

# *September*

1781 The Valley of Smokes is settled by 44 newcomers;

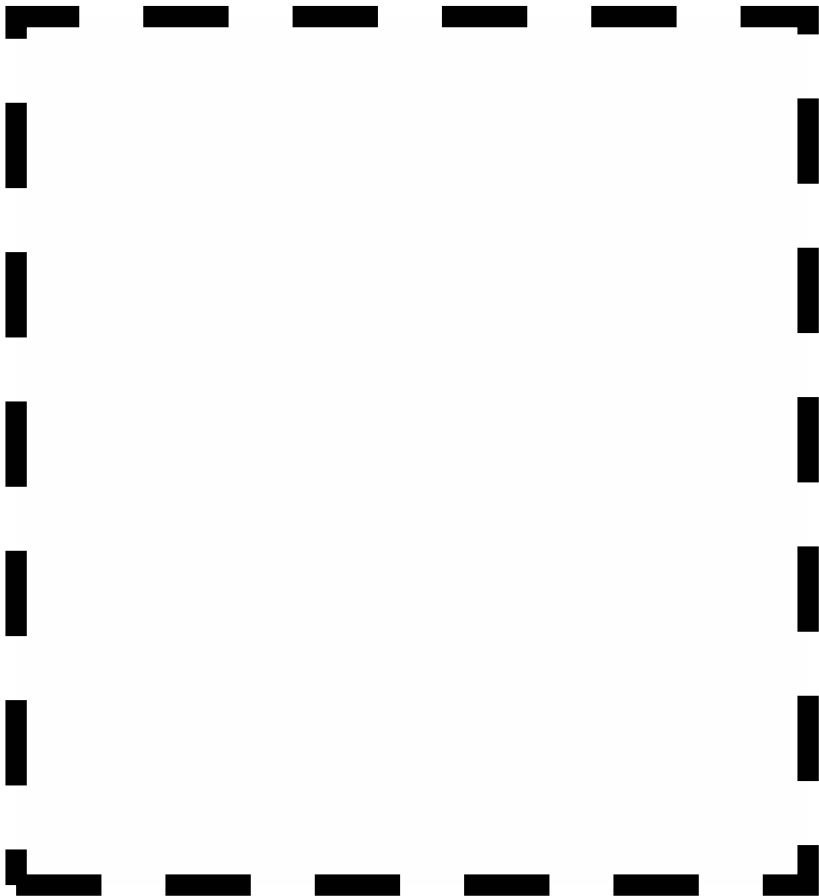


## Makeovers are all the rage – from your home to your hairstyle – so why not brown bag lunch?

**Before:** PB&J Sandwich, Chips, Two Cookies and Bottled Water

**After:** PB&J with Granny Smith Apples, Melon Balls and Strawberries, 1% Skim Milk

The peanut butter and jelly sandwich is the king of all lunches. The remade PB&J features peanut butter, t33659(h)-6.66667(i)0.00389862 RG 265.996 931 2475



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History of Purple Martins