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\$2.99 Batter Dipped Fish & Fries Classic fish filets, fries & hushpuppies. Participating stores only. One offer per coupon. Not valid with other offers. Expires 2-6-2008. COUPON	\$2.99 2pc. Country Style Fish Dinner Country style fish filets, cole slaw, fries & hushpuppies. Participating stores only. One offer per coupon. Not valid with other offers. Expires 2-6-2008. COUPON	\$3.49 2 pc. Batter Dipped Fish Dinner Classic fish filets, cole slaw, fries & hushpuppies. Participating stores only. One offer per coupon. Not valid with other offers. Expires 2-6-2008. COUPON

Splash into our Wadesboro location!
126 W. Caswell St. Wadesboro
 For a limited time only at participating Captain D's locations. All major credit cards accepted.

Spice Up Your Life, Lessen the Aches & Pains

As cold weather tightened its grip on us during the past week or so, the normal aches and pains associated with a middle-aged woman suffering from arthritis began taking its toll. A colleague handed me some sound advice for spicing up life and relieving some of the aches and pains we can expect to suffer during the colder months.

To ease the sometimes debilitating discomfort, trying common kitchen herbs may be just the thing to help your ailing arms and limber up your legs. Who would have thought that common cupboard items could work their wonders for recipes as well as remedies?

Spices were used centuries ago just as prescription drugs are used today. But research confirms, "The spice rack can often be as potent as a prescription bottle. Spices are powerful sources of antioxidants, anti-inflammatories and phytochemicals, which can relieve the pain, swelling and discomfort of arthritis," says Laurie Steelsmith, author of Natural Choices for Women's Health.

So let's take a peek inside the pantry and

unfold a few invaluable spices for health's sake. For example, cayenne, turmeric, ginger, saffron and rosemary are five favorites associated with calming the minor to severe affects of arthritis. Cayenne can put pizzazz into any dish but it can also be used as a topical cream to rub on affected areas. Turmeric should be eaten at least three times per week. The help it provides inflammation as well as the halt to cartilage destruction makes it a great choice for spicing it up. Ginger can be ingested by drinking ginger tea or eating Asian cuisine. Ginger too inhibits inflammation and is best used by those who seem to worsen when cold weather attacks. Saffron is a powerful antioxidant as well as an expensive spice. Drinking it as a tea-like beverage or in rice will serve you well. Rosemary contains antioxidants and phytochemicals that reduce inflammation, thus relieving pain. Use it in your bath (oils) or as a massage enhancer for sore joints. All five are fabulous finds for firing up your cold winter months and making them as pain free as possible.

By Melanie Morse

SPCC Offers New Courses

South Piedmont Community College will offer a variety of Continuing Education courses beginning in February. Many of the short-term training courses will be held at the Lockhart-Taylor Center, which is located at 514 North Washington Street in Wadesboro.

SPCC courses being offered in the Art and Living category are Copper Repousse, Pottery, Stained Glass, Gytaku (fish printing), and Quilting.

Professional training includes Auto Dealer Renewal, REAL for entrepreneurs, and Resilient, Ceramic and Laminate floor covering installation. Notary Public and Vehicle Safety Inspection classes are offered monthly.

Certified Truck Driver (CDL) Training with Future Truckers of America is offered in Anson and Union locations on a rotating basis. Plumbing and Mechanical renewals will be held in the Fall semester.

Medical courses include Nursing Assistant I, II, NA Refresher and Feeding Assistant.

Computer courses include specific classes for beginners and seniors, Quickbooks, Microsoft Word, PowerPoint, and Excel. Day and night time classes are offered.

For more information or to register call (704) 694-5456. Visa and MasterCard are accepted. Registration fees are waived for seniors 65 and older taking occupational classes.

Field of Dreams Spring Sign-Ups

Thursday, February 7th 6:00-8:00pm - Field of Dreams
Saturday, February 9th 2:00-4:00pm - Field of Dreams

Baseball T-ball Coach pitch 9 & 10 year olds 11 & 12 year olds	Girls Softball 8 & under 10 & under 12 & under
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Fees - Due at sign-ups!
\$55.00 each (no sibling discounts)
\$30.00 T-ball

Sign-Up information online at
<http://aaya.baberuthnetwork.com>

Polkton High School Reunion April 12

A Polkton High School reunion will be held on Saturday, April 12 at Anson High School. This reunion will be for all former students and guests who attended the school anytime from the beginning up to 1960, when the school was closed. The reunion will convene at 11:00 a.m. and a meal will be served. Make your plans to attend and enjoy seeing old friends and making new ones!

Please make your reservations by mailing \$20 per person to Doris Bennett, 3728 Cameron Road, Polkton NC 28135. Include your telephone number and email address. Because the event will be planned around the number of reservations, all money collected will be non-refundable. All reservations must be made by March 31.

For more information, contact Beth Smith at 704-694-2708 or Nancy Lovett at 704-694-6495. Emails may be sent to smitty@windstream.net.

Wadesboro Primary School Honor Rolls

Wadesboro Primary School is proud to announce the students who have earned placement in the honor rolls for the third 6 week period.

"A" HONOR ROLL

Emily Bennett, Otis Chambers, Breanna Ingram, Madison Johnson, Chastity Kellock, Destiny Ledbetter, Hanna Osborn, Jalen Powe, Antwan Sturdivant and Rebekah Webb.

"A/B" HONOR ROLL

Zachariah Burch, Kiante Clark, Aaliyah Crawford, Kyle Currie, Joshua Deese, Sean Hair, Malachiah Harrington, Brad Hildreth, Brionna Ingram, Frances Kateh, Isaiah Liles, Faolan McGee, Shacoria Moore, Saima Nadeem, Brianna Robinson, Benjamin Smith, Kiana Smith, Daquantae Streater, Adrian Sturdivant and Bethany Vaughn.

Arthritis Exercise Program at Grace Senior Center

Grace Senior Center will offer a six-week Arthritis Foundation exercise program on Mondays and Thursdays, from 2:00 to 3:00 p.m. The classes will begin on February 4 and run through March 14. There is no charge for the program.

The program is a community based, non-clinical group exercise designed to help those who have joint and/or muscle problems to achieve improved joint mobility, muscle strength and endurance. This will improve the performance of their daily activities. The program, which is offered by certified instructors, consists of four main elements: exercise, health education, movement activities and relaxation exercise.

Anyone 55 years of age and older who is interested in participating should call Grace Senior Center at 704-694-6616 to register and for additional information.

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