

Betty Kaiser: Cook's Corner — May Day Remembrances



Betty Kaiser

joy. Coming on the first of the month, it marked the coming of spring and summer. In elementary school, clear through to high school, it was a celebration of life and fun.

We didn't know that in many countries around the world it was an ancient agriculture tradition that began with astronomy. In fact, most countries have a May Day holiday ranging from a springtime fertility festival to a May

Bank Holiday! Among other things, May Day is an important holiday for workers in Communist countries.

May Day was always just fun for us girls and boys in the classroom. We girls wore frilly dresses as we danced around a tall wooden pole on the playground while holding on to colorful streamers to wrap the pole.

In class, our teachers showed us how to shape

and make paper baskets to fill with goodies. Those we either gave to our parents or special classmates. Of course, we girls swooned if a boy even looked at us let alone gave us a piece of candy!

In high school, we elected a queen and her court. One of my favorite memories is a comic of the Peanuts Gang (including Snoopy) dancing around a similar flagpole.

At home, we would fill

small baskets with treats, flowers or tiny gifts and notes to be hung on the doorknobs of family, friends and neighbors. We would ring their doorbell, say "Surprise!" and run.

Life can be a celebration even during hard times. So, let's keep this tradition alive. Surprise someone this month with a special joy of a belated May Day treat.

Now, this being a cooking column, I have to tell

you the truth — I don't remember any special meals on May Day. I do, however, remember making small cookies and muffins that we put in baskets for friends and neighbors. The following two recipes are old favorites for this time of year. Enjoy!

Keep it simple and keep it seasonal with Betty Kaiser's Cook's Corner

Springtime Strawberry and Ricotta Muffins

- 2 cups all-purpose flour
- 1 tbsp baking powder
- 1 cup sugar
- ¼ tsp ground nutmeg
- 2 eggs
- ¼ cup (½ stick) melted and cooled butter
- ½ cup cold water
- 1 cup washed, stemmed and chopped strawberries
- 1 cup ricotta cheese
- Powdered sugar for dusting

Directions:

Pre-heat oven to 375°.

Spray muffin pan with non-stick spray. Sift all dry ingredients together into a large bowl.

Add eggs, butter and water and stir gently only until the dry ingredients are almost all moistened. Add strawberries and ricotta and continue to mix gently until incorporated. Be careful not to over-mix.

Spoon or scoop into prepared muffin

pans, filling them about ¾ full. Bake for about 25 minutes or until a toothpick inserted into the center comes out clean.

Allow to cool for a few minutes before removing from pan.

Serve warm. Dust with powdered sugar if you like.

Easy Coconut Macaroons

Preheat oven to 350° F.

Mix Together:

- 6 Cups Angel Flake Coconut
- 1 can Sweetened Condensed Milk (14

oz)

1 1/3 teaspoon vanilla

Drop by rounded tablespoonfuls onto a very well-oiled cookie sheet. Bake until the tops are lightly browned, 15-20 minutes. Remove from oven and cool slightly; remove from the pan onto parchment or a cooling rack. Cool.

Also good dipped in melted chocolate!

Makes 2+ dozen depending on size of measuring spoon.

Pet Tips'n' Tales: Alexis's Bike Buddies



By Mary Ellen "Angel Scribe"

with Diamonds,' and the comedian Lucille Ball who performed with Harpo Marx."

Seven years ago, Alexis was cycling downhill when a driver opened his car door. She flew over his door and landed in front of his car on her head.

"I was alive but had Post Concussive Syndrome, which resulted in ongoing migraine headaches, nausea and I couldn't walk because balance was an issue," Alexis said. "Navigating life became difficult."

She adopted Harpo as an Emotional Support Animal, then Lucy for his buddy. The dogs gave her the im-PET-us to get better because she wanted to do more things with them. During many medical tests, young Harpo sat patiently in the doctor's office on Alexis' coat — twice for five hours!



Alexis' bike buddies, Harpo and Lucy love biking around Vancouver, BC.

"I started practicing yoga at home to improve my balance. It worked! Yoga's mind-body awareness, breathing and proprioception (knowing where your body is in space, damaged from the accident) slowly returned. The results were more energy and being able to walk. My mood also improved. I was motivated; I had my dogs to live for;

they needed me strong.

"I completed yoga training, Love Your Brain Foundation for Traumatic Brain Injuries, and then Therapeutic Yoga for Pain Management with the goal of giving others their lives back," Alexis said. "Yoga increases mood, neuroplasticity, mindfulness and resiliency while easing stress, anxiety and pain sensitiza-

tion. It proves an amazing tool for trauma recovery. It helps relieve stress, anxiety, back and joint pain, and fascia. I began teaching online classes: SattvaYogaWithAlexis.com."

She also slowly started biking and, soon, could go longer distances. Alexis would hit a new goal then pass a dog park and think, "My dogs would love it here."

"My goal became including my furry pals. I bought a K9 Sportsack backpack and, at first, took one dog at a time to safely ease us into the process," said Alexis. "When we arrived at a dog park or beach, I was sad that their dog-pal was not there to play with his buddy. So, I bought a BuddyRider so I could safely take them both."

Now, twice a week, they bike 30K — nearly 20 miles. Even in the busy Vancouver, BC, traffic, both dogs

remain calm and interested in the sights.

"They love exploring new places and parks' said Alexis. "I don't drive a car, so the bicycle enables us to be adventurous. Their enthusiasm as we climb off the bike is one of my most favorite things in the world!"

TIPS:

"Know your limits and wear a helmet," advises Alexis. "If I hadn't had worn my helmet the time I flew over the car, I would have been dead. If you hit your head, then you won't be able to help your buddies. I read that one country trains a new driver to open their vehicle door with their right hand, forcing them to look over their shoulder to avoid accidents like mine."

We would love to hear about your pet. Write: angelscribe@msn.com

6-day weather forecast

FRIDAY

61° | 41°

Shows

SATURDAY

64° | 37°

Partly Cloudy

SUNDAY

66° | 39°

Partly Cloudy

MONDAY

71° | 41°

Partly Cloudy

TUESDAY

75° | 41°

Partly Cloudy

WEDNESDAY

75° | 43°

Partly Cloudy

LORANE COUNTRY NEWS

CONTRIBUTED BY
LIL THOMPSON
FOR THE SENTINEL

- Lorane Grange meets tonight, May 6, at 7 p.m. They have tentatively set Thursday, May 13, to clean up the Lorane Grange Cemetery. It will

be discussed and a time set during tonight's meeting.

- Due to the governor raising the county to "extreme risk," the Grangers are not planning a bingo night for May.

- Several construction workers are busy on both sides of the road on Stony

Point. Please slow for flaggers and keep your eyes on your lane. It's too easy to get distracted. Rain is forecasted for the next two days, so again please be careful.

- We have an election coming on May 18. Only one Lorane RFPD position is contested. Our current

fire board members have done an extremely good job. Three CAL School Board positions are also up. Two are uncontested and the other has no one running. Please remember, the ballots must be in drop sites on election day, May 18, by 8 p.m.

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