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Monday - Friday..... 9 AM - 4:30 PM



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DON'T FORGET...

Spring Forward...Fall Back...

Daylight Saving Time begins for most of the United States at 2 a.m. on the **Second Sunday in March** and lasts until 2 a.m. on the **First Sunday of November**.

**Be sure to set your clocks back one hour at
2 a.m. on November 1, 2020.**

This is also a great time to change the batteries in your smoke and carbon monoxide detectors. Many fire departments encourage people to change their batteries in these detectors when they change their clocks, because it can be so easy to forget otherwise. "A working smoke detector more than doubles a person's chances of surviving a home fire," says William McNabb of the Troy Fire Department in Michigan. More than 90 percent of homes in the United States have smoke detectors, but one-third are estimated to have worn-out or missing batteries.



COOK PERFECT PASTA

October is National Pasta Month. Pasta originated in China 40 centuries ago. But we most often associate pasta today with Italy. Even Italian law recognizes pasta as under its domain, prescribing that pasta must be made from pure durum wheat semolina flour and that its quality must be certified.

Pasta is simple and quick to cook, but some simple tips can help ensure that your pasta comes out perfect. Fresh pasta will cook more quickly than dried pasta. Different shapes and sizes of pasta will cook in different amounts of time. But there are some common things you should do no matter what type of pasta you are preparing.



First, start with a large, uncovered pot of boiling water. Your pot must be large enough to accommodate the water, the pasta, and allow for expansion of the pasta. Your goal should be to have enough water to allow the pasta to move freely in the pot while boiling.

The keys to keeping your pasta from sticking are to use enough water and to keep the pasta moving. You should stir your pasta occasionally when cooking. Also keep the water rapidly boiling. The movement of the water keeps the pasta pieces apart.

How do you know when pasta is done? The term “al dente” means, firm “to the tooth,” and is considered the ideal way to serve pasta. Thus the best way to tell if your pasta is done is to taste it. Cook it for the minimum time recommended and continue to test your pasta every couple of minutes until it is done to your liking. Pasta cooked “al dente,” will be slightly chewy with a very small white dot of uncooked core at the center. For more tender pasta, wait until there is no white uncooked core showing.



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QUOTATIONS: OCTOBER

- Autumn is a second spring when every leaf is a flower. -- Albert Camus
- October is a symphony of permanence and change. -- Bonaro W. Overstreet
- There is something in October sets the gypsy blood astir. We must rise and follow her; When from every hill of flame, She calls and calls each vagabond by name. -- William Bliss Carman
- What I really want from music. That it be cheerful and profound like an afternoon in October. That it be individual, frolicsome, tender, a sweet small woman full of beastliness and charm. -- Friedrich Nietzsche
- There is no season when such pleasant and sunny spots may be light on, and produce so pleasant an effect on the feelings, as now in October. -- Nathaniel Hawthorne
- October is the fallen leaf, but it is also a wider horizon more clearly seen. It is the distant hills once more in sight, and the enduring constellations above them once again. -- Hal Borland
- Listen! The wind is rising, and the air is wild with leaves. We have had our summer evenings, now for October eves! -- Humbert Wolfe
- October. This is one of the peculiarly dangerous months to speculate in stocks in. The others are July, January, September, April, November, May, March, June, December, August, and February. -- Mark Twain




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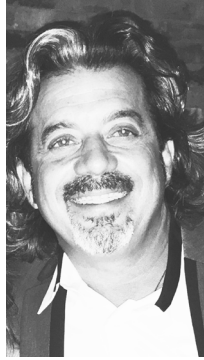
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HOW CAN I FIND BREAST CANCER EARLY?

The best way to find breast lumps that may be cancer is to do 3 things:

- Have regular mammograms.
- Have your doctor check your breasts.
- Check your breasts yourself every month.
- Doing all of these things gives you the best chance to find cancer as early as you can. Finding breast cancer early makes treatment much easier and more effective. More than 90 out of 100 women whose breast cancer is found early will be cured.

CHANGES TO LOOK FOR IN YOUR BREASTS

- Any new lump (which may not be painful or tender)
- Unusual thickening of your breasts
- Sticky or bloody discharge from your nipples
- Any changes in the skin of your nipples or breasts, such as puckering or dimpling
- An unusual increase in the size of one breast
- One breast unusually lower than the other

For more information you can visit the American Cancer Society’s breast cancer Web site at www.cancer.org/ or call 800-ACS-2345. You can also visit the Breast Cancer Network’s Web site at www.breastcancer.net.



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PUMPKIN CHEESECAKE

INGREDIENTS

Crust:

- 1/3 cup reduced-calorie margarine, room temp.
- 2 cups graham-cracker crumbs

Filling:

- 1 container (24 ounces) nonfat cottage cheese (3 cups)
- 1 tub (12 ounces) light cream-cheese
- 1-1/4 cups packed light-brown sugar
- 2 large egg whites
- 2 large eggs
- 1 can (16 ounces) solid-pack pumpkin
- 2 tablespoon cornstarch
- 2 teaspoon pumpkin-pie spice
- 1 teaspoon vanilla extract
- Lightly grease bottom & sides of 9x3" spring form pan.

DIRECTIONS

Crust:

1. Mix margarine and cracker crumbs in a bowl until evenly moistened.
2. Press over bottom and 2 inches up sides of prepared pan.

Filling:

1. Heat oven to 325 degrees F.
2. Process cottage cheese and cream cheese product in a food processor or blender about 2 minutes, scraping down sides 2 or 3 times, until thick and smooth.
3. Add brown sugar, process until sugar dissolves.
4. Add eggs and egg whites and process just until blended.
5. Transfer to a large bowl.
6. Stir in pumpkin, cornstarch, spice and vanilla until well blended and smooth.
7. Pour into crust.
8. Bake 1 hour & 20 minutes or until top of cake looks set.
9. Cool completely on wire rack.

To store, cover and refrigerate in pan at least 6 hours or up to 4 days.





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