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Danville Celebrates

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8 AM - 10th Annual Patriot Challenge Trail Run
Anglers Park • 350 Northside Drive
Featuring a 5K/10K and Children's Fun Run, the Trail Run is a great way to kick off the holiday. An ice cream social will follow. Online registration ends June 30. Ice cream available for non-racers; the cost is \$2/person. Sponsored by SOVAH Health, Danville Running and Fitness Club and Danville Parks and Recreation
Visit PlayDanvilleVA.com/FourthofJuly
\$30 (\$40 day of - CASH ONLY)
\$5 kid's fun run

1 PM - 6 PM - Danville Farmers' Market Community Market • 629 Craghead Street
A River District tradition! Stop by the Danville Farmers' Market for local fruits, vegetables, beef, chicken, pork, honey, jams, jellies, canned goods, baked goods, and more!

6 PM - July 4th at the Crossing Carrington Pavilion • 661 Craghead Street
The annual celebration will feature free entertainment, arts and crafts and Captain Jim's Magical Illusion Show. Food concessions and amusement rides will be available. Admission is FREE. Sponsored by URW Community Federal Credit Union, J&J Equipment Rentals, J&J Truck Sales and Danville Parks and Recreation.
Performances by
Carolyn Smith - 6:50 PM
Wampler Brothers Band - 7:45 p.m.
Fireworks to begin at dusk (weather permitting)

NOTICE: Fireworks will be detonated from the southbound lane of Martin Luther King Jr. Memorial Bridge. The southbound lane and all access lanes will be closed at 2 p.m. The northbound lane and all access lanes will close at 8 p.m. The train trestle pedestrian bridge will close at 9 p.m. The River District can be accessed via Union Street Bridge or Industrial Avenue. Please obey all traffic signs and barricades.

DANVILLE BRAVES versus Bristol July 1-3. Fireworks display July 3. For more information on the Braves or to purchase tickets, call (434) 797-3792.

For more information, (434) 793-4636
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BIBLE TRIVIA

by Wilson Casey

1. Is the book of Jonah in the Old or New Testament or neither?
2. In Esther 6, what was done to King Ahasuerus when he could not sleep? Sang to, Feet rubbed, Fanned by servants, Read to
3. Which commandment is, "Thou shalt have no other gods before me"? 1st, 2nd, 3rd, 4th
4. In Joppa, who was raised from the dead by the Apostle Peter? Lazarus, Nahum, Tabitha, Hosea
5. Who was the baby born of Zacharias and Elizabeth? Daniel, John the Baptist, Noah, David
6. What was Pontius Pilate's culture group? Roman, Greek, Syrian, Babylonian

ANSWERS: 1) Old; 2) Read to; 3) 1st; 4) Tabitha; 5) John the Baptist; 6) Roman

W E D N E S D A Y

JULY 4

INDEPENDENCE DAY

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As we celebrate the Fourth of July with barbecues, fireworks and revelry, it's important to remember the true meaning of this important holiday. On the birthday of our nation, we celebrate freedom and democracy while saluting the heroic efforts of those who have fought for and defended our liberty since July 4, 1776. We're proud of our country, our people, our history and our standing as a symbol of hope, freedom and democracy to people around the world. Happy Birthday, America, and may you continue to prosper and stand strong through future challenges, as you have so many times in the past.

Remember to proudly display your American flag on July 4!

We wish you all a safe and happy 4th of July!

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Strange BUT TRUE

By Samantha Weaver

* It was popular British romance author Jilly Cooper who made the following observation: "The male is a domestic animal which, if treated with firmness, can be trained to do most things."

* If you're like the average human, you blink about 17,000 times every day.

* Filmmaker George Lucas is arguably best known for his "Star Wars" franchise, but he also directed "American Graffiti." During the making of that earlier film he designated each reel of film with an R before the reel's number, and each instance of dialog was prefixed with a D. At one point during the sound mixing, the sound designer needed to use Reel 2, Dialog 2, and so asked for "R2D2." Lucas liked the sound of it so much that he used it for the name of a robot character in his later work.

* At 6 feet, 4 inches tall, Abraham Lincoln is the tallest president in the history of the United States.

* I'd be very surprised if you'd ever heard of Bokassa I, former emperor of the Central African Republic. It's interesting to note, though, that while he was on trial for infanticide, cannibalism and torture, he commented, "Being head of state is an extremely thankless job."

* If you suffer from ophiophobia -- and, sadly, many people do -- you may find the following tidbit to be rather unsettling: There are more than 3,000 different species of snakes.

* Researchers have discovered that humans aren't the only ones to imbibe alcohol on a regular basis. It seems that the tiny pen-tailed tree shrew makes a habit of consuming naturally fermented palm flower nectar, which has an alcohol content of 3.8 percent -- comparable to that of most beers.

Thought for the Day: "An intelligent man is sometimes forced to be drunk to spend time with his fools." -- Ernest Hemingway

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1. What has more feet in winter than in summer?
2. What fastidious animal reminds you of a flower?
3. Which is the strongest day of the week?
4. On which side of a pitcher is the handle?
5. How can you make a coat last?



Answers: 1. A skating pond. 2. A dandy lion (dandelion). 3. Sunday, because all the rest are weak (week). 4. On the outside. 5. Make the trousers and vest first.

Junior Whirl

by Charles Barry Townsend

A WORD BRIDGE!

FIND THE "MAGIC" NUMBER! What number can you add to each figure in our math expression to make the statement correct?

Answer: Place a "2" above and to the right of each figure. $9 + 16 = 25$. "square" each figure, giving the correct expression.

The bridge above contains 10 supporting words. We give you the first letter of each word, plus plenty of hints.

1. A long, narrow fish.
2. A metal fastener.
3. Found on computer screens.
4. Jazz musicians' talk.
5. Record of ship's progress.
6. A boy's best friend.
7. A colorful sign.
8. Often referred to as golden.
9. Eastern pocket bread.
10. Slang for wonderful

HERE'S A "HONEY" OF A PUZZLE! At right is a word square. You are challenged to find the four five-letter words that match the definitions below. All words used must read the same both across and down.

1. Looking very pale.
2. To look with favor upon.
3. Hives (given).
4. To single out.
5. What hives are.

Answers: 1. Ashen. 2. Smile. 3. Hives. 4. Elect. 5. Nests.

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by Linda Thistle

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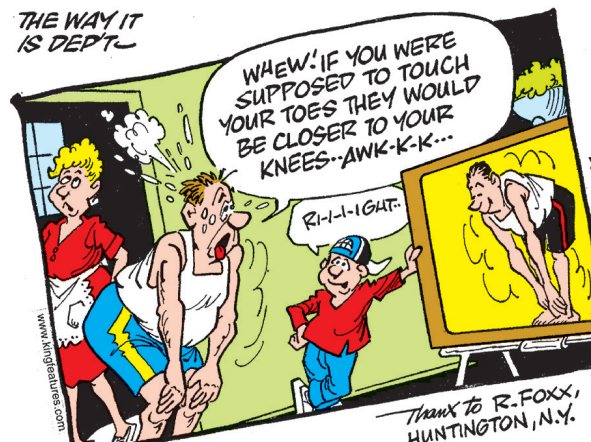
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◆◆◆ HOO BOY!

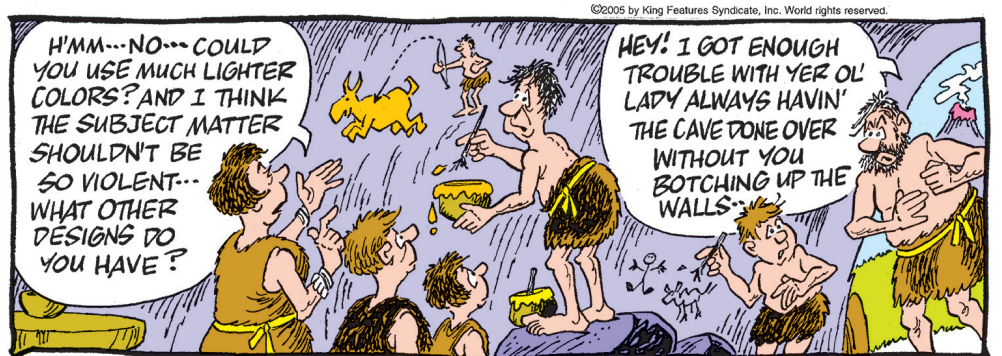
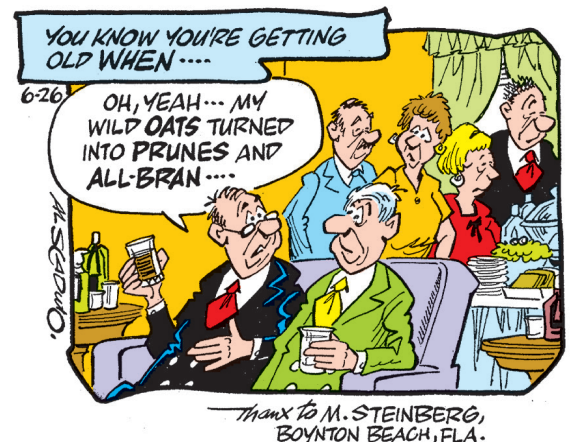
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The screenshot shows the website interface with a search bar, navigation menu, and several ad categories: Animals & Accessories, Cars, Rental Property, and Digital Edition. Specific ads include Cavi-Izu Puppies for \$600, ESF registered English Shepherd pups for \$350, and various car listings under \$15k, \$25k, and \$35k. Rental property ads include 2BR & 3BR Singlewides in Blairs, VA, and 3-2016 Units for Rent in Danville, VA.

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Smile More

In this section: Obituaries • Community Events • Real Estate • Recipe • Yard Sales

Eagle Riders Mary Crider Award



Danville Pittsylvania Cancer Association Celebration of Life June 14, 2018 @ the Stratford Conference Center. The Mary Crider Award is presented to the Eagle Riders 4420 for an outside organization that goes above and beyond to help. The Eagle Riders Dean Ferris Memorial Ride to benefit the Danville Pittsylvania Cancer Association. Accepting the award for the Eagle Riders is Vice President Que Motley with Nora Mcfaddin Executive Director of DPC.

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Dog Days of Summer presented by Terry Blakely State Farm Insurance and Danville Parks and Recreation was held at Dan Daniel Memorial Park on Friday, June 22nd. They had a doggie splash zone, frisbee competition, and family activities area!



American Legion Dan River Post 1097's 2018 Boys and Girls State, and Scholarship Awards recipients



Front row Mohammed Khan, Alyssa Harville, Hannah Long, Rhyan Scarce, Cassandra Bravo - Rodrigues, Emma Byrnes, Leah Talbott, Christopher Willard, Auxiliary President Ann Barbour.
Back row First Vice James Edwards, James Milam, Conner Weaver, Benjamin Williams, Daniel Riddle, Joshua Bird, Dylan Haley, Mary Giles, and Summer Lacks.
Not pictured Ellie Walker, Catherine Allen, Andrew McCarter, Trace Jones, Caitlyn Giles, and Shane Jeffords.

Danville Dental Associates is growing to serve you better! We are pleased to announce that Dr. Arthur T. (Skip) Silvers and his staff have merged with our practice, effective June, 19th. Dr. Silvers will continue to serve patients in his office at 140 Old Piney Forest Road, Suite 1. This will also be a new location for Danville Dental Associates. Join us in also welcoming our new dentists, Nikki Hartline, D.D.S. and Andrew J. Hessler, D.D.S. to the Danville Dental Associates family. Relocating from Ohio, they are looking forward to living in Danville and enjoying everything it has to offer.

Arthur T. (Skip) Silvers,
D.M.D., F.A.G.D.
and his staff.



Nikki Hartline, D.D.S.



Andrew J. Hessler, D.D.S.

OBITUARIES

"For whether we live, we live unto the Lord; and whether we die, we die unto the Lord: whether we live therefore, or die, we are the Lord's." - Romans 14:8

Herbert Clarence ("Dump") Hoover, Jr.



Mr. Herbert Clarence Hoover, Jr, age 73, of 1556 Walters Mill Rd., Providence, NC, passed away on Wednesday, June 20, 2018 at his residence.

He was born on March 01, 1945, in Danville, VA, to the late Herbert Clarence Hoover, Sr. and

Ruth McCann Hoover.

Before his retirement, Mr. Hoover worked at Masonite in the maintenance department and was of the Christian faith.

He is survived by his children, Theresa Ann Hardison (Jody), of Ringgold, VA; Kenneth Michael Hoover (Michelle) and Garland Lee Furr (Cindy), all of Providence, NC; grandchildren, Michael Lee Hoover (Faye), Catherine Ann Gammon (Jonathan), Amber Nicole Hoover (DJ), and Mary Hardison; and great-grandchild, Madison Elizabeth Gammon.

In addition to his parents, Mr. Hoover was predeceased by his wife, Sandra Furr Hoover and brother, David Cecil Hoover.

Funeral services will be conducted at 2:00 p.m. on Friday, June 22, 2018 at Swicegood Funeral Home with Rev. Duane Blevins officiating. Visitation will be held one hour prior to the service at the funeral home. Interment will follow in Floral Hills Memory Gardens. At other times, the family will be at the residence.

Swicegood Funeral Service is respectfully serving the Hoover family.

Charles Hamlett



Mr. Charles Hamlett, age 63, of 2216 Brumfield Rd., Keeling, VA, passed away on Tuesday, June 19, 2018 at his residence.

He was born on May 30, 1955, in Danville, VA, to Dorothy Buntin Freeze and the late Garland Leonard Hamlett.

Before his retirement, Mr. Hamlett worked as a small engine mechanic, and he was of the Christian faith. He was a veteran of the United States Navy.

In addition to his mother, he is survived by his wife, Bonnie Trail Hamlett, of the residence; children, Martha Ann Stanley (John) and Jason Hamlett (Tiffany); grandchildren, Kristen Owens Odum and Caitlyn Owens; great-grandchildren, Jackson and Savannah Ore; sisters, Debbie Reynolds and Linda Richardson; and special brother-in-law, Albert Trail.

Funeral services will be conducted at 11:00 a.m. on Friday, June 22, 2018 at Swicegood Funeral Home with the Reverend Becky Moss officiating. Visitation will be held from 6:00 p.m. until 7:30 p.m. on Thursday, June 21, 2018. Interment will follow in Danville Memorial Gardens with military honors conducted by the US Navy and American Legion Post 1097. At other times, the family will be at the residence, 2216 Brumfield Rd., Keeling, VA.

Swicegood Funeral Service is respectfully serving the Hamlett family.

Glynn Odell Shumate, Sr.



Glynn Odell Shumate, Sr., age 90 of 192 Beech Ave. Danville, VA, passed away on June 19, 2018 at his residence.

Mr. Shumate was born on January 16, 1928 in Danville, VA., a son of the late Harold Lee Shumate and Clarice Gilbert Mc-

Daniel. He lived most of his life in Danville where he owned and operated Shumate's Service Heating and Air. He was a veteran of the US Navy during World War II and was of the Methodist faith. Mr. Shumate was married to Barbara Carter Shumate who preceded him in death.

Mr. Shumate is survived by his daughters, Belinda Martin (Danny), Debbie Cifers (James) and Carolyn Westrick (James); a son, Glynn O. Shumate Jr. (Barbara Compton); grandchildren, Sherri Compton (Brian) of Tampa, FL, Daniel Martin (Leslie), David Martin (Shelayne), Jim Cifers (Bobbi Jo), Sundi Rigney (Ricky), Allen Parrish (Christy), Nikki Fouts (Jamie), and Jonathan Westrick; great grandchildren, Peyton Compton, Caleb Compton, Mason Compton, Jacob Cifers, Benjamin Cifers, Nathan Rigney, Autumn Owen, Sophia Fouts, Donald Lee Fouts, Laila Caroline Grubbs and one great grandchild, baby Martin on the way.

In addition to his parents and wife, he was predeceased by a son, Steven Lee Shumate; brothers, Melvin and Garland Shumate and a grandson, Harold Leon Horton, Jr.

Funeral services will be conducted on Sunday, June 24, 2018 at 2:00 PM at Swicegood Funeral Home with the Reverend Bob Yeaman and Reverend Darryl Joyce officiating. Visitation will be held one hour prior to the service. Interment will follow in Danville Memorial Gardens with military honors conducted by the US Navy and American Legion Post 1097.

Swicegood Funeral Service is respectfully serving the Shumate family.



Dr. Bo Wagner is pastor of the Cornerstone Baptist Church of Mooresboro, NC, and the author of several books. His books are available at www.wordofhismouth.com

Email comments to: 2knowhim@cbc-web.org

"The American Success of an Odd Minority"

This time of year never fails to put a spring in my step and a smile on my face. July 4th, to me, is one of the happiest times of the year. I am an avid student of history, and the story of how this great country came into being and quickly became the envy of the world is simply amazing to me. To see the freedom and opportunity it still offers to all makes me utterly grateful to be a citizen of this land.

I say this as an American and as an odd minority.

I was born in Florida in 1970, arrived in North Carolina two weeks later, grew up a Tarheel, and I am one quarter Lebanese, one quarter French, and one half Puerto Rican. This odd mixture generally results in my being regarded as a blue-eyed hillbilly with a perfect tan year round. But if one were to name my "people group," what would a Lebanese/French/Puerto Rican be called? I am, after all of these years of pondering, almost settled on "Lefrican." My only conundrum now is pronunciation. Should my people name rhyme with Leprechaun, or should it have a smoother flow, with the emphasis on the first syllable, and sound more like "Lefrikin"? One thing of which I am fairly certain is that my "people group" is very small indeed; I, like Louis L'Amour's Joe Makatozi, am probably the last of my breed.

American. That is my people, that is my country, and I am grateful. My family on my maternal side arrived here just after the Civil War, if I have traced it back correctly, and settled in Louisiana. My grandmother and grandfather met there.

As for me, "least likely to succeed" would not have been a stretch. My mother was left with the unenviable task of raising me alone. I was a kid raised in a mobile home, I never received an inheritance from a rich relative, there was no father to guide me, the ingredients for disaster were there.

But the ingredients for success were as well.

My mother raised me in church, we were there every time the doors were open. I received Christ as my Savior while still a youth. I stayed in school, did not get into trouble with the law, started working at various odd jobs when I was thirteen years old, never stopped working, stayed away from drugs and drug users, never smoked, never drank alcohol, paid my way through college, stayed a virgin until marriage and then have stayed faithful to my wife ever since. All of that means I have never had to pay alimony or child support, have never had trouble finding employment since I have no criminal record, and have never had to beg for rides to and from work since I have never lost my license. For ten years I owned and operated my own small business.

I am not rich; I am a pastor. But I have done pretty well. In just a few years, if all continues to go well, our home will be paid off, we will be entirely debt free. I have traveled extensively and enjoyed life.

There is a point to all of this, and if you are clucking to yourself about my "bragging," then you have missed it

entirely. The point is, God has been good to me and to everyone else blessed to be an American. I grow weary, oh, so very weary, of people who cannot or will not see how grateful to God they should be just for getting to live here.

The children of Israel had been in bondage for 400 years in Egypt. God used Moses to deliver them, and they were free. Their life was not perfect, yet they were free, and they had the potential to be great. And yet, Numbers 14:4 says, "And they said one to another, Let us make a captain, and let us return into Egypt." They were actually so ungrateful that they were willing to torpedo the future of their nation and go back into bondage.

America has never been and never will be perfect. No nation on the face of the earth ever was or ever will be. But unlike many nations, this one is largely what each individual makes it. In my 21 years of ministry I have seen the stark difference between those who have poor character and a poor work ethic and those who are up early, stay out of trouble, and make wise choices. I have seen the former group generally flounder and the latter usually flourish. God has granted us freedom here; what we do with it is up to each of us.

It even works for Lefricans.

Pastor Wagner can be contacted by email at 2knowhim@cbc-web.org

These free obituaries are sponsored by Swicegood-Barker Funeral Services as a service to their clients/families and Piedmont Shopper readers. Please let them know we appreciate their continued support.

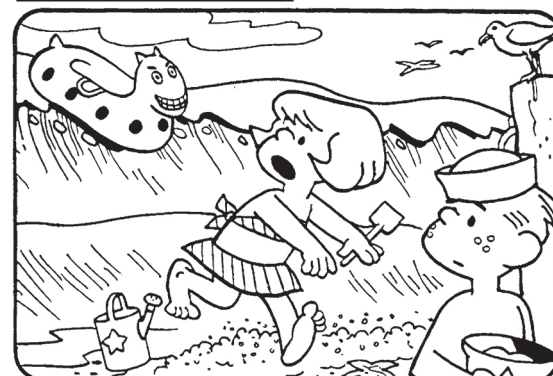


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1. Which band released "Kicks"?
2. Who released "Why Do Lovers Break Each Other's Heart," and when?
3. Which group recorded "Will You Be Staying After Sunday"?
4. Who released "I'd Do Anything for Love"?
5. Name the song that contains this lyric: "Another sleepless night I can't explain, Somebody said they heard me call your name, The radio won't let you leave my mind, I know it's over but I don't know why."

Answers

1. Paul Revere & the Raiders, in 1966. "Kicks" was one of the first anti-drug songs. It was written for The Animals, but Eric Burdon didn't want to record it.
2. Bob B. Soxx and the Blue Jeans, in 1963. It was one of many hits written by Ellie Greenwich, including "Be My Baby" and "Then He Kissed Me."
3. The Peppermint Rainbow, in 1969. During one televised clip it was obvious that the group was syncing ... the instruments weren't even plugged in.
4. Meat Loaf, in 1993. It was his first No. 1 single and netted a Grammy for Best Rock Vocal Performance.
5. "Should've Known Better," by Richard Marx, in 1987. Singer-songwriter Marx released the song on his debut album; it peaked at No. 3 on the Billboard 100.

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Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally

Desert	Lighthouse	Outpost	Solo
Fire tower	Marooned	President	Space
Hermit	Mid-ocean	Single	The moon
Island	North Pole	Solitude	

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PEACH PINWHEEL DUMPLINGS



- INGREDIENTS**
- 1/2 cup butter or margarine
 - 2 cups sugar
 - 2 cups water
 - 1 teaspoon vanilla
 - 2 cups self-rising flour
 - 1/2 cup shortening
 - 1/2 cup milk
 - 5 cups chopped, pitted and peeled peaches or frozen unsweetened peach slices, thawed and chopped
 - 1/2 teaspoon ground cinnamon
 - 1/4-1/2 teaspoon ground nutmeg
 - Vanilla ice cream

DIRECTIONS

Place butter in a 3-quart rectangular baking dish and set dish in a 350 degrees oven to melt butter, allowing 5 to 8 minutes. (Be sure to watch carefully to avoid browning the butter). Remove dish from oven; set aside.

For syrup: In a medium saucepan, combine the 2 cups sugar and the water. Cook and stir over medium heat until sugar is dissolved; bring to boiling and boil, uncovered, for 5 minutes. Remove saucepan from heat; stir in vanilla. Cover and keep warm.

For dough: Place 2 cups flour in a large mixing bowl. Use a pastry blender to cut shortening into flour until pieces are pea-size. Make a well in center. Add milk all at once. Stir just until moistened. Knead dough on a lightly floured 14x12-inch piece of waxed paper 10 to 12 strokes or until nearly smooth. Lightly sprinkle dough with flour. Cover with another 14x12-inch piece of waxed paper. Roll out dough to a 12x10-inch rectangle (about 1/4 inch thick).

For filling: In another large bowl, combine peaches, cinnamon and nutmeg. Spoon 3 cups of the peaches on top of the melted butter in the baking dish, spreading evenly to form a single layer. Spoon the remaining 2 cups peaches evenly over the dough rectangle. Roll dough into a spiral, starting on a long side. Pinch seam to seal. Cut into twelve 1-inch-thick slices. Arrange rolls, cut sides down, over the peaches in the dish. Pour syrup carefully around rolls. (This will look like too much syrup, but the rolls will absorb the liquid during baking.)

Bake in the 350 degrees oven for 45 to 50 minutes or until golden. Cool on a wire rack 30 minutes. Serve warm with a scoop of vanilla ice cream.

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Now here's a tip! by Jo Ann Derson

* Moving tip: Put books into suitcases, which often have wheels and good handles, in order to transport them. Books placed in boxes can get unbalanced when they don't fill the box efficiently. It makes them hard to carry and hard to stack, since you risk the corners crushing. But suitcases are easy to carry right to the shelf before unloading.

* Finding a bandage to cover a skinned knee or elbow is almost impossible. These can be a large or irregular area that doesn't fit under even the most generous of bandages, and adhesive bandages just don't stick well over a joint. Here's a tip for that: Apply antibacterial ointment generously, then cover the knee or elbow with a regular gauze pad. Then add a "sleeve" cut from a pair of tights. It moves with the joint without bunching up the way an ACE bandage does, and it stays in place.

* "After the kids decorated cupcakes one day, I found that the counter and floor were covered with little spilled sprinkles. They were the ball kind, and they were hard to pick up. Rather than sweeping them up (which made them go flying), I used a lint roller, which worked perfectly." -- S.I. in New York

* "To save money on electricity, hang jeans and other heavy clothing to dry first. When it's mostly dry, pop it in the dryer to fluff. Do the same with towels. The dryer softens it, but the sunlight dries it well, and I think it smells better too." -- U.F. in Ohio

* Some facts about cantaloupe, now in prime season: Choose fruit that is smooth and round, with a depressed, soft scar on the stem end. Look for netting on the skin that is even and yellow, not green. One cantaloupe will get you about 50 melon balls or 4 cups of fruit when diced.

Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803.

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Fried Bologna Cups

FAMILY FEATURES

Of the many challenges parents face daily, encouraging healthy eating habits for their children can be one of the most vexing. While the consumption of nutritious foods like vegetables is good for kids while they're young, it can also serve an important role in encouraging lifelong healthy habits.

One strategy for achieving that goal is to pair familiar foods with vegetables and prepare them in interesting ways. This tactic – pairing foods kids already enjoy with the foods you want them to start eating willingly – is called “associative conditioning,” and can help encourage children to try the new food, according to research conducted by Elizabeth Capaldi-Phillips and Devina Wadhwa and published in the “Journal of the Academy of Nutrition and Dietetics.”

For example, prepared beef products like hot dogs, deli roast beef, salami and summer sausage provide sources of nutrients like protein, zinc and vitamin B12. In addition to the direct benefits, these meats can also be used in recipes like Green Bean Twists and Salami-Babs to help encourage the consumption of vegetables.

Easy-to-make recipes such as Jerky Trail Mix, Fried Bologna Cups and Beefy Lettuce Cups also provide simple snacking solutions for kids that include the nutritional benefits of both beef and veggies.

Find more family-friendly recipes and tips to encourage nutritious eating habits from the North American Meat Institute, a contractor of The Beef Checkoff, at meatpoultrynutrition.org.

Fried Bologna Cups

Recipe courtesy of The Beef Checkoff
Yield: 8 bologna cups

- Vegetable oil spray
- 8 slices beef bologna

Potato-Vegetable Filling (enough for one bologna cup):

- 1/4 cup mixed vegetables
- 1/4 cup mashed potatoes
- 1 tablespoon grated cheddar cheese

Apple Salad Filling (enough for one bologna cup):

- 3 tablespoons chopped apple
- 2 teaspoons minced celery
- 1 teaspoon golden raisins
- 2 teaspoons light mayonnaise
- 1 teaspoon plain, low-fat yogurt

Spray large, nonstick skillet with vegetable oil spray. Set skillet over medium heat and lay bologna slices in pan, as many as will fit in one layer. Let bologna fry until it cups. Transfer cups to serving plate and fry remaining bologna in same fashion.

To make Potato-Vegetable Filling: In small, microwave-safe bowl, stir together vegetables and potatoes; microwave until hot.

To make Apple Salad Filling: In small bowl, stir apple, celery, raisins, mayonnaise and yogurt.

Spoon desired filling into each cup. For cups with Potato-Vegetable Filling, top with grated cheese.

Encourage Healthy Eating Habits



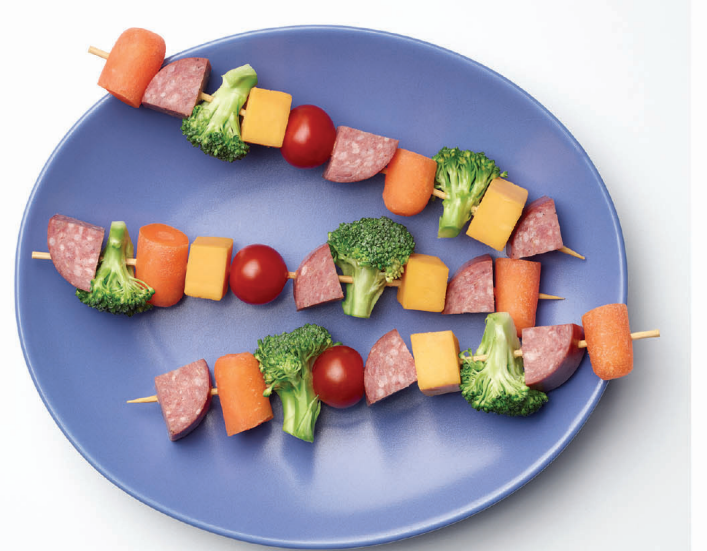
Jerky Trail Mix

Jerky Trail Mix

Recipe courtesy of The Beef Checkoff
Yield: 4 cups

- 1 1/2 cups kettle corn with no added sugars
- 1 cup mini unsalted pretzels
- 1/2 cup unsalted, dry-roasted peanuts
- 1/2 cup beef jerky, broken or chopped into 1/4-inch bits
- 1/2 cup golden raisins

In large bowl, stir kettle corn, pretzels, peanuts, beef jerky and raisins together. Seal in sandwich bags or serve in bowl.



Salami-Babs

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Recipe courtesy of The Beef Checkoff
Yield: 8 kebabs

- 6 ounces beef salami or summer sausage, cut into 3/4-inch chunks
- 8 bamboo skewers (8 inches long)
- 4 ounces cheese (cheddar or swiss), cut into 1/2-inch chunks
- 16 small broccoli florets
- 4 baby carrots, cut in half crosswise

Thread pieces of meat onto skewers, alternating with cheese, broccoli and carrots. Arrange on plate and serve.

Note: To prevent choking, children should be seated while eating, especially when a recipe involves toothpicks; encouraged to take their time and thoroughly chew their food; and should be carefully supervised. When serving young children, cut any circular-shaped foods like grapes, carrots or hot dogs into thin, coin-shaped slices or long, thin strips.

6 Strategies to Encourage Nutritious Snacking

With an abundance of prepared-in-advance snacks available that likely come along with unnecessary salts and sugars, it can be difficult to encourage kids to eat snacks with healthier ingredients.

Quick recipes that include beef and veggies may not be the first snack idea that comes to mind for kids (or parents), but it's not impossible to instill better decision-making in the kitchen. Skip the chips and improve your children's snack habits with these simple ideas for influencing healthier decisions:

- Enhance the visual appeal of foods by piercing them with decorative toothpicks.
- Offer a variety of colorful foods on a plate.
- Create color contrasts with foods on a plate or in a bowl.
- Arrange foods in an orderly way using a bento box or divided plate that helps keep them separate.
- Involve kids in preparing their meals.
- Pair nutritious foods, like fruits and vegetables, with well-liked or familiar foods.



Funded by the Beef Checkoff.

Green Bean Twists

Recipe courtesy of The Beef Checkoff
Yield: 16 twists

- 8 ultra-thin slices roast beef, about 2 ounces, cut in half lengthwise
- 16 green beans, trimmed, blanched and chilled

Wrap one slice roast beef around each bean, creating spiral, arrange on plate and serve.



Green Bean Twists and Beefy Lettuce Cups

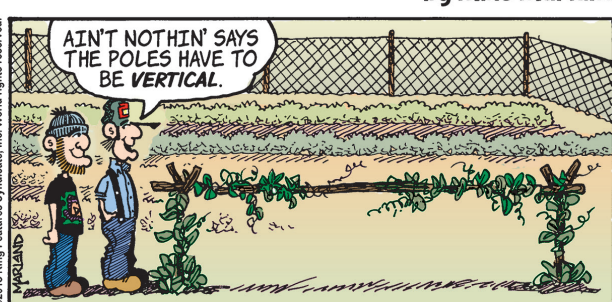
Beefy Lettuce Cups

Recipe courtesy of The Beef Checkoff
Yield: 8 lettuce cups

- 8 ounces corned beef, chopped
- 1/2 cup shredded carrots
- 1/2 cup chopped water chestnuts
- 2 tablespoons unsalted, dry-roasted cashew pieces
- 2 tablespoons teriyaki sauce
- 8 butter lettuce leaves

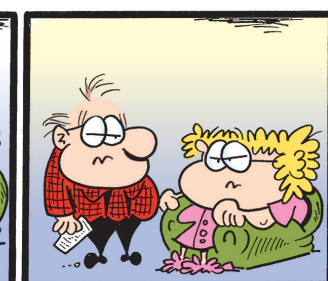
In medium bowl, stir together corned beef, carrots, water chestnuts, cashew pieces and teriyaki sauce. Spoon onto lettuce leaves and serve.

R.F.D.



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The Spats



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