

CALENDARC2
 COMICSC4
 TV LISTINGS.....C5
 AT THE MOVIES ..C5
 DEAR ABBYC5
 YOUTHC6

ACCENT

FEATURES ' COMICS ' MOVIES ' TELEVISION '

Cecil County School
 of Technology C3



IN THE Margin

COMING WEDNESDAY

The First Perch -
 Social News

HOT FIVE

1. "Say My Name," Destiny's Child, Columbia.
2. "Avezard," Lovelace BWA.
3. "Merla," Santana (feat. The Product G&B), Arista, (Gold)
4. "Breathin'," Faith Hill, Warner Bros. (Nashville)
5. "Bye Bye Bye," 'N Sync, Jive.

(From Billboard magazine)

THE SCAVENGER

Guy Flock's award-winning ride is more of a mutt than a monster truck. Flock and his father, Harry, built a racing truck called the Scavenger out of parts from 11 trucks found at junkyards, and the younger Flock has used it to win pulling competitions in both Pennsylvania and Maryland.

"You feel a certain amount of pride knowing that something you built yourself can beat guys who drive trucks that are built and maintained by big companies," Guy Flock, New Stanton, Pa., said Sunday.

In the contests, a truck typically crabs a load of 23 to 24 tons on the ground. If a rig can't handle the load, its front wheels sometimes fly up into the air.

Guy Flock would work on the Scavenger until 1:30 some mornings in his garage after a 12-hour day with the family trucking business.

His father drives another truck in the competitions, so Guy Flock has been guarding the secrets of how he has been leveling the hybrid truck.

"His truck didn't have the amount of horsepower mine does, but now he is building his motor like mine. This is the first year that we'll really be able to compete against each other," the younger Flock said. "We drive down together and bring the whole family along, but once we load the trucks, we're competitors."

FLASHBACK

Red Tea



By Wendy Hiester Gilbert
 Whig Features Editor

First there was black tea, then green and now red? Rooibos, an antioxidant tea from South Africa, could be the next health drink craze.

According to marketers of the product, Scientific studies show red tea has high polyphenol levels, 40 to be precise . . . the kind of numbers that

make those in search of anti-oxidants take notice.

Rooibos (*Aspalathus linearis*) was originally discovered by the indigenous Khoisan people, the Bushmen and Hottentots, of the South Western Cape region of South Africa.

It undergoes a fermentation process similar to black tea which turns the green leaves red.

It is caffeine free and has been studied extensively for its ability to destroy free radicals in the body. It contains vitamin C, iron, potassium, calcium, copper, zinc, magnesium and manganese.

Popular in Europe and Japan for decades, Rooibos, is one of

the few teas of this kind that combines with milk.

Several U.S. companies have begun marketing the tea - Good Earth, The Republic of Tea and Uncle Lee's Teas.

Sedent Teas has recently introduced 12 new herbal supplement teas based on rooibos and decaffeinated green tea.

On the web: www.rooibosintl.co.za.



Drinking Tea

Chinese tea expert Lu Yu stated that good tea was impossible without good water. Filtered tap water or bottled water is the way to start.



Preparing hot tea

- Fill the kettle with fresh, cold water and heat to a rolling boil. For green tea, stop short of boiling to avoid "cooking" the delicate leaves.

- Warm the tea pot and spout by swirling in a splash of the hot water and then pour it out.

- Measure approximately one teaspoon of tea or herbs per cup. Place into the teapot or infusing basket.

- Pour the water over the tea leaves, cover and infuse to taste - generally three to five minutes. Most green teas require only a brief infusion, red tea as long as ten minutes.



Preparing Iced Tea

Prepare a double strength infusion of hot tea. Strain and cool to room temperature. Pour over ice.



To Your Health

The people of China have been drinking tea for thousands of years and have written volumes on its healthful effects. Ancient and modern research reveal that components of tea have been shown to:

- reduce cholesterol, boost white blood cell production, lower blood pressure and decrease the risk of some types of cancer through polyphenols
- aid digestion with essential oil
- fight tooth decay with elements of fluoride
- combat fatigue with the stimulation of caffeine.