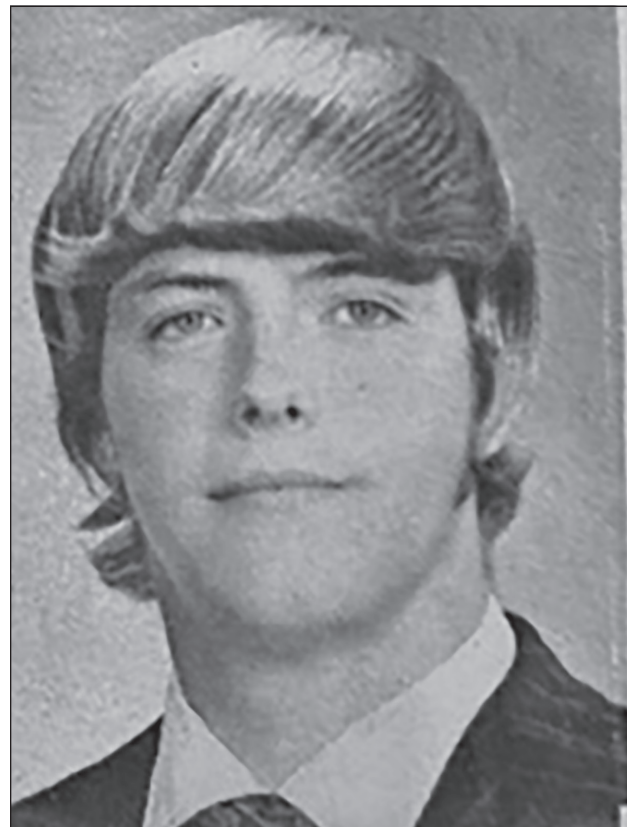


LOOKING BACK!



Keith Wiles, Steve Adams, Tim Rogers, Chris Horner, Jim Carlson, and Tony Harmond were winners in the Webelos Race during the Annual Pinewood Derby-Cub Scout Pack 173. (from The Lewisburg Tribune, May 8, 1975.)



Seth (Buddy) Warf was nominated to receive the American Farmers Degree, the highest degree by the National FFA organization. (from the Lewisburg Tribune, Oct 16, 1975.)

Meetings and happenings

Meetings and Happenings are published at no cost. There is no guarantee of publication.

- Aug 9 - The Mayor and Council of the City of Lewisburg will hold their regular monthly meeting, Tuesday, Aug. 9, 6 p.m. at Lewisburg City Hall, 131 East Church Street.

- Aug 11 - La Leche League of Lewisburg will have a meeting August 11th at 10:30 a.m. to 12 p.m. Call for location-Anna Childress 931-637-5810.

- Aug 13 - Wiser Family Reunion, Saturday, Aug. 13th at the Griffin Park-Aubrey Lewis Pavilion in Shelbyville. A pot luck meal will be served around noon. Tableware and paper products will be furnished.

- Aug 16 - The Marshall County Board of Public Utilities will hold its regular monthly meeting Tuesday, August 16, 9 a.m. at 624 West Commerce Street in the Doug Rogers Board Room.

- Aug 18 - The South Central Human Resource Agency Head Start/Early Head Start Policy Council meeting will meet at 10:30 a.m. on Aug. 18, at the South Central Human Resource Agency Central Office, in Fayetteville, Tennessee.

- Aug 23 - Lewisburg Gas Dept. Monthly Board Meeting, August 23, 4 p.m., 505 N. Ellington Pkwy.

- Aug 29 - The Board of Lewisburg Electric System will hold their August Board Meeting on Monday, Aug. 29, 5 p.m. The meeting will be held at the LES office, 599 W. Ellington Pkwy. The meeting is open to the public.

- Aug 30 - The Community Development Board of the City of Lewisburg will hold their regular monthly meeting Tuesday, Aug. 30, 12 p.m., at the Historic 1st Avenue Building, located at 207 1st Ave. N.

- Aug 30 - Lewisburg Housing Authority will hold their Monthly Board Meeting on Tuesday, Aug. 30 at 6 p.m. The meeting will be held at the George W. Turner Building located on 741 Silver Street.

Elevate a Family-Favorite Side Dish to a Flavorful, Protein-Packed Meal

(Family Features) Taking the stress out of family meals at home can be as simple as turning your attention toward recipes that pack plenty of flavor without complicated prep. In fact, you can even turn an easy, everyday side dish into a full-blown dinner by simply adding your favorite protein.

This Greek Chicken Fried Rice, for example, transforms a traditional side dish into a filling meal for four in less than 30 minutes. Plus, it requires just one wok or skillet, leaving hardly any cleanup on those busy weeknights when homework, after-school activities and social calendars fill your schedule.

Find more week-night meal solutions at MilkMeansMore.org.

Greek Chicken Fried Rice

Recipe courtesy of Lori Yates of "Foxes Love Lemons" on behalf of Milk Means More

Prep time: 15 minutes
Cook time: 13 minutes
Servings: 4
2 tablespoons vegetable oil
1 large chicken breast, finely chopped
1/2 cup chopped onion
3 cups prepared white rice
2 eggs



Greek Chicken Fried Rice

1 cup chickpeas, drained and rinsed
1/2 cup roughly chopped fresh parsley leaves
1/2 cup crumbled cow's milk feta cheese
1/2 cup grape tomatoes, quartered
1/3 cup Kalamata olives, halved

2 tablespoons fresh lemon juice
1/4 teaspoon kosher salt
1/4 teaspoon ground black pepper
In wok or large skillet, heat oil over medium-high heat. Add chicken; cook until almost cooked through, stirring frequently,

about 5 minutes.
Add onion; cook 1 minute, stirring frequently.
Add rice; cook 3 minutes, stirring constantly. Push rice to sides of wok, creating well in center of wok. Crack eggs into well and scramble vigorously with wooden spoon; cook

2 minutes, keeping eggs in well, or until eggs are fully cooked.
Add chickpeas, parsley, cheese, tomatoes, olives, lemon juice, salt and pepper; cook 2 minutes, or until warmed through, stirring frequently.

Take Summer Grilling to New Heights with a Versatile Veggie

(Family Features) The fresh flavor of favorite foods pulled hot off the grill makes summer cookouts a treasured pastime for families across the country. This year, you can make new memories at those backyard barbecues by keeping in mind that grilling isn't only about charred burgers and steaks – delicious, grilled vegetables can be just as enjoyable.

Nutritious and full of antioxidants, sweetpotatoes are a perfect option for summer recipes as they're easy to grill in a recipe like Sweetpotato Wedge & Purple Cabbage Salad with Poppyseed Dressing. Hearty yet light for a tasty side dish, this salad is effortlessly simple and combines crispy purple cabbage, juicy tomato, velvety feta and poppyseed dressing around sweetpotato wedges as the star of the show.

With nearly 70% of the nation's sweetpotatoes produced in North Carolina, the state is the largest producer in the country of the year-round veggie ideal for grilling on those hot summer days. As a versatile superfood, their rich nutritional value and ease of use in a variety of dishes make them an ideal ingredient in recipes ranging from breakfasts and salads to protein bowls, tacos and more.

In addition to cooking on a classic grill, sweetpotatoes can also be prepared using a griddle. Until Sept. 30, you can enter the North Carolina SweetPotato

Commission's Blazin' Blackstone Giveaway to win one of 14 prize packages including the grand prize: a 28-inch XL Culinary Pro with Rangetop Bundle. Join fellow "gridders" by sharing a photo of your favorite sweetpotato recipe and encouraging friends, family and online followers to do the same.

Learn how to enter the giveaway and find more information at ncsweetpotatoes.com.

Sweetpotato Wedge & Purple Cabbage Salad with Poppyseed Dressing

Recipe courtesy of the North Carolina SweetPotato Commission

Servings: 4
2 North Carolina sweetpotatoes
1/2 head purple cabbage
1 tablespoon olive oil
salt, to taste
pepper, to taste
6 tablespoons poppyseed dressing, divided
1 tablespoon chopped parsley
2 cups grape tomatoes, halved
3 tablespoons feta cheese, crumbled
Preheat grill to 400 F.
Scrub and wash sweetpotatoes. Cut each into six wedges. (If sweetpotatoes are long, consider cutting wedges in half.) Parboil sweetpotatoes 5 minutes, drain and cool 5 minutes.
Shred cabbage into thin slices.



Sweetpotato Wedge & Purple Cabbage Salad with Poppyseed Dressing

Toss sweetpotatoes with olive oil and salt and pepper, to taste.

Place sweetpotato wedges on grill perpendicular to grates over direct heat; grill about 3 minutes on each side, or until tender-crisp

with grill marks on each side. Remove from grill and set aside.

In zip-top bag or large bowl, toss cabbage with 4 tablespoons poppyseed dressing until coated. Add parsley and tomatoes; toss.

To serve, place sweetpotato wedges on bed of dressed cabbage and drizzle with remaining poppyseed dressing then sprinkle with cheese.

Serve warm or cold.