

Great Gift Ideas for That Special  
Someone . . .

- Workout clothes
- Tuition for a healthy cooking class
- Gift certificate for ballroom or swing dance
- Meditation video, book or CD



Place of the Week -  
Neville Public Museum

Art, history and science exhibits, plus special events and educational programs. Take the family to "Bright Blades and Cold Steel", a exciting new exhibit about metallurgy and weapons. 210 Museum Place, Green Bay; 448-4460. Open Tuesday - Sunday with suggested donation of \$3.00 per adult and \$2.00 per child.

Spinach Dip

- 1 package (10 ounces) frozen chopped spinach, thawed, squeezed dry
- 2 cups nonfat sour cream
- ½ cup nonfat or reduced fat mayonnaise
- 1 can (8 ounces) water chestnuts, chopped
- ½ cup thinly diced green onions or scallions
- 1 package (1 ½ ounces) dry vegetable soup mix

Combine the ingredients in a large bowl. Transfer the dip to a serving dish, cover and chill for several hours. Serve with raw vegetables and whole grain crackers, or use as a filling for finger sandwiches or hollowed-out cherry tomatoes. Yields 4 cups

Nutrition information per tablespoon - 13 calories, 0 mg cholesterol, 0 grams fat, 0.2 grams fiber, 0.7 grams protein and 52 mg sodium.



Survival Tip #1

Start planning the menu for Thanksgiving dinner and let everyone know what they are bringing. Thanksgiving is a potluck meal by tradition so ease the work and share the fun.