MAGNOLIA PLACE DINING FACILITY

On the Menu

Today

Lunch — chicken fajitas, barbecued spare ribs, baked fish, spanish rice, oven-browned potatoes, french-fried okra, mexican corn, peas with mushrooms

Dinner — pork steak, chicken jambalaya, rice, lyonnaise potatoes, simmered dry beans, sweet and sour beans, corn

Saturday

Lunch – spaghetti, shrimp, hot and spicy chicken, ovenglo potatoes, mashed potatoes, green beans, beets, carrots

Dinner – tacos, roast pork loin, rice, rissole potatoes, calico corn, french fried okra, Brussels sprouts

Sunday

Lunch — roast beef, pork adobo, polish sausage, rice, oven brown potatoes, lima beans, wax beans

Dinner – yakisoba, roast turkey, corn bread dressing, mashed potatoes, vegetable stir fry, peas with mushrooms, beans

Monday

Lunch — roast veal, hungarian goulash, turkey curry, baked potatoes, rice, cauliflower, savory beans, spinach

Dinner — spaghetti with meat sauce, herbed-baked chicken, rice, potato halves, lima beans, corn-on-the-cob

Tuesday

Lunch — chicken adobo, smoked sausage, country-style steak, rice pilaf, mashed potatoes, cabbage, cream-style corn, mixed vegetables

Dinner — gingered pork, chicken cacciatore, rice, mashed potatoes, bean combo, peas and carrots

Wednesday

Lunch — braised liver with onions, fried fish, spaghetti, rice, rissole potatoes, broccoli, peas and carrots, okra melange

Dinner — baked tuna and noodles, tacos, pork fried rice, oven-browned potatoes, french-fried okra, cauliflower au gratin, mixed vegetables

Thursday

Lunch — roast turkey, polish sausage, beef stew, noodles, rice, green beans, corn-on-the-cob, turnips

Dinner — roast beef, stuffed green peppers, mashed potatoes, rice, spinach, black-eyed peas

Alcohol abuse leads to many problems

(Editor's note: April is Alcohol Awareness Month.)

For most people, alcohol is a pleasant accompaniment to social activities. Moderate alcohol use -- up to two drinks per day for men and one drink per day for women and older people (A standard drink is one 12-ounce bottle of beer or wine cooler, one 5-ounce glass of wine, or 1.5 ounces of 80-proof distilled spirits) -- is not harmful for most adults.

Nonetheless, a substantial number of people have serious trouble with their drinking. Currently, nearly 14 million Americans -- 1 in every 13 adults -- abuse alcohol or are alcoholic. Several million more adults engage in risky drinking patterns that could lead to alcohol problems. In addition, approximately 53 percent of men and women in the United States report that one or more of their close relatives have a drinking problem.

The consequences of alcohol misuse are serious -- in many cases, life-threatening. Heavy drinking can increase the risk for certain cancers, especially those of the liver, esophagus, throat, and larynx (voice box). It can also cause liver cirrhosis, immune system problems, brain damage, and harm to the fetus during pregnancy. In addition, drinking increases the risk of death from automobile crashes, recreational accidents, and on-the-job accidents and also increases the likelihood of homicide and suicide. In purely economic terms, alcohol-use problems cost society approximately $100 billion per year. In human terms, the costs are incalculable.

Alcoholism, which is also known as "alcohol dependence syndrome," is a disease that is characterized by the following elements:

1. Craving: A strong need, or compulsion, to drink.

2. Loss of control: The frequent inability to stop drinking once a person has begun.

3. Physical dependence: The occurrence of withdrawal symptoms, such as nausea, sweating, shakiness, and anxiety, when alcohol use is stopped after a period of heavy drinking. These symptoms are usually relieved by drinking alcohol or by taking another sedative drug.

4. Tolerance: The need for increasing amounts of alcohol to get "high."

Alcoholism has little to do with what kind of alcohol one drinks, how long one has been drinking, or even exactly how much alcohol one consumes. But it has a great deal to do with a person's uncontrollable need for alcohol. This description of alcoholism helps us understand why most alcoholics can't just "use a little willpower" to stop drinking. *(Source: National Institute on Alcohol Abuse and Alcoholism)*