

Dr. Stephen J. Thurston, President of The National Baptist Convention of America, Inc., International will be here in our city for the first joint efforts of

The Pacific Northwest Baptist Convention

and The Regional Six

(includes-- Washington, Oregon & Northern California)

Event dates: Sept. 12, 13, 14 & 15, 2012
Place: Emmanuel Temple Church, 1033 N. Sumner,
Portland, OR. 97217
Bishop Clifton Wells, Pastor

National Baptist Convention of America, Inc

Office of the President
754 East 77th Street - Chicago, Illinois 60619
773 874-1010 Fax (773) 846-5036

Reverend Dr. Stephen J. Thurston, President



Dr. Raymon H. Edwards, Sr.

Regional Director, Western Region #6 Oregon,
Washington, Northern California of the Na-
tional Baptist Convention of America, Incorpo-
rated International Headquarters: 4735 North
Commercial Avenue Portland, OR 97217

A musical is planned for Wednesday, Sept. 12, 2012 at 7:00 PM. There will be classes and preaching day & evenings Sept. 13th & 14th. Services ending on Saturday, Sept. 15, 2012. We are inviting the church community to come and worship with us on Thursday, Sept. 13th at 7:00 PM our National President, Dr. Stephen J. Thurston will address the issues/needs of the churches and community.

FOOD

Juice Recipes

The nutritional benefits of drinking a glass of fresh juice far outweigh that which you get by drinking packaged juice, so make the effort to go for fresh juice. When should you drink juice? Ideally, the best time to drink a glass of juice would be a minimum of 20 minutes before a meal. Don't gulp it down. Juices should be sipped slowly as the enzymes in our saliva digest the carbohydrates present in our juices. To make fresh juice you will need a juicer. Go to <http://www.thebestjuicerreviews.com/> to get a complete range of options and find the juicer that best fits your needs and budget.



Orange Carrot

A great breakfast drink, to help carry you through the day.

Ingredients:

- 8 Large Fresh Cleaned Carrots
- 2 Large Fresh Peeled Oranges

Directions

Using electric juice extractor, press carrots and oranges. Whisk to combine.

A Beet Beauty

The color of this one alone will make your smile even larger. This is packed with flavor and will keep you

coming back for more.

Ingredients:

- 2 beets, (including greens optional)
- 2 carrots
- 1 apple, quartered and cored
- ginger to taste

Directions:

Using electric juice extractor, press beets, beet greens (if using), carrots, apple and ginger. Whisk to combine.

Apple Green Grape

Simply delicious! These flavors were made to be together.

Ingredients:

- 3 Granny Smith apples, quartered and cored
- 1 Cup seedless green grapes
- 1 Thin wedge lemon, peeled

Directions:

Using electric juice extractor, press apples, grapes and lemon. Whisk to combine.

The Best Pan-Fried Tofu

When firm tofu is properly fried and seasoned it can be used in a variety of ways. This goes well with with steamed broccoli and peanut sauce, in a sandwich with grilled peppers and mushrooms and aioli or just eaten with ketchup

Ingredients:

- 1 lb extra firm tofu (extra firm only)
- 1 1/2-3 tablespoons canola oil or 1 1/2-3 tablespoons peanut oil
- salt
- cayenne pepper

Directions:

1. Take your block of tofu and wrap it in several layers of paper towels.
2. Gently press the tofu with your hands or against the counter top to release the liquid. This will take about a minute.

continued ▼ on next page

Chiropractic Auto Injury Clinic, PC

Zchon R. Jones, DC

333 NE Russell St., #200, Portland, OR. 97212

(503) 284-7838

Truly making a difference in the lives of
Auto Accident victims and Injured Workers for nearly 20 years.

If you or someone you know has been in an accident,
call us so we can help you with your needs. (503) 284-7838



We are located on the
corner of MLK and Russell
Street, on the second floor
above the coffee shop.

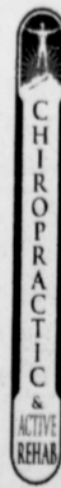
Parking Area

333 NE
Russell
#200

Russell St.

S

MLK Jr Blvd



To Place Your Classified Advertisement

Contact:

Phone: 503-288-0033 Fax: 503-288-0015

e-mail: classifieds@portlandobserver.com