

Fords, convertibles invited to Cruise Night

Ford and convertible owners are invited to bring out their classic or show car to the June 5 Cruise Night, hosted by the Kingsmen Auto Club of Mt. Vernon and sponsored by the Rend Lake College MarketPlace. The monthly event starts at 6 p.m. in the east parking lot at the MarketPlace, across from the RLC Golf Outlet, in Mt.

Vernon. Attendees to the free event can check out the cars until 9 p.m. and enter chances to win prizes and a 50/50 drawing. There will also be free refreshments and live music. Any participating Ford or convertible will have the chance to be drawn for one of two Featured Car plaques. Other classic and show cars are wel-

come to attend. There are several more Cruise Nights scheduled this year, including July 3, featuring Tri-5 Chevys and Rat Rods; Aug. 7, featuring Street Rods and Race Cars; Sept. 4, featuring GMs (Buick, Oldsmobiles, and Pontiac) and Orphan Cars; and Oct. 2, featuring Chevrolets (1958 and newer) and Corvettes. Cruise

Nights are held from 6 – 9 p.m. on the first Friday of every month. Both participants and attendees can also take advantage of several sale opportunities at the MarketPlace during the event, including 15 percent off a purchase of \$100 or more and buy one get one half off at the RLC Golf Outlet, a free cut and style with chemical service at Studio

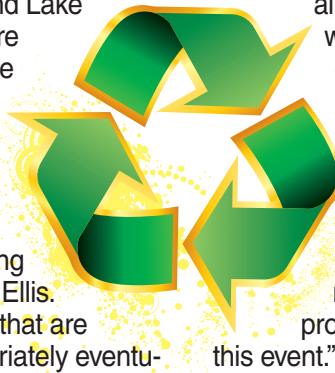
RLC, 10 percent off at Helen's Coffee Shop, 20 percent off regular price or 10 percent off sale prices at Shoe Stop, new sale items at BonWorth, and 10 percent off a meal at Lone Star Steakhouse. To learn more about the Cruise Nights, contact Jim Hutchison, Kingsmen Auto Club president, at (618) 244-7711 or (618) 242-6279.

E-Waste Disposal Day at RLC scheduled for June 27

Get rid of that old computer or VCR this summer by recycling it at Rend Lake College's E-Waste Disposal Day. Sponsored by the RLC Greening the Campus committee and C & I Electronics, items collected at the event will be processed and torn down to nuts, screws, bolts, and plastics before being recycled.

Locals can bring their unwanted or broken electronics to the RLC MarketPlace in Mt. Vernon from 8:30 a.m. – 1 p.m. Saturday, June 27. Items brought to the E-Waste Disposal Day will be disposed of properly or recycled instead of being placed in a landfill. RLC Sustainability Professional Tyson Ellis said this process will help keep the local environment clean and clear of potential toxins.

"By holding an electronic waste recycling event, Rend Lake College and C & I are able to team up to be sure electronic items containing chemicals such as cadmium, mercury, and lead do not end up in landfills or sitting beside a road," said Ellis. "Any of these items that are not recycled appropriately eventu-



ally see the chemicals within them leach into our watershed. This poses health risks to humans and animals, by contaminating drinking water and soil. We can help ourselves and the environment with small proactive steps such as this event."

Items that will be accepted at the E-Waste Disposal Day include flat-screen TVs and monitors, laptops, servers, printers, computers, faxes, scanners, DVD players, VCRs, stereos, video game consoles, peripherals, mice and keyboards, mobile phones, PDAs, all computer parts, MP3 players and iPods.

E-Waste continues on page 3

June bringing a big variety of Kids Summer Camps

Nine summer camps for students of all ages and interests are scheduled throughout the month of June at Rend Lake College. Choose to learn more about drawing, gardening, survival skills, team-building, baking, painting, fashion, or athletics all over the RLC district.

First on the calendar are basketball and baseball camps. Athletes in grades 6-8 will meet from 1-4 p.m. Monday, June 8, through Wednesday, June 10, for **Girls' Basketball Camp**. RLC Head Coach Ward McDaniel will provide individual instruction on shooting, ball-handling, passing, one-on-one defense, and rebounding in Waugh Gymnasium on the Ina campus. Campers will need gym shoes, a T-shirt, socks, basketball shoes, and a towel. The camp costs \$60.

Later in the month, Curt Courtwright, RLC Assistant Baseball Coach, will host **Baseball Camp** for boys between first and ninth grades. The camp will focus on fundamentals of hitting, pitching, throwing, base-running, and the mental aspects of the game. Grades 1-4 will meet from 8 a.m.-3 p.m. Monday, June 22, through Thursday, June 25, and grades 5-9 will meet at the same times from Monday, June 29, through Thursday, July 2. Campers should bring their own lunch, baseball gear, and tennis shoes. Baseball Camp costs \$100.

Ready to register or have questions about sports camps? Call RLC Athletics at (618) 437-5321, Ext. 1250 or email oxford@rlc.edu. All campers will get a Sports Camp T-shirt.

In Pinckneyville, artists interested in creating their own painted masterpieces will meet with Instructor Heidi Karsten at the Murphy-Wall Campus, Room 101. **Camp Picture It!** will give students a choice



Last year's campers and Instructor Beth Mandrell in the Me & My Buddy Cooking Camp showed off their patriotic desserts during a parade around campus. This year's Me & My Buddy Cake Creations camp will be on Wednesday, June 24.

Variety continues on page 2

Popular Kids Summer Camps returning to RLC

Only the most popular Kids Summer Camps at Rend Lake College host several sessions every summer. This year, nine camps have scheduled multiple sessions in June and July in the RLC district.

Three camps will be held in the Ina and Benton area to help kids get active during the summer: Outdoor Adventure, Let's Get Fit, and Starts and Turns Swim Camp. Located on Lake Benton, Camp Manitowa hosts Outdoor Adventure four weeks during the summer months for students to get all the excitement of an overnight camp during the day. Campers participate in a challenge course, zip line, and team-building trail in between arts and crafts, kayaking, fishing, and hiking.



During the "Garbage Pail Science" Kids Summer Camp last year, Sawyer Overstreet, RIGHT, of Mt. Vernon focuses on a water balancing trick alongside camper Maya Rounds, LEFT, of Sesser. The camp is offered again this year in both June and July.

Students in grades 2-9 can attend one, two, three, or all four weeks of **Outdoor Adventure Camp**

from 9 a.m. – 4 p.m. on the following dates: Monday, June 15 – Thursday, June 18; Monday, June 22 – Thursday, June 25; Mon-

day, July 13 – Thursday, July 16, and Monday, July 20 – Thursday, July 23. The first week of camp costs \$155, and each additional

week costs \$100. Campers should bring a sack lunch, drinks, sunscreen, insect **Popular Kids** continues on page 2

New Crime Fighters, Kids Fire Academy summer camps have limited space left

Rend Lake College has the perfect summer camp for kids who have wanted to be a police officer or firefighter. Crime Fighters and Kids Fire Academy will host several local professionals in law enforcement and emergency services to give students a detailed view of their dream job.

Crime Fighters camp is as exciting as it sounds and serves as an introduction to the criminal justice field for students in fifth through eighth grades. Led by Ron Meek, RLC Criminal Justice Associate Professor, campers will have hands-on experience learning about different

careers in law enforcement. Many professionals will speak with the students on a range of topics and personal experiences. Some of the activities will include crime scene processing and fingerprinting.

Students will meet from 9 a.m. – noon Monday, July 13, through Thursday, July 16, in the Advanced Technology Center, Room 143, on the Ina campus for Crime Fighters camp. Camp costs \$60 per student.

Kids Fire Academy is also an introductory camp that provides students with knowledge in fire safety, CPR and First

Limited Space continues on page 3

Authorities respond to alleged hostage threat

At about 3:36 p.m. Wednesday, May 27, calls were placed to the Jefferson County and Franklin County dispatch centers reporting a

hostage situation at Rend Lake College.

The Ina Police Department (IPD) responded and found there was no hostage situation.

One person was placed

in protective custody for that individual's own health and was transported to a local hospital.

No one was in any danger and no one was injured.

The IPD and the Rend

Lake College Police Department, in order to be certain everyone was safe and there was no danger, secured and searched the campus facilities.

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\$156 million for your thoughts

BY JIM MULLEN

UNIVERSAL

I'm sure you've heard the argument that if we raise the minimum wage, the cost of that raise will just get passed along to you, the paying customer. You'll have to pay more for your hamburger, more for your clean hotel room, more for your convenience at the convenience store.

VILLAGE Idiot by: JimMullen



the company didn't pay him so much, he might quit. And where on Earth are they gonna find somebody else who would work for \$156 million a year, even if it's

they bit the bullet and stayed with their companies in spite of the low, low, low pay.

Why, you might ask, is David getting paid so much?

I'm sure he works hard, but don't we all? Did he invent television? Does he write the shows? Film them? Direct them? Did the guy who runs Bank of America invent banking? Did the guy who runs Chrysler invent the automobile?

Henry Ford actually did invent a car, and he became fabulously wealthy. You would hardly call him a communist. Yet when other car companies were paying their workers a dollar a day, Ford raised his workers' pay to \$5 a day. Not only did it keep turnover way down, but his workers could suddenly afford to buy Ford cars.

When the chairman of Starbucks was on "60 Minutes," they asked him how his fast-food company could pay a living wage to its coffee pickers, contribute to its employees' health care costs and chip in for their college tuition. His answer was, basically, "Why do you think a cup of our coffee costs three dollars?"

This is not communism — the chairman of Starbucks is a very wealthy guy — and I'm not a communist. I think CEOs should earn as much as they possibly can; I'd enjoy being fabulously wealthy as much as the next guy. But if it makes sense for the CEO to be paid well, why doesn't it make sense for everyone in the company to be paid well — as much as possible, rather than the current trend of as little as possible? If the CEO can get a big raise and stock options, why can't everyone?

A rising tide should lift all boats, not just the yachts.

(Contact Jim Mullen at JimMullenBooks.com.)

mostly in stock options? Oh, yeah — just about anywhere.

Would David have quit working at Discovery Communications, the TV conglomerate he runs, if he only got paid, say, \$75 million a year? Would he have stomped out in a snit? Would he have left for some other company that would pay him \$156 million? Whoops! I forgot: There is no other company that would pay him \$156 million.

Do you think he'd walk away if they had only offered \$35 million a year? Maybe. After all, he does preside over Shark Week, and Nik Wallenda walking over the Grand Canyon without a net. Show biz is wacky that way. But the CEO of Bank of America, which is a much, much bigger company than Discovery, made only \$14.5 million last year. The CEO of Chrysler made only \$38 million. Yet

and Wednesday, June 24, in the Coal Mine Training Center, Room 107, on the Ina campus. Lunch and a T-shirt are included in the \$55 camp cost.

Space is limited for Crime Fighters and Kids Fire Academy camps. For more information or to register, contact RLC's Community and Corporate Education Division at (618) 437-5321, Ext. 1714, or morrise@rlc.edu. All of RLC's Kids Summer Camps can be found online at www.rlc.edu/com-ed/kids-camps.

Limited Space..

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Aid, all while helping shape character and team-building skills. Campers will participate in hands-on training and become CPR certified, in addition to meeting local firefighters and getting an up-close look at the various equipment used in emergency situations.

Third- through eighth-grade campers will meet with Southern Illinois F.O.O.L.S. from 9 a.m. – 4 p.m. on Tuesday, June 23,

E-Waste

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music devices, phones, UPS batteries, typewriters, cash registers, networking equipment, satellite dishes, and cable boxes.

C & I Electronics will transfer all the items donated to their Evansville, Ind. facility to begin the breakdown process. C & I is an R2 (Responsible Recycling) company that adheres to strict guidelines as to how the material is processed. None of the material will be land filled or sent to developing countries. All electronic devices containing personal or sensitive information, such as hard drives and thumb drives, are guaranteed to be properly destroyed during this process.

RLC will have a team of volunteers from the Greening the Campus committee on hand

to help unload vehicles and transfer items to a recycling truck.

"Residents don't have to do anything other than bring electronic items they wish to have recycled. They don't have to package anything, nor get out of their car," added Ellis.

Donors should not bring CRT or tube TVs and monitors, batteries, tires, compact fluorescent light bulbs, refrigerators, or stoves. Information from C & I Electronics states that old TVs are considered Household Hazardous Waste, which contains lead, phosphors, and leaded glass, and they can be accepted at their Evansville, Ind., facility through drop off by the owners Monday through Friday.

For more information about the E-Waste Disposal Day, contact Tyson Ellis at (618) 437-5321, Ext. 1230 or rellist@rlc.edu.

Does unit pricing really help you judge costs?

BY THE EDITORS OF CONSUMER REPORTS

UNIVERSAL

Picture this: You're at the supermarket trying to find the best deal on AAA batteries for your flashlight, so you check the price labels beneath each pack. Sounds pretty straightforward, right? But how can you tell which pack is cheaper when one is priced per battery and another is priced per 100?

Welcome to the perplexing world of unit pricing. Eight in 10 Americans rely on those labels to determine the most economical brands and package sizes, according to Consumer Reports. In theory, they're the easiest way to see whether purchasing a 59-ounce container of orange juice is cheaper than buying a quart.

Consumers can be confused or even misled when unit-price labels are inconsistent or unclear. And that's often the case. There are no federally mandated, standardized requirements for unit pricing as there are for Nutrition Facts labels. They're actually exempt from the Federal Trade Commission's Fair Packaging and Labeling Act.

"Neither industry nor state government perceives a big problem with unit pricing in the marketplace," says David Sefcik, a weights and measures expert for the National Institute of Standards and Technology (NIST), an agency in the Department of Commerce. "It's an issue that hasn't generated a lot of consumer complaints because many people simply don't know what they're missing, and that improvement is needed."

The major chains feel



CONSUMER REPORTS

no need to change without pressure from consumers, he adds.

INCONSISTENCY IS THE STANDARD

Consumer Reports last uncovered widespread inconsistencies in unit-price labels in 2012, when it worked with NIST to create an ideal label.

Today, unit pricing remains essentially voluntary. Only nine states and the District of Columbia have mandatory regulations, but they differ from each other. Ten other states have voluntary regulations that follow recommendations from NIST.

Consumer Reports recently shopped at nine stores near its headquarters in Yonkers, New York, and found a mixed bag in terms of content and clarity as well as layout and legibility.

Some labels had type as tiny as 0.22 inch, unreadable for impaired or aging eyes. Others had different ways of comparing the same products.

Findings included:

- Furniture polish priced by the pound and by the pint.

- Batteries and toothbrushes priced "each" and "per 100."

- Salad dressing priced by the pint and by the quart.

- Toilet paper priced by "100 count," though the "count" (a euphemism for sheets) differed in size and number of plies depending on the brand.

- Dental floss priced per pack, though containers

varied widely in capacity, from around 30 yards to more than 100.

WHAT NEEDS TO BE DONE

Since 2012, Sefcik has gathered input on unit pricing from academics, consumer watchdog groups, officials, retailers and trade associations.

He compiled their recommendations into a guide, "A Best Practice Approach to Unit Pricing," the first comprehensive primer on the layout, design, and presentation of unit-price labels. It was released earlier this year. (Find it at nist.gov.) His goal is to encourage companies to follow the standards, eliminating ambiguities once and for all.

"Now that retailers have a national set of guidelines of how to implement item pricing in the most effective way, there is no excuse or reason for them not to provide it," says

Edgar Dworsky, a former assistant attorney general for consumer protection in Massachusetts. "It is part of good customer service."

WHAT YOU CAN DO

When comparing unit-price labels, make sure that you're really comparing apples to apples. If some apples are sold by the piece and some by the pound, you might need a scale or calculator to determine the best deal. And if labels are inaccurate or illegible, don't suffer in silence: Tell a store manager.

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Waldorf Chicken Salad is delicious the second time around

Cooking for two is always challenging. How do you take your favorite recipes and trim them down to just two servings? If you're like me, you're much more accustomed to doubling and tripling your favorites for a crowd. It may seem like simple

math: Just divide by two or three. But it doesn't always work that way. Most "large ingredients" such as proteins, vegetables, etc., can be simply cut in half or a third; but a little more finesse is needed for sauces, dressings and seasonings. Otherwise, you may find your finished meal either dry or sopping wet.

My best advice is to mix gradually when self-adjusting a recipe. Yes, it can take longer, but adding by a tablespoon or even a teaspoon at a time can help you build the recipe until it is just right. It's easier to add than to take away. If you've ever tried to reclaim mayonnaise after adding too much atop your ingredients, you know what I'm talking about.

No special math skills are needed for today's recipe, though. It is already adjusted for two servings. If you are cooking for one, leftovers are delicious for up to

two days, so don't fret. This is one recipe you will gladly have that second helping tomorrow for lunch. Enjoy!

[Alicia Ross is the co-author of "Desperation Dinners!" (Workman, 1997), "Desperation Entertaining!" (Workman, 2002) and "Cheap. Fast. Good!" (Workman, 2006). Contact her at Kitchen Scoop, c/o Universal Uclick, 1130 Walnut St., Kansas City, MO 64106, or send email to tellus@kitchenscoop.com. Or, visit the Kitchen Scoop website at www.kitchenscoop.com.]

MENU

**WALDORF CHICKEN SALAD FOR TWO
WHOLE WHEAT FRENCH BAGUETTE
CHILLED CHABLIS**

WALDORF CHICKEN SALAD FOR TWO
Start to finish: under 20 minutes

- 1 cup diced cooked chicken*
- 1/2 cup diced red seedless grapes
- 1 small gala apple, cored and chopped
- 1/4 cup chopped celery
- 3 tablespoons reduced-fat mayonnaise
- 3 teaspoons honey Dijon mustard
- 1/2 teaspoon poppy seeds
- 1/8 teaspoon salt
- dash ground black pepper
- lettuce leaves for serving, if desired

Combine the chicken, grapes, apple and celery in a medium bowl. In a separate small bowl, whisk together the mayonnaise, mustard, poppy seeds, salt and pepper. Add the dressing to the chicken mixture and gently combine. Serve on lettuce leaves if desired.

*Cook's Note: Rotisserie, grilled or oven-roasted chicken is equally wonderful in this salad.

Approximate values per serving: 258 calories, 8.5 g fat (1 g saturated), 64 mg cholesterol, 25 g protein, 20 g carbohydrates, 1.5 g dietary fiber, 425 mg sodium.



Delicious maindish salad for two in under 20 minutes. (Photo by Alicia Ross for Kitchen Scoop)

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Whole-wheat muffin a perfect complement to crisp salad

Nothing tastes better to me in the warmer months than a salad with a hearty muffin as a side. The problem with this is that I kill any calorie-saving points by eating a salad when adding in the oftentimes fat-filled muffin. Sure, it tastes amazing, but it's more of a dessert than the side of bread I crave. I want hearty, not heavy.

So I headed into the kitchen to create a whole-wheat muffin packed with yummy oats and applesauce (no half white flour and half wheat flour in this one). I did not add oil or butter — only one egg. If you like, you can substitute two egg whites instead. But best of all, these muffins do not leave a heavy bricklike

feeling in your tummy an hour later. Of course, these muffins are a delicious start to your day, or a perfect afternoon snack with tea. But I still like them best with a green salad loaded with summer fruits and vegetables. Just pour a glass of sun tea, and summer patio dining is here! Enjoy!

(Alicia Ross is the co-author of "Desperation Dinners!" (Workman, 1997), "Desperation Entertaining!" (Workman, 2002) and "Cheap. Fast. Good!" (Workman, 2006). Contact her at Kitchen Scoop, c/o Universal Uclick, 1130 Walnut St., Kansas City, MO 64106, or send email to tellus@kitchenscoop.com. Or visit the Kitchen Scoop website at www.kitchenscoop.com.)



Hearty but not heavy muffins with whole grains. (Photo by Alicia Ross for Kitchen Scoop.)

MENU

**CRISP GREEN SALAD WITH FRUITS AND VEGGIES
WHOLE-WHEAT OAT MUFFIN
SUN TEA**

WHOLE-WHEAT OAT MUFFINS
*Start to finish: 20 minutes preparation;
30 minutes baking time
Yield: Makes 12 muffins*

- 1 cup old-fashioned oats
- 1 cup 1 percent milk
- 1 cup unsweetened applesauce
- 1 egg, beaten
- 1 teaspoon vanilla extract
- 1 cup whole-wheat flour
- 2 teaspoons baking soda
- 1/2 cup light brown sugar, firmly packed
- 1 teaspoon ground cinnamon

Preheat oven to 350 degrees. Place paper muffin cups in a 12-cup muffin tin and set aside. In a medium bowl, combine the oats, milk, applesauce, egg and vanilla extract; stir well. Let sit for 10 minutes. In another large bowl, combine the whole-wheat flour, baking soda, brown sugar and cinnamon. Stir well to break up any lumps in the sugar. When oat mixture has rested for 10 minutes, stir it into the flour mixture. Spoon the mixture into the prepared muffin cups and bake for 25 to 30 minutes. Serve warm, or cover and serve at room temperature. Approximate values per muffin: 132 calories, 1.5 g fat (trace saturated), 15 mg cholesterol, 4 g protein, 25 g carbohydrates, 2 g dietary fiber, 227 mg sodium.

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