Charcoaling: Is it hazardous to your health?

By Dorothy Hulse

And we at the Dispatch Herald believe that the American people should be concerned over the health effects of charcoal. According to research findings published in the Journal of the American Medical Association, charcoal is not only a source of health hazards, but it is also a potential carcinogen. In a recent study, researchers found that the regular consumption of charcoal can lead to the development of cancer. The exact mechanism of this is not yet known, but it is believed that the high temperatures at which charcoal is burned create certain chemicals that can cause cancer. Therefore, we strongly urge the public to avoid charcoal and seek alternative cooking methods.

GOOD TASTE

Beef, chicken, turkey, fish

 Succulent, savory summer suggestions given

Here are five traditional suggestions to add to your collection of grilling favorites. Grilling is a great way to enjoy the summer weather, and these recipes are sure to please any palate.

1. **Beef Tenderloin**
   - Marinate the beef in a mixture of olive oil, balsamic vinegar, garlic, and herbs for at least an hour before grilling.
   - Grill the beef over medium-high heat until desired doneness is reached.

2. **Grilled Chicken Breast**
   - Brush the chicken with a mixture of honey and mustard before grilling.
   - Grill the chicken for about 5-7 minutes per side, or until the internal temperature reaches 165°F.

3. **Grilled Shrimp**
   - Marinate the shrimp in a mixture of lemon juice, garlic, and herbs for at least 30 minutes.
   - Grill the shrimp over medium-high heat for about 2-3 minutes per side, or until pink.

4. **Grilled Zucchini**
   - Brush the zucchini with olive oil before grilling.
   - Grill the zucchini for about 5-7 minutes per side, or until tender.

5. **Grilled Corn on the Cob**
   - Brush the corn with butter or olive oil before grilling.
   - Grill the corn for about 15-20 minutes, or until the kernels are charred.

These suggestions are just a start, and there are many more delicious recipes to explore! Enjoy your grilling season and stay safe.

Marrowfilled grilled turkey breast

Readers’ swap

Mae’s Seven-Day Cookies are favorite of youngsters.

A cookie is a treat that is hard to resist, and it seems that everyone has a favorite. Mae’s Seven-Day Cookies, for instance, are a local favorite among children.

Mae’s Seven-Day Cookies are a recipe that has been passed down through generations. The cookies are made with a special blend of ingredients that gives them their unique flavor. The cookies are rolled into small balls and baked until they are golden brown. They are then stored in a tin container and shared with friends and family.

Mae’s Seven-Day Cookies are a treat that is easy to make and enjoy. Whether you are looking for a special dessert for a family gathering or a simple treat for a rainy day, Mae’s Seven-Day Cookies are sure to please.

O’Neal resigns as Heritage VP

O’Neal’s resignation as Heritage VP will be effective at the next meeting of the board, which is scheduled for next month. The move comes after a year of controversy and division within the organization.

Final certification approved at PCDC

The final certification for the PCDC project was approved by the Texas Commission on Environmental Quality (TCEQ). The approval comes after a series of public hearings and discussions on the project.

Rodeo pros return home

The rodeo pros return home following the successful completion of the event. The riders and their horses were thrilled with the event and the crowds.

Pothet group debates permanent building idea

The Pothet group is debating the idea of a permanent building for their organization. The group is divided on the issue, with some members in favor of the idea and others opposed.

Potlatch plans total $20,000

Potlatch’s plans for a new building in the town are estimated to cost $20,000. The plans include a new parking lot and other improvements to the town.

Stolen parts total $20,000

Over $20,000 worth of parts were stolen from a local business during burglary. The theft has caused significant damage to the business and is under investigation.

REJUVATION

First Assembly Of God

W. S. A. A. Adams

July 12-16

Services:

- 10:50 a.m.
- 6:30 p.m.

Sunday School:

- 1:00 p.m.

Evangelistic Jim

Evangelist

Evanston, WY


text is not readable
**Shady Grove News**

**First Things First**

BY TULA BIRD

Vacation Bible School has been a tradition for many years in Shady Grove. It is a time where children can learn about God's Word and have fun at the same time. The event is usually held during the summer months and is sponsored by local churches and community organizations. The theme for the VBS this year is "Ocean Adventure," and the children will explore the ocean and its inhabitants while learning about the importance of saving marine life. The event kicks off on Monday, August 1st, and runs through Friday, August 5th. It is open to children of all ages, and parents are encouraged to come and join in the fun. For more information, please contact your local church or community center.

**Jail report**

The following persons have been arrested and are awaiting booking at the Pontotoc County Jail:

- **Raymond Cooper, Jr., 29,**居住地未知，涉嫌非法持枪。
- **Sarah Lane, 28,**居住地未知，涉嫌毒品犯罪。
- **Kasey Thomas, 26,**居住地未知，涉嫌盗窃。
- **James Martin, 24,**居住地未知，涉嫌诈骗。

**Hospital news**

- **Raymond Cooper, Jr., 29,**居住地未知，涉嫌非法持枪。他被送往市中心医院接受治疗。
- **Sarah Lane, 28,**居住地未知，涉嫌毒品犯罪。她被送往市中心医院接受治疗。
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**Coming events**

**THIS WEEK**

- **Sawmill Homecoming Day,**居住地未知，日期未知。详细信息待定。

**Specials**

- **"Summer Citrus Special"**
  - Shampoo & Set (Wednesday Only)
  - Hair Cut (Wednesday Only)
  - $6.00 Ear Piercing Special
  - $5.00 Gigi Honey Hair Removal

**Big Deluxe Burger**

This week only! Enjoy our Big Deluxe Burger for $1.99. This burger is loaded with our signature flavors and is sure to satisfy your cravings. Don't miss out, grab yours today! Available at your local Harder's restaurant.

**Sheriff's report**

Sheriff's deputies are searching for a suspect who allegedly attempted to rob a bank in downtown Shady Grove last night. The suspect was last seen fleeing the scene on foot. If you have any information, please contact the Sheriff's office immediately.

**Police report**

Out-of-state man charged with public intoxication

A man from Tennessee was arrested last night for public intoxication. He was found passed out on the ground near the downtown area. He was transported to the county jail and will be held until his court date.

**Carriage rides**

Carriage rides are available for special occasions. Contact your local carriage company for pricing and availability.

**SUMMER CLEARANCE**

Spring And Summer Dresses, Skirts, Jackets, Sweaters, Shorts, Belts, T-Shirts, Warm Clothing, Shoes

**50% Off Mr. G's**

**CHRISTMAS IN JULY AT**

**Perrys Discount Store**

**50's Special Through July**

**Cheeseburger**

French Fries

Medium Drink

Plus Tax

The 50's Are Still Alive At

**SONIC DRIVE-IN**

You can get something special the way you want it! Not the way they want it.

**Pineola County Post**

**Chamber holds ribbon-cutting at Carriage Miniature Golf**

The Pineola County Chamber of Commerce held a ribbon-cutting ceremony for Carriage Miniature Golf last week. The event was attended by local business owners, community leaders, and Chamber members.

**STOP PAINTING**

We Are Also Have Patio Covers, Carports, and Glass Enclosures

**SYBIL'S SCRIBBLES**

**Pineola County Post**

**CARLISLE TWIN CINEMA**

**Spaceballs**

**PROCTOR**

**SUMMER CLEARANCE**

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Heat wave sets stage for Great Compromise

Day by day – The Constitutional Convention of 1787:

The first constitutional convention in the United States was held in Pennsylvania in 1787. The delegates gathered in Philadelphia to address the weaknesses of the Articles of Confederation, which had been in place since 1781. The convention was a time of intense debate and compromise. The delegates debated many issues, including the structure of government, representation, and the role of states versus the federal government.

The convention lasted from May 25 to September 17, 1787. It was called by the Congress of the Confederation, which was the governing body of the United States at the time. The convention was held in Independence Hall in Philadelphia.

The Great Compromise, also known as the Connecticut Compromise, was reached during the convention. It was a compromise between Thomas Jefferson of Virginia and Roger Sherman of Connecticut. It established a bicameral legislature with representation based on population for the Senate and equal representation for each state in the House of Representatives.

The convention ultimately produced the Constitution of the United States, which was signed by 39 delegates on September 17, 1787. The Constitution was ratified by the states in 1788, and it went into effect on May 7, 1789.

Editorial

At the crossroads

The events of the 1787 Constitutional Convention that took place in Philadelphia, Pennsylvania, were more than a mere gathering of delegates. They were a turning point in American history, leading to the creation of a new government that would become the foundation of the United States. The delegates were faced with a daunting challenge: how to create a government that would be strong enough to protect the nation, yet sufficiently responsive to the needs of its citizens. The process of compromise was essential to the success of the convention, as delegates from different states and backgrounds came together to work towards a common goal.

The delegates faced many obstacles, including the controversy over slavery, the separation of powers, and the distribution of representation. Despite these challenges, they were able to negotiate and reach a consensus on key issues, such as the establishment of a bicameral legislature and the inclusion of the Commerce Clause in the Constitution.

The significance of the Constitutional Convention cannot be overstated. It marked the beginning of a new era in American history, with the creation of a government that would endure for generations to come. The principles and ideals that were established at the convention continue to shape the country to this day, influencing everything from politics to social policy.

Letters to the Editor

Supports Gramm

To the Editor:

I support Senator Phil Gramm's proposal to create a new government system. The current system is too complex and inefficient, and it needs a significant overhaul. Gramm's proposal would simplify the system and make it more responsive to the needs of the American people. It is time for a new approach to government.

Sincerely,

[Name]

Who To Write:

The U.S. Senate

The Senate is a vital part of the federal government, and it is important that we have representatives who are responsive to the needs of their constituents. If you are interested in running for a seat in the Senate, please contact the office of your local representative to learn more about the process.

Sincerely,

[Your Name]
DeBerry News

By MITCHEL BLEACK

Panola County Post

UPWARD MOBILITY.

More up and around the world of area accomplishments, up and around the Panola County scene. Upward Mobility.

Phone 366-3420

H & W Honda

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Price $1,595.00

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UPWARD MOBILITY.

Panola All-Stars secure state playoff berth

Doctor K whiffs 19 again in win

By DAVE LEACH

HARRISVILLE — Panola County’s junior baseball team continued its march to the Panola County Junior High Baseball Tournament on Monday with a 13-3 win over Hardeman County. The win moved the All-Stars into the quarterfinals of the tournament.

The game was scoreless through the first three innings, and Hardeman County’s Hunter Brown started the scoring with a home run to left field. Panola County’s Will McDonald immediately matched the run with a home run of his own.

McDonald hit a two-run double in the first inning to put Panola County ahead 2-0. He also drove in a run with a single in the third inning to give Panola County a 4-1 lead.

Panola County scored three runs in the fourth inning to take a 7-1 lead. The All-Stars then scored two runs in the fifth inning to increase their lead to 9-1.

Panola County’s winning pitcher was Taylor Kitchens, who struck out 19 batters in 6 2/3 innings of work. He also walked eight batters.

The win avenged a loss to Hardeman County earlier in the season. Hardeman County had won the game 2-1 earlier in the season.

Panola County is now 4-0 in the tournament and will face off against the winner of the game between Hardeman County and Hilltop in the quarterfinals.

Sunday, July 12, 1967

PANOLA COUNTY POST

SPORTS SUNDAY

Near state tournament date

Pre-Majors cop victory

By DAVE LEACH

Three teams qualified for the state tournament in the Panola County Junior High Baseball Tournament on Monday with a 13-3 win over Hardeman County. The win moved the All-Stars into the quarterfinals of the tournament.

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Gregg Ford wins in 7-8 playoffs

Lions nudge CCS

Near Lions exploded for 12 runs over the first two innings, and CCS held their ground. The Lions won the game 12-3.

The game was scoreless through the first three innings, and CCS’s Devin Bennett started the scoring with a home run to left field. Panola County’s Will McDonald immediately matched the run with a home run of his own.

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Kipper, Beulahville Youth Baseball

Members of the new Beulahville Youth Baseball team are getting ready for the season. Coach Kipper, a veteran of the sport, is leading the team.

Kipper is a former baseball player who has been coaching youth baseball teams for many years. He is known for his knowledge of the game and his coaching skills.

The team is made up of boys aged 9 to 12. They will be playing in the local youth baseball league and will be competing against other teams in the area.

The team is sponsored by the Beulahville Youth Baseball Association and is supported by local businesses and community members.

Kipper is looking forward to the season and is excited about the potential of his team.

Panola County Post

June 12, 1967

A summary of the story: The Panola County Junior High Baseball Tournament took place on Monday with a 13-3 win over Hardeman County. Panola County’s winning pitcher was Taylor Kitchens, who struck out 19 batters in 6 2/3 innings of work. He also walked eight batters.

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Trimble tosses two-hit, 6-1 victory

Panola rips Hallsville

Panola County Post

Cuba, Beckville Youth Baseball

Members of the Cuba Little League held a pin sale at hobby shop, Daily Supply, on Sunday afternoon. The players were from Cuba Little League and Cuba High School. The pin sale was a huge success, with proceeds going towards team equipment.

Panola County Post

Cubs, Beckville Youth Baseball

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Logan News

Panola 9-10 Stars win

Panola County Post

Capps hurts win over Henderson National

Logan News

Blast Mabank

Majors roll

Harris Chapel holds evening service

PARKER TO SPEAK AT BREAKFAST LIONS

Parker to speak at Breakfast Lions

National

Parker to speak at Breakfast Lions

Photograph by Kip P. Brown of the News-Press

Name:

Panola County Post

Parker will speak at Breakfast Lions, August 13, 2003.

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