

ON THE AIR

# Sacred Music Weekends on WMFJ 1450



If you like traditional hymns, choirs, breath-taking singing, and inspirational instrumental music that speaks to your heart with a message that seems long forgotten, tune in on Saturdays and Sundays throughout the day for the best Bible teachers and the best music.

For a complete program guide go to <http://www.wjlu.org/> or give us a call at 386.756.9094.

For today's popular Christian inspirational top 40 music tune in to 89.7, 90.3, 97.3 or now in Deltona on 102.7



*Sundays, 4-5pm - Bill Gaither's Homecoming Radio*



• Do your kids love to have fruit cups in their lunch-box? They are a great snack, especially packed in juice, but I don't like the waste of materials or the cost. Instead, I use reusable screw-top containers that I fill each week from a large can. The price per serving is way less, and I'm not adding more little plastic cups to the mass already out there.

• J.F. writes: "If you're old like me, put a list of your medications on the fridge to aid the paramedics. Important phone numbers, too." Too true, J.F. I would add that if you are on a number of medications, keep a list in your wallet or handbag as well. It could come in handy when you are at a medical appointment, or just want to review with your pharmacist.

• Keep a washrag sprayed with cleaner handy when cooking spaghetti sauce. It's easier to clean up spills as they happen than to try to get dried sauce off the back-splash.

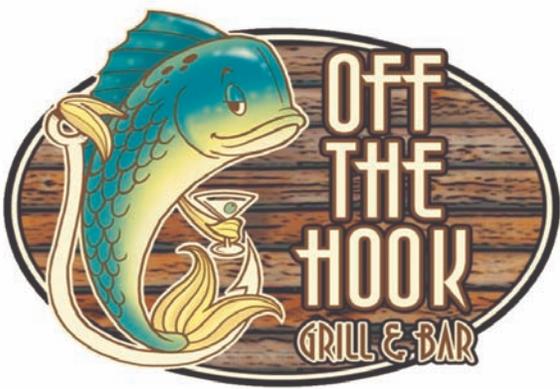
• "I have a bright spot lamp in my laundry room so that I can look over shirts to make sure I have treated all the stains. I don't have great lighting in the laundry room, and the LED light really makes spots stand out." - R.Y. in Arkansas

• "Use flat, wide rubber bands around your mason jars as a bumper to avoid glass-on-glass clanging. You can even write on the band to use them for labels. I bought a pack of very fat rubber bands for cheap at the office supply store, and they are perfect." - E.M.W. in Oregon

• Cold water wash all your clothes that can stand it -- especially jeans and dark clothing. It preserves the color, and that's in addition to being better on your pocketbook since it takes less energy.

Send your tips to *Now Here's a Tip*, 628 Virginia Drive, Orlando, FL 32803.

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**OYSTER Happy Hour Every Sat. & Sun. 11:30am til 7pm**

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