

WALKING

Continued from Page 1B

"The leash is for safety reasons," Vencill said. "On a trail, you don't know what you'll encounter. In our county we have cougar and bear. People need to be mindful of other people and other animals." She said these include other dogs, horses and even the occasional llama. She said that if you are in an area where there is no one around then you can let your dog off the leash to run around and have a good time.

Also, don't assume that all dogs like each other. If you are walking toward another person with their dog, on a path, for safety's sake, stop several feet away and ask the person if their dog likes other dogs. If the person says yes, then you can slowly approach with your dog. If tails are raised and there is a lot of nose sniffing and tail wagging, it is probably safe to say the dogs like each other or at least are willing to accept one another. This is called the "meet and greet."

Vencill reminds people to, "always get permission and keep it cheerful," when doing the meet and greet.

But what if the meet and greet doesn't go well?

"If one growls, don't pull back," she said. This lifts the dog's front legs off the ground and makes it look bigger to the other dog. She said the proper way is to give a short corrective snap on the leash and pull the dog's head back toward you which gets the focus away from the other dog and back on you. Then move back away from the other dog. As always, offer lots of praise for coming back around to you and, "try not to make a huge deal out of it," she said.

Other mannerly reminders while walking with your four-legged best friend: carry away any droppings. No one likes to clean up after



Tribune News Service

Kate Konzen and Monica Munoz walk their dogs Brandy and Petey on Monday, April 26, 2021, in their Indianapolis neighborhood.

"The leash is for safety reasons. On a trail, you don't know what you'll encounter. People need to be mindful of other people and other animals."

— Carol Vencill, president, Wallowa County Humane Society

your dog. It is part of being a responsible pet owner.

Another assumption not to make: just because you love your dog and believe it is friendly doesn't mean other people will, too. People you may encounter may not know that about your dog, and could become frightened if they see a dog, even though friendly, running toward them. This is why a leash is important and needs to have the dog at the other end of it.

When hiking with your

pet, make sure they have a collar on with proper identification. A microchip is also a good idea. Microchips can be scanned at both veterinary offices in Wallowa County, Enterprise Animal Hospital and Double Arrow. If you and your pet become separated, notify the Wallowa County Humane Society and the Wallowa County Sheriff's Office. If it's during the week, call the veterinarian offices and check with them to see if someone has

found an injured dog and taken it to the vet.

Wallowa County has some excellent venues for walking. A popular route is past Les Schwab's, down the path behind the hospital, around the assisted living facility and on the sidewalk in front of the hospital and back to Schwab's. This walk can be extended by turning right at the entrance to the assisted living facility and heading west to the stop sign at Golf Course Road, turning right and walking to the golf course. Round trip from Les Schwab, this route is approximately two miles.

Another popular route is starting from the parking lot at the Iwetemlaykin Heritage Park and exploring the paths in the park. Although not paved, and single file, they offer a good workout and spectacular views. There are also a few paths at the state park at the south end of the lake.

In the lower valley, try the three-mile route called the Diamond Prairie Loop.

Despite a lack of sidewalks in many neighborhoods, walking around town is still doable. It is also a good way to meet your neighbors. And who knows? You might find a new walking buddy. Or two.

Ann Bloom has worked for the OSU Extension Service for 15 years as a nutrition educator. She studied journalism and education at Washington State University. She lives in Enterprise.

PESTO

Continued from Page 1B

Saute 3 minutes or until the cod is opaque or meat thermometer reads 145 degrees. Divide cod between two dinner plates and spoon any sauce left in the skillet over the cod.

Yield 2 servings.

FARFALLE WITH CHERRY TOMATOES AND CORIANDER

Recipe by Linda Gassenheimer

- 1/4 pound farfalle pasta (about 2 cups)
- 2 teaspoons olive oil
- 2 cups cherry or grape tomatoes
- 2 teaspoon minced garlic
- 3 teaspoons ground coriander
- 1/2 cup water (from the boiling pasta)
- Salt and freshly ground black pepper
- 2 tablespoons basil leaves torn into small pieces

Bring a large saucepan filled with water to a boil. When boiling, add the farfalle and cook 8 minutes or until al dente or just slightly firm.

While the pasta cooks, heat the oil in a large nonstick skillet over medium-high heat. Add the tomatoes and garlic. Saute 3 minutes stirring occasionally. Add the coriander and 1/2 cup water from the boiling water. Cook 2 more minutes. Crush the tomatoes with the back of a spoon. Remove to a large bowl, scrapping up all of the sauce.

Drain the pasta and add to the bowl. Toss well. Add salt and pepper to taste. Divide between two dinner plates and sprinkle the basil leaves on top.

Yield 2 servings.

Linda Gassenheimer is the author of over 30 cookbooks, including her newest, "The 12-Week Diabetes Cookbook." Listen to Linda on www.WDNA.org and all major podcast sites. Email her at Linda@DinnerInMinutes.com.



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CROSSWORD PUZZLER

- ACROSS**
- 1 Zig's partner
 - 4 Watered down
 - 8 Over with
 - 12 Self-esteem
 - 13 Jekyll's other half
 - 14 Maui cookout
 - 15 Scan
 - 17 Twilight, to a poet
 - 18 In a tizzy
 - 19 More weird
 - 21 A famous 500
 - 23 Barbecue treats
 - 25 Frightening
 - 29 Noisy dispute
 - 32 Bridal notice word
 - 33 Prop up
 - 34 Levin or Gershwin
 - 35 Appliance co.
 - 36 Yr. fraction
 - 37 Hair goop
 - 38 UFO movie (hyph.)
 - 40 Damage
- DOWN**
- 41 Mag. staffers
 - 42 Down the hatch
 - 43 Mr. Greenspan
 - 45 Like some crowds
 - 47 Wife's mate
 - 51 McNally's partner
 - 54 Electrical unit
 - 56 Ephron of "You've Got Mail"
 - 57 He directed Marlon
 - 58 Heavy metal
 - 60 Mongkut portrayer
 - 61 Disagreeable person
 - 62 Between
 - 63 Sault — Marie
 - 1 Operator's number
 - 2 Got older
 - 3 Spur on

Answer to Previous Puzzle

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- 4 Poet — Auden
- 5 Inspect
- 6 Recommend
- 7 Astute
- 8 Type of piano
- 9 31-day mo.
- 10 — Paulo
- 11 Yank
- 16 Van — Waals force
- 20 Belfry sound
- 22 Biblical prophet
- 24 Flower lover
- 26 Fury
- 27 Frosted a cake
- 28 Congers
- 29 Swell, as a river
- 30 1977 whale movie
- 31 Hang on
- 36 Bad (pref.)
- 39 Medieval
- 40 Rowdiness
- 44 She has a habit
- 46 Ms. Montez
- 48 Young men
- 49 Dry, as champagne
- 50 Kind of lock
- 51 Horizontally-ribbed fabric
- 52 Boxing champ
- 53 None
- 55 Avril follower
- 59 Undesirable mil. status

110 Announcements

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110 Announcements

★ ★ ★ ★

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- Dollar Tree
- Black's Distributing
- Ryder Bros
- VFV
- Baker Elk's Lodge
- Main Event
- Lefty's Tap House
- Little Bagel Shop
- Baker City Fire Dept.
- Haines Sell-Rite
- Idle Hour
- Salvation Army

114 Self-Help Group Meetings

AL-ANON, Cove. Keep coming back. Mondays, 7-8pm. Calvary Baptist Church, 707 Main, Cove.

NARCOTICS ANONYMOUS
541-805-2229
neo-na.org

AA MEETINGS
Wednesday Nights, 7-8:15pm. Fort Union Grange Hall, corner of McAlister & Gekeler Lanes. For more info, call 541-786-1222

Drug Problem? We can help!
Narcotics Anonymous
Phone: 541-805-2229
www.neo-na.org

You can enjoy extra vacation money by exchanging idle items in your home for cash ... with an ad in classified.

114 Self-Help Group Meetings

AL-ANON Attitude of Gratitude. Wednesdays, 12:15-1:30pm. Faith Lutheran Church, 12th & Gekeler, La Grande. 541-786-2051

T.O.P.S.
Meets every Tuesday Morning 8:30 a.m.-10 a.m. LDS Church in Island City. *Fragrance Free Group*

CELEBRATE RECOVERY
Calvary Baptist Church Third & Broadway Baker City, OR **EVERY THURSDAY** 6:15 - 8:00 PM

DO YOU HAVE... HURTS, HABITS and/or HANG UPS?
12 Step Biblical Support Harvest Church 3720 Birch St. Baker City Thurs., 6:30 - 8:30 PM

LA GRANDE NOW HAS A GAMBLERS ANONYMOUS MEETING!
Every Friday Night @5pm, 2107 Gekeler Ln, LG, Church of Christ basement. For more info please call 971-219-8411

NARCOTICS ANONYMOUS
Goin' Straight Group Meetings: Mon., Tues, Thurs. & Fri. Start at 8 PM Episcopal Church Basement 2177 1st Street, Baker City

Someone's drinking a problem? AL-ANON
Meetings available by phone Info for Baker City Meetings Call: 541-523-5851 or 541-786-7323

PEOPLE with PARKINSON'S
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Contact Judith at 208-855-9199 Meetings resume @GRH when restrictions ease.