



By Betty Kaiser

Cook's Corner — Prepping for the unexpected

started, I had stocked up on bananas, bread, frozen stir fry meals, soups from the deli, canned meats, etc. Mostly we just ate simple stuff from the freezer because Genny generator allowed us to use the microwave and one burner on the stovetop. A sample recipe is at the end of this column.

Now, giving advice after a storm is sort of like locking the barn door after the horse has runaway. However, just in case you need a be-prepared-refresher course, here are some basics to stock up on for another unexpected 3-11-day Snowmagedden:

OUTSIDE:

- Firewood for wood stove (we almost ran out!)
- Fire Logs (backup)
- Full tank of gas in car
- Full 5-gallon gas cans for generator (thanks to our friends)
- Tire chains (a 4-wheel drive Jeep)
- Snow Shovel and strong back (or neighbor)
- Bags of sand (didn't use)
- Cooler to fill with ice or snow
- A camp stove to cook on

INSIDE:

- Non-electric light sources. i.e. Battery-operated lanterns, flashlights
- Wireless or battery-operated RADIO
- Batteries for everything (we didn't have 'C' for our radio!)
- Matches and lighters for candles, firewood, etc.
- First Aid Kit
- Extra blankets, warm jackets, hats, gloves

COMMUNICATION:

Good luck! Phones will and do go down

Internet only if generator is on and sometimes not then

PEOPLE FOOD:

Think non-perishables and ready-to-eat like canned soup, chicken, tuna, salmon, beans, fruit, crackers, energy bars, peanut butter, cookies!

BABY FOOD and supplies

PET FOOD and supplies

WATER:

1 gallon per person, per day; juices, instant coffee, tea bags.

MEDICATION:

Try and keep at least 10 days on hand at all times

TOILETRIES:

Keep an ample supply of toilet paper on hand, wipes and hand sanitizers.

REFRIGERATION: (it will go out with when generator is turned off)

Put meat, etc. in coolers outside in the snow. We had intermittent electric, so I put bowls of snow in our frig and freezer, changing daily. It worked!

Whew! Now that we're all up-to-date on how to stock up for a snow storm, let's eat! Following is a one-pot chicken chili dish that everyone will love.

WHITE CHICKEN CHILI

- 1 tablespoon vegetable oil
- 1 cup frozen whole kernel

corn

- 1 large red bell pepper, diced (about 1 cup)
- 1 small onion, diced
- 1 Tablespoon chili powder
- 2 cups shredded cooked chicken OR
- 1 can (12.5 oz) Swanson white chicken
- 1 can Campbell's Cream of Chicken Soup
- 1 cup Pace Chunky Salsa
- 1 cup water
- 2 cans (15 ounces ea.) white cannellini beans, drained, rinsed
- 1 can tomatoes (with juice and liquid); or Rotel tomatoes.

Add garlic salt and pepper to taste

GARNISH:

- 2 green onions, sliced
 - Cheddar Cheese to taste
- Heat the oil in a 3-quart saucepan over medium-high heat. Add corn, green peppers, diced onion and chili powder. Cook for 2 minutes. Stir in the chicken. Stir in the soup, salsa, water, tomatoes and beans in the saucepan and heat to a boil. Reduce the heat to low. Cover and simmer for awhile. Serve hot, topped with the cheese and green onions.

Note: If you like a hotter chili, I substitute white chili beans for the cannellini. Season to your taste, garnish and serve with crackers. Serves 4-5.

Contact Betty Kaiser's Cook's Corner at 942-1317 or email her at bchatty@bettykaiser.com



Pet Tips 'n' Tales

By Mary Ellen
"Angel Scribe"

Sonya, 'The Pet Psychic'

What are your pets thinking? Wouldn't it be nice to find someone who could read their minds? I did! Meet world famous pet psychic Sonya Fitzpatrick.

For 17 years, Pet Tips 'n' Tales has been telling pets' tales through their owners' points of view. Sonya Fitzpatrick, however, enables pets to relate their tales in their own words to their humans. She suffered a hearing loss as a child and says she was unexplainably given the rare gift of clairaudience: The ability to perceive sounds or words from outside sources in the spirit world. (Note: During this interview, she received a phone call from China to help find a missing pet.)

"I telepathically tune in to the animal and can communicate with it regardless of its location on earth or the Other Side through a heart-to-heart connection," said Sonya. "I hear them in my head and heart, not my ears — as clear as anyone talking."



Pet psychic Sonya Fitzpatrick says she can hear the thoughts of her granddog, Joy, a Rhodesian Ridgeback.

Animals have feelings and emotions, experience happiness and sadness and pain. Some animals cry when sad. They are as aware of their surroundings as we are and deserve to be treated with kindness and respect. They are living/feeling souls."

Sonya explained that the majority of her clients have rescued pets, and that these animals tell her their background by talking about their homes, if they were dumped or if they lived with someone who loved them. "They also tell me what their needs are today and what they want their parents to know," said Sonya. "They often relay how grateful they are to have a wonderful home and wish to thank their parents."

Sonya has a kind heart and a sweet English accent. Her goal is to enrich our lives and those of our pets.

Pets' purr-sonalities are as diverse as ours, Sonya said. "Animals feel deep love for each other and us. One of their greatest attributes is their ability to teach us how to love," said Sonya. "Just like us, animals grieve when a beloved human or animal companion transitions, sometimes refusing to eat. When we reach the Other Side, our pets meet us, surrounding us with indescribable feelings of love and peace. Actually, Heaven would not be Heaven if our pets were not there. Know that they are waiting!"

Sonya said that our pets' unconditional love and emotional support is invaluable. Being in a pet's presence brings joy, happiness and laughter. When we feel love, our bodies relax, which promotes healing and lowers blood pressure.

"Stroking and touching pets is therapeutic," said Sonya. "Their loyalty and affection are healing energies."

Then out of the blue, Sonya asked if I had pets. I told her their names and she said, "Myster E's favorite color is blue."

Seriously, I thought? Cats have furr-verte colors? So, after the phone call, we put down blue towels on the bed and couch and he changed his cat napping patterns, going from one to the other. Sonya added, "Myster E.(Mystery) loves his name, is proud he's named after something important and says that he is in charge."

(And he is. We meet his every demand and whim!)

Sonya added that Myster E is easygoing and not easily annoyed, like his sister, Whyspurr. (So true. He is a relaxed character, and she is a nervous sort.) "He says, 'I tell her to calm down,'" Sonya continued, adding: "The orange cat across the street is quite lovely, but I am prettier."

Sonya is 77-years-young, extremely active and has no plans to retire. She continues lecturing, doing readings, seminars and her main passion: contributing to animal shelters. She has appeared on "The Little Couple" chatting with the hosts' dogs, and appeared on "Live with Kelly" and "The Ellen DeGeneres Show."

TIPS:

"I know what my animals know and feel," said Sonya. "You, too, can read your animals. A majority of pet parents already do this and then second-guess themselves. Animals speak into your heart and mind with thoughts, feelings and pictures. They are telepathic by nature. Trust your feelings and the emotions that they send to you."

Sonya's books are "The Pet Psychic," "What the Animals Tell Me" and "Cat Talk: The Secrets of Communicating With Your Cat." Find out more at www.SonyaFitzpatrick.com.

Share your fun, amazing or crazing pet tips and tales at angelscribe@msn.com or Follow Pet Tips 'n' Tales on Facebook at www.facebook.com/PetTipsandTales. Adopt loving pets online at www.PetFinder.com. For spay or neutering, call the Humane Society at 541-942-2789.

Elks donate to 90by30 Baby Box Project



COURTESY PHOTO/COTTAGE GROVE SENTINEL

Pictured from left: Dale Wilhelm, Marie Ammon, Julia Morrill and Mary Nisewander

The Cottage Grove Elks Lodge #1904 recently made a donation to the South Lane Welcome Baby Box Project. Marie Ammon, Exalted Ruler of Lodge #1904, worked with the Cottage Grove Bi-Mart to purchase 70 cases of disposable diapers and 12 cases of baby wipes for the project.

Diapers and wipes from this donation will be included in the Welcome Baby Box gift provided to expecting families residing in the South Lane county (Cottage Grove, Creswell and surrounding areas).

South Lane has been at the forefront of 90by30's child abuse efforts since day one. The first team to finish its prevention plan

and the first to roll out a strategy — the Welcome Baby Box — is paving the way for other areas of the county.

The Welcome Baby Box, modeled after a similar box in Finland with a 75-year history of reducing infant mortality rates, is free to any infant born in South Lane. It contains diapers, clothes, wipes and other physical necessities, as well as a guide to community resources available to families.

The box strengthens social connections between parents and the rest of the community.

6-day weather forecast

THURSDAY 78° 48° Mostly Sunny	FRIDAY 76° 47° Mostly Sunny
SATURDAY 67° 41° Partly Cloudy	SUNDAY 80° 44° Mostly Sunny
MONDAY 74° 43° Mostly Sunny	TUESDAY 76° 42° Mostly sunny

60% of small businesses close their doors within 6 months following a cyber-attack.

Call today (541) 942-0555.
PayneWest.com/Cottage-Grove

BIG Spring SAVINGS

UP TO **20% OFF**
POWER LAWN & GARDEN

UP TO **40% OFF**
COOKING APPLIANCES

PRICES VALID MARCH 20TH - 30TH 2019

HOMETOWN STORE
LOCALLY OWNED AND OPERATED

Hours: Mon-Fri 9:00am-6:00pm | Sat 9am-6pm | Sun 11am-4pm
118 Gateway Blvd., Cottage Grove (Next to Bi-Mart) • 541-942-7377