

Sisters salutes...

• Tennesse Thornton wrote:

"Thank you to Bi-Mart pharmacy staff for filling a record number of prescriptions over the last month! Most employees are working overtime each week to fill the demand. Thank you also to the pharmacy manager's wife for making personal face masks for everyone."



PHOTO COURTESY TENNISSE THORNTON

• Kris Calvin wrote:
"Thank you to Hayden Homes' excavation contractor Rickabaugh Construction, who recently used their heavy duty compaction roller to help maintain the Tollgate to Sisters High School trail."

access by wheelchairs and narrow-tired road bikes. Like all porous trail surfaces, heavy rains or melting snow coupled with heavy use can compromise surface quality of well-loved trails.

"Last spring, the Sisters Trails Alliance led the effort to rehabilitate the trail with a compactible fine aggregate material that provides

"The Sisters Trails Alliance has a network of volunteers dedicated to maintaining the quality and safety of many trails around Sisters."

COOKING: Prepare large batches of soup and freeze for future meals

Continued from page 4

bigger batches of your dishes, and then freeze them. You've done most of the work up front and can reheat meals as the week progresses. A few of the meals you can freeze are healthy stuffed peppers, homemade chicken or beef soup, homemade banana bread or any breads for that matter.

If you have kids that are home from school right now,

teaching them some cooking and baking basics can help give them a greater appreciation of the culinary arts. And on a more practical level, it can also make them less-picky eaters. Get kids involved in baking bread, cooking an egg, or creating a homemade salad dressing — then, search the Internet to discover the science behind why ingredients change when they are combined, heated, or blended.

In case you're clueless in the kitchen during this era of coronavirus, here is a healthy comfort food recipe that you can freeze in batches:

Healthy Springtime Chicken Vegetable Soup

- 2 tablespoons olive oil, divided
- 1 pound boneless, skinless chicken breasts
- 1 pound boneless, skinless chicken thighs
- Salt and pepper
- 1 shallot, diced
- 3 carrots, peeled and diced
- 1 zucchini, chopped
- 1 yellow squash, chopped
- 2 cloves garlic, minced
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried oregano
- 10 cups chicken broth
- 2 bay leaves
- 1 15-oz. can cannellini beans, drained and rinsed
- 1 sprig rosemary



Heat one tablespoon olive oil in a Dutch oven over medium heat. Season chicken with salt and pepper, to taste. Add chicken to Dutch oven in small batches and brown well on both sides; set aside in bowl.

Add remaining one tablespoon oil to Dutch oven. Add carrots, onion, zucchini, squash and garlic, and cook on medium high stirring frequently until browned, about three minutes. Stir in thyme and oregano until fragrant, about one minute.

Whisk in chicken stock and bay leaves; bring to a boil. Stir in cannellini beans, rosemary, and chicken. Reduce heat and simmer about 20 minutes until chicken is cooked through.

The Nugget Newspaper Crossword

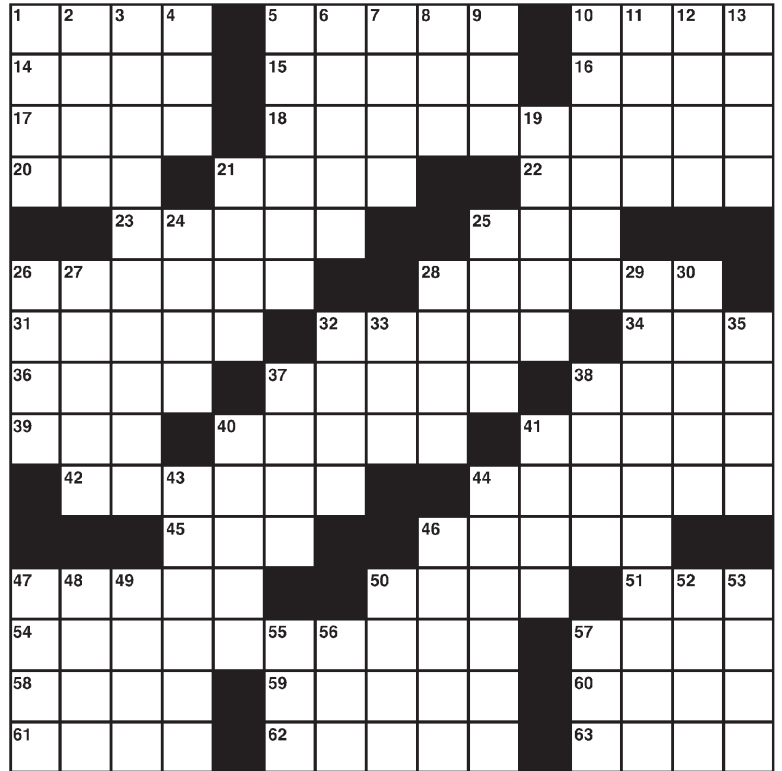
By Jacqueline E. Mathews, Tribune News Service

ACROSS

- 1 "The buck stops ___"
- 5 Isle of ___; resort near Naples
- 10 Take a ___ at; try
- 14 ___ Brothers; 1950s quartet
- 15 Frenchman's love
- 16 Hollow cylinder
- 17 Tells tall tales
- 18 Open to attack
- 20 "The ___ Gray Mare"
- 21 Shine's partner, in phrase
- 22 Actor Buddy
- 23 Come together
- 25 Actor Kilmer
- 26 Appease
- 28 Not roundabout
- 31 Fully alert
- 32 Arctic floaters
- 34 Corn unit
- 36 Head, humorously
- 37 Actress Sally
- 38 Tasty cheese served with crackers
- 39 "Roses ___ red, violets..."
- 40 Blacksmith's furnace
- 41 Recipe verb
- 42 Albert and Van Halen
- 44 Is skeptical about
- 45 McMahon & Marinaro
- 46 Check recipient
- 47 Social blunder
- 50 Male offspring
- 51 Dieter's concern: abbr.
- 54 Starry-eyed
- 57 Movable window shutter part
- 58 Work the land
- 59 Extinguish a fire
- 60 Graceful dance
- 61 Actress Daly
- 62 Possessed
- 63 Acting award

DOWN

- 1 Ring of light
- 2 Actor Jannings
- 3 Taught to think differently



Created by Jacqueline E. Mathews

— Last Week's Puzzle Solved —



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- 4 Curvy road
- 5 Molar hole
- 6 Make laugh
- 7 Ship's mast
- 8 Declare one's candidacy
- 9 Hothead's problem
- 10 Unchanging
- 11 Hot ___; Jacuzzi
- 12 ___-bodied; robust
- 13 "...I've ___ to the mountaintop..." (MLK)
- 19 Backsides
- 21 Abundant
- 24 Athletic shoe brand
- 25 Competed
- 26 Piggyback ride giver, often
- 27 In the know
- 28 ___ out; distribute
- 29 Part of the brain
- 30 Contaminate
- 32 Evergreens
- 33 Piece of chicken
- 35 Communists
- 37 Enemies
- 38 Depressed
- 40 ___ Castro
- 41 Eton students
- 43 Malign; vilify
- 44 Waltzed
- 46 Coolness under pressure
- 47 Present
- 48 "___ late and a dollar short"
- 49 Non-flowering plant
- 50 Astonish
- 52 Soothing ointment
- 53 Here to ___; permanent
- 55 "Do as I say, not as ___"
- 56 Piglet's ma
- 57 "Murder, ___ Wrote"

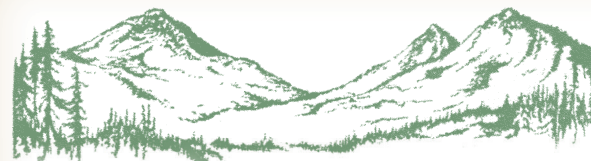
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