

What's Cookin'?

Tasty Crock Pot Chicken

- 1.) 4 (5 Oz. chicken breasts (skinned and boned)
- 2.) 1 sm. cabbage, quartered
- 3.) 1 pound package of mini carrots
- 4.) 2 (14 1/2 ounce) Lg. can Mexican flavored stewed tomatoes
- 5.) 1 small chopped onion (optional)

Place all ingredients in a crock pot. Season to taste with salt (salt substitute) and pepper. Cover and cook on low 5 to 6 hours.

Teen draws four months prison for noose intimidation

ALEXANDRIA, La. (AP) -- A Louisiana teenager who hung nooses off the back of his truck to intimidate a group of black civil rights demonstrators has been sentenced to four months in prison. Federal prosecutors say 19-year-old Jeremiah Munsen displayed the

Easy Carrot-Apple Cake

- 1 package carrot cake mix
2/3 cup Crisco vegetable oil
3 eggs
1 cup applesauce

Combine mix, oil, eggs in medium size bowl and beat at medium speed for 2 minutes. Add applesauce and beat 1 minute. Pour into greased and floured bundt cake pan. Bake 35 to 40 minutes at 350 degrees or until toothpick stuck in middle comes out dry.

noose when he drove past people who had attended a massive civil rights march in Jena on Sept. 20. Munsen had faced up to a year in prison after pleading guilty in April to a misdemeanor charge of interfering with the marchers' federally protected right to travel.

The marchers were waiting in Alexandria for a bus home to Tennessee. They had been protesting the criminal cases against six black teenagers charged with beating a white student at Jena High School in 2006.

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