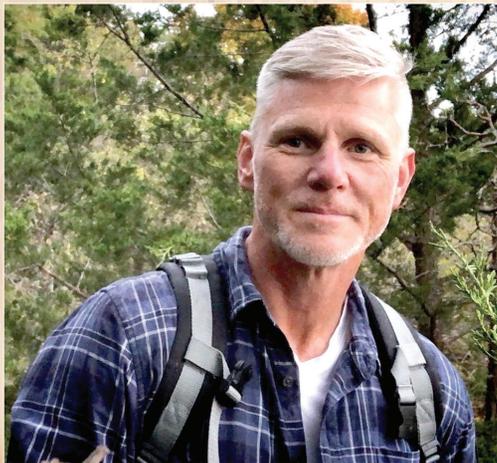


Food & Fitness

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*Peters
honors friend
through a
physical
fitness
journey*

OSAGE COUNTY
**Unterrified
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SINCE 1866

Wednesday, June 16, 2021 • Pages 1B-20B



Peters honors friend through a physical fitness journey

BY NEAL A. JOHNSON
UD EDITOR
thor65018@yahoo.com

LINN — Scott Peters, 51, of Linn, wasn't the most athletic person in his youth and prior to 2013, his approach at the gym was inconsistent. That all changed, however, when his good friend, Alan Atnip, lost his battle with cancer.

"I was always the last kid picked for kickball," Peters quipped. "Now, I'm a bit clearer on my vision of fitness. I want to be healthy and well, and I'm in good shape."

Scott and his wife, Paula, raised three sons, Derek, Logan, and Caleb, and Atnip's son was in the same class. "We met because Alan coached the teams my son was on, and it was a good friendship," Peters said. "There was a connection because of sports but we stayed in touch after he moved to Wardsville. He really wanted us to move there."

Kim and Alan moved to Wardsville in 2009.

Before being diagnosed with cancer, Atnip was on a fitness journey and had been working hard to improve himself.

"Even after they started chemotherapy, he was so optimistic about beating it," said Peters, who had often taken the family meals.

Kim Atnip added that Alan had been put on an aggressive chemo plan. "Doctors met in New York and St. Louis to talk about Alan's diagnosis," she said, noting that bone cancer was the best way to describe what afflicted her husband. "The doctor put him on a tough regimen, the Red Devil, and when I asked why, he said he knew Alan was physically fit and that he could handle it. There was nothing to lose."

At the time of his diagnosis, which followed acute stomach pains, it was learned that the cancer was already in Stage 4. Without treatment, Alan was given six weeks to live.

"Alan was tough and he fought," said Kim. "I know it hurt him that he couldn't

keep going to the gym and work out the way he had always done."

During one visit, after a typically strong showing by Alan, Peters was concerned about the situation.

"I remember Kim telling me that he was being brave but the fact was the cancer had spread everywhere," Peters said. "They were going to fight until the bitter end but it was going to be a tough road."

Peters said he left thinking that would be the last time he saw Atnip so full of life and enthusiasm.

"I knew he would not be the same person, physically," said Peters. "Things went downhill pretty fast and I felt hopeless."

Atnip and his family went to Florida during his chemo treatments in what was the final such trip.

"He loved the ocean," Peters said. "He said he felt closest to heaven being on that beach."

One morning while at the State Tech Activity Center, where he works out, for the most part, Peters said he was bitter. "I was so mad at God," he said. "I told him not to take Alan away from his boys."

Alan passed away on May 24, 2013, after a 17-month battle.

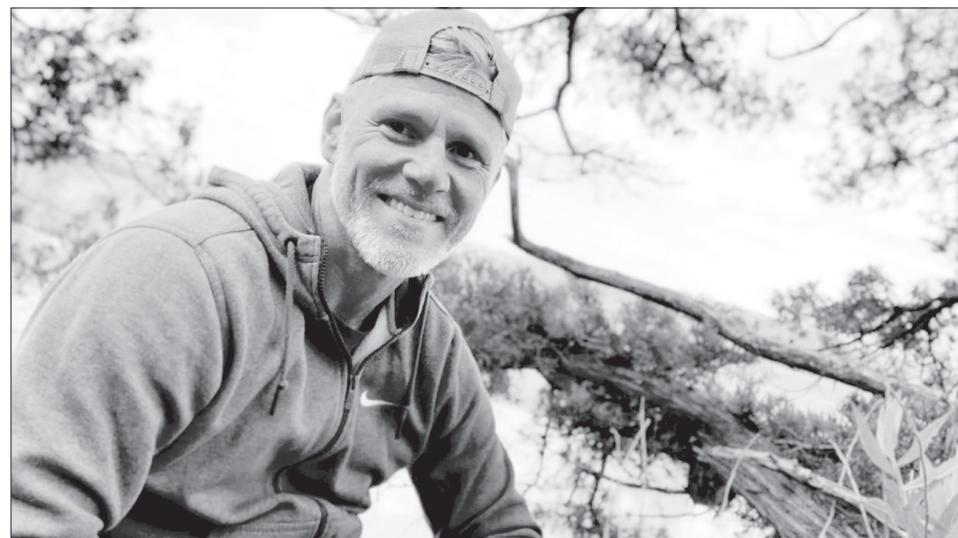
Peters was asked to do a reading at his funeral. Kim said she and Alan had talked about it.

"Not that we talked a lot about those kinds of details and I thought Scott was perfect for it," Kim said.

Peters often recalls little things about his friendship and one rather important communication.

"I remember the last text he sent me," said Peters. "He said, 'All the way, brother.' I took that message to mean I should keep going, and do it for Kim and the kids. I offer up my workouts for them."

Peters is often reminded of that text when he encounters depression or just doesn't feel like working out. "It's not always easy," he said. "Some days, I don't want to



SCOTT PETERS is shown at Painted Rock Conservation Area near Folk at the start of the COVID-19 pandemic. Being outdoors had not become so important to him until the gym shut down and he found alternate ways to exercise. **SUBMITTED PHOTOS**

keep going but I feel his presence and that motivates me."

An early riser, Peters usually works out at the gym in the morning, and in the evening, he does a cardio workout or travels to hike or kayak or visit the place Alan called home before he passed away.

"I have gone to Wardsville to climb the stairs at the stadium and watched the sunrise," Peters said. "I really feel his presence then."

There are times when he feels that Alan is nagging him. "That's when I text Kim and see how she's doing," said Peters. "Usually, I find that she's struggling with something,

and I offer her words of encouragement."

Kim said she cannot explain the connection Peters has with Alan but believes it to be genuine. "I'm half jealous, half blessed that there is a connection," she said. "It sounds crazy, but Scott's timing is impeccable. He always seems to reach out when I'm down or struggling with something."

Kim remarried, and her husband, Dustin Quirouet, and his son, Jett, joined her and sons, Nolan, Justin, and Michael.

"Dustin is respectful of the journey," Kim said. "He is right there with us, celebrating

See **Fitness journey** on Page 4B

Rigatoni with a spicy sausage sauce Recipe

Ingredients:

- 2 tbs extra virgin olive oil
- 6 Italian pork sausages, skin removed, broken into large pieces
- 2 garlic cloves, finely chopped
- 2 small red chillies, finely chopped
- 2 baby fennel bulbs, chopped
- 1/2 cup (125ml) dry white wine
- 400g can chopped tomatoes
- 1/2 cup (125ml) chicken stock
- 2 tsp finely chopped oregano leaves
- 2 tsp caster sugar
- 400g rigatoni or other short pasta
- Grated pecorino or parmesan, to serve
- Shredded flat-leaf parsley, to serve



Instructions:

1. Heat oil in a frypan over medium heat. Add meat, stirring until browned. Add garlic, chilli and fennel. Continue cooking for 3-4 minutes, stirring, until fragrant. Increase heat to medium-high, add wine, tomatoes, chicken stock, oregano and sugar, stirring. Bring to boil, then reduce to a simmer and cook for 15 minutes, or until slightly thickened. Season.
2. Meanwhile, cook the pasta in a large saucepan of salted boiling water according to packet instructions, or until al dente. Drain well and return to the pan with the sauce and toss until well combined.
3. Divide pasta among serving bowls, then serve with pecorino and shredded parsley.



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SCOTT PETERS enjoys kayaking as part of his personal journey of physical fitness.

More Greens to Eat Now

BY DENISE COOTS
REGISTERED DIETITIAN & CERTIFIED
PERSONAL TRAINER

Most of us tend to rely on the basics like romaine, leaf lettuce and spinach week after week when it comes to eating our greens; I know I have certainly been guilty of sticking with only spinach. And while all of these certainly provide a lovely array of health benefits, there is a huge selection of leafy greens in the produce aisle that you could potentially be missing! Shaking things up can help keep things fun and interesting in the kitchen while also diversifying your nutrient intake.

We've all heard that it's important to eat those green vegetables and we have to say, that age-old recommendation has merit! All leafy green vegetables are total nutrition powerhouses providing plant-based calcium, iron and magnesium, plus vitamins A, C and K (vitamin K is necessary for blood clotting and bone health). Popeye was right to eat his spinach no doubt!

If you don't like the taste of one variety, chances are you can find an alternative. It might also be a matter of trying new ways to prepare them, so do not hesitate to do some experimenting. Here are some of my favorites along with a few simple ways you can try incorporating them into your regular rotation:

Bok Choy

Bok Choy is a type of Chinese cabbage with a bright white stem surrounded by dark green leaves. It's most commonly used in Asian cuisines including stir-fries and soups like ramen, but feel free to add it to salads and slaws. I love this simple recipe for sheet pan bok choy - simply place quartered bok choy on parchment-lined sheet pan and toss with freshly grated ginger and sesame oil. Roast at 350° F until softened and serve with fresh lime wedges - Voila!

Arugula

This may be one you have heard of more than not. Swapping out arugula for romaine is a great way to literally spice up a salad. This leafy green has a peppery bite and delicate texture. It pairs nicely with a light citrus vinaigrette and some shaved parmesan cheese (aka - the ultimate no hassle dinner side salad). Arugula is a cru-

ciferous vegetable, like its cousins broccoli and cauliflower, and therefore has added disease-preventative effects.

Lacinato Kale

You might already be familiar with traditional "curly" kale that has become a grocery store staple in recent years. Lacinato or "dino" kale is the one that has a long flat leaves with a bumpy texture and newer to the scene. Add it to your favorite soup or stew near the end of cooking time for a pop of bright green color and an extra element of texture. Cooking any form of kale mellows its bitter flavor, so a quick sauté in some olive or avocado oil with a bit of lemon juice is a delicious way to enjoy this nutrient powerhouse.

Swiss Chard

This leafy green typically has a gorgeous bright pink or yellow stem. Due to the large size of the leaves, chard makes a nice swap for tortillas (a great low-carbohydrate option!). Use the leaves to wrap hummus and vegetables like the Collard Wraps With White Bean Hummus recipe being shared with you today. You can also sauté the delicate leaves, as they cook up quickly. The stems are full of nutrition so chop them and sauté first with some onion and garlic for an amazing side dish. You can always add in your favorite beans to make a hearty vegan meal out of that.

Watercress

Watercress is a cruciferous vegetable with long stems and small, circular leaves. It makes a great sandwich topper in place of traditional leaf lettuce for a fun presentation. The bright, peppery taste does well with just a bit of vinegar and olive oil. You can also drop into soups just before serving for a burst of flavor. One of my favorite salads includes watercress, cucumbers, and radishes - fresh and delicious!

I encourage you to step out of your comfort zone and try a new green soon; you may be pleasantly surprised.

Denise Coots is a registered dietitian and certified personal trainer. She is the owner of Freestyle Fitness and Nutrition, a local fitness center. She specializes in helping individuals maximize their nutrition and fitness in a welcoming and non-judgmental environment.

Collard Wraps With LF Hummus

Ingredients

- 6 collard leaves large
- 2 cup water
- 1 bell pepper, red, sliced thinly
- 1 cucumber, seedless, sliced thinly
- 6 scallions, green tops only, cut lengthwise into strips
- 1 cup chickpeas, rinsed and drained
- 1 lemon, juiced (for 2 Tbs juice)
- 1 Tbs tahini
- 2 Tbs olive oil, garlic-infused
- 1 cup spinach, packed
- 1/2 tsp salt
- 3 carrots, peeled and sliced thinly
- 1/4 cup basil leaves (or cilantro, parsley, etc.)

Directions

Prep

1. To crush spines of collards: Lay collard leaf on flat surface. Place the back of a chef's knife on lower part of collard spine - place pressure on flat part of knife until spine is crushed, lightly tapping if necessary.
2. Place 2 cups of water in a shallow sauté pan. Bring to a boil then reduce to a simmer. Using tongs, plunge collard leaves, one at a time, in the water for 30 seconds until soft



and bright green. Remove leaves to paper towel-lined plate to dry.

3. Prepare vegetables according to directions.

Make

1. Add beans, lemon juice, tahini, and oil to a food processor. Pulse until just smooth with some texture. Pulse in spinach.
2. Season with salt.
3. Place one collard wrap on a flat surface and place 1/4 cup of hummus on the top two-thirds. Top with vegetables and roll wrap once, folding in one end, then complete wrap. One end will remain open.

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Chicken fattoush

- juice 2 lemons
- 2 tbsp olive oil
- 1 bunch Romaine lettuce, chopped
- 2 tomatoes, chopped into chunks
- small pack flat-leaf parsley, chopped
- 1/2 cucumber, chopped into chunks
- 200g pack cooked chicken pieces (or leftover cooked chicken)
- 2 spring onions, sliced
- 2 pita breads
- 1-2 tsp ground sumac

STEP 1 - Pour the lemon juice into a large bowl and whisk while you slowly add the oil. When all the oil has been added and the mixture starts to thicken, season.

STEP 2 - Add the lettuce, tomatoes, parsley, cucumber, chicken pieces and spring onions, and stir well to coat the salad in the dressing.

STEP 3 - Put the pita breads in the toaster until crisp and golden, then chop into chunks. Scatter the toasted pita pieces over the salad and sprinkle with the sumac. Serve right away.

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Fitness journey • from page 2B

the wins, and crying when the need arises. He's not trying to fill the void left by Alan's passing but I know he's very supportive and understands the friendship Scott and I have."

Peters noted that his trips, which he posts about on Instagram, detail the journey he's undertaken.

When his outdoor ventures began, it was due to the COVID pandemic. "I had to find creative ways to get active," he said. "There was no access to the gym since it was closed for more than a month, so I got out into nature."

Peters has traveled as far away as the Lake of the Ozarks, finding a trail to follow. "I used to take short hikes or ride my bike on the Katy Trail, but last year, I did a lot more outdoor stuff," he added.

One new trail he discovered led to a big overview of the lake and seeing the sunset was helpful. Scott's wife, Paula, joined him once on a kayaking trip but did not enjoy it as much as her husband.

"My family understands why I'm doing this," Scott said. "I get anxious and restless, and it helps to get out."

Once, when he was feeling particularly down and lonely, he saw the view at the top of a hill and watched the sun crest the horizon. "I didn't feel alone anymore," said Peters.

Not only does Peters celebrate the day Atnip died but also the day of his birth. "Alan didn't believe birthdays were important but I celebrate his," said Peters. "I

feel it's important to honor his memory and the life he led."

Kim said she is amazed at the dedication Peters has shown to keeping the memory of her husband alive. "Scott never forgets the important dates, from Alan's birthday to his anniversary, to the day he passed away," she said. "He knows that life moves on but the pain is still there. He acknowledges it without trying to fix it. Scott said he knew he couldn't take away the pain but he could pray, and he could do his best to honor Alan."

For those who are considering a healthy change in their life, Peters said doing it correctly is very important.

"First, you have to find something that motivates you to get up every day and work out," said Peters. "Find something you enjoy, and if you can't do it for yourself, do it for someone else."

There are times when counting reps isn't working, so Peters says the names of his and Alan's sons and other members of the family. "It reminds me of why I'm doing this," he explained.

Peters added that when he started his workouts in earnest, he was in a lot of back pain because he was not using the equipment properly. "I hired Quinton Sallin as a trainer to show me how to do it right," he said. "I needed him to take me through the exercises so I didn't injure myself. That gave me a great deal of confidence."

Another important aspect for those who



SCOTT PETERS of Linn works out every day regardless of how he feels about it, citing a motivation to do it for the sons of his good friend Alan Atnip. **SUBMITTED PHOTO**

want to begin an exercise regimen is committing to the time it takes to get it done.

Peters said his workout schedule varied, maybe a couple of days one week and one day the following week. "I was all over the place," he said. "Now, I'm committed to working out every day, and that's important in terms of consistency."

Peters added that while he does eat a healthy mix of foods, he does not deny himself the occasional chocolate chip cookie. "That's my kryptonite," he joked. "But I

have them in moderation, and that's a key part of being healthy."

Joining a gym is a good first step, Peters said, noting he is a member of both the State Tech Activity Center and the YMCA in Jefferson City.

"Having a place to go every day makes the journey a little bit easier," he said.

For more information, visit <https://www.statetechmo.edu/campus-life/activity-center>.

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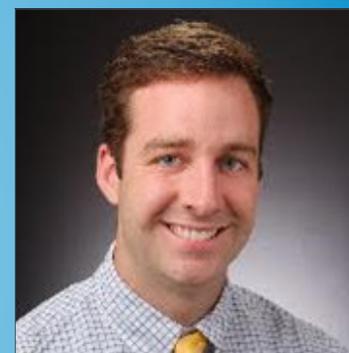
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Made with beans, eggs and egg white proteins, it can help keep you energized and full until it's time for lunch. The red onion, red bell peppers, salsa, tomatoes and avocado provide some fresh, nutritious vegetable options and the chili flakes and hot sauce bring the heat.

To make this burrito, start with canola oil in a skillet. Add red onion and red bell peppers then

cook for 8 minutes. Add black beans, chili flakes, salt and pepper then stir.

Whisk eggs and egg whites in a mixing bowl. Add pepper jack cheese then scramble the egg and cheese mixture in a hot skillet.

On a tortilla, spread sour cream, salsa, the bean mixture, scrambled eggs, tomatoes, avocado and hot sauce, if desired. Roll up the burrito and it's ready to serve.

Just like that you have a breakfast that is not only nutritious but equally as appetizing. Find more filling breakfast recipes at Culinary.net.

If you made this recipe at home, use #MyCulinaryConnection on your favorite social network to share your work.

Breakfast Burrito

Servings: 4

- 2 teaspoon canola oil
- 1 small red onion, diced
- 1 red bell pepper, seeded and diced
- 1 can black beans, drained and rinsed
- 1/4 teaspoon red pepper flakes
- Salt and pepper to taste
- 4 eggs



- 4 egg whites
- 1/2 cup shredded pepper jack cheese
- Nonstick cooking spray
- 4 flour tortillas
- 1/4 cup sour cream
- 1/4 cup salsa
- 1 large tomato, seeded and diced
- 1 avocado, sliced
- Hot sauce (optional)

In large skillet, heat canola oil over medium heat. Add red onion and red bell pepper; cook 8 minutes. Add black beans and red pepper flakes; cook 3 minutes. Season with salt and pepper, to

taste. Transfer to dish.

In medium bowl, whisk eggs and egg whites. Stir in cheese until combined. Heat large skillet over low heat, add egg mixture and scramble 3 minutes, or until cooked through.

Spread sour cream over tortilla. Spread salsa over sour cream. Spoon 1/4 bean mixture over salsa. Spoon 1/4 scrambled eggs over bean mixture. Top with diced tomatoes and avocado. Drizzle with hot sauce, if desired. Roll-up burrito. Repeat three times with remaining ingredients and serve.

Breakfast

Chow-Chow Pancakes
Submitted by
Holy Family Parish
Freeburg-2004, Carol Jones

- 2 eggs, beaten
- 1 c. finely shredded potatoes
- 1 c. finely shredded zucchini
- 1/2 c. finely shredded carrots
- 1/4 c. finely shredded onion
- 1/4 c. finely shredded sweet red or green pepper
- 3 Tbsp. flour
- 1 tsp. salt
- 1/2 tsp. poultry seasoning
- Dash ground red pepper or black pepper
- Few drops Worcestershire sauce

Directions:

In a medium mixing bowl stir together the eggs, vegetables, flour, salt, poultry seasoning, pepper and Worcestershire sauce; mix well. Spoon a scant 1/4 cup of the mixture onto a hot oiled griddle; flatten with spatula to 1/4- inch thickness. Repeat with remaining batter. Cook over medium heat for 3 minutes per side or until golden. Serve them like hash browns.

See **Breakfast** on Page 6B

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Breakfast

• from page 5

Breakfast Bars

Submitted by
**Our Lady of Help
Frankenstein-2001
Diane Kliethermes**

- 1 c. margarine or butter, softened
- 1 c. brown sugar
- 1 c. quick oats
- 1 c. flour
- 1 c. wheat flour
- 1/2 c. toasted wheat germ
- 4 eggs
- 1 c. coconut
- 1 c. chocolate chips
- 2 c. chopped pecans

Directions: Cream butter and sugar. Mix oats, flours, and wheat germ; gradually add to creamed mixture. Pour into 13x9-inch pan. In a small bowl, beat eggs until foamy. Stir in pecans, coconut and chocolate chips. Spread evenly over crust. Bake at 350 degrees for 30 minutes. Store in refrigerator. Can be frozen.

Baked Oatmeal
Submitted by
OCSS-2008

Keith and Kay Greusel
(uncle and aunt of Joshua Greusel)

- 3 c. quick cooking oatmeal
- 1 c. brown sugar
- 2 tsp. baking powder
- 1 tsp. cinnamon
- 1 tsp. salt
- 1 c. milk
- 1/2 c. butter, melted
- 2 eggs, beaten

Directions:

Mix ingredients together. Pour into a greased 9-inch square pan. Bake at 350 degrees for 40-45 minutes. Serve warm with milk.

Apple-Blueberry Pancakes

Submitted by
**Holy Family Parish
Freeburg-2004
Tony Bauer**

- 1 egg
- 1/2 c. milk
- 1 apple, cored, unpeeled
- 3/4 c. blueberries
- 1/2 tsp. baking powder
- 1/2 tsp. baking soda
- 1 c. pancake mix
- 1 Tbsp. cooking oil

Directions: In mixing bowl, beat egg, add grated apple, blueberries, milk, cooking oil, baking soda and baking powder;

mix well, then add pancake mix. With spoon stir well. Bake on hot grill until brown.

Impossible Quiche

Submitted by
**Our Lady of Help
Frankenstein-2001**

- 12 slices bacon (about 1/2 lb.), crisply fried and crumbled
- 1 c. shredded natural Swiss cheese (about 4 oz.)
- 1/3 c. finely chopped onion
- 2 c. milk
- 1/2 c. Bisquick baking mix
- 4 eggs
- 1/4 tsp. salt
- 1/8 tsp. pepper

Directions: Heat oven to 350 degrees. Lightly grease 9 or 10-inch pie plate. Sprinkle bacon, cheese and onion evenly over bottom of pie plate. Place remaining ingredients in blender container. Cover and blend on high speed 1 minute. Pour into pie plate. Bake until golden brown and knife inserted in center comes out clean, 50-55 minutes. Let stand 5 minutes before cutting. Refrigerate any leftover quiche. Makes 6 servings.

Scrambled Egg Burritos

Submitted by
**Our Lady of Help
Frankenstein-2001
Mary Dudenhoeffer**

- 1 c. egg substitute
- 1/4 c. shredded reduced-fat cheese
- 1 (10-inch) fat-free flour tortillas, warmed
- 1/4 c. salsa

Directions: In medium non-stick skillet, sprayed with cooking spray over medium heat, cook egg product, stirring occasionally until set. Divide egg mixture evenly between tortillas; top with cheese and salsa. Fold up tortillas over filling like an envelope. Serve immediately. Makes 2 servings.

Sausage Biscuits

Submitted by
**Our Lady of Help
Frankenstein-2001
Janice Troesser**

- 3 c. Bisquick
- 1 lb. raw sausage
- 1 c. cheese, grated
- 1/2 c. water

Directions: Mix all four ingredients; roll in walnut-size balls. Bake for 20 minutes at 375 degrees.

Biscotti

Submitted by
**Our Lady of Help
Frankenstein-2001
Donna Backes**

- 1 c. sugar
- 4 Tbsp. margarine
- 2 eggs
- 1 tsp. vanilla
- 1 1/2 tsp. almond flavoring
- 2 c. flour
- 1/2 tsp. baking soda
- 2 tsp. baking powder
- 1/2 tsp. salt
- 1 c. almonds, toasted (use quartered almonds)

Directions: Cream sugar and margarine. Add eggs and flavorings. Add sifted flour, soda, baking powder and salt. Stir in almonds. Divide dough into two cigar-shaped rolls on floured surface. Place 3" apart on cookie sheet, sprayed with Pam. Bake at 350 degrees for 30 minutes. Allow to cook 10 minutes. Slice diagonally with serrated knife, about 1" side. Lay on side on cookie sheet and bake 5 minutes at 350 degrees; turn over and bake another 5 minutes. Cool. Melt chocolate chips and paraffin wax on top of double boiler. Dip one flat side of biscotti stick into chocolate. Smooth with knife and lay on waxed paper to cool. Store in tin with waxed paper between each layer.



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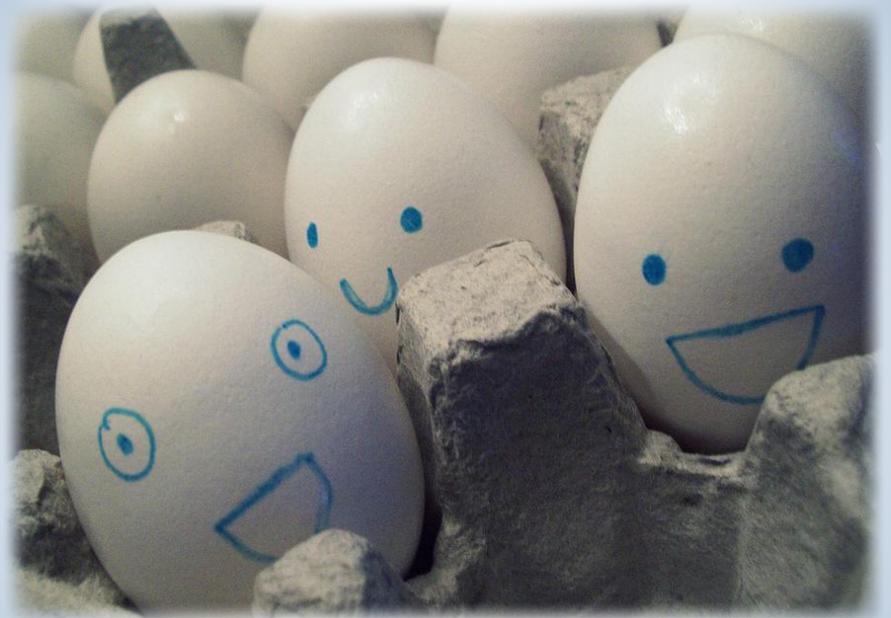
Strawberry Banana Smoothie

- 1 1/2 cup raspberries
- 1 cup strawberries
- 1/2 frozen banana
- 1 cup almond milk, or oat milk
- 1 tablespoon honey or maple syrup
- 1 1/2 cups ice
- Handful of mint or basil, optional

1. Combine the raspberries, strawberries, banana, almond milk, honey or maple syrup, basil, if using, and ice in a blender. Blend until smooth.

2. Taste. If it's too tart for you, add another 1/2 cup or so of almond milk and another tablespoon of honey or maple syrup.

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Seven surprising health benefits of walking

Individuals looking for a way to incorporate exercise into their lives need look no further than their own feet. Walking offers numerous health benefits to people of all ages, and it's particularly beneficial to fitness novices. Walking can facilitate a transition between inactivity and increased intensity for those who may have been away from exercise for some time.

According to Dr. Thomas Frieden, former director of the Centers for Disease Control and Prevention, walking is "the closest thing people have to a wonder drug." Any physical activity is a boon to personal health, and walking provides a host of benefits.

1. **Strengthens bones:** Walking can slow down the loss of bone mass due to osteoporosis. Arthritis.org notes that a study of postmenopausal women found that 30 minutes of walking each day reduced their risk of hip fractures by 40 percent.

2. **Boosts cardio endurance:** Regular walks can improve cardiovascular endurance, which can help people progress to more rigorous physical activity.

3. **Burns calories:** People can walk to burn calories and maintain or lose weight. The number of calories burned will depend on how briskly people walk, the distance they cover, their body weight, and the terrain on which they walk.

4. **Improves cardiovascular health:** The American Heart Association recommends adults get at least 150 minutes of moderate-intensity activity each week. Walking can fit that bill. Walking five days a week can reduce risk for coronary heart disease by roughly 19 percent, according to a report in the *European Journal of Epidemiology*.

5. **Counteracts effects of weight-promoting genes:** Researchers at Harvard Medical School looked at 32 obesity-promoting genes in more than 12,000 people who walked briskly for about an hour a day. Walking reduced the effects of weight-promoting genes by 50 percent.

6. **Tame cravings:** People who have a sweet tooth can take notice that walking may steer people away from overindulgence. A pair of studies from the University of Exeter found a 15-minute walk can curb cravings for chocolate and reduce the chocolate consumed in stressful situations. Walking also helped to reduce cravings for other sugary snacks.

7. **Reduces joint pain:** Walking improves blood flow and helps protect the joints. This can keep people from developing arthritis and other stiffness.

Walking has many health benefits that can support the entire body.

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Slow Cooker Honey Chipotle Chicken Tacos

INGREDIENTS:

- 1 1/2 pounds boneless, skinless chicken breasts, thighs, or a mix
- 1/2 cup plain tomato sauce
- 1/4 cup honey
- 1/2 white onion, chopped
- Juice from 1 lime (about 2 tablespoons)
- 1 teaspoon garlic powder
- 1/2 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 1 to 3 chipotle peppers from a can of Chipotles en Adobo, chopped (stems and seeds removed)
- 1 to 2 tablespoons Adobo sauce, from a can of Chipotles en Adobo
- 1 package soft flour tortillas

INSTRUCTIONS:

- Combine the chicken, tomato sauce, honey, onion, lime juice, garlic powder, salt, and pepper to your slow cooker. Add 1 to 3 chopped chipotle peppers and 1 to 2 tablespoons of Adobo sauce, depending on your preferred level of heat. Mix together well.
- Cover and cook on high for 4 hours or low for 6 to 8 hours
- At the end of cooking time, use two forks to shred chicken in the pot. Mix the shredded chicken with the sauce. At this point, the chicken can be held on the "warm" setting, covered, for 1 to 2 hours. Stir additional water as needed if the pot starts to become dry.
- Set out a stack of tortillas and all the toppings. Assemble and serve the tacos from the slow cooker. Leftover chicken will keep refrigerated for up to 5 days or frozen for up to 3 months.

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Sizzling summer meal

Summertime, for many, represents an opportunity to enjoy freshly cooked meals while enjoying time outdoors. Taking your dishes from ordinary to extraordinary starts with chef-inspired recipes that call to mind the flavors of the season.

If you're a summer burger connoisseur looking for a fresh twist on tradition, this recipe calls for high-quality beef from Omaha Steaks. Created by Omaha Steaks Executive Chef David Rose, these Fried Lobster Po Boy Burgers with pimento remoulade sauce are a tempting way to combine two summertime favorites - seafood and burgers.

Visit OmahaSteaks.com for more summer meal inspiration.

Fried Lobster Po Boy Burgers

Recipe courtesy of Omaha Steaks Executive Chef David Rose

Prep time: about 20 minutes

Cook time: about 20 minutes

Servings: 2

Pimento Remoulade:

1/2 cup mayonnaise

1 1/2 tablespoons minced pimentos

1 tablespoon Dijon mustard

1 tablespoon minced bread and butter pickles

1 pepperoncino (seeded and minced)

1/4 teaspoon smoked paprika

1/4 teaspoon garlic powder

1/4 teaspoon freshly ground black pepper

1 tablespoon freshly squeezed lemon juice

3 dashes hot sauce

Kosher salt, to taste

Fried Lobster Tails:

Vegetable oil, for frying

1/2 cup all-purpose flour

1/2 teaspoon kosher salt, divided

1/2 teaspoon freshly ground black pepper, divided

1/4 teaspoon garlic powder

1/4 teaspoon smoked paprika

1 large egg

1 tablespoon water

2 dashes hot pepper sauce

1/4 cup potato chips, finely blended in food processor

1/3 cup panko breadcrumbs

1 tablespoon minced flat leaf Italian parsley

2 Omaha Steaks lobster tails (5 ounces each)

Cheeseburgers:

1 pound Omaha Steaks premium ground beef

salt, to taste

freshly ground black pepper, to taste

2 tablespoons unsalted butter, at room temperature

2 brioche buns

2 slices yellow cheddar cheese

3 leaves romaine lettuce, shredded

To make pimento remoulade: In small bowl,



mix mayonnaise, pimentos, mustard, pickles, pepperoncino, paprika, garlic powder, black pepper, lemon juice and hot sauce until well incorporated. Season with salt, to taste.

To make fried lobster tails: Preheat grill to 400 F and add oil to 10-inch cast-iron pan about 1/2-inch deep.

In medium bowl, whisk flour, 1/4 teaspoon salt, 1/4 teaspoon pepper, garlic powder and smoked paprika until well incorporated. Set aside.

In separate medium bowl, whisk egg, water and hot pepper sauce. Set aside.

In third medium bowl, whisk potato chips, panko breadcrumbs and parsley until well incorporated. Set aside.

Cut lobster tails in half lengthwise, remove meat from shell and season with remaining kosher salt and black pepper.

Toss halved lobster tails in flour mixture first, egg mixture second then potato chip mixture third, coating thoroughly.

Fry lobster tails 3-4 minutes on each side

until golden brown and cooked through. Close grill lid between flipping.

To make cheeseburgers: Preheat grill to 450 F using direct heat. Form ground beef into two 1/2 pound patties, each about 1/2-inch thick.

Using thumb, make dimple in center of each patty to help cook evenly.

Season both sides of burger with salt and pepper, to taste. Spread butter on each cut side of buns.

Grill burgers 4-5 minutes per side for medium doneness.

Add one slice cheddar cheese on each burger, close lid and grill about 30 seconds to melt cheese. Remove patties from grill to clean plate. Place buns cut sides down on grill grates and toast 20-30 seconds, or until well toasted, being careful to avoid burning.

To assemble: Place desired remoulade on buns. Place cheeseburgers on bottom buns. Top each with two fried lobster tail halves. Place handful shredded lettuce on lobster tails. Top with buns.

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Main dish recipes

Creamy Tomato Italian Parmesan Chicken

Submitted by
Family Features

- 2 Tbsp. olive oil, divided
- 4 chicken breasts
- 1 small onion chopped
- 2 cloves garlic minced
- 1 (15 oz.) can tomato sauce
- 1/2 c. heavy cream
- 1/4 c. grated parmesan cheese
- 1 tsp. Italian seasoning plus more for garnish.
- Salt and pepper to taste
- 1/2 c. shredded parmesan cheese

Directions: In a large skillet add 1 Tbsp. olive oil and salt and pepper the chicken. Cook the chicken on medium high heat for 3-5 minutes on each side or until brown on each side and cooked until no longer pink in center. Remove chicken and set aside on plate. Add 1 Tbsp. olive oil to the skillet and add the onion and garlic. Saute for a couple of minutes until tender. Add the tomato sauce, heavy cream, parmesan cheese and Italian seasoning. Salt and pepper to taste. Bring to a simmer and add the chicken back to the skillet. Top with shredded parmesan cheese. Serve over pasta of desired.

Sausage Balls

Submitted by
Laura Even, Folk

- 1 (8 oz.) pkg. shredded cheddar cheese
- 2 c. baking mix (i.e. Bisquick)
- 1 lb. raw bulk pork sausage, Hot or mild

Directions: Combine all ingredients and mix well. Form into small balls. Place on a cookie sheet and bake at 350 degrees for 20 to 25 minutes.

Slow Cooker Chicken Pot Pie

Submitted by
Family Features

- 1 small onion, diced
- 2 c. chopped carrots
- 2 c. chopped celery
- 2 c. quartered baby red potatoes
- 1 large garlic clove, minced
- 1 1/4 lbs boneless, skinless chicken breasts (about 3 medium breasts)
- 1 1/4 c. low-sodium chicken stock
- 1 1/2 tsp. coarse kosher salt, divided
- 1 1/4 tsp. dried thyme
- 1 bay leaf
- 1/4 tsp. black pepper
- 2 Tbsp. unsalted butter
- 1 c. heavy cream
- 1/3 c. all-purpose flour
- 1 (8 ct.) package southern-style biscuits
- 1 c. frozen baby peas

Directions: Add onion, carrots, celery, potatoes, 1 tsp salt, thyme, bay leaf and

chicken stock to the slow cooker. Stir to combine. Season chicken a little bit on both sides with salt and pepper. Nestle the chicken breasts in the veggie mixture. Turn the slow cooker on low and cook for 4 hours.

After 4 hours, take the chicken out and shred. Put pack into the pot.

Add the butter and cream to a liquid measuring cup. Microwave in 30-second increments until the butter has melted and the cream is warm. Slowly whisk in the flour. Add butter cream, and flour mixture back to the slow cooker along with remaining salt. Stir to combine. Cover and cook another 45 minutes to an hour until mixture has thickened and veggies are tender.

After you put the flour and cream mixture back into the slow cooker, preheat oven to 375 degrees, Cook biscuits according to package instructions.

After the mixture has thickened, add frozen peas. Stir to combine and cook another 4-5 minutes until peas are thawed. Season mixture with salt and pepper.

Spoon filling into bowls. Place biscuits on top. Serve.

Slow Cooker Ribs

Submitted by
Family Features

- 4 lb. pork baby back ribs
- 1 Tbsp. brown sugar
- 2 tsp. paprika
- 1 tsp. garlic powder

- 1 tsp. onion powder
- 1 tsp. salt
- 1/2 tsp. pepper
- 2 c. homemade barbecue sauce or store bought

Directions: Prepare your ribs by removing the membrane and patting dry with a paper towel. Prepare the rub by combining brown sugar, paprika, garlic powder, onion powder, salt and pepper. Rub evenly on top of the ribs. Cut the ribs in half. Add half of the rack of the ribs into the bottom of the slow cooker. Pour half of the sauce on top and layer with the other rack with remaining sauce. You can also wrap the ribs around the slow cooker if the top will fit on. Cook the ribs on low for 6-7 hours or high for 3-4 hours.

Preheat oven to 425 degrees Fahrenheit. Remove the ribs and set on a baking sheet. Pour the sauce on the top. Cook for 10 minutes until the tops get crispy. Brush with additional sauce if needed.

Creamy Tuscan Garlic Chicken

Submitted by
Family Features

- 1 1/2 lb. boneless skinless chicken breasts thinly sliced
- 2 Tbsp. olive oil
- 1 c. heavy cream
- 1/2 c. chicken broth
- 1 tsp. garlic powder

- 1 tsp. Italian seasoning
- 1/2 c. parmesan cheese
- 1 c. spinach chopped
- 1/2 c. sun dried tomatoes

Directions: In a large skillet add olive oil and cook the chicken on medium high heat for 3-5 minutes on each side or until brown on each side and cooked until no longer pink in center. Remove chicken and set aside on a plate. Add the heavy cream, chicken broth, garlic powder, italian seasoning, and parmesan cheese. Whisk over medium high heat until it starts to thicken. Add the spinach and sundried tomatoes and let it simmer until the spinach starts to wilt. Add the chicken back to the pan and serve over pasta if desired.

Crockpot Potato Soup

Submitted by
Laura Even, Folk

- 1 (32 oz.) bag diced hashbrowns, frozen
- 1 (32 oz.) carton chicken broth
- 1 (10 3/4 oz.) can cream of chicken soup
- 1 (8 oz.) pkg. cream cheese, cut into small pieces
- 3 oz. of bacon bits

Directions: Put everything in the crockpot and put on low for 6-7 hours.

See **Main dish** on Page 10B

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Main dish • from page 9

Slow Cooker Jambalaya

Submitted by
Family Features

2 chicken breasts skinless, boneless, cut into chunks
1 lb. andouille sausage links sliced
1 (28 oz.) can diced tomatoes
1 large onion chopped
1 red bell pepper finely chopped
2 stalks celery thinly sliced
2 c. chicken broth
1/2 tsp. dried thyme
2 tsp. dried oregano

1 Tbsp. Cajun seasoning
1/2 tsp. cayenne pepper
1 lb. shrimp 13-15 count

Directions: Add all the ingredients except the shrimp into the slow cooker and stir. Cook on low for 7-8 hours (high for 3-4 hours), in the last 15 minutes add in the shrimp. Serve over rice.

Cheeseburger Soup

Submitted by
Family Features

1/2 lb. ground beef (*I use 1 pound*)
3/4 c. chopped onion
3/4 c. shredded carrots
3/4 c. diced celery
1 tsp. dried basil

1 tsp. dried parsley flakes
4 Tbsp. butter divided
3 c. chicken broth
4 c. peeled and diced potatoes
1/4 c. all-purpose flour
2 c. Velveeta processed cheese cubed (*used 16 oz. or 2 c. shredded cheddar cheese*)
1 1/2 c. milk
3/4 tsp. salt
1/4 to 1/2 tsp. pepper
1/4 c. sour cream

Directions: Brown the ground beef in 3 quart saucepan. Drain and set aside. In the same saucepan add 1 tablespoon butter and add onion, shredded carrots, parsley flakes, basil and celery. Saute until tender. Add the broth, potatoes and beef and bring to a boil. Reduce heat, cover and simmer 10-12 minutes or until potatoes are tender. In small skillet melt remaining butter (3 Tbsp.) and add the flour. Cook and stir for 3-5 minutes or until bubbly. Add to the soup and bring to a boil. Cook and stir for 2 minutes. Reduce heat to low. Stir in the cheese, milk, salt and pepper. Cook and stir until cheese melts. Remove from heat and blend in sour cream.

Instant Pot Beef Stroganoff

Submitted by
Family Features

1 Tbsp. olive oil
2 lb. stew meat in one inch cubes
Salt and pepper
1 small white onion chopped
6 oz. mushrooms, sliced
3 cloves garlic minced
1/4 c. flour
3 1/2 c. beef broth
1 Tbsp. Worcestershire sauce
12 oz. wide egg noodles
3/4 c. sour cream
Chopped parsley for garnish

Directions: Set the instant pot to sauté. Add the olive oil. Working in batches add the stew meat and brown on all sides. Remove from the instant pot and set aside on a plate. Add in the onion, mushrooms and garlic. Sauté until they are almost tender. Add the stew meat back to the instant pot and add the flour. Cook until the flour is brown and the mixture is coated. Add in the beef broth and Worcestershire sauce. Cover and set the instant pot in the sealed position. Turn on high pressure and cook for 12 minutes. Manually release the pressure. And carefully remove the lid. Add in the egg noodles and stir. Cover and seal the instant pot and cook

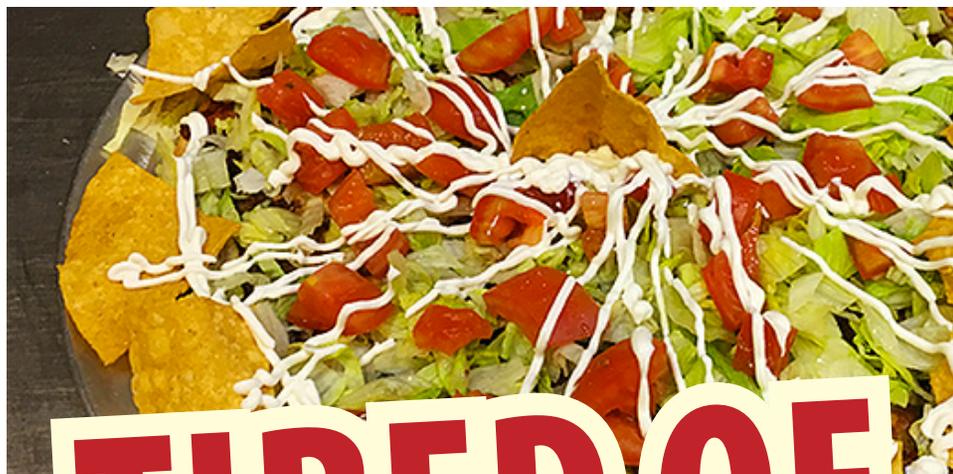
for 3 minutes. Manually release the pressure. Stir in sour cream and salt and pepper to taste. Garnish with parsley and serve.

Slow Cooker Italian Beef

Submitted by
Family Features

3-4 lb. beef chuck roast
Salt and pepper
2 Tbsp. canola oil
2 c. beef consommé or Beef broth
1 pkg. dry Italian salad dressing
1 tsp. garlic powder
1 Tbsp. Italian seasoning
12-oz jar sliced pepperoncini drained
1/4 c. butter sliced
4 hoagie rolls
8 slices provolone cheese

Directions: Salt and pepper the beef roast. Heat a large skillet over high heat with the canola oil. Add the roast and sear each side for 2-3 minutes until it forms a golden seared crust. Place the roast in a 5 quart slow cooker. Add the beef consommé, italian seasoning, garlic powder, and pepperoncini to the slow cooker. Top roast with butter slices. Cook on low for 8-10 hours or high for 5-6 hours. Shred the roast with a fork. Serve on hoagies topped with provolone cheese and additional pepperoncinis if desired.



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How to overcome workout boredom

Even the most ardent fitness enthusiasts sometimes lack the motivation to exercise. Various factors, including boredom with a fitness regimen, can affect one's motivation to hit the gym.

Boredom with a workout can sometimes be overcome by an especially effective workout. But for those instances when boredom is difficult to overcome, men and women who want to stay in shape can try these strategies.

- Join a sports league. A workout doesn't have to be limited to the weight room or the cardiovascular area of your local gym. If your motivation to workout is waning, consider joining a competitive sports league. Many fitness facilities even offer adults sports leagues on their premises or at nearby parks for outdoor sports. Sports such as racquetball, soccer and boxing or mixed martial arts provide great exercise and opportunities to meet other

fitness-minded people. If games or competitions only take place once or twice a week, be sure to supplement your participation with more traditional workouts on off days.

- Take along your tablet. Many fitness facilities now include WiFi internet access with the cost of a membership. People bored with their workouts can take advantage of this perk and take their tablets with them to the gym, watching a favorite television show or movie while burning calories during the cardiovascular portions of their workouts. This gives people bored with their fitness regimens something to look forward to, and the chance to catch up with a popular show might be all the motivation people need to get off the couch and exercise.

- Periodically change your regimen. It's easy to get bored with a workout if you're always doing the same repetitive exercis-



es. Speak with a personal trainer at your gym and ask for some advice on how to switch things up and still meet your fitness goals. There's more than one way to get fit, and periodically changing your exercise regimen can be a great way to shake things up and reinvigorate your interest

in exercise.

- Set new goals. Boredom with a workout regimen sometimes creeps in because people have achieved their initial fitness goals and haven't set new ones. Whether you have lost the amount of weight you set out to lose or can now squat as much as you

set out to squat, set new goals so you have a new carrot dangling on the end of your stick.

Nearly everyone encounters workout boredom at one point another. Various strategies can help you overcome such a malaise and reinvigorate your enthusiasm for exercising.



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A Cobbler Full of Summer Flavors

This summer, get a little wild in the kitchen and make something different. It's alright to mix up the seasonal menu now and again by creating dishes out of the ordinary as a change up from the usual warm-weather favorites.

It's true for many fruits that the summer months are their ideal season. However, eating fruit plain can be boring and bland on a hot day.

This summer, when heading to an event like a family reunion, picnic or just a day at home, try making this Oh-So-Berry Cobbler.

It's served warm and is a perfect sweet treat when berries are at their freshest. Full of summer goodness, it's a treat for everyone to enjoy with strawberries, blackberries, blueberries and a splash of lemon juice served with ice cream.

To make this Oh-So-Berry Cobbler, combine strawberries, blackberries, blueberries and lemon juice in a mixing bowl. Add cornstarch and mix again until the berries are coated.

In a separate mixing bowl, combine flour, baking powder and salt.

In a mixer, add butter, brown sugar, vanilla extract then gradually add flour mixture. Mix until crumbles form.

Add fruit to a baking pan and cover with crumble mixture. Bake at 350 F for 30-40 minutes.

Next time you're thinking about grabbing a fruit tray from the supermarket for an upcoming gathering, think again. This cobbler is the perfect addition to any party menu or special occasion.

Find more summer recipes at Culinary.net.

If you made this recipe at home, use #MyCulinaryConnection on your favorite social network to share your work.

Oh-So-Berry Cobbler Servings: 8

2 cups strawberries, sliced
2 cups blackberries
2 cups blueberries
2 tablespoons lemon juice
3 tablespoons cornstarch

2 cups flour
1 teaspoon baking powder
1 teaspoon salt
1 cup butter, softened
1 1/2 cups brown sugar
2 teaspoons vanilla extract
Nonstick cooking spray
Ice cream

Heat oven to 350 F.

In large bowl, mix strawberries, blackberries and blueberries then add lemon juice and cornstarch; mix to combine. Refrigerate 20 minutes.

In medium bowl, whisk flour, baking powder and salt. Set aside.

In bowl of stand mixer, beat butter, brown sugar and vanilla extract on medium speed until blended. Gradually add flour mixture until crumbles form.

Spray 9-by-13-inch baking dish with nonstick cooking spray.

Pour berries into bottom of dish. Top berries with crumbles.

Bake 30-40 minutes, or until lightly browned.

Serve with ice cream.



Summer snacks that satisfy cravings



Road trips, outdoor adventures and relaxing by the pool are some of summer's most popular activities, and all can be more enjoyable by adding favorite snacks to the mix. Next time you bask in the summer sun, bring along some tasty pecan snacks that allow you stay on track with wellness goals without sacrificing those snack-time delights.

Whether you enjoy their natural sweetness straight from the bag or add them to your go-to recipes, pecans are among the lowest in carbs and highest in fiber of tree nuts, an option that's perfect for snacking. In fact, each ounce of pecans includes 3 grams of plant-based protein and 3 grams of fiber to go with 12 grams of "good" monounsaturated fat and only 2 grams of saturated fat.

Curb your snack cravings with a savory option like Buffalo-Pecan Pimento Cheese Dip with veggies and crackers, or if something sweeter tempts your taste buds, dive into a tangy treat with these Mini Pecan Lemon Berry Tarts.

Visit AmericanPecan.com for more snacking tips and recipes.

MINI PECAN LEMON BERRY TARTS

Total time: 22 minutes
Servings: 24

Mini Pecan Crusts:
Nonstick cooking spray
2 cups pecan pieces
1/4 cup butter, melted
2 tablespoons sugar

Lemon Filling:
1/2 cup lemon curd
1/2 cup blueberries, raspberries or combination
Powdered sugar, for dusting (optional)

To make mini pecan crusts: Preheat oven to 350 F. Line mini muffin tin with paper liners or spray with nonstick cooking spray.

In food processor, blend pecan pieces, butter and sugar until mixture forms coarse dough.

Scoop about 2 teaspoons pecan mixture in each muffin tin. Use back of wooden spoon or fingers to press mixture evenly along bottom and up sides of each muffin cup.

Bake 12 minutes, or until crusts are golden brown. Allow crusts to cool completely before removing from pan.

To assemble crusts: Spoon 1 teaspoon lemon curd into each mini pecan crust. Top with one raspberry or three small blueberries. Dust with powdered sugar, if desired.

BUFFALO-PECAN PIMENTO CHEESE DIP

Total time: 15 minutes
Servings: 30
1 cup raw pecan pieces

1/2 pound (2 cups) sharp cheddar cheese, freshly grated
1 jar (4 ounces) sliced pimentos
2 tablespoons red hot sauce
2 tablespoons mayo

1 teaspoon kosher salt
1/2 teaspoon fresh cracked pepper
1 tablespoon chives, freshly chopped
Veggies, for serving
Crackers, for serving

Preheat oven to 350 F.
On baking sheet, spread pecans and roast 8-10 minutes, or until golden brown and fragrant, tossing once halfway through. Remove from oven and set aside to cool completely.

In bowl, combine cheddar cheese, pimentos with juice, hot sauce, mayo, salt and pepper. Stir until combined. Add 3/4 of pecan pieces and mix until combined.

Place dip in serving bowl and top with remaining pecan pieces and freshly chopped chives.

Serve with veggies and crackers.

Candies, cookies and desserts

Glazed Sweet Potato Pie

Submitted by
Desserts Cookbook
Maple Howard, Chamois

1 c. sugar
2 tsp. cornstarch
1/2 tsp. salt
1/4 tsp. cinnamon
1/4 tsp. nutmeg
1/8 tsp. ground cloves
3/4 c. dark corn syrup
3 Tbsp. butter
1 c. mashed sweet potatoes
3 eggs, slightly beaten
1 c. chopped pecans (optional)
1 (9-inch) pastry

Directions: Prepare pastry and line 9-inch pie pan. Heat oven to 400 degrees (hot). Mix sugar, cornstarch, salt and spices in heavy saucepan. Stir in syrup, butter, and sweet potatoes. Bring to a boil over medium heat, stirring occasionally. Boil 3 minutes until slightly thickened. Remove from heat and stir gradually into eggs. Pour into pastry-lined pie pan. Sprinkle with pecans if desired. Bake 15 minutes. Reduce heat to 350 degrees (moderate), and bake 40 to 45 minutes longer or until filling is firm.

Crazy Crust Cobbler

Submitted by
Laura Even, Folk

1 c. sugar
1 c. flour
1 tsp. baking powder
1/2 tsp. salt
1/2 c. (1 stick) butter, melted
1 egg
1 can (21 oz.) fruit pie filling, any flavor

Directions:

In a mixing bowl, sift together first four ingredients. Mix in melted butter and eggs; blend well. Place fruit pie filling in an ungreased 8-inch square pan. Pour batter over fruit pie filling. Bake at 350 degrees for 40-45 minutes.

Apple Enchiladas

Submitted by
Dessert Cookbook
Vern English, Bland

1 can apple pie filling
6 (8-inch) flour tortillas
1 tsp. ground cinnamon
1/3 c. butter or margarine
1/2 c. sugar
1/2 c. firmly packed light brown sugar
1/2 c. water

Directions: Spoon pie filling evenly down

the center of each tortilla. Sprinkle evenly with cinnamon. Roll up and place seam side down in a lightly greased 2-quart baking dish. Bring butter, sugars and water to a boil in a medium saucepan. Reduce heat and simmer, stirring constantly, 3 minutes. Pour over enchiladas. Let stand 30 minutes so sauce can soak into enchiladas. Bake at 350 degrees for 20 minutes.

Sugar Cookie Bars

Submitted by
Family Features

1/2 c. butter softened
1 c. granulated sugar
1 large egg
1 egg white
1 1/2 Tbsp. sour cream
1 tsp. vanilla extract
2 1/2 c. all-purpose flour
1/2 tsp. baking powder
1/2 tsp. salt
Vanilla Frosting:
1/4 c. unsalted butter softened
2 c. powdered sugar
2-3 Tbsp. half and half
1/2 tsp. vanilla
Any color of food coloring, optional

Directions: Preheat oven to 375 degrees. Grease a 9x13 inch pan and set it aside. In

a large mixing bowl combine flour, baking powder and salt then set it aside.

In a stand mixer or with beaters, cream together butter and sugar until fluffy, about 3 minutes. Combine egg, egg white, sour cream, and vanilla. Mix together until fully incorporated. Add the dry ingredients until all is fully combined. Gently press the dough into the bottom of your 9x13 inch pan. Bake for 17-20 minutes until the edges are lightly golden and toothpick entered in the center is clean. Let completely cool and frost. To make the frosting, Whip together butter, powdered sugar, and half and half until fluffy. Add vanilla. Add food coloring if using. Spread on the top of the cooled bars.

Rum Cake

Submitted by
Family Features

Cake:

2 c. cake flour
1 tsp. baking powder
3/4 tsp. salt
1/2 tsp. baking soda
1 1/2 c. sugar divided
1/2 c. unsalted butter melted
1/4 c. veggie oil
1/2 c. buttermilk

See **Desserts** on Page 14B



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Desserts • from page 13B

½ c. rum
1 Tbsp. vanilla
4 large eggs separated

Butter-Rum sauce:

½ c. unsalted butter
¼ c. heavy cream
½ c. granulated sugar
½ c. brown sugar
¼ c. rum
Dash salt

Directions: Preheat the oven to 325. Prep your Bundt pan by spraying it with a cooking spray meant for baking—one with flour in it—or some melted shortening. Make sure the entire inside of the pan is well coated and then lightly dust the entire inside of the pan with granulated sugar.

In the bowl of a stand mixer sift together flour, baking powder, salt, baking soda, and 1 ¼ cups of sugar.

In a small bowl, mix the melted butter, buttermilk, vegetable oil, vanilla, buttermilk and egg yolks until combined.

In a separate, clean bowl of your stand mixer use the whisk attachment to beat the egg whites until foamy, about a minute. Lower the speed to medium low and add in the remaining ¼ cup of sugar while the mixer is still running. Allow the egg whites to beat until stiff peaks form, just about a minute. Set aside.

With the bowl containing the flour mixer, use the whisk attachment on low and slowly add the butter mixture to your flour while mixing, about 15-20 seconds. Scrape down the sides of the bowl and the whisk and mix again at medium low until the mixture is combined, about 15 more seconds. Fold in about ½ of the whipped egg whites until combined and then gently fold in the rest, taking care to make sure it's fully incorporated, and no streaks remain.

Pour your batter into the prepared Bundt pan. Bake for 45-50 minutes, or until a toothpick comes out completely clean.

Allow the cake to cool for 10-15 minutes. While the cake is cooling prepare the butter-rum sauce. Once the cake has cooled slightly, use a toothpick or a wooden skewer to poke holes all over the bottom of the cake (the exposed part while it is still in the pan) and then pour about half of the butter rum sauce over the cake. Allow the cake to sit for 5-10 minutes so the sauce can be fully absorbed, and then carefully turn out the cake onto a serving plate or cake stand. Pour the remaining sauce evenly over the top of the cake.

Butter Rum Sauce

In a medium sauce pan, melt the butter over medium heat. Add in the remaining ingredients and stir until fully combined. Bring to a boil and boil for 4 minutes, stirring occasionally. Remove from the heat and let cool slightly before pouring on the cake.

Mini Peach Cobbler

Submitted by
Family Features

1 c. sugar
1 c. flour
2 tsp. baking powder
Dash of salt

¾ c. milk
½ c. 1 stick butter, melted
Brown sugar
Cinnamon
1 can peaches diced

Directions: Preheat oven to 350 degrees.

Put 1 teaspoon of melted butter into each regular size muffin tin. With a wooden spoon stir together the sugar, flour, baking powder, salt and milk. Put 2 tablespoons of batter into each muffin tin. Add 1 tablespoon diced peaches on top of the batter. Sprinkle with brown sugar and then cinnamon. Bake for 12 minutes.

Let them cool almost completely before taking out of pan. Use a butter knife to loosen the edges then just lift them out.

Homemade Snickers Bars

Submitted by
Family Features

Bottom Chocolate Layer:

1 ¼ c. milk chocolate chips
¼ c. peanut butter

Nougat Layer:

¼ c. unsalted butter
1 c. granulated sugar
¼ c. evaporated milk
1 ½ c. marshmallow fluff
¼ c. peanut butter
1 ½ c. salted peanuts roughly chopped
1 tsp. vanilla extract

Caramel Layer:

14 oz. bag of caramels
¼ c. heavy whipping cream

Top Chocolate Layer:

1 ¼ c. milk chocolate chips
¼ c. peanut butter

Directions: Thoroughly grease a 9x13 pan. I lined it with heavy duty aluminum foil and sprayed with cooking spray. This way they just popped right out.

For the Bottom Layer:

For the bottom layer: Add chocolate chips and peanut butter in a microwave safe dish. Melt them together, stirring after every 30 seconds being careful not to let the chocolate burn. Spread the layer evenly in the bottom of your 9x13 pan. I put each layer in the fridge to let it completely harden. This will help speed up the process because each layer need to be completely cooled and set.

For the Nougat Layer:

For the nougat layer: Melt the butter over medium high heat in saucepan. Add the milk and sugar and bring mixture to a boil. Cook for 5 minutes, whisking together occasionally. Add in marshmallow fluff, peanut butter, and vanilla stirring until smooth. Take the saucepan off of the heat and fold in the peanuts. Pour over the bottom chocolate layer and spread evenly. Allow to cool completely.

For the Caramel Layer:

For the caramel layer: Melt caramels and heavy whipping cream in microwave, stirring every 30 seconds until smooth. Pour over the nougat layer and allow to cool completely.

For the Top Chocolate Layer:

For the top chocolate layer: Melt choc-

olate and peanut butter in the microwave together stirring 30 seconds at a time until smooth. Pour over and spread evenly over the caramel. Cool bars completely in the fridge. Keep them in fridge until right before serving because the bars will soften.

Frozen Banana Pineapple Cups

Submitted by
Three Rivers Vol.2
Karen Mebruer, Linn

3 c. water
2 2/3 c. mashed ripe bananas (5 to 6 medium bananas)

1 ½ c. sugar
1 (20 oz.) can crushed pineapple (undrained)

1 (6 oz.) can frozen orange juice concentrate, thawed

Directions:

In a 2-quart freezer container, combine all ingredients; mix well. Cover and freeze for 5 hours or overnight. Remove from the freezer 15 minutes before serving. Yield: 9 to 12 servings.

Snickerdoodle Bars

Submitted by
Family Features

2 1/3 c. Flour

1 ¼ tsp. baking powder
1/2 tsp. salt
¾ c. butter or margarine softened
1 ¼ c. sugar
1/2 c. brown sugar packed
3 eggs

1 tsp vanilla

Cinnamon Filling:

1 Tbsp. sugar
1 tsp. cinnamon

Glaze:

1 c. powdered sugar
1 to 2 Tbsp. milk
1/4 tsp. vanilla

Directions: Preheat the oven to 350 degrees. Spray or grease bottom only of a 9x13 pan with cooking spray. In small bowl combine flour, baking powder, and salt. Set aside.

In large bowl, beat butter on high until creamy. Beat in sugars. Gradually beat in eggs and vanilla into sugar mixture until combined. In low speed, beat in dry ingredients until combined.

Spoon half of the batter into pan and spread evenly. Sprinkle the cinnamon filling mixture on top. Drop the rest of the batter by teaspoons on top of the cinnamon filling mixture. Bake 20-25 minutes until golden brown or until toothpick inserted comes clean. Let cool for an hour. Drizzle the glaze over the bars.

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Strength training important to women's health

Women's bodies are built different from men's to accommodate the changes of pregnancy and childbirth. Although women may store fat differently and have less muscle mass than men, it's still important that women include weight resistance training in their exercise routines.

Lifting weights is an important part of staying fit. Yet many women do not pick up weights out of fear of bulking up and gaining weight. In a 2011 opinion poll conducted by the U.S. Centers for Disease Control and Prevention, less than 20 percent of women said they accomplished the CDC's recommended 2.5 hours of aerobic exercise and two periods of strength training each week.

Contrary to popular belief, women who weight train will not turn into the bulking behemoths of competitive weight lifting. The Women's Heart Foundation says that high levels of estrogen make it quite difficult for women to become overly muscular. When they strength train, rather,

women's muscles will improve in tone, endurance and strength instead of size.

Resistance training provides an efficient way to build strength and burn calories. A study from researchers at the University of New Mexico found that the body will take between 15 minutes and 48 hours after exercise to return to a resting state. That means that a person continues to burn calories after exercising, a phenomenon known as "after-burn" or "excess post-exercise oxygen consumption." The more intense the workout, the longer the after-burn may last.

Studies performed at the Quincy, Mass., South Shore YMCA found that the average woman who strength trains two to three times a week for two months will gain nearly two pounds of muscle, but lose 3.5 pounds of fat. With that lean muscle addition, resting metabolism increases and more calories can be burned each day.

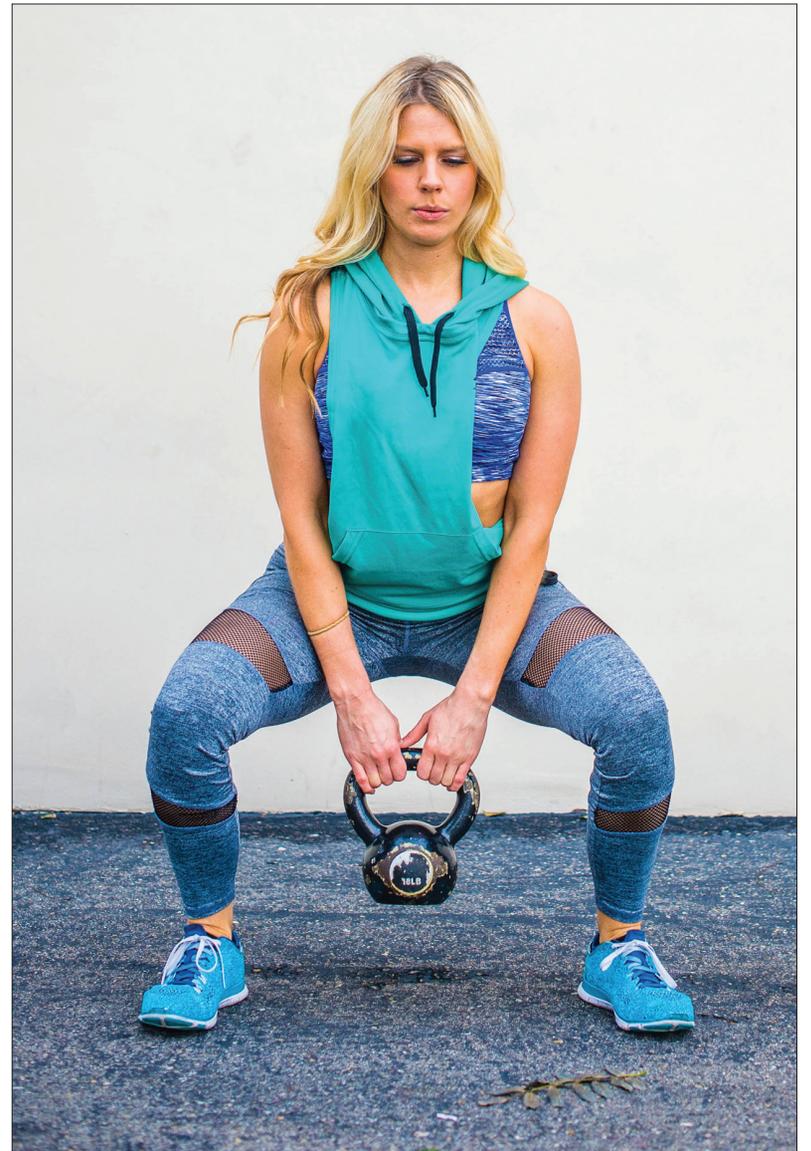
The following are some additional benefits of strength

training.

- Reduces risk of heart disease by lowering LDL cholesterol and increasing HDL cholesterol.
- Builds stronger muscles and connective tissues that can increase joint stability.
- Improves the way the body processes sugar, which can help reduce the risk of diabetes.

• Reduces rates of depression. A Harvard University study found that 10 weeks of strength training reduced clinical depression symptoms more successfully than standard counseling. Women who strength train commonly report feeling more confident and capable.

Women with no strength training experience can consult with a personal trainer who can teach them proper strength training form. This ensures that the exercises are being done efficiently while reducing the women's risk of injury. Qualified trainers also can keep people moving toward fitness goals.



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Did you know?

PREGNANCY AND POSTPARTUM:
What to Expect:



Pregnancy

- Baby absorbs calcium from mother during gestation
- Studies show that taking folic acid when pregnant reduces a baby's risk of serious neural tube defects
- Moderate exercise during pregnancy can help relieve backache, swelling, constipation, and bloating

Postpartum

- Intake 1,000mg Calcium after birth to help replenish mother's body
- Continue to take prenatal or multivitamin after baby is born
- Postpartum exercise is good for recovery. Walking is gentle and relaxing; make sure you are cleared for exercise before beginning or returning to regular activities
- Breastfeeding can help you bond with baby and aid in postpartum recovery

For more information please contact the Osage County Health Department at (573) 897-3103. We can answer questions and help with pregnancy care, postpartum health, and assist with breastfeeding issues.



Food's important role in overall health

Nutrition is a popular topic of conversation, particularly among those embarking on a weight loss or maintenance plan. Individuals carefully study food macros and pore over various diets to get the most out of the foods they eat. When the end goal is simply looking good, it may be easy to forget about the other benefits of nutritious diets, including their link to overall health.

A close relationship exists between nutritional status and health. Experts at Tufts Health Plan recognize that good nutrition can help reduce the risk of developing many diseases, including heart disease, stroke, diabetes, and some cancers. The notion of "you are what you eat" still rings true.

The World Health Organization indicates better nutrition means stronger immune systems, fewer illnesses and better overall health. However, according to the National Resource Center on Nutrition, Physical Activity, and Aging, one in four older Americans suffers from poor nutrition. And this situation is not exclusive to the elderly. A report examining the global burden of chronic disease published in The Lancet found poor diet contributed to 11 million deaths worldwide—roughly 22 percent of deaths among adults — and poor quality of life. Low intake of fruits and whole grains and high intake of sodium are the leading risk factors for illness in many countries. Common nutrition problems can arise when one favors convenience and routine over balanced meals that truly fuel the body.

Improving nutrition

Guidelines regarding how many servings of each food group a person should have each day may vary slightly by country, but they share many similarities. The U.S. Department of Agriculture once followed a "food pyramid" guide, but has since switched to the MyPlate resource, which emphasizes how much of each food group should cover a standard 9-inch dinner plate. Food groups include fruits, vegetables, grains, proteins, and dairy. The USDA dietary guidelines were updated for its for 2020-2025 guide.

Recommendations vary based on age and activity levels, but a person eating 2,000 calories a day should eat 2 cups of whole fruits; 2 1/2 cups of colorful vegetables; 6 ounces of grains, with half of them being whole grains; 5 1/2 ounces of protein, with a focus on lean proteins; and 3 cups of low-fat dairy. People should limit their intake of sodium, added sugars and saturated fats. As a person ages he or she generally needs fewer calories because of less activity. Children may need more calories because they are still growing and tend to be very active.

Those who are interested in preventing illness and significantly reducing premature mortality from leading diseases should carefully evaluate the foods they eat, choosing well-balanced, low-fat, nutritionally dense options that keep saturated fat and sodium intake to a minimum.

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Effective exercises for seniors

Losing interest in an exercise regimen is a situation many fitness enthusiasts have confronted at one point or another. Overcoming a stale workout routine can be simple for young athletes, whose bodies can typically handle a wide range of physical activities. That flexibility allows younger athletes the chance to pursue any number of physical activities when their existing fitness regimens grow stale. But what about seniors who have grown tired of their workouts?

Even seniors who have lived active lifestyles since they were youngsters are likely to encounter certain physical limitations associated with aging. According to the Centers for Disease Control and Prevention, the likelihood of dealing with one or more physical limitations increases with age. CDC data indicates that 8 percent of adults between the ages of 50 and 59 have three or more physical limitations. That figure rises to 27 percent among adults age 80 and over.

Physical limitations may be a part of aging for many people, but such obstacles need not limit seniors looking to banish boredom from their workout routines. In fact, many seniors can successfully engage in a variety of exercises that benefit their bodies and are unlikely to grow stale.

- **Water aerobics:** Sometimes referred to as “aqua aerobics,” water aerobics may involve jogging in the water, leg lifts, arm curls, and other activities that can safely be performed in a pool. The YMCA notes that water aerobics exercises are low impact, which can make them ideal for seniors with bone and joint issues like arthritis.

- **Resistance band workouts:** Resistance band workouts can be especially useful for seniors who spend a lot of time

at home. Resistance bands are inexpensive and don’t take up a lot of space, making them ideal for people who like to exercise at home but don’t have much space. Resistance bands can be used to strengthen muscles in various parts of the body, including the legs, arms and back. Resistance bands can be pulled or pushed in any direction, which allows for more versatility in a workout than weight machines and dumbbells. That versatility allows seniors to spice up their workout regimens when things get a little stale.

- **Pilates:** Pilates is another low-impact exercise that can be ideal for seniors with bone and joint issues. According to SilverSneakers®, a community fitness program for seniors that promotes living through physical and social engagement, Pilates can help seniors build overall strength, stability and coordination. SilverSneakers® even notes that seniors can experience improvements in strength and stability by committing to as little as 10 to 15 minutes of daily Pilates exercises.

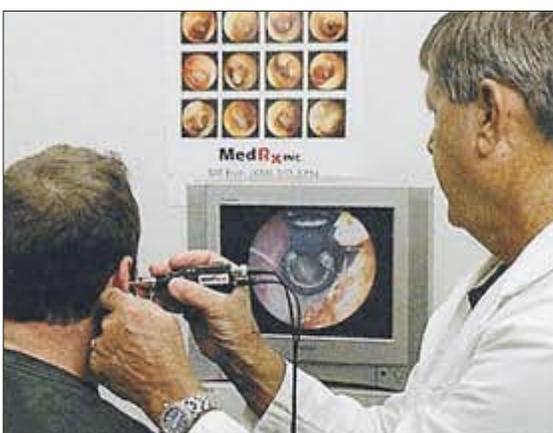
- **Strength training:** Seniors on the lookout for something more challenging than a daily walk around the neighborhood should not overlook the benefits of strength training. The CDC notes that seniors who participate in strength training can stimulate the growth of muscle and bone, thereby reducing their risk for osteoporosis and frailty. In fact, the CDC notes that people with health concerns like arthritis or heart disease often benefit the most from exercise regimens that include lifting weights a few times each week.

Physical limitations are a part of aging. But seniors need not let such limitations relegate them to repetitive, boring workouts.



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Take steps toward a healthier lifestyle

There isn't a better time than now to start getting fit with health information and products so easily accessible. Simply incorporate the basics into your daily routine – good nutrition, adequate exercise and a daily supplement – and start down the path toward better health.

PLAN A NUTRITIOUS DIET

The Dietary Guidelines for Americans describes a healthy diet as one that emphasizes fruits, vegetables, lean meats, poultry, fish, beans, eggs, nuts, whole grains and fat-free or low-fat milk products. It should be low in saturated fat, trans fat, cholesterol, salt and added sugar.

- Warm weather makes fresh produce more easily accessible. Eat more fruits and vegetables by setting freshly washed and prepared produce on the kitchen counter or at eye level in the fridge. At every meal, make sure half your plate is made up of fruit and vegetable servings.

- One-fourth of your plate at every meal should be made up of grains, such as wheat, rice, oats, cornmeal or barley. People who eat



whole grains as part of a healthy diet have a reduced risk of some chronic diseases.

- The remaining one-fourth of your plate should be lean or low-fat cuts of meat, plant-based protein or seafood.

GET REGULAR EXERCISE

The Department of Health and Human Services recommends an adequate amount of exercise every day. This guide can point to the right amount of exercise to add to your schedule:

- Get at least 150 minutes of moderate aerobic activity every week. For best results, spread the time out over several days.

- Do strength training exercises at least

twice a week. Lifting weights builds muscle, which means the body burns more calories – even at rest.

- It's important to keep in mind that when people are active, they produce more free radicals. The antioxidants found in supplements can help buffer the negative effects of the workout.

Improving your diet, exercising regularly, taking a daily supplement and getting enough restorative sleep are all important steps to overall wellness. Work to incorporate each step into your daily routine until you reach your goal of good health, and find more health-conscious tips at eLivingToday.com.

Modern kitchen bath upgrades

Upgrades happen for all kinds of reasons, but one of the most common purposes of a home renovation is to make essential spaces like kitchens and bathrooms more modern.

Modernizing your spaces isn't just about the aesthetic, although that is a major advantage, especially when it comes to resale value. Updating your kitchen and bath is also an opportunity to introduce new technology and enhancements that improve the function of these high-traffic rooms.

Modern styles simplify everyday living and can make contemporary entertaining more enjoyable. The sleek lines of modern design lend themselves to a clean look, which is supported by hidden features that make organization easier.

SMART TECHNOLOGY

Although the idea of a connected home isn't new, technology is steadily improving.

See **Kitchen upgrades** on Page 20B

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Soups, salads and sides

Creamy Cucumbers

Submitted by
Laura Even, Folk

1 c. mayonnaise
1/2 c. sugar
1/4 c. vinegar
4 medium cucumbers, peeled and thinly sliced
1 small onion, thinly sliced

Directions: In a small bowl, combine first three ingredients. Place cucumbers and onions in a large bowl; add dressing mixture and stir until coated. Refrigerate for several hours before serving.

Apple Sauce

Submitted by
A Duncan Hines Book - 1948

8 medium apples
1/4 c. water
1/2 c. sugar
1 tsp. butter
1 tsp. nutmeg
1 dozen marshmallows

Directions: Peel apples and cut in large pieces. Cook and drain and put in bowl. Add sugar, butter and nutmeg to the apples. Put apples in baking dish and cover with marshmallows. Put in oven until marshmallows are brown.

California Spaghetti Salad

Submitted by
Family Features

1 lb. thin spaghetti broken into 1 inch pieces
1 pint cherry tomatoes chopped in half
2 zucchini medium, diced
1 cucumber large, diced
1 green bell pepper medium, diced
1 red bell pepper diced
1 red onion large, diced
2 (2-1/4 oz.) cans ripe olives each sliced, drained

Dressing:

1 - 16 ounce bottle Italian salad dressing
1/4 c. Parmesan cheese grated
1Tbsp sesame seeds
1 tsp. paprika
1/2 tsp. celery seed
1/4 tsp. garlic powder

Directions: Cook the pasta according to package directions. Drain using a colander and rinse in cold water. Add cherry tomatoes, zucchini, cucumber, green and red bell pepper, red onion and olives in a large bowl.

To make the dressing:

Whisk together Italian salad dressing, Parmesan cheese, sesame seeds, paprika, celery seed, and garlic powder. Pour over salad and toss until coated. Cover and refrigerate for 3 hours or overnight.

German Style Wilted Lettuce

Submitted by
Three Rivers Vol. 2
Josephine Schwaller, Eugene

6 c. lettuce
2 hard cooked eggs, diced
1/3 c. chopped fresh onion
4 slices bacon
1 Tbsp. sugar
1/2 tsp. salt
3 Tbsp. cider vinegar

Directions: Place torn, bite-sized pieces of lettuce in salad bowl. Sprinkle with hard cooked egg and onion. Cook bacon; crumble over lettuce. Cool bacon fat slightly; add sugar, salt and vinegar. Heat to boiling. Pour hot fat mixture over top of lettuce and toss.

Crunchy Cole Slaw

Submitted by
Three Rivers Vol. 2
Mildred Schulte, Mary's Home

1 lb. slaw
1 c. sliced almonds
1 c. sunflower kernels
1/2 bunch sliced green onions
2 packages of chicken Ramen noodles
Dressing:
1 c. vegetable oil
1/2 to 3/4 c. sugar
1/3 c. white vinegar
1 pkg. seasoning from Ramen noodles

Directions: Prepare dressing and let stand 1 to 3 hours or overnight. Stir. Just before serving, break up dry noodles and add to salad ingredients. Toss and serve.

Sugar Free Salad Dressing

Submitted by
Three Rivers Vol. 2
Carol Branson, J. C.

9 pkg. sugar free sweetener
1 tsp. salt
1 tsp. dry mustard
1/3 c. vinegar
1 c. vegetable oil

Directions: Blend all ingredients thoroughly. For a more tart dressing, use more vinegar and less oil.

Roasted Onion and Garlic Mashed Potatoes

Submitted by
Family Features

2 c. white onion, diced
1/4 c. coarsely chopped garlic
1 Tbsp. olive oil

Potatoes:

8 c. potatoes, peeled and cut in half
8 c. water
6 Tbsp. butter
1/2 c. sour cream

2 tsp. salt
1/2 tsp. ground black pepper

Directions: Heat oven to 350 degrees. Combine onions, garlic and olive oil. Place in ovenproof baking dish; cover tightly with foil and bake 45 minutes until tender. Remove from oven and set aside.

In large saucepan, cover potatoes with water and bring to boil over high heat. Reduce to medium heat and cook 20-30 minutes until tender. Drain well. Do not let cool. In bowl, mash or whip potatoes, roasted onions, butter, sour cream, salt and pepper until fluffy and combined.

Carmel Apple Salad

Submitted by
Three Rivers Vol. 2
Doris Davis

1 (3.4oz) pkg. vanilla instant pudding
1 c. milk
1 (8 oz.) ctn. whipped topping
6 to 8 Granny Smith apples, cored and cut into chunks
6 regular-size Snickers candy bars, cut into bite-size chunks

Directions: Mix milk and pudding till blended. Fold in whipped topping. Add

apples and candy bar pieces and mix well. Chill until ready to serve. Can top with chocolate curls. Serves 8 to 10.

Calico Vegetable Casserole

Submitted by
Laura Even, Folk

1/2 c. (1 stick) butter, melted
1 can (10 3/4 oz.) cream of mushroom soup
1 soup can of milk
1/2 c. chopped onion
1/2 c. chopped celery
1 pkg. chicken flavored stuffing mix
1 pkg. (16 oz.) frozen mixed vegetables, thawed
1/2 lb. cubed velveeta or 2 c. shredded cheddar cheese

Directions: Combine ingredients in a greased 2-quart casserole dish. Bake a 350 degrees for 40 to 45 minutes.

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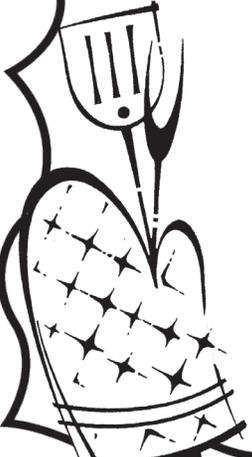
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Kitchen upgrades • from page 18B

This means smart features are now often more affordable, easily integrated into the rest of your home and available to help manage a wider range of household items.

In the kitchen, you can add smart technology in numerous ways, from appliances and climate control to lighting and window treatments. For example, touch-to-open and push-to-open doors and drawers create a sleek, modern design while opening and closing with either a push or touch of a button for convenience.

Similar diversity is available in the bathroom, where you can incorporate connected health and fitness monitors, touchless toilets, mirrors that double as information centers, towel warmers and even showers that automatically adjust to your preferred temperature.

PAINT

Changing the colors in a space is one of the most effective ways to transform the decor, but the walls aren't the only place where paint can make a big impact, especially in rooms like the kitchen or bathroom, where the cabinetry can make a bold statement.

Black is a hallmark of modern design and installing cabinetry with a black finish can instantly upgrade a room. To create visual interest, consider incorporating accent cabinets in a coordinating finish. For example, you could pair Wellborn Cabinet's Midtown wall cabinets finished in Matte Ebony with upper center cabinets finished in Putty Oak.

An island in Bel-Air can incorporate both dark and light tones for a cohesive look.

DECORATIVE RANGE HOODS

An exposed range hood is a trendy look that can add sophistication to your kitchen. Treating this functional element as a statement piece gives you another place to showcase your style and create a sleek and modern look. If your hood is covered, consider making the cabinet door a focal point with a material such as back-painted glass.

Multi-Purpose Sinks

While your sink has some obvious functions, you can upgrade the space for even more practical use. Some of the latest sink design innovations include built-in features such as cutting boards, colanders, bowls, drying racks and compost areas. In addition, motion activated wastebaskets with separate compost or recycling containers provide hands-free access to reduce unwanted messes.

TOUCHLESS FAUCETS

Public restrooms aren't the only places you can benefit from a touchless faucet. At home, the feature may come in handy when your hands are full or filthy. An automatic water flow is convenient and can help keep germs and grime under control. For the most on-trend, modern look, coordinate your faucets with other bathroom elements finished in gold hues, such as a laminate veneer vanity in a high-gloss gold finish.

CABINETS

Collectively, cabinets are the biggest com-



ponent of most kitchens. Since kitchens tend to be the hub of the home, it's important to maintain a homey feel while adding the luxury of modern features. Using warm colors, gold-toned hardware and sleek door styles can deliver a glamorous yet welcoming design.

For example, Wellborn Cabinet's Aspire Full Access Frameless line features flat moulding and flush lines to create a thoughtfully integrated flow throughout the kitchen. A Morristown door in the Smokey Walnut finish and Serenity metal doors in Sand Gloss Glass marry heirloom quality and contemporary finishes for a beautiful and functional space.

FREE-STANDING TUBS

A luxurious soaking tub is a top demand for many homeowners, and trends are mov-

ing toward free-standing options that create a focal point in an oasis-like bathroom. You may be envisioning an old-fashioned claw-foot style, but there are numerous modern takes on the traditional version that can fit seamlessly into your modern design scheme.

WOOD-LOOK FLOORING

Natural wood floors were once the gold standard, but thanks to improvements in the quality and appearance of laminate and vinyl products, you can find alternative flooring in even high-end homes. Laminate and vinyl planks give the same look as wood (or stone, if you prefer) to complement a modern aesthetic, usually at a lower price point and with greater durability over time.

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