

Lifestyle Magazine

Your Shopping & Dining Leader

Dear Readers:

You will only get Lifestyle Magazine mailed to your home, once or twice a year. To pick up your copy each month, check out a location near you, in the partial list of locations below...

(Just a few of our many locations)

Ormond Beach

Mainland Post Office, 260 Williamson Blvd., OB 32174
 Beachside Post Office, 56 E. Granada Blvd., OB, 32176
 Gourmet Kitchen, 1930 W. Granada Blvd., OB, 32174
 Howard's Famous Restaurant, 488 S. Yonge Street (US1), OB, 32174

Holly Hill

Sica Hall, 1065 Daytona Avenue, HH, 32117

Daytona Beach

Daytona Beach Post Office, 220 N. Beach Street, DB, 32114
 Daytona Beach Flea Market, 1425 Tomoka Farms Rd.
 (at the Rental Office), DB, 32114
 Wawa, 120 S. Ridgewood Avenue (US #1), at Int'l. Speedway Blvd.

South Daytona

Rossi's Diner, 2240 S. Ridgewood Avenue, S. Daytona, 32119
 Gourmet Kitchen (inside the Sunshine Park Mall),
 2400 S. Ridgewood Avenue, S. Daytona, 32119

Daytona Beach Shores

Cracked Egg Diner, 3280-D S. Atlantic Avenue, DB Shores, 32118
 Crabby Joe's, 3701 S. Atlantic Avenue, DB Shores, 32127

Port Orange

Rossi's Side Street Cafe, 910 Village Trail, Port Orange, 32129
 Walmart Grocery Store, 3811 S. Clyde Morris Blvd., Port Orange 32129
 Wawa, 1031 Dunlawton Blvd. (Just west of Nova Rd.),
 Port Orange, 32127
 Wawa, 1740 Dunlawton Blvd. (in front of B.J.'s),
 Port Orange, 32127

New Smyrna Beach

Little Drug Store, 412 Canal Street, NSB, 32168
 New Smyrna Beach Post Office, 301 Mission Drive, NSB, 32168
 Pappas Drive-In, 1103 N. Dixie Freeway, NSB, 32168
 Heath's Natural Foods, 600 E. 3rd Avenue, NSB (Beachside), 32169
 Mon Delice Bakery, 557 E. 3rd Avenue (South Causeway) NSB
 32168
 Wawa, 1780 Highway 44 (next to Burger King) NSB, 32168
 Perrine's Produce, 1044 N. Dixie Freeway (US #1) NSB 32168

Edgewater

Red, White, and Blue Mule Deli (Formerly Red & White Grocery),
 103 N. US 1, Edgewater, 32132
 Shell Station, 3300 S. US 1, Edgewater, 32141
 Edgewater Post Office, 400 S. Ridgewood Ave., Edgewater, 32141

Oak Hill

Goodrich's Restaurant, 253 River Road, Oak Hill, 32759
 Steve's Famous Diner, 741 N. U.S. #1, Oak Hill, 32759



September 2019
 Race Schedule

Monster Energy Cup Series

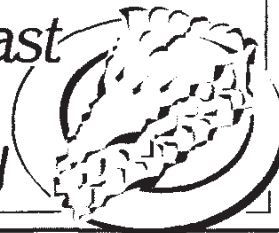


Day/Date/Time	Race Facility	TV
Sun., Sept. 1, 6:00	Darlington Raceway	NBCSN
Sun., Sept. 8, 2:00	Indianapolis Motor Speedway	NBC
Sun., Sept. 15, 7:00	Las Vegas Motor Speedway	NBCSN
Sat., Sept. 21, 7:30	Richmond Raceway	NBCSN
Sun., Sept. 29, 2:30	Charlotte Motor Speedway	NBC

Radio - WNDB 1150AM - in our area

Comfort foods

Made fast
 and
 healthy



by Healthy Exchanges

Lemon Strawberry Shake

Here's a great way to cool off on a hot summer afternoon or a quick healthy snack you can help the kids make when they get home from school.

- 1 1/2 cups Dannon plain fat-free yogurt
- 1/2 cup diet ginger ale
- 1 (4-serving) package Jell-O sugar-free lemon gelatin
- 1 cup sliced fresh strawberries

1. In a blender container, combine yogurt, ginger ale and dry gelatin. Cover and process on HIGH for 10 to 15 seconds. Add strawberries.

2. Re-cover and process on HIGH for 15 to 20 seconds or until mixture is smooth. Evenly pour into 2 glasses. Serve at once. Makes 2 (1 1/2 cup) servings.

- Each serving equals: 120 calories, 0g fat, 10g protein, 20g carbs, 221mg sodium, 238mg calcium, 1g fiber; Diabetic Exchanges: 1 Fat-Free Milk, 1/2 Fruit; Carb Choices: 1.

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