.

When fruits and vegetables start coming off we will have days of food preservation. Enjoy your summer and keep cool.



Tractor Parade

By Ginger Fritch

Is Anyone Interested In Another Tractor Parade?

Zack Reagan and myself are working on plans for one at this time. It's tentatively planned for September 19th. We are hoping for more local participation this year. With any luck we'll all be out of the hay fields with nothing more pressing than meeting with friends, old and new, having a great ride, a BBQ lunch to follow and possibly a little live music. Any questions or suggestions please call Zack at 479-236-4810 or Ginger at 479-634-5332 evenings.

The graveside service just barely finished, when there was massive clap of thunder, followed by a tremendous bolt of lightning, accompanied by even more thunder rumbling in the distance. The little old man looked at the pastor and calmly said, "Well, She's there!"



The Signers of the Declaration of Independence

Have you ever wondered what happened to the 56 men who signed the Declaration of Independence ?

Five signers were captured by the British as traitors, and tortured before they died.

Twelve had their homes ransacked and burned. Two lost their sons serving in the Revolutionary Army; another had two sons captured.

Nine of the 56 fought and died from wounds or hardships of the Revolutionary War.

They signed and they pledged their lives, their fortunes, and their sacred honor.

What kind of men were they?

Twenty-four were lawyers and jurists. Eleven were merchants, nine were farmers and large plantation owners; men of means, well educated, but they signed the Declaration of Independence knowing full well that the penalty would be death if they were captured.

Carter Braxton of Virginia, a wealthy planter and trader, saw his ships swept from the seas by the British Navy. He sold his home and properties to pay his debts, and died in rags.

Thomas McKeam was so hounded by the British that he was forced to move his family almost constantly. He served in the Congress without pay, and his family was kept in hiding. His possessions were taken from him, and poverty was his reward.

Vandals or soldiers looted the properties of Dillery, Hall, Clymer, Walton, Gwinnett, Heyward, Rutledge, and Middleton.

At the battle of Yorktown , Thomas Nelson, Jr., noted that the British General Cornwallis had taken over the Nelson home for his headquarters. He quietly urged General George Washington to open fire. The home was destroyed, and Nelson died bankrupt.

Francis Lewis had his home and properties destroyed. The enemy jailed his wife, and she died within a few months.

John Hart was driven from his wife's bedside as she was dying. Their 13 children fled for their lives. His fields and his gristmill were laid to waste. For more than a year he lived in forests and caves, returning home to find his wife dead and his children vanished. So, take a few minutes while enjoying your 4th of July holiday and silently thank these patriots. It's not much to ask for the price they paid.

Remember: Freedom Is Never Free!

Winslow Community Meals Raffle

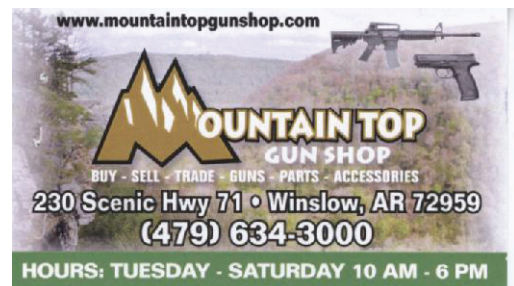
Winslow Community Meals is raffling off this rifle:



**Remington 700 CDL
Boone & Crockett Edition
270 WIN with 24" Fluted Barrel
& Laminate Stock
Complete with a 3x9x40 Nikon Scope
Over a \$1000.00 Retail Value.**

Tickets are \$10.00 each or 3 for \$25.00. The drawing will be Labor Day in conjunction with other Labor Day activities. Just in time for hunting season.

You must be 18 years of age to win



You do not need to be present to win, but you must pass a background check before delivery.

Rifle may be seen at Mountain Top Gun Shop. Tickets are available at the Gun Shop, Winslow Community Meals or from any WCM Board Member.

ARTIST POINT

David & Angie Lovett
19924 Hwy 71 N
Mountainburg, AR 72946



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Now offering
ARKANSAS DIAMONDS

Take a nice hike to see the waterfalls.

Economy Curtains....

Tired of trying to find window curtains to match your shower curtain? Aren't they expensive too!

Well, use one of your towels!!! A large bath towel can be a great window dressing, or if your window is big, use two towels and a simple \$3 curtain rod with rubber cup ends, or j-hooks. Just flip the top part of the towel over enough to sew one long seam and make a place to run curtain rod through...

Cut towel up the middle and you can serge or sew those two ends...

The rest is already hemmed from the towel manufactured!!

Some towels have nice embroidered/sashed/designer ends. This really dresses a window.

Also the heft of a towel brings both good privacy coverage on window and holds cold and heat in or out for improving heating/air conditioning bills! And towels are so cheap you can make a change frequently, when tired of the curtain, it can be cut into hand towel sizes, washcloth sizes, clean-up pieces...

Have fun!!

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The Broke Dog Custom Boot Shop welcomes you to stop on by for a visit.

Nestled in Downtown Slowtown, Broke Dog Custom Boots offers the very best in custom handmade footwear, from cowboy boots to dress shoes and custom-fit Birkenstock sandals.

We also offer a complete repair shop to make all of your boots, shoes, saddles and tack better than they used to be.



182 Main, Winslow, Arkansas 72959
479.634.2320

Velvet Ridge

The trio, Velvet Ridge, will be playing and singing at the First Baptist Church on July 9th at 7 PM.

Everyone is invited to come and listen to this very special group. Fellowship and refreshments will follow. We hope to see you there.

A very special thank you to Gary Baltrusch who has done such a nice job of booking some of the very best gospel groups each month. Gary, We really appreciate you.



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BRENTWOOD CEMETERY

Do you have friends or family buried in the Brentwood Cemetery north of Winslow, Arkansas? Please help us keep the lawn mowed by sending a contribution to;

Brentwood Cemetery Fund, % Mrs. Beverly Stout, 15653 Canfield Rd, West Fork, AR 72774. Phone 479-839-2119

Brentwood Bluegrass
 1st and 3rd Saturday
 October thru May
 Time: 7:00 PM

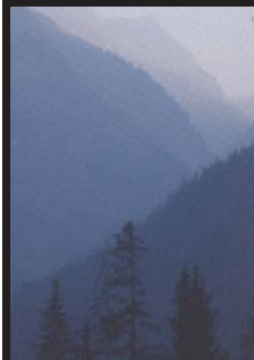
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YOGA IN WINSLOW

Please note new time!
 Every Thursday at 5:00
 Winslow High School Building

Led by
Steve Anderson

Cost \$5.00

Bring a Mat or Blanket
 Everyone Welcome

Logic 2000

By Lonnie Trent

172 Billion

My cars are insured with AIG, or what was AIG. They have changed their name now to 21st Century Insurance. They had to because their name became a sore spot with the American public.

We all know why. Bush Jr. gave AIG eighty-some billion in bail out before leaving office, and then when Barack took over, he gave them another eighty-some billion. They both gave the same explanation that AIG was too big to allow to go under - like General Motors isn't big?

I couldn't figure out why it was like pulling teeth for General Motors and Chrysler to squeeze five or six billion out of them yet congress quickly approved 172 billion for some insurance company? Common sense would tell us that AIG will never be able to pay it back. 172 Billion? Never! It is like a gift on a silver platter and from us because it is taxpayer money! I also have a long-term association with Met-life, which is surely one of the largest insurance companies in America. I remember hearing about Metropolitan Life Insurance a half-century ago and only recently heard of AIG. Could Met Life get 172 billion out of the government? I'm afraid all they would get is advise on how to proceed with bankruptcy. After probing for some time, and listening carefully, I finally found out why AIG was given more money than some countries are worth.

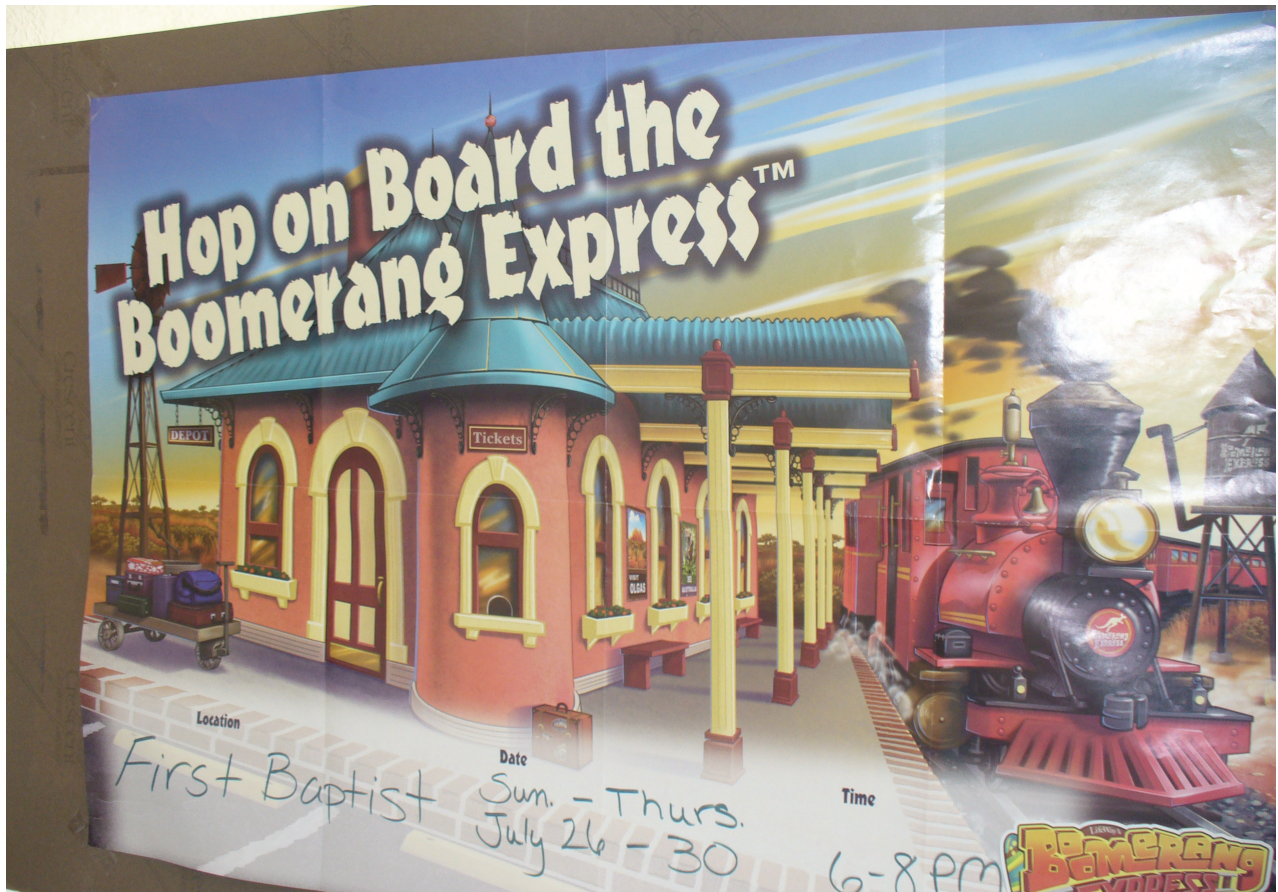
AIG takes care of the retirement funds for the US congress.

I immediately understood. I don't suppose it would matter if AIG needed a trillion dollars to stay in business, congress would approve it, and I'm sure AIG knows that. They had a noose around Bush's neck and now they have one around Obama's neck. When our representatives go to Washington, their first concern is obviously for old number one, and if we review the voting record of our US Senators, they fall right in line at the bottom of the barrel. They voted for a raise for their own salaries and against a raise for Medicare.

I had high hopes for Obama when he took office because he was guaranteeing that changes would be made. I don't care if he is Democrat Or Republican if he does what needs to be done, but I can see now that we were better off with Bush, or at least as well off.

For example, the people have made it a big issue to secure the southern border every election. Bush Sr. wouldn't do it, Clinton wouldn't do it, nor would Bush Jr. That's a total of 20 years and now we have another one that will not do it. In fact, he hadn't been in office for 100 days and wanted to grant amnesty to all illegal aliens.

Of the people, by the people and for the people are words that mean nothing if the government refuses to do what the people want regardless of who is voted in.



The First Baptist Church will kick off their Vacation Bible School with a Cook-Out on Sunday, July 26th from 5:00 - 6:00 PM. Bible School will be from 6:00 - 8:00 Sunday thru Thursday. All children age 3 through 12th grade are welcome to attend. For more information call 479-634-7191

Food Pantry



**First Baptist Church, Downtown Winslow
Call The Nesbitts for assistance or to donate food
479-634-7026**

Neighbors helping neighbors

NOTICE

**YOUR INHERITANCE IS WAITING
AND UNCLAIMED.**

**INQUIRE AT
BUNYARD CHURCH
SUNDAY 10:00 AM**

WINSLOW ASSEMBLY OF GOD

PRESENTS THEIR ANNUAL
2009 VACATION BIBLE SCHOOL:



WINSLOW ASSEMBLY OF GOD INVITES CHILDREN TO CROCODILE DOCK: WHERE FEARLESS KIDS SHINE GOD'S LIGHT

A summer kids' event called Crocodile Dock will be hosted at Winslow Assembly of God from Monday, July 20, 2009 to Friday, July 24, 2009, with the final program on Saturday evening, July 25, 2009. Kids jump into bayou fun at Crocodile Dock where they participate in memorable Bible-learning activities, sing catchy songs, dig into yummy treats, experience electrifying Bible adventures, collect Bible Memory Buddies to remind them of God's Word, and create Bible Point crafts they'll take home and play with all summer long. Plus, kids will learn to look for evidence of God all around them through something called God Sightings. Family members and friends are encouraged to join us for the Firefly Finale which will be held on Saturday evening, July 25, 2009. Information about the Firefly Finale program will be given the week of VBS.

Kids at Crocodile Dock will join nearly a million children sharing God's love in a hands-on mission project, helping disaster victims in North America.

Crocodile Dock is for kids from age 3 to 12 and will run from 6:30p.m. To 8:30p.m. each day.

For more information, call 479-634-5581 or visit our web-site at:

<http://www.groupvbs.com/webtoymax/myvbs/WINSLOWVBS2009>

where you will find more information about this fun and exciting event and you can also register your child/children for this vacation bible school event.



The Pastor's Pen
Brentwood Community Church



A CHRISTMAS IN JULY SALE!!!! Come and see what we will have. Christmas will be here before you know it. We will have some great stuff. It will be held inside the Church. We are located right across from the Brentwood Cemetery.

We hope all the fathers had a Happy Fathers Day!!

HELPING HANDS FOOD PANTRY

To much month and not enough money? Please call pastor jim at 466-8491 and leave your name and number. He will get back with you and set up a time to come to the church or for him to deliver.

SHOUT OUT PRISON MINISTRY

We send a Christian news letter to over 295 inmates through out Arkansas and to 4 inmates in 4 different states. If you know of any one who would benefit from this news letter, please call Pam Kugel at 466-8495 and leave their name and ADC# if possible or state they are in and they will be added to the list. Several have been saved. Any donations would be appreciated.

Fellowship dinner every last Sunday of the month. It is free come and get to know us.

**SERVICES: SUNDAY SCHOOL: 10:00
 MORNING SERVICE 11:00**

PASTOR JIM KUGEL

BRENTWOOD COMMUNITY CHURCH IS PUTTING ON A CHRISTMAS IN JULY SALE !!!!

LOTS OF DIFFERENT STUFF. NOT ALL CHRISTMAS STUFF. COME AND SEE!!!

Please come and help us raise money for our church and our prison ministry and get your Christmas shopping done early.

Saturday JULY 18, 2009 9:00 -3:00

BRENTWOOD COMMUNITY CHURCH
 17044 S. HWY 71 Across from Brentwood Community Cemetery

THEY HAVE COMMITTED CRIMES SOME SERIOUS. THIS MAY NOT BE THEIR FIRST TIME IN PRISON. WE ALL HAVE HEARD THEM SAY "I'M GOING TO CHANGE THIS TIME."

BUT JESUS NEVER GAVE UP ON US EVEN THOUGH WE SAID, "I'M GOING TO CHANGE THIS TIME"

SHOULD WE GIVE UP ON THEM?

WHAT WOULD JESUS DO?

PAM KUGEL
 SHOUT OUT PRISON MINISTRY
 479-466-8495

A Little Christian Humor

Jesus and Satan were having an on-going argument about who was better on the computer. They had been going at it for days, and frankly God was tired of hearing all the bickering.

Finally fed up, God said, 'THAT'S IT! I have had enough. I am going to set up a test that will run for two hours, and from those results, I will judge who does the better job.'

So Satan and Jesus sat down at the keyboards and typed away.

They moused. They faxed.

They e-mailed. They e-mailed with attachments.

They downloaded. They did spreadsheets!

They wrote reports. They created labels and cards.

They created charts and graphs. They did some genealogy reports.

They did every job known to man.

Jesus worked with heavenly efficiency and Satan was faster than hell.

Then, ten minutes before their time was up, lightning suddenly flashed across the sky, thunder rolled, rain poured, and, of course, the power went off..

Satan stared at his blank screen and screamed every curse word known in the underworld.

Jesus just sighed..

Finally the electricity came back on, and each of them restarted their computers. Satan started searching frantically, screaming:

'It's gone! It's all GONE! 'I lost everything when the power went out!'

Meanwhile, Jesus quietly started printing out all of his files from the past two hours of work.

Satan observed this and became irate.

'Wait!' He screamed. 'That's not fair! He cheated! How come he has all his work and I don't have any?'

God just shrugged and said,

Jesus saves.!

WINSLOW AREA CHURCHES INVITE YOU TO ATTEND THE CHURCH OF YOUR CHOICE

ASSEMBLY OF GOD

Jon Davis, Pastor Ph 479-634-5581
 SUNDAY SCHOOL 10:00 A.M.
 WORSHIP 11:00 A.M.
 EVENING SERVICE 6:30 P.M.
 WEDNESDAY EVE SERVICE 7:00 P.M.
 YOUTH SERVICE Wed 7:00 P.M.

BIDVILLE COMMUNITY

Eugene Provence, Pastor
 PH. (479) 634-3018
 SUNDAY SCHOOL 10:00 A.M.
 WORSHIP 11:00 A.M.
 EVENING SERVICE 7:00 P.M.
 WEDNESDAY EVE SERVICE 7:00 P.M.

BLACKBURN COMMUNITY

Marsha Cooley, Pastor
 SUNDAY SCHOOL 10:00 A.M.
 WORSHIP SERVICE 11:00 A.M.

BRENTWOOD COMMUNITY CHURCH

17044 Hwy 71 S., Winslow, AR
 Jim Kugel, Pastor 479-466-8492
 Sunday School 10:00 AM
 Morning Service 11:00 AM
 Evening Service 6:00 PM

BRENTWOOD HILLTOP CHAPEL SEVENTH-DAY ADVENTIST CHURCH

Located on Washington Co. Rd. 39
 Larry Smith, Pastor
 Ph. (479) 634-3323
 SABBATH (SATURDAY)
 SABBATH SCHOOL 9:30 A.M.
 WORSHIP SERVICE 11:00 A.M.

BUNYARD CHURCH

Jerry Bromley PH. (479) 200-3535
 SUNDAY SCHOOL 10:00 A.M.
 WORSHIP 11:00 A.M.

FELLOWSHIP BAPTIST

SUNDAY SCHOOL 9:45 A.M.
 WORSHIP 11:00 A.M.
 EVENING SERVICE 6:00 P.M.
 WEDNESDAY EVE SERVICE 7:00 P.M.

HAZEL VALLEY COMMUNITY CHURCH

Jasper Hankens, Pastor
 PH 479-442-7842
 SUNDAY SCHOOL 10:00 A.M.
 WORSHIP 11:00 A.M.
 EVENING SERVICE (SUNDAY) 6:00 P.M.
 WEDNESDAY EVE SERVICE 7:00 P.M.

LADY OF THE OZARKS CATHOLIC CHURCH

Father Jack Vu, Sacramental Minister
 Dan Daily, Deacon
 SUNDAY EUCHERIST SERVICES 9:45 A.M.
 1ST AND 5TH SUNDAY'S MASS 12:00 P.M.

PIGEON CREEK FREEWILL BAPTIST CHURCH

1421 Pigeon Creek Rd. Mt. Burg
 Justin D. Allen, Pastor PH.(479) 369-4042
 SUNDAY SCHOOL 9:45 A.M.
 WORSHIP 10:45 A.M.
 EVENING SERVICE 6:00 P.M.
 WEDNESDAY EVE SERVICE 7:00 P.M.

UNITED METHODIST

Gary Lunsford, Pastor
 WORSHIP 9:00 A.M.
 CHILDREN'S CHURCH 9:00 A.M.
 SUNDAY SCHOOL 10:30 A.M.
 BIBLE STUDY Wednesday 7:00 P.M.

UNITED PENTECOSTAL

Darrell Runyan, Pastor
 Hwy 71 North, Winslow
 SUNDAY SERVICE 2:00 P.M.
 WEDNESDAY BIBLE STUDY 7:30 P.M.

UNITY COVENANT CHURCH

Brian Bowerman, Pastor
 PH 479-839-3948
 14680 Union Starr Rd West Fork, AR
www.unitycovenant.org
 WORSHIP
 SUNDAY MORNING 10:00 AM
 SUNDAY EVENING 6:00 PM
 WEDNESDAY EVENING 7:00 PM

WINFREY VALLEY TABERNACLE

Brother Roy Biswell, Pastor
 SUNDAY SCHOOL 10:00 A.M.
 WORSHIP 11:00 A.M.
 EVENING SERVICE 6:00 P.M.
 WEDNESDAY EVE SERVICE 7:00 P.M.

WINSLOW CHURCH OF CHRIST

P.O. Box 40 Winslow, AR 72959
 Ron Parsley, Minister
 SUNDAY
 SEARCH ON CHANNEL 29/40 7:30 a.m.
 MORNING BIBLE STUDY 10:00 A.M.
 MORNING WORSHIP 10:45 A.M.
 EVENING WORSHIP 6:00 P.M.
 WEDNESDAY BIBLE STUDY 7:00 P.M.

WINSLOW FIRST BAPTIST

SUNDAY SCHOOL 10:00 A.M.
 WORSHIP 11:00 A.M.
 YOUTH SERVICE 6:00 P.M.
 EVENING SERVICE 6:00 P.M.
 WEDNESDAY EVE SERVICE 6:30 P.M.

FOR CHANGES CALL LARRY SMITH AT 634-3323, OR
 E-MAIL larrysmith12@juno.com
 Thank you for letting me serve you,

In the list below are twelve words that have to do with money and business. See how many of them you can find in the word puzzle — words can be horizontal, vertical, or diagonal; letters of one word can be right next to another word; and a letter can be part of more than one word.

And if you want another challenge, look for and circle these same words on the other three pages of the *Stewpot*!

BANK MONEY RECESSION	ECONOMY MILLION INTEREST	EMPLOYMENT BILLION SPEND	BUDGET TRILLION FORECLOSURE
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B	A	N	K	W	T	V	R	M	V	T
I	R	E	C	E	S	S	I	O	N	R
L	B	C	Z	Q	U	F	H	E	S	I
L	W	E	C	O	N	O	M	Y	F	L
I	P	Q	M	G	D	Y	M	G	O	L
O	R	T	O	V	O	X	O	B	R	I
N	M	I	L	L	I	O	N	Z	E	O
S	C	J	P	B	N	R	E	G	C	N
W	P	M	Q	F	T	C	Y	D	L	J
R	E	E	G	P	E	H	N	A	O	B
Z	M	J	N	T	R	L	R	R	S	M
L	B	A	Q	D	E	P	C	I	U	O
J	R	F	V	F	S	B	J	K	R	R
B	U	D	G	E	T	F	W	U	E	Z

the Stewpot

A potpourri of practical ideas to help you become a better steward

June 2009
 Volume 14, Issue #0

OUR CURRENT CRISIS

By Gordon Botting, DrPH, CHES

There is no question in any of our minds that these last twelve months have been a tumultuous period, particularly in the areas of finances and employment. The economic statistics the United States government has been reporting to us over the last six months have been staggering. This short quiz cannot do justice to the figures that are daily thrown at us, because there are so many, but see how you do on these items that have been in the news.

1. As of May 2009, our Federal budget deficit had reached...

- a. \$1.8 trillion
- b. \$2.4 trillion
- c. \$2.8 trillion
- d. \$3.1 trillion

Answer: a. To help you get your mind around this figure, consider it as 1.8 trillion seconds — and that is equivalent to approximately 57,000 years. (Source: *Bottom Line Personal*, May 1, 2009)

2. What would you guess is the national credit card debt?

- a. \$580 billion
- b. \$690 billion
- c. \$970 billion
- d. \$989 billion

Answer: c. This is 50 percent higher than the last economic slowdown in 2000.

3. How many United States banks failed in 2008?

- a. 21
- b. 23
- c. 25
- d. 29

Answer: c. If you chose d., you are correct for those in the first four months in 2009. Interestingly, there were only 3 bank failures in 2007 and none in 2006. (Source: Internet — Bank failures & Assistance, April 29, 2009)

"That most delicious of all privileges — spending other peoples money." (John Randolph)

Stewardship is a total lifestyle. It involves our health, time, talents, environment, relationships, spirituality and finances.

4. During this current recession, approximately how many individuals have been laid off?

- a. 2 million
- b. 3 million
- c. 4 million
- d. 5 million

Answer: b. (Source: *USA Today*, April 23, 2009)

5. How many credit card accounts had their interest rate raised during the period March 2007 to February 2008?

- a. 30 million
- b. 55 million
- c. 70 million
- d. 85 million

Answer: c. During this period nearly one in four consumers had their interest rate increased, resulting in at least \$10 billion in additional financial charges. (Source: *USA Today*, April 23, 2009, page 28)

6. The Dow Jones (stocks) is down approximately how much for the first four months of 2009.

- a. 5%
- b. 10%
- c. 15%
- d. 20%

Answer: b. (Source: *USA Today*, April 23, 2009, page 67)

7. What percentage of Americans over age 45 would like the government to assist families who are facing foreclosure to stay in their current homes?

- a. 83%
- b. 78%
- c. 71%
- d. 68%

Answer: d. However, if you chose a., you would have been correct for assistance for those who had lost their employment to keep or purchase health insurance. If you chose b., that would have been correct to provide unemployment benefits for as long as people are looking for work, and if you chose c., you would have been correct to make home mortgages more affordable. (Source: *AARP*, May & June 2009, page 68)

8. In the first four months of 2009, how many houses in the U.S. defaulted into foreclosure?

- a. 1.3 million
- b. 988,765
- c. 788,750
- d. 678,940

Answer: c. As of the last day of April, according to the Center of Responsible Lending.

9. Which state leads in the number of default or foreclosed properties in America?

- a. California
- b. Nevada
- c. Florida
- d. Arizona

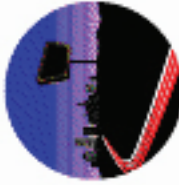
Answer: a. California had the highest total number with over 57,000 in the month of April. Florida was second with 30,000+ in January. However, Nevada has the highest rate in the nation. (Source: *Bloomberg*, April 29, 2009)



“One who thinks that money can do everything is likely to do anything for money.” (Anonymous)

10. Which city in the United States has the dubious honor of being the top foreclosure city?

- a. Sacramento
 - b. Orlando
 - c. Chicago
 - d. Las Vegas
- Answer: d. Sacramento was 6th, Orlando was 8th, Chicago was 3rd. Florida has four cities in the top ten, followed by California with three. (Source: Internet, May 2009)



11. Because of the changing economy, how many individuals have decided to plan to work five additional years before retiring?

- a. 11%
- b. 19%
- c. 24%
- d. 46%

Answer: c. If you chose a. 11%, that would be the number of individuals who are planning on 1-2 more years. If b., that would be the number who are planning to work 3-5 more years. If d., these are not changing their retirement plans. (Source: “Money,” *USA Today*, April 22, 2009, page 1B)

12. At the end of 2008, what percentage of Americans over 45 were confident that they had enough money to retire?

- a. 73%
- b. 68%
- c. 59%
- d. 45%

Answer: c. If you checked b., you would have had the correct answer when *AARP* asked the same question in April 2008. (Source: *AARP*, May & June 2009, page 68)

13. Which of the following names is not correctly named as one of the top financial bubbles?

- a. The Dutch Tulip Bubble
- b. The North Sea Bubble
- c. The Mississippi Bubble
- d. The 1920’s Bubble

Answer: b. The real bubble was entitled the South Sea Bubble. (Source: *Manias, Panics, and Crashes: A History of Financial Crises*, Charles P. Kindleberger & Robert Aliber)



How did you do? Did some of these questions make you think about your own economic situation and what you need to do regarding your household finances? Next month’s *Stewpot* will be dealing with how to survive this downturn and stay afloat during this recession

debt, charge, and credit cards in full every month.

- Engage in your grandparent's penny-wise saving principles of placing a few dollars every payday in your Freedom Fund (See April 2009 *Stewardship*), so you don't have to rely on a high interest credit card for emergencies.



- Begin savings accounts for major items like automobiles, 529 educational savings accounts for college for your children, and for other dreams, such as your own business or early retirement to serve as a missionary, home side or overseas.

Be Community-Minded

One of the best answers for this current financial meltdown is to recognize that possessing more material things does not make one

happy. In my financial seminars, I often point out that though the richest men and women in the world may have a grand mansion and additional homes, drive many luxury automobiles, and enjoy the best culinary cuisine, yet when you boil it down, they can only sleep in one bed at a time, drive one vehicle at a time, and eat only one meal at a time. The real answer to our materialistic lifestyle is enjoying family and friends, spending time with children or grandchildren, and giving back to society through acts of volunteerism. Use whatever dollars or time you can spare to enhance your connection to those you love and care about.

Using the above-suggested steps to improved money management will make

even this recession a positive experience for you.



"If our grandparents lived through the troubling 1930s and our parents survived a major war, we can live through this economic hiccup."

Gordon Botting

The Stewardship

A potpourri of practical ideas to help you become a better steward

July 2009
Volume 14, Issue #7

THRIVING IN THIS RECESSION

By Gordon Botting, DrPH, CHES



When my children were of elementary school age and when we had been traveling for a number of hours, they would often ask this common kid question, "Are we there yet?" I think many of you may be asking that same question now about the economy. The best guess by most money management experts is that the economy may turn around by the end of this year or early next year, and it may even take two to five years before we are really out of this current recession.

While we are in this financial situation, it might behoove us to tighten our belt and be more cautious. The goal of this issue of the *Stewardship* is to help you through the next six to twelve months by looking at your household finances and reminding you how to "stay the course"!

Be Grateful

For the majority of individuals and families in the United States, their homes are not in foreclosure, they have not been placed in receivership or declared bankrupt by the local court, nor have they found themselves in unemployment lines. Even in the Great Depression of the 1930s, over 75 percent of Americans were still employed, compared to 85 to 90 percent today. If you are



ties and problems you may have

Stewardship is a total lifestyle. It involves our health, time, talents, environment, relationships, spirituality and finances.

faced in the past, but with God's blessing and deliberate and purposeful financial planning, you survived those experiences. In the same way, you will outlast this current crisis and come out the other side a more astute and prudent person in your money management, as well as in other aspects of life.

Be Practical

It's an excellent time to discover or rediscover the benefits of a household budget. If you don't like the word "household budget," call it a "spending plan." Take out a sheet of paper and list every item you

would have in a regular household budget. Like a newspaper reporter, you need to ask the "when, where, why, and

how" questions. Begin with the largest dollar items and work down the list to the smallest. Here are a few suggestions:

Mortgage or Rent:

- Under the new federal government housing plans, can you reduce the current interest rate on your home? One percentage point might make a difference of \$100 to \$200 dollars a month.

- If you have a spare room, could you rent it to a student or an employed single person?



- If you are currently renting, are there apartments listed for much less than you are paying?

- In some instances, it may only take a few more dollars to avail yourself or your family of the opportunity to purchase your own apartment or home.

- Has your house value dropped sufficiently so you would be able to lower your property taxes and no longer have to pay the mortgage insurance to your loan company?

Vehicles: Ask yourself:

- Do we really need two or three vehicles?

- Is local transportation available?

- Could I carpool with a neighbor or coworker?

- As a family, are we combining our trips to the doctor or dentist, local grocery store, school sports function, etc.?

- Have you compared your current insurance rate with at least five reputable insurance companies?

Household Supplies: You can lower expenditures for grocery and other supermarket items by using the following ideas:

- Try retail coupons. It is estimated that only four to ten

percent of all coupons are redeemed. If you purchase coupon items when they are on sale, you can often double your savings and occasionally receive items for free. My experience has been that our family has saved approximately \$20 to \$30 per one hundred dollars purchased.

- Acquire items you regularly use in your home on sale, and purchase an adequate amount to last about three months, as most supermarkets or drug stores have a three month sale cycle for merchandise.

- Keep in mind that grocery items in a can or package will cost you two to ten times the amount when compared to purchasing in bulk and cooking the food product yourself from "scratch."

- Overall, simply rediscover the merits of being thrifty by using produce that is on sale or seasonally inexpensive, watching for discounted items, and



never purchase clothes except when on sale.

Other suggestions:

- Instead of eating out, crack open those unused cookbooks and try some new recipes. Make the change today from "house-made" at your favorite restaurant to "home-made" in your own kitchen.

- Reduce utility bills by planting shade trees, using different lights, increasing insulation, and switching off the air conditioner when it's not essential.

Be Frugal

Debt is definitely "out" in today's money management predicament!

- Before you buy anything, ask yourself hard questions, such as, "Will anything terrible happen to me if I don't purchase this item today?" or "Is this really a necessity, or just a want?"

- Cut up unnecessary credit or charge cards and pay the rest of your

"The two top answers to questions on success and quality of life were 'spending quality time with family' (88%) which was followed closely by 'having a good relationship with your spouse or partner.' (86%)." — Northwestern Mutual Survey

SIGNATURE BOX

Balanced nutrition and variety with enough food to feed a family of four for a week.

- 1.5 lb. New York Strip Steaks (4 x 6 oz.)
- 1.5 lb. Boneless Pork Roast
- 1.5 lb. Lean Ground Beef
- 1 lb. Chicken Breast Fajita
- 2 lb. Chicken Stir-Fry Skillet Meal (All-White Chicken, Lo Mein Noodles, Vegetables & Gourmet Teriyaki Sauce)
- 12 oz. Deli Sliced Ham
- 5 oz. Chunk Light Tuna in Water
- 25 oz. Pasta Sauce
- 1 lb. Pasta
- 1 lb. Frozen Sliced Carrots
- 12 ct. White Corn Tortillas
- 4 ct. Fresh Large Baking Potatoes
- 1 Fresh Fajita Veggie Kit (Tray Pack - 1 each — Red Bell Pepper, Green Bell Pepper, Jumbo Yellow Onion)
- 1 ct. Fresh Cello-Wrapped Celery
- 32 oz. 2% Shelf Stable Milk
- Dozen Eggs
- Dessert

\$30.00

SENIOR & CONVENIENCE MEALS

For Seniors or People on the Go!

Ten perfectly seasoned, nutritionally balanced, fully cooked meals—just heat and serve. Each meal has been developed with the dietary needs of senior citizens in mind, and contains 3 oz. of protein, a starch & two vegetables or fruit.

New Orleans Style Chicken over Savory Rice with Okra & Tomatoes and Diced Sweet Potatoes

Grilled Chicken Strips & Penne Pasta with Creamy Tomato Basil Sauce, Capri Blend Vegetables and Green Beans with Onions and Red Peppers

Beef & Bowtie Pasta with Herbed Tomato Sauce, Capri Blend Vegetables and Corn

Flame-Broiled Salisbury Steak with Brown Gravy, Sour Cream & Chive Potatoes and Mixed Vegetables

Cheesy Chicken and Broccoli Casserole with Rice, Green Beans and Squash Medley

Classic Chicken Tetrazzini with Diced Carrots and Green Peas

Country Fried Steak with Cream Gravy, Red Skin Whipped Potatoes and Mixed Vegetables

Spaghetti with Meatballs, Green Beans and Cinnamon Applesauce

Chicken Parmesan with Whipped Potatoes and Capri Blend Vegetables

Flame-Broiled Beef Patty with Onion Gravy, Sour Cream & Chive Potatoes and Capri Blend Vegetables

10 2-pack, individually-wrapped cookies

\$28.00

ALLERGEN-FREE FOOD BOX

Processed to eliminate the eight top serious allergens: Peanuts, Soybeans, Milk, Eggs, Fish, Crustacea, Tree Nuts and Gluten (wheat, rye and barley). Great for children and adults!

- 1 lb. Coated Chicken Tenders
- 1 lb. Coated Breast Filet
- 1 lb. Coated Chicken Nuggets
- 1 lb. Coated Chicken Wings
- 1 lb. Coated Cubed Steak (Chicken Fried Steak)

Battered with water, white rice, modified tapioca starch, flax seed, sugar, salt, spices, dehydrated garlic, spice extractives and oleoresin paprika. Breaded with white rice, brown rice, modified tapioca starch, flax seed, sugar, dextrose, salt, spices, dehydrated garlic, spice extractives and oleoresin paprika. Breading is pre-browned in Canola oil.

\$25.00

One or More Specials Available Only With the Purchase of Any of the Standard Boxes Above

JULY SPECIAL #1

\$23.00

7 lb. Assorted Meat Grill Box

- 2 lb. Ribeye Steaks (4 x 8 oz.)
- 2 lb. Country Style Pork Ribs (4 x 8 oz.)
- 2 lb. Lean Hamburger Steaks (4 x 8 oz.)
- 1 lb. Bratwurst with Cheese

JULY SPECIAL #2

\$22.00

5 lb. Steak Combo

- 2.5 lb. Sirloin Strip Steaks (4 x 10 oz.)
- 2.5 lb. Bacon-Wrapped Beef Fillet (5 x 8 oz.)

JULY SPECIAL #3

\$20.00

4.5 lb. Gourmet Flavored Chicken Breast Fillets

The Best Tasting Chicken You'll Ever Eat!!

- 1.5 lb. Italian (4 x 6 oz.)
- 1.5 lb. Lemon Pepper (4 x 6 oz.)
- 1.5 lb. Honey Mustard (4 x 6 oz.)

JULY SPECIAL #4

\$21.00

3.75 lb. T-Bone Special

- 3.75 lb. T-Bone Steaks (5 x 12 oz.)

ORDER DATES & DEADLINES

Order in person @ Winslow Assembly

Sat. July 11, 2009 10:00 - 12:00

Last day to place an order is July 11, 2009

Distribution Day is Sat. July 18, 2009

From 10:00- 11:00

Mail in orders to:

Candice Luper 479-634-5581

20855 Luper Rd. 479-670-2475

Winslow, AR 72959

JULY SPECIAL #5

Fresh Fruit and Veggie Box

\$22.00

- 1 each Vine-Ripened Personal Red Seedless Watermelon
- 1 lb. Premium California Red Seedless Grapes
- 1.5 lb. Premium California Tree-Ripened Plums
- 1 each Premium Vine-Ripened Cantaloupe
- 3 lb. Premium Washington State Granny Smith Apples
- 3 each Premium Large Fancy Limes
- 4 ears Premium Super Sweet White Corn
- 1 head Premium California Iceberg Lettuce
- 3 lb. Premium Idaho Baking Potatoes
- 1 lb. Premium California Carrots
- 2 lb. Premium Large-Medium Yellow Onions
- 1 pkg. Premium Fresh Jumbo Garlic (5 ct.)
- AFM July 2009 Fruit and Veggie Recipe Sheet

JULY SPECIAL #6

"Latin Flavors" Fresh Fruit and Veggie Box

\$22.00

- 3 lb. California Premium Valencia Oranges
- 1 each California Premium Vine-Ripened Cantaloupe
- 1 each Premium Tree-Ripened Mango
- 6 each Premium Large Limes
- 4 ears Premium Super Sweet Yellow Corn
- 2 lb. Premium Large-Medium White Onions
- 1 head Premium California Iceberg Lettuce
- 1 lb. Premium California Carrots
- 1 lb. Premium Fresh Tomatillas
- 1 lb. Premium Fresh Jalapeño Peppers
- 5 lb. Premium Western-Grown Russet Baking Potatoes
- 1 Premium Yellow Corn Tortillas (30 ct.)
- 1 Premium Pinto Beans (12 oz. bag)
- AFM July 2009 Latin Flavors Recipe Sheet

Please make check or money order to **Winslow Women's Ministries**. You must bring a large box to pick up your food. Payment is required At the time of placing your order. We accept Food Stamps. Remember there is no income limit!! Everyone is eligible to order!!!

Summer Art Camp
Folkways
July 27-31

Coming to your neighborhood this summer!

Modern Artists, Including You!

Paint an action scene in the style of Jacob Lawrence.

Create a flower in the style of Georgia O'Keeffe.

Work as a team to create a really large-scale artwork in the style of Andy Goldsworthy.

Create a mixed media collage of your family in the style of Romare Bearden.

Make a self-portrait in the style of Andy Warhol!

All this and more!

Some photography will be included.

Refreshments will be served.

Ages 6-14

Parents of very young children are invited to attend with their child.

Fee: \$20.00

Please register before July 20 for class beginning on July 27 by calling Ozark Folkways

479-634-3791

