

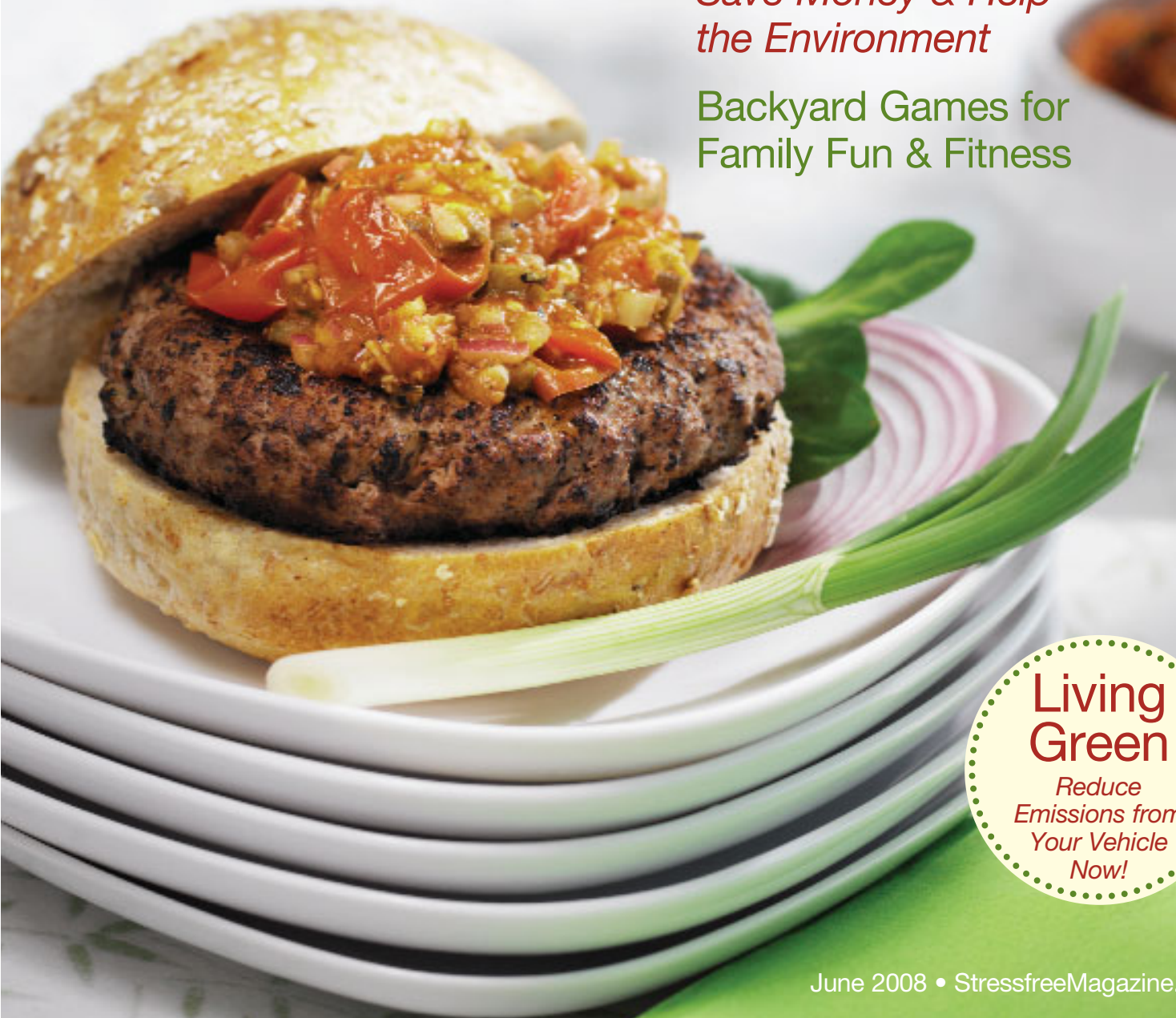
Stressfree Living

Health & Lifestyle Magazine

Summer Grilling *What's the Beef!*

*Save Money & Help
the Environment*

Backyard Games for
Family Fun & Fitness



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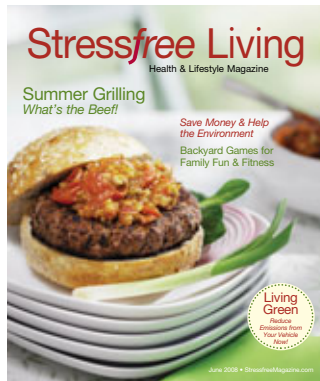
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Kristina Kop
Publisher/Editor
kristina@stressfreemagazine.com

Trish Stelten
CEO of Marketing
trish@stressfreemagazine.com

Sarah Burke
Marketing Strategist
sarah@stressfreemagazine.com

Kathleen Clock
Editorial Associate
info@stressfreemagazine.com

Stressfree Living, Inc.
14070 Commerce Ave., Suite 200
Prior Lake, Minnesota 55372

Phone: 952•226•5384
Fax: 952•226•5385

www.stressfreemagazine.com
info@stressfreemagazine.com
advertising@stressfreemagazine.com



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AS JUNE brings in the sunshine it also brings in hope for the future. As gas prices keep going through the roof and food prices are sky rocketing, the choices we make have a huge impact on our bottom lines.

In this issue we take on gas usage. Most of us are not in the situation where we can trade in our vehicle for a hybrid or one that gets better gas mileage. But there are things we can do today to put less pollution and emissions into the air without changing our vehicle. Simple planning techniques can go a long way in reducing the amount of trips you take, and carpooling can make a great effort towards green living.

The cost of groceries has hit everyone hard, but the choices we have are greater than ever. When it comes to meal preparation in my home, I have changed my ways. I have become a wise shopper, and quality is at the forefront in my

mind. A few quick tips can eliminate the extra spending. I skip over the snacks and processed foods to save money for buying fresh quality ingredients that are healthier for my family. I also do more comparison shopping and buy in bulk whenever possible. It's amazing how frugal I can be when the budget gets tight. Just a few small choices in our lives can impact our decisions and our bottom line in ways we never thought of.

We are all conscious of the gas prices, the environment and food prices. It's amazing that in the past these were taken for granted. It's great that people are thinking more about how we can help our environment and make healthier choices for our families by taking small steps towards a cleaner earth.

Each of us can make a huge impact one small step at a time!

- Kristina Kop, Publisher

Share *Your Voice* . . .



What are Your Favorite Tips for Outdoor Entertaining?

KEEP IT SIMPLE AND KEEP IT EASY. I stick to what I call "The Big Three"- burgers, a new cocktail and a salad. These days burgers don't even have to be made out of red meat. Burgers are fast to cook and fresh to the tastebud. Try to serve cocktails that have exotic names like the bicicletta, the michelada or gordon's cup. Throw in salads that not only contain carrots and hard boiled eggs, but also nuts and blueberries for flavor and texture. Outdoor entertaining is a way to mix friends and food in a really fun way, with minimum stress!

Elizabeth, Minneapolis, MN

WE JUST LOVE to stoke up the fire pit and have all of the neighborhood families over for hot dogs and s'mores. It is so much fun to see the kids and adults get excited over something so easy and relaxed. After we eat, the kids seem to entertain themselves while the adults sit around and talk.

Amy, Chanhassen, MN

WE HAVE A PROGRESSIVE DINNER in my neighborhood throughout the summer that seems to work well. We travel around from one backyard to another to enjoy course after course of food. This way, there is no true burden placed on one person to host an entire evening.

Leslie, Shakopee, MN

I TRY TO SET THE MOOD for outdoor entertaining, much like I would for indoor entertaining. I turn to my garden for fresh herbs and vegetables for the meal and fresh cut flowers for the table. Once the sun goes down, I make sure to have lanterns and candles available to set the ambiance.

Kate, Maple Grove, MN

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Summer Grilling, What's the Beef!

By Charli Mills

THERE IS NOTHING QUITE LIKE that sultry, smoky smell of BBQ. It is June and I step outside to water my brand-new hanging plants only to be overcome by a delicious aroma wafting in the air. My neighbor Dave is sizzling hamburgers on his charcoal grill. At this moment I am convinced he is worthier than the most highly acclaimed chef in the world. It is time for summer grilling!

Most backyard grill-masters will tell you that great BBQ starts with great beef. Before you fire up the grill, it is a good idea to remember the importance of quality food for classic taste. It is equally important to brush up on basic grilling

techniques and tips.

Whether you grill beef, pork or chicken, quality starts with source. Know where your cuts come from and how it was processed. The only label certified by the USDA is “organic”. While this label guarantees that your meat was raised and processed a certain way, it is not the only source of quality meat. What you really want to do is to find out “what’s the beef” with the meat from your usual grocer.

First, ask your grocer’s meat department to disclose the source of their beef. Is it local or was it shipped in from outside the region? It may sound surprising, but some large retailers may



TURKEY BURGERS WITH BRIE AND APRICOT CHUTNEY

1/2 C. apricot jam
1 Tbsp. raisins
1 Tbsp. dried cranberries
1/2 tsp. cinnamon
1/4 tsp. ground ginger
1 1/2 lb. ground turkey
1/4 C. red onion, minced
1/8 C. red bell pepper, minced

1 tsp. dried sage
1 tsp. dried parsley
1 Tbsp. olive oil
Salt and pepper
5 oz. Brie, cut in 4 slices
1 C. fresh arugula
1 roma tomato, cut in 4 slices
8 slices crusty bread



In a small bowl, mix together the apricot jam, raisins, cranberries, cinnamon and ginger to make a chutney. Set aside. In a bowl, mix together the turkey, onion, red bell pepper, dried sage, dried parsley, olive oil and salt and pepper to taste. Form into 4 patties. Cook on the grill or in the oven 12-16 minutes until cooked through. Top each burger with a slice of brie. Serve on the crusty bread with the fresh arugula, a tomato slice and a Tbsp. of the apricot chutney.

ALEXIA OVEN FRIES

Cook according to package instructions.

FRESH FRUIT SALAD

1 mango, peeled, seeded and cubed
1 banana, peeled and sliced
1 C. strawberries, rinsed and sliced
1 C. green grapes, rinsed
1 C. purple grapes, rinsed

Toss all fruit together in a bowl just before serving.

GROCERY LIST

Ground turkey
Alexia oven fries
Red onion
Red bell pepper
Mango
Strawberries
Banana
Green and purple grapes
Fresh arugula
Roma tomato
Dried sage
Dried parsley
Cinnamon
Ginger powder
Raisins
Dried cranberries
Crusty loaf of bread
Apricot jam
Brie

SUMMER GRILLING RUB

This can be used on beef, pork or chicken.

1/4 C. brown sugar, packed
1/4 C. smoked Spanish paprika
4 Tbsp coarse-ground black pepper
4 Tbsp coarse Celtic sea salt
1 Tbsp garlic granules
1 Tbsp dehydrated onion flakes
1-3 tsp cayenne pepper
(depending on your preference)
2 tsp parsley flakes

Mix all ingredients with a whisk until well blended. Store in an airtight jar away from heat and light to maintain freshness. It will stay fresh up to 6 months. Use 2 to 3 teaspoons per pound of meat. Coat and grill. *Optional: coat and smoke, then grill. A rub can be used beneath a final BBQ sauce or alone.*

BEYOND BEEF

Sides for the Grill

GRILLED CORN ON THE COB

Remove large outer husks of 5 ears of corn and turn back inner husks. Remove silk. Spread butter and lightly salt each ear. Pull inner husks back over ears; tie with a fine wire to secure. Grill corn uncovered 3 inches from heat 20 to 30 minutes, turning frequently until tender.

RUM SPIKED GRILLED PINEAPPLE

1 pineapple
2 Tbs. melted butter
1/4 cup turbinado sugar
1/4 cup dark rum
1/4 tsp. cinnamon
Cooking spray

Brush pineapple with melted butter. Combine sugar, rum and cinnamon and dissolve sugar by cooking. Brush rum mixture over pineapple wedges. Place pineapple on a grill rack coated with cooking spray. Grill for three minutes on each side.

ship in beef from places as far away as South America.

Next, ask how it was raised. “Natural” is a label that may indicate some of the same things as organic, such as beef raised without additional hormones or antibiotics, but it is not regulated as the organic label is, so be sure to ask what “natural” means. Also ask about other label claims such as “free-range” or “free-roaming”. Can your grocer tell you what those claims mean?

Finally, you will want to know how the meat was processed. Is it fresh or was it shipped frozen? How is the processing plant regulated? Was it irradiated or treated in some manner that is not disclosed? Is your grocer's meat department regularly inspected?

These may seem like weighty questions for a simple hamburger intended for the grill, but they are good concerns to have for both health and safety. If you find inadequate answers at your grocer, there are local sources to consider. Knowing the farmer who raises your food makes you an empowered consumer. It is easier to get disclosure on quality meat when you can talk to the grower directly.

Minnesota Grown is an excellent resource to find farmers willing to sell you a side of beef. If you have freezer space, this is an excellent option. You can download a directory at www.ams.usda.gov/nop/indexIE.htm.

Also check out your local farmers' markets, co-ops and small-town grocers.

Once you discover a reliable source of meat, then you can get into the tastier aspects of cuts. Besides organic, there are two other forms of animal husbandry that can impact the taste of your meat: traditional-raised and grass fed. In Minnesota, most beef, some pork and possibly chicken will be pastured. However, traditional-raised will include corn-finishing, while grass-fed never uses corn as feed. There is a big difference in taste. Grass-fed is distinctly different, but higher in healthy omegas. Some people prefer the traditional corn-finished beef because of the flavor.

Now that we've discussed how you can

select the best cuts for your grill, let's give the grill a bit of attention. Many BBQ aficionados prefer a charcoal grill for delivering the best flavor. You will want to make sure your grill is kept clean all season, and you can use a wire brush for that purpose. Maintain your grill by brushing it with a light coating of cooking oil before grilling. This makes it easier to keep clean.

Last year my neighbor Dave started smoking—meat, that is. He got me hooked, too. My little electric smoker is a sensational addition to my BBQ regime. It is easy to use. It allows me to get creative with different wood chips that impart different smoky flavors. Hickory is the most basic. You can also add a handful of chips to your charcoal as you BBQ, but you won't get quite the same layering of flavors.

Speaking of layering flavors, you should keep a good BBQ rub on hand for your meat. The recipe included here is one I share with family and friends, and is a big hit. If you do not have time to smoke your meat first, you can use smoked salt in the recipe (I smoke my own). Some people prefer a marinade over a rub, and that is certainly an option. A simple marinade I use for chicken is beer, garlic powder, salt and pepper. Marinate all day, then fire up the grill and BBQ.

If summer grilling has you ready for BBQ, then get outside and entice the whole neighborhood with tempting smells. Start with good quality beef (or other meats), use a rub or marinade and grill over a hot bed of coals. Be creative, adding salads or grilled veggies to your meat, and you will have the tastiest dinner on the block. It's a great way to get to know your neighbors better, too, as Dave's family and mine have bonded over summer grilling.

Charli Mills writes food related articles on behalf of Valley Natural Foods, a community-owned natural foods co-op in Burnsville. You can read more writing and recipes from Ms. Mills at <http://charlim.gather.com/>.

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Backyard Games for Family Fun and Fitness

By Julie Wood

WINTER IN THE MIDWEST sometimes appears to last as long as the rest of the seasons put together. The upside is that we waste no time getting out and enjoying the fine weather. Day trips are great and vacations are wonderful, but it really isn't necessary to travel any further than your back yard for some healthy summer fun in the sun. Get outside and enjoy the great outdoors while you can.

Investing in a trampoline is a great idea if you have plenty of space. They aren't just for the kids. Try challenging the whole family to a bouncing competition. In no time at all you will be breathless from both the laughter and the exercise.

During those hot summer months a great way to cool off is with a water gun fight. The whole family will be charging around soaking each other, rapidly burning calories, getting a sneaky cardio workout and having a lot of fun. For an

added surprise, buy a pack of water bombs. Fill them secretly and stash them around the back yard. It may be the only way the parents can get the better of the kids!

Be ready to play at a moment's notice. Invest in a weather-proof storage container. Keep it stocked with an assortment of balls and bats, outdoor bowling pins, and maybe a croquet or bocce ball set. Keep it in an obvious place, where everyone will see it and be reminded that it is there. Invite a few friends over, light the grill and hold your own neighborhood tournaments. After an evening throwing horse shoes, your arm muscles will definitely let you know that your muscles are working.

Sticky Velcro mitts are great for anyone with young kids just learning to catch. Help them work on hand eye coordination while you get some gentle exercise.

If your opponent throws a bad shot, then rather than sending junior to retrieve the ball, break into a sprint. Treat it like an interval training session. If, at the end of your game, you are inspired to do more, hit the sidewalk. Take the whole family for a walk around the neighborhood.

Anything that has you up and moving around, when you would otherwise be sitting still, is a bonus. Even moderate amounts of exercise can improve your overall health and fitness. This summer make it your goal to move around more, to move more quickly and more often.

Family games don't have to take the form of traditional organized sports. It can be as simple as a good old -fashioned game of tag. The key is to start moving, to keep moving and to have so much fun that you aren't sure whether the laughter or the exercise is leaving you breathless.

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Thought,

WHAT IF EVERY MORNING you woke up knowing that your every thought plays a role in creating your life? Would it make a difference if you learned that your attention, focus, language, conscious and unconscious thoughts have a profound effect on the life you live? There has been considerable media focus about intentional thought, and the power we have as human beings to make positive change in our lives by the way we think. The movie, *What the Bleep*, makes us think about the meaning of our words and thoughts in life. The book and DVD, *The Secret*, discusses the power we have through conscious intention. It has sold millions of copies, and people all over the world have been talking about how to tap into this ability to create the life we want both personally and globally.

Critics of these ideas suggest that the information being given out is too simplistic, or not complete enough, to give people enough understanding to be truly helpful. Few, however, say that there is nothing to these ideas and that they should be dismissed.

For millennia people have been praying – focusing their thoughts on God – giving thanks for what has been given, or requesting the fulfillment of needs. Over the last 20 years or so, research has been done to determine the efficacy of such prayer. Dr. Larry Dossey has written a number of books on prayer and healing. He is well-known for his involvement and interest in these studies, and is, along with many other researchers, particularly interested in how prayer affects healing. Although results in these studies vary, there are many which show significant improvements for groups of people who have been prayed for,

Prayer and Power

By Paula Becker

over those who were not. One such study involved prayer groups from seven denominations, some of which included Jews, Buddhists, Catholics, and Baptists. This study was done on 150 cardiac patients who were scheduled for angioplasty and stents. The patients were divided into 5 groups to receive standard medical treatment along with a complementary form of treatment, of which prayer was one. The prayer groups were to pray for the patient by name and their prayers were to be on behalf of the healing and recovery of the patient. All of the groups receiving complementary treatments in addition to standard medical treatment had a 30 to 50 percent improvement in health during their hospital stay and fewer complications. In addition, there was a 25 to 30 percent reduction in adverse outcome such as heart attack or repeat surgery after the hospital stay. Significantly, of all the alternative therapies used in this study, prayer had the most profound effect.

Clearly there is value to our paying attention to this kind of information. We are just beginning to understand the degree to which our thoughts affect our health and well-being. As science delves deeper into understanding the nature of consciousness, we are learning how intricately we are connected to one another and what that might mean for personal and global transformation.

In his book *"The True Power of Water"* Dr. Masaru Emoto demonstrates how water changes when it is exposed to

positive thought in comparison to negative thought. Beautiful crystals are seen in water that has been exposed to loving, kind thoughts. In water that has been thought of with disparaging or negative thoughts, no crystals formed, or odd and strange shapes were seen. Our bodies are largely made up of water, some 60 to 80 percent depending on age and size. What might this mean about the effect of our thoughts on our body?

If you were to write down all the thoughts you have every day for a week, what do you think you would find? What are you putting into yourself, and what are you putting out into the world? We cannot control all the thoughts that pass through our mind at a million miles an hour, but we can begin to pay attention and make purposeful changes in what we are thinking about and the way we are thinking. We can choose to change the direction of our thinking in a way that supports and affirms our own life and others.

How often do you think negative thoughts about your spouse, your children, your co-worker, your boss or yourself? How many times do you curse yourself or others because something has gone wrong? Consider the times you are distressed or angry at someone's good fortune because it hasn't happened to you. These are all things that chip away at who we are and our ability to make positive changes in our life.

Using thought to change your life is a process that requires commitment and

discipline. Many of the principles involved are simple, but not always easy. Notice what you spend your time paying attention to: Are you thinking about what you want, or what you don't want? Can you see your desired outcome clearly? If not, spend time thinking about your goal. Play with it in your mind; let it develop until it looks and feels exactly like what you want. Make it believable. Let yourself feel it and enjoy it as if it has already come into your life. Be grateful for it, as if you are enjoying the outcome right now. Then let it go. Release it to God, the Universe or whatever force you believe in. Watch for opportunities and serendipities that take you into your goal. Be prepared to act, but know that you will not have to force or coerce life into making it happen.

Your ability to bring more of what you want into your life will depend to some degree on how willing you are to give up the ideas, thoughts and beliefs that are harmful or limiting to you or others. It is not as simple as *think a thought and it will come into being*. It is about living a life of integrity, with purposeful intention to uplift and support life as a whole: both yours and others!

Paula Becker is President of Burnsville Counseling and Healing Center and Co-founder of the Institute for Peace and Joy. For information about our services log on to www.counselingandhealing.com or call us at 952-435-4144. You are invited to join our Healing Intentions focus for our communities. Learn how you can participate on our website.

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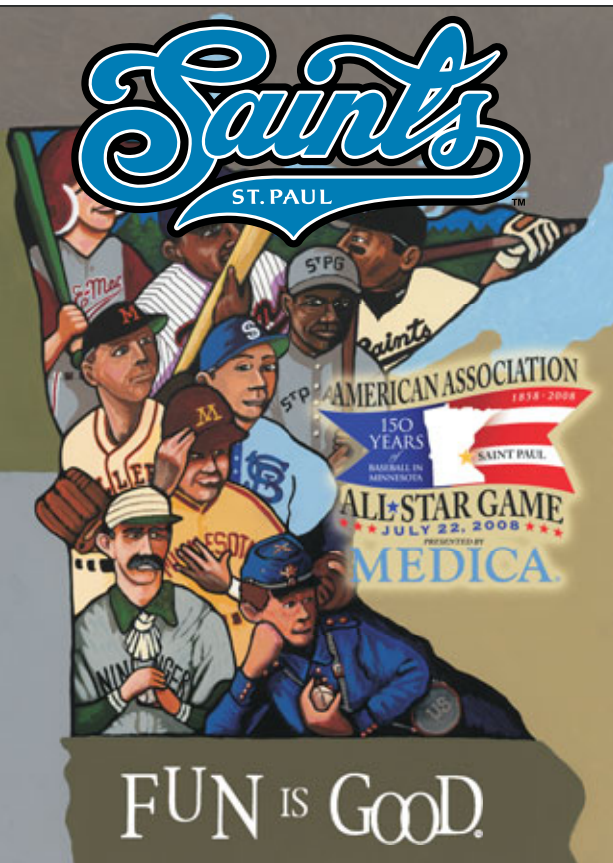
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Summer Beauty

TIME TO OVERCOME BODY IMAGE ISSUES

By Chelsea Fogleman

FEELING ANXIOUS about your summertime look? Here are five tips and tricks for loving yourself this summer without cutting a calorie.

1. Ditch your preconceived notions of beauty. We live in a media-obsessed culture that constantly tries to tell us what "beautiful" means. But pause and think of the "beautiful" celebrities out there: Cameron Diaz looks nothing like Salma Hayek, who looks nothing like Michelle Pfeiffer, or Halle Berry, or Sandra Bullock – you get the idea. "Beautiful" doesn't describe just one kind of person. Resist comparing yourself to people who have entirely different features, body types, and genetics than you have, and consider that you may define "beautiful" for someone else.

2. Don't let a negative self-image hold you back from enjoying summer. Sure, in the summertime there's a lot of hype about having a firm, thin body for swimsuit season. But don't avoid putting on a swimsuit because you have a little cellulite. Focus on your positives: maybe it's your pretty skin tone; maybe it's your sassy new haircut; or maybe it's your gosh-darn wonderful personality. Self-confidence (without smugness) is attractive in itself. If you feel good about yourself, you'll look good in your beachwear (and you'll have more fun if you're not preoccupied being self-critical).

3. Dress for the body you have, not for the body you wish you had. If you're intimidated by the thought of skimpy sundresses and short shorts, you're not alone. But take comfort in today's summer fashions. Dresses and tops with empire waists are in vogue and flattering on almost any body type. In the hot months, go for

comfortable cottons in brightly saturated hues. Tailor clothes to your body, and – voila! You'll uncover summer looks that are cute, comfy, and work for you.

4. Take care of your body because you *already* love yourself, not to make you love yourself. Exercise, eating right, and dabbing on a layer of sunscreen are just habits of a healthy life. So their association with summer isn't exactly realistic. Develop good life habits because you care enough to invest in your long-term health and happiness. And, drop the notion that it's not worth stepping into a swimsuit unless you have a perfectly toned tummy.

5. Don't fret about every little imperfection.

When it comes to judging our own appearances, we can be much harsher on ourselves than we would be on other people. So sure, you may be anxious about that small roll of back flab poking over your swimsuit. But chances are, your friends at the pool won't notice (or, if they do notice, they won't care). Try looking at yourself as you would a good friend, and gloss over those small things you don't like about your physical appearance.

Summer is the perfect time for getting out in the sunshine and creating happy memories. So also remember that in the long-run, how you looked won't be nearly as important as how much fun you had.



Why Should You Enlist a *Life Coach*?



before, because we lacked the confidence to consider that we might be able to go there.

Because we know ourselves so well, we think we see the whole picture about ourselves. A stranger – but someone in whom we have confidence – can see aspects of our personality which can be hidden by modesty or by the conditioning of our society that does not approve of what appears to be putting oneself forward. What a shame to lose the opportunity to improve life for ourselves, and as a by-product, others.

A life coach can see how we can develop our potential. We are often blind to our own positive attributes and we can be limited by firmly held ideas about what we can and can't do. With the guidance of an experienced life coach, we can explore the ways of projecting a confident approach to life based on real inner confidence, a feeling that we know what we are doing. It is a way of taking charge of how we want to run our life.

This confidence can come from learning how to be relaxed in a variety of situations; how to deal with the unexpected; how to believe that we are able to do the things we want to do. We learn to develop faith in our ability to solve problems and enjoy the process.

The techniques used by life coaches are based on well-known psychological principles. Sometimes, what is obvious is difficult to see. A good life coach can help us to learn how other people can be influenced positively by us because they see us now in a positive way.

After all, what is wrong with being successful and happy? What is wrong with being a useful and productive member of society? People like that improve the world around them, and generally lift and inspire others. Is that not a good thing?

● *By Rosemary Redfern*

● ENLISTING THE AID OF A LIFE COACH

● is a positive act for developing the person we are, and the person we have the potential to become. A life coach can teach us how to use the skills we have to achieve what we want out of life. It's easier to continue as we have always dealt with life. It requires no effort. But are we wasting our gifts, or do we want to make our dreams come true?

● Talking to a life coach can help us clarify where we want to go. A life coach can give us insights into how we can improve how we think about ourselves, our body image, our skills, our confidence, our problem solving ability, and our motivation for doing things. The coach can even help us to develop in areas we had not thought of

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The Road to Green

REDUCE EMISSIONS FROM YOUR VEHICLE

By Shane Hampton

AS MORE IMPORTANCE IS PLACED on environmental issues around the world, Americans are starting to pay close attention to how they can become a little greener. Automobile usage is a key area that is a weakness for many people, but here are some tips to reduce the pollution and emissions that you create by driving your car every day.

SET A RADIUS

The first and most important rule of reducing pollution from your vehicle is to avoid using your car whenever possible. Set a radius around your home, as small as one or two miles, or as large as five or six. For destinations within this distance, pledge to ride a bike instead of driving. This is a great way to stay healthy and fit, as well as feel good about your contribution to reducing carbon emissions.

CUT BACK ON GAS

Second, when you do have to drive your car, there are ways to improve your gas mileage and efficiency. Make sure to plan your trips carefully to run all errands in one trip rather than going back and forth from your home. Any tip that can save gas will also reduce the total pollution that your car emits over time. Keep your car properly maintained; cut back on air conditioner usage; avoid areas and times of traffic congestion; accelerate slowly, and keep your speed consistent. Better gas mileage means fewer emissions.

ERRAND CARPOOLING

Carpooling to the office or school has been a standard way to reduce gasoline consumption for many years. Try expanding the concept of carpooling to your errands and daily trips, too. For instance, pair with a neighbor to take trips to the grocery store in one vehicle every week or two weeks. Reducing emissions is largely a personal decision, but it is also very important to work together as a community toward these goals.

NEW CARS

Many people are choosing to purchase cars built with new technology that reduces the environmental impact of driving. Some hybrid vehicles achieve fifty miles per gallon or more. Owning one of these vehicles certainly reduces your carbon footprint, but they can be expensive. Generally, smaller vehicles and manual transmission vehicles have higher gas mileage ratings, so look for these qualities when you are shopping. Also look for the official Environmental Protection Agency labels LEV, ULEV, and SULEV for low, ultra-low, and super-ultra low emissions vehicles, as well as PZEV and ZEV for partial-zero and zero emissions vehicles.

The price of gasoline is rapidly increasing, and with that price increase will come an increased sensitivity toward gas consumption. If you commit to one or two of the ideas presented here, you will save yourself some money and have the satisfaction of reducing your personal carbon emission rate. It can be done!



Did You Know

"On the average, the 140 million cars in America are estimated to travel almost 4 billion miles in a day, and according to the Department of Transportation, they use over 200 million gallons of gasoline doing it."

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The Art of *Composting*

By Jody Barnes

MANY GARDENERS spend hundreds of dollars on soil additives, fertilizers, and potting soil, but nature can provide the best nutrient-rich soil suitable for growing almost anything. Composting is an inexpensive way to improve your garden or potted plants, and can also reduce your family's landfill contribution by two or more garbage bags each week.

Composting is the art and science of combining plant matter to create an environment that supports microbes that naturally break vegetation down into its major nutritional components: organic carbon and nitrogen. The secret involves making sure there is always a well-mixed combination of brown (dry or woody) material and green (fresh kitchen waste or grass clippings) in your bin or pile.

Making your own compost doesn't have to be messy or involve a lot of work, because you can buy helpful products that make composting easy. There are outdoor containers that allow you to mix your compost without picking up a shovel. Indoor vermiculture bins use special worms to quickly break down food scraps inside of your home, without any odor. If the idea of worms living under your kitchen sink doesn't appeal to you, there are motorized indoor composting bins that automatically break down kitchen waste while filtering all air leaving the bin. Now, living in a high-rise condo or having limited time provides no excuse for neglecting to compost. Additionally, creative ideas for homemade composting bins, special compost "recipes," and reviews of commercial products can be



found on the internet, or you can find an expert at your local hardware store or garden center.

You can add much more than just vegetable trimmings and yard waste to your compost. Your compost bin will love clean egg shells, coffee grounds, fireplace ashes, pet hair, manure from vegetarian pets, and even cardboard and newspaper. While paperboard, like cereal boxes, can be composted, you should avoid using the compost on vegetables, because not all of the synthetic glues and dyes break down in the composting process. Avoid composting any animal products, live weeds with roots, or charcoal ashes. Also, citrus fruits contain compounds that can kill helpful decomposition

microbes, so these fruits should be added sparingly.

Even if you don't have an extensive garden, you can always find uses for compost. Compost makes an excellent fertilizer or potting soil for your house plants. Potted plants or herb gardens make great gifts for almost any occasion. If your thumb isn't naturally green, ask a specialist at your local garden center about plants that can be combined to make a beautiful potted arrangement or unique hanging basket. Also, many gardeners are interested in eco-friendly alternatives to environment-degrading commercial fertilizers or foul-smelling manure, so sharing your compost with others may make you the most popular neighbor on the block.

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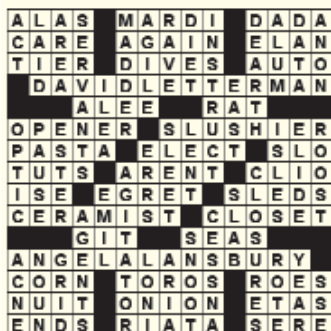
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Save Money and Help the Environment!

By Leann Zotis

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- A lot of what we buy comes with "waste" products attached to them - packaging, bags, strings, ribbons and bows, plastic containers, packing material, paper, plastic, and cardboard galore!
- It's easy to come up with ways to recycle the "good" stuff - give discarded clothing to the homeless shelter, sell your excess bric-a-brac at an on-line auction, donate the books you've read to the local library. It's easy to do and easy to feel good about it after you've done it.
- The real test of finding a new purpose for the stuff in our lives that we no longer need or want is how well we deal with the part we might identify as "waste" right from the get-go. It takes a little

imagination to think of ways to use the stuff that really had no special purpose to begin with.

Take, for example, the cardboard spindle in a roll of paper towels. After the paper towels are gone, it's trash, right? Not so fast. These spindles make a functional and adequate slip-on cover for your sharp kitchen knives stored in the drawer. It protects them from damage and it protects you from damage when you reach in the drawer.

Do you really need to buy a lot of fancy little jars to store your bulk spices after you've brought them home from the farmer's market? Why not save and recycle the glass condiment jars from relish, pickles, apple sauce, etc. Wash them out, line them up, stick a label on them. If you have children, they may enjoy a great afternoon of creativity with their friends by decorating the jars for you.

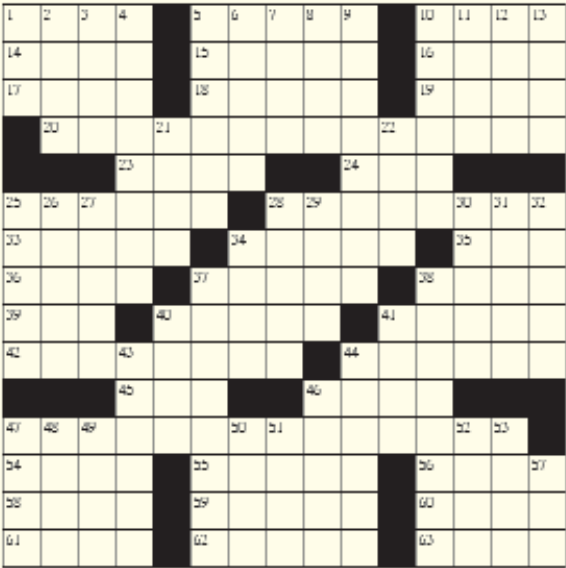
Planning a move soon? As you clean out your file drawers full of old receipts, utility bills and other paper work you have no intention of taking with you, run

it through the shredder to make your own packing confetti. Save a tree. Protect your identity by destroying personal information. Contribute a few less bags of trash to the local landfill.

Cook once, eat twice, is a great mantra in the kitchen. Every time you cook, double the recipe, or at least stretch it far enough to create a side dish for another meal. One important caveat here - make sure you actually eat it the second time around. Uneaten food is a great waste in our lives. An added bonus - If you have that second meal waiting in your refrigerator, you may just be tempted to eat dinner at home instead of going out for fast food or a pizza. A great way to save time and money is to know how to cook. It's a life skill worth cultivating.

Don't be so quick to toss the "waste" products of your everyday purchases. Just as there was convenience in the manufacturer using these products to get their goods to you, there is convenience and money and time savings in reusing the "trash."

June Crossword



- ACROSS**

 - Sorrowful cry
 - ___ Gras
 - Baby's word
 - ___ for; like
 - Anew
 - Lively spirit
 - Row of seats
 - Cheap bars: colloq.
 - Ford product
 - TV personality
 - Nautical term
 - Underhanded one
 - 1st game in a series
 - More like melting snow
 - Staple in Salerno
 - Pick
 - ___pitch softball
 - Egyptian king and namesakes
 - Contraction
 - Award given annually
 - Suffix for advert or expert
 - White-plumed bird
 - Snow toys
 - Potter
 - Storage area
- DOWN**

 - Skit
 - ___ up; disabled
 - Region
 - Maids
 - More furious
 - Nimble
 - Talk deliriously
 - Common New Year's resolution
 - Teach
 - Scarcity
 - Grad
 - Facts
- Shortly
 - Parts of intestines
 - Orient
 - Visual
 - Hesitate
 - Organic compound
 - Partly frozen rain
 - Religious period
 - Man and others
 - Slur over
 - Chanticleer's spot
 - Goes astray
 - Troublemaker
 - Conclusions
 - Late actor Jannings
 - Thick piece
 - Proxies
 - Airplane
 - Nose, humorously
 - Facial problem
 - Part of speech
 - Word with lock or iron
 - Actress Anderson
 - Operatic highlight
 - By ___ ; in a routine way
 - Period of time
 - Wind dir.

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Free entry into the Slot Tournament, Free coffee,
lemonade & Treats. Free deck of cards.

Treasure Island / Amtrak
\$24, June 26, August 18, Sept. 15, 2008

Fall Senior Expo - Mille Lacs Casino (Day Trip)
\$20, Oct. 6 & 7, 2008

CASINO OVERNIGHT TOURS

Meskwaki Casino with Isle of Capri
Pay \$70, Receive \$45 and \$6 in Food Coupons,
Free Luncheon Buffet at the Isle of Capri,
June 5 - 6, June 24 - 25 & July 10 - 11, 2008

Shooting Star Casino in Mahanomen, MN
Pay \$69, Receive \$50 plus \$5 Be Back, June 10 - 11,
July 7 - 8, 14 - 15, 2008

Fortune Bay Casino in Tower, MN
Pay \$89, Receive \$30 plus \$4 in Food Coupons,
June 10 - 11

Jackpot Junction in Morton, MN
Pay \$39 pp/dbl, Receive \$25, \$3 Food Coupon &
1,200 points (500 points give you \$5), June 16 - 17,
July 28 - 29, August 18 - 19, 25 - 26, 2008

Meskwaki Casino in Tama, Iowa
3 Days / 2 Nights, \$109 pp/dbl, Receive \$60 and
\$9 Food Coupons, Optional tour of the Amana
Colonies, June 16 - 18, July 8 - 10, 23 - 24, 2008

Diamond Jo's & Wild Rose Casino in Iowa
Pay \$70 pp/dbl, Receive \$40 plus Free Luncheon
Buffet, June 24 - 25, 2008

**Tourco Week at Prairie's Edge Casino
in Granite Falls, MN**
Two days/One Night. \$69 pp/dbl, Receive
\$36 plus Free Dinner Buffet, June 25 - 26, July 8-9,
23-24, 2008

ONE-DAY TOURS

Phipps/Girls of Hit Parade
\$59.95, June 21, 2008

Trotters & Pacers
\$36, June 29, 2008

Vista Fleet / Duluth
\$52, July 15, 2008

Magnolia Blossom
\$57, July 17, 2008

Treasure Island / Hudson
\$39.95, July 29, 2008

Braham Pie Day
\$29, August 1, 2008

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