



Club of
Illinois Valley

*SALUTES EVERGREEN ELEMENTARY
STUDENTS OF THE MONTH*



(Photo courtesy of Christina Paul for the Illinois Valley News)

K/ Garman	Tori Conn	1/ Snyder	Madison Paul	3/ Nelson	Ever Ponder
K/ Patterson	Lillian Yanase	2/ Gladding	Kassidy Mathis	4/ O'Donnell	Paige Paul
K/ Pitts	Gregory Roland	2/ Clements	Tristan Stephenson	4/ Bethke	Myles Engberg-Stone
1/ Bonney	Lydia Lea -	2/ Gilkey	Olivia Olson	4/ Green	Kaydence Pope
NOT PICTURED		3/ Gragg	Samantha Franklin	LS/ Keil	Kamille Wright
1/Senteney	Rylee Hanson	3/ Gutierrez	Wyatt Ives		

Wholesome Foods: by Laura Mancuso

I think most people look forward to the abundance of holiday foods offered this time of year. But if you are on a special diet for diabetes, heart disease or weight loss, going to holiday buffets can be quite stressful. Luckily, along with my super sweet tooth that craves cookies and cake, I have a love of fruits and vegetables, so it makes it easy to come up with alternative food choices.

One of the tricks I have learned is to plan on bringing food dishes to parties that I like and are nutritious at the same time. When I go to holiday buffets, I try to focus on putting my favorite nutritious foods on my plate first and only a tiny taste of foods that will sabotage my diet plan. When you fill up on salad and meat, it makes it much easier to avoid eating too many sweets.

I have a holiday party to go to next week at the I.V. Family Coalition and I plan to bring this delicious salad.

Easy holiday slaw with apples and pomegranate

Description

This bright and cheerful holiday slaw will provide a healthy and fresh contrast to the rest of your holiday meal. The apple, pomegranate and dried apricot make it festive enough

for a Christmas feast, yet it easy enough for a weeknight dinner!

- 1 small head shredded Napa Cabbage
- 1 cup thinly shredded purple cabbage
- 1 sweet crisp apple such as piñata, cut into thin matchsticks
- 1/2 cup thinly sliced radishes
- 3/4 cup salad dressing such as apple cider vinegar salad dressing
- 1 1/2 teaspoon chopped fresh tarragon or 3/4 teaspoon dried
- 1/2 cup sliced almonds toasted
- 1/2 cup pomegranate arils
- 1/2 cup chopped dried apricots
- 1/2 teaspoon salt

Instructions:

1. Place Napa cabbage, purple cabbage, apple, radish in a large mixing

bowl. Drizzle the dressing over the cabbage mixture and add tarragon, and toss to coat the vegetables evenly with the dressing. Transfer to a serving bowl.

2. Top with the almonds, pomegranate arils and dried apricots just before.

Notes: Can be prepared through step 1 up to 4 hours in advance. Keep chilled.

Nutrition:

- Calories: 170
- Sugar: 20 g
- Sodium: 130 mg
- Fat: 4 g
- Saturated Fat: 0 g
- Carbohydrates: 25 g
- Fiber: 2 g
- Protein: 3 g

8th Annual Artisans' Holiday Faire

Sat. & Sun., Dec. 15 & 16

Sat., 10am-6pm • Sun., 10am-3pm

Lorna Byrne Middle School Gym
102 S. Junction, Cave Junction

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FIRST THREE SUNDAYS OF THE MONTH: 8 AM - 12 PM

3763 Holland Loop
541-659-3781 or 541-415-1819

ALL NEIHBORHOOD WATCH MEETING

Monday, December 17

5:45 to 7:30 p.m.

Wild River Pizza
249 Redwood Hwy, Cave Junction

6:00 - 6:30
Visit with: Sheriff Dave Daniel
Cave Junction Mayor Elect Meadow Martell

6:40 - 7:30
General Meeting
Reports by: CJPatrol, Captains & leadership
Outreach Campaign - New Groups
Fire & Emergency Preparedness
IVFire / CERT

An All Neighborhood Community Event
Please RSVP as room capacity is 80 max

Contact Guenter: 541-415-1929 / ivwatch541@gmail.com
FB - Illinois Valley community watch

Bear Images
Unique Clothing Gifts & Jewelry

Will be open
Sunday Dec. 23
10 am to 4 pm
& Monday Dec. 24
10 am to 4 pm

Closed Dec 25 & 26
See you on Dec 27!

Merry Christmas!

Tue through Sat
10 am - 5pm

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