

## Power Up With Almonds

**(Family Features)** It takes energy to endure a hectic, non-stop day. Whether you need to get through tough deadlines, long meetings, daily workouts or family-packed days, protein and fiber can give you the energy you need to win.

One of the easiest ways to get that protein is by eating almonds. "Almonds are the ultimate fitness nut," says Mitzi Dulan, RD, CSSD. Dulan, an expert in the field of nutrition, exercise and wellness, says that almonds help fuel everyday life because they're convenient, tasty and can go anywhere you do. "Almonds are the perfect on-the-go food to help you power through a grueling workout, or work day for that matter."

- Just a handful of almonds has 6 grams of protein which helps you sustain energy and minimize cravings throughout the day.

- Almonds are cholesterol free, low in saturated fat and a good source of dietary fiber (3.5g). Eating a handful of almonds a day (about 23) in place of foods higher in saturated fat can help you maintain a healthy cholesterol level without weight gain.

- When compared ounce for ounce, almonds are the tree nut highest in protein (6g), fiber (3.5g), calcium (75 mg), vitamin E (7.4 mg), riboflavin (0.3 mg), and niacin (1 mg). Talk about a small package packing a powerful punch.

It's easy to work almonds into your busy day:

7:00 a.m. After a morning workout.

Grab a handful of whole natural almonds to give your body a post-workout energy boost.

11:00 a.m. The late morning snack attack.

Keep a re-sealable bag of flavored almonds in your desk to help ward off the desire to ambush your coworker's candy bowl or visit the vending machines.

12:30 p.m. Lunchtime's here.

Toss a handful of slivered or sliced almonds over your salad or pack a power lunch with a Turkey Pita with Fiery Almond Sauce (recipe below).

9:00 p.m. Evening munchies.

Munching on a handful of flavored almonds can satisfy your craving without undoing your whole day of eating right and exercise. Or mix-in whole or sliced almonds into fat-free frozen yogurt or your favorite whole grain cereal.

For more almond recipes and ideas, visit [AlmondBoard.com](http://AlmondBoard.com). Try this power-packed pita to get you started.



### TURKEY PITAS WITH FIERY ALMOND SAUCE

SERVINGS: 1

- 1 whole wheat pita bread, halved
- 2 leaf lettuce leaves
- 4 ounces thinly sliced roast deli turkey breast
- 1/4 of a red bell pepper, thinly sliced
- 6 thin cucumber slices
- 2 tablespoons slivered almonds
- 2 tablespoons Fiery Almond Sauce (recipe below)

Line pita halves with lettuce leaves; fill with turkey, bell pepper, cucumber slices and almonds. Wrap sandwiches in plastic wrap and refrigerate up to 8 hours. Store sauce in a separate container and drizzle sandwich with sauce just before eating.

### FIERY ALMOND SAUCE

- 1/4 cup almond butter
- 2 tablespoons rice vinegar
- 1 tablespoon water
- 1 1/2 teaspoons regular or low sodium soy sauce
- 1 teaspoon light brown sugar
- Generous pinch of ground cayenne pepper

For the sauce, place almond butter in small bowl. Add remaining ingredients and stir until smooth, using a fork. Sauce can be stored in an airtight container, refrigerated, for up to 1 week. Makes 1/3 cup.

1 Good news about almonds and heart health Scientific evidence suggests, but does not prove, that eating 1.5 ounces per day of most nuts, such as almonds, as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease. One serving of almonds (28g) has 13g of unsaturated fat and only 1g of saturated fat.

MIX IT UP WITH JENNY

## Easy Weeknight Dinners

**(Family Features)** If you're looking for new ways to entice the family to the table for dinner, then I've got the perfect recipes for you.

Whether you call them bakes or casseroles, your family will simply call them delicious. And as a time-saving extra, you can make these creamy dishes ahead of time, then just pop them in the oven when you need them. Toss a fresh green salad and add some warm bread, and you have a meal they'll love to sit down to.

For more easy weeknight dinner recipes, visit [www.TheCookingMilk.com](http://www.TheCookingMilk.com).

### CHEESY OVEN BURRITO BAKE

MAKES 12 SERVINGS

- Nonstick cooking spray
- 2 large sliced red and/or green bell peppers, cut into thin strips
- 1 medium onion, sliced
- 1 teaspoon ground cumin
- 1 can (12 fluid ounces) Nestlé Carnation Evaporated Lowfat 2% Milk, divided
- 1 cup (4 ounces) shredded reduced fat 2% cheddar cheese
- 1 can (4 ounces) diced green chilies, undrained
- 1 1/2 cups cooked long or medium grain brown rice, heated
- 1 can (16 ounces) fat-free refried black beans
- 6 8-inch multi-grain or whole-wheat tortillas
- Salsa and guacamole (optional)

PREHEAT the oven to 350 degrees. Spray 13 x 9-inch baking dish with nonstick cooking spray.

SPRAY large, nonstick skillet with nonstick cooking spray. Add peppers, onions and cumin; cook over medium-high heat, stirring occasionally, for 6 to 8 minutes until vegetables are tender.

MEANWHILE, COMBINE 1 1/4 cups evaporated milk, cheese and chilies in small saucepan. Cook over medium-low heat, stirring constantly, until cheese has melted and mixture is smooth. Remove from heat. Stir 3/4 cup of cheese sauce into heated brown rice; reserve remaining cheese sauce.

COMBINE refried beans and



remaining 1/4 cup evaporated milk in medium, microwave-safe bowl. Microwave, uncovered, on HIGH (100% power) for 3 to 4 minutes, stirring after each minute or until slightly thickened.

FILL tortillas with hot beans, rice and vegetables, dividing equally. Fold sides over filling. Place filled burritos, seam-side down, in prepared baking dish. Top with remaining cheese sauce. Cover with foil.

BAKE for 20 to 25 minutes or until heated through. Serve with salsa and guacamole, if desired.

TIPS: Cooked chicken or ground beef may be added to filling. Look for precooked ready-to-use brown rice to save prep time.

### TURKEY & HASH BROWN BAKE

MAKES 10 SERVINGS

- 1 bag (16 ounces) or 4 1/2 cups frozen, shredded hash brown potatoes
- 2 cups chopped broccoli
- 8 ounces sliced turkey, cut into 1/2-inch pieces (about 2 cups)
- 1 can (12 fluid ounces) Nestlé Carnation Evaporated Lowfat 2% Milk
- 1 can (10 ounces) condensed fat-free cream of chicken soup
- 1/2 cup shredded Parmesan cheese
- 1 tablespoon Dijon mustard
- 1/2 teaspoon ground black pepper



PREHEAT oven to 350 degrees. Grease 13 x 9-inch baking dish.

COMBINE all ingredients in large bowl until well blended. Pour into prepared baking dish.

BAKE for 50 minutes or until heated through. Cool for 10 minutes before serving.

TIPS: When you visit the deli counter, ask for the amount of turkey you'll need and it can be cut into one thick piece.

Jenny Harper is Consumer Test Kitchen Project Manager for the Nestlé Test Kitchens and [VeryBestBaking.com](http://VeryBestBaking.com).

## L&C

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\$56.5 million in federal stimulus funds last year.

The stimulus funding carried some drawbacks, Larson said.

"Because we received the \$56.5 million from the stimulus, Congress only approved another \$10 million (in annual appropriations)," he said. "Now, the 2011 bill doesn't go back to where we were funded in 2009. They are using last year as the starting point and cutting from there."

For 2011, the House has budgeted \$5 million for the project and the Senate has budgeted \$10 million, Larson said.

"Either way, it's not meeting our needed funding level," he said. "If you are looking at \$5-10 million, I am guessing we will end up with \$7.5 million."

Even if Lewis and Clark received \$10 million annually in federal funds, the outlying communities wouldn't receive water for two to three decades, Larson said. Worthington, Minn., wouldn't receive water until 2030, while Madison would wait until 2035 and Sibley, Iowa, until 2037.

"We have the money to cover the construction under way," he said. "But without the proper additional funding, it could halt new construction."

However, Lewis and Clark water plant superintendent Jim Auen doesn't think member communities will need to wait up to 30 years for water. He remains committed to keeping the project moving forward.

"That (lengthy delay) would just be unacceptable. If we only get \$10 million a year, we have to go after more money," he said. "We will continue construction with the money as it becomes available."

The project covers a massive area of 5,000 square miles, Auen said.

"We will have 300,000 customers and serve an area the size of Connecticut," he said. "We have laid 90 miles of pipeline so

far. When completed, we will have 337 miles of pipeline with a transmission line to Sioux Falls."

Centerville, along with Beresford and Parker, are among the first 10 Lewis and Clark members that will receive water by 2012, Larson said. However, those 10 members will pay higher water rates because of the higher costs for operating the treatment plant.

"The first 10 are happy to be hooked up, even if they are paying higher water rates," he said. "Sioux Falls is also among the first 10 but can't take all of its water until all 20 members are hooked up."

The stimulus funding ensured completion of the Vermillion treatment plant in the next two years, said Dennis Micko, the resident project manager for Banner Associates, Inc.

"With the stimulus funding, we got caught up on two of the four years we were behind on the entire project," he said.

Work continued moving forward on the treatment plant, even amidst Thursday's muddy conditions after an overnight rainfall.

About 100 workers are employed on constructing the treatment plant that will use 34,000 cubic yards of cast concrete. The pump station used 10,000 cubic yards of cast concrete. A cubic yard of concrete weighs 4,000 pounds.

Initially, the plant will treat and soften 35 million gallons of water per day, eventually reaching 60 million gallons daily, Micko said.

The benefits will be immeasurable, Auen said.

"We are providing a reliable, dependable, high-quality water supply for 20 members on the system long into the future," he said. "Each member is extremely important to Lewis and Clark. Each one has unique circumstances. For some it's water quality issues. For others, it's expensive to meet federal regulations."

Centerville falls into both categories, Bjordal said.

"We receive our water from the Vermillion aquifer, but the water is so hard with high levels of manganese and iron," he said. "When I was mayor, we had two

or three housewives who came in every Monday morning complaining because their laundry had turned orange from the water."

Bjordal noted that 50 to 75 irrigation systems also tap into the aquifer. He expressed concern that fertilizer could run into the aquifer, particularly with this year's flooding.

Besides worrying about water quality, small towns find difficulty complying with complex federal regulations for water systems, Bjordal said.

"They set up these standards for cities like Chicago, not for smaller communities like Centerville with our 930 people. We aren't taken into consideration," he said. "The federal government is very specific, and we have to test for so many things."

Centerville operates iron pipes dating back to 1889, with some stretches of the pipeline flaking with loose rust, he said. The water tower was also built in 1889, with the roof added in 1942.

Centerville signed up for 120,000 gallons per day with the Lewis and Clark system, which should meet the town's peak needs, Bjordal said.

"We are ready for Lewis and Clark. We put in a new filter system and new pipeline," he said. "In the next few days, we will bid on the meter house, and construction will start this fall."

Bjordal is pleased that rural communities were included in the Lewis and Clark system rather than strictly targeting Sioux Falls. "Little towns in rural areas can't

afford it by themselves. By coming together, we can afford it," he said.

Thursday's tour concluded at the well fields, viewing the bank stabilization project that garnered Lewis and Clark a conservation award as environmentally friendly.

The system will add four wells for a total of 11, providing 30 million gallons a day, Auen said. Eventually, the project needs 17 to 19 wells.

The Lewis and Clark project has proven economically as well as environmentally friendly, Auen said.

"This is the apex of construction. Lewis and Clark has over \$140 million of infrastructure in Clay County, in terms of wells, pipeline and treatment plant," he said.

"Every day, more than 100 workers are employed at the site, and work is ongoing at the well fields, too. These employees live and shop in Vermillion and surrounding communities."

When completed, the treatment plant will initially employ 15 full-time workers and eventually increase to 25, Auen said. "These are good quality, high-paying jobs employing highly skilled people," he said.

Lewis and Clark will leave a legacy felt nationwide, Micko said.

"The benefit of this project is that we represent three states," he said. "It's almost unheard of and sets a precedent for regional water systems."

## Strengthening La Nina Could Mean More Hurricanes

BY RANDOLPH E. SCHMID  
AP Science Writer

WASHINGTON — The La Nina climate phenomenon is strengthening, increasing the likelihood an active hurricane season could get even busier.

The update from the National Oceanic and Atmospheric Administration on Thursday comes as residents of Texas are cleaning up from the deluge of Tropical Storm Hermine, and Tropical Storm Igor is drifting in the Atlantic.

La Nina is marked by a cooling of the tropical Pacific Ocean and was reported to be developing a month ago. It strengthened throughout August and appears likely to last at least through early 2011, NOAA's Climate Prediction Service said.

"La Nina can contribute to increased Atlantic hurricane activity by decreasing the vertical wind shear over the Caribbean Sea and tropical Atlantic Ocean," the center noted.

Wind shear is a sharp difference in wind speed at different levels in the atmosphere. A strong

wind shear reduces hurricanes by breaking up their ability to rise into the air, while less shear means they can climb and strengthen.

NOAA has been calling for an above-normal tropical storm. The forecast issued in August anticipates 14 to 20 named tropical storms. The hurricane season started June 1 and ends Nov. 30, but the peak period runs from August through October.

La Nina's cooling of the tropical Pacific is the opposite phase of the El Nino event, which is marked by unusually warm tropical water in that region. Each can take place every few years, usually with neutral conditions in between.

Both can impact climate worldwide by changing the direction and strength of winds and altering air pressure and rainfall patterns.

In addition to hurricanes in the Atlantic and Gulf of Mexico, the impact of La Nina can include above-average rain or snowfall in the Pacific Northwest and below-average precipitation in the Southwest and in portions of the middle and lower Mississippi Valley and Tennessee Valley.



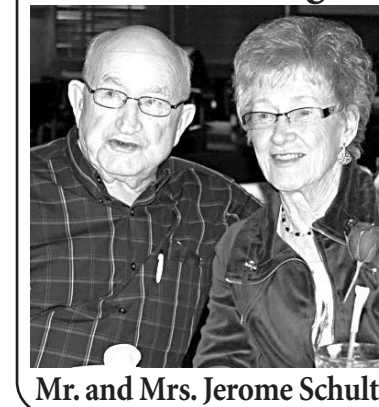
### 25th Wedding Anniversary

Ken and Donna Mellem will be celebrating their 25th wedding anniversary on September 19, 2010 from 2-5pm at their home, 906 Hillcrest Grand, Yankton, SD. Friends and relatives welcome and no gifts please.

Ken and Donna were married at the "Little Brown Church" in Nassau, IA on September 1, 1985.

Mr. and Mrs. Ken Mellem

### 65th Wedding Anniversary



Jerome and Alice (Coughlin) Schulte will celebrate their 65th wedding anniversary. Their family requests a card shower. Greetings may be sent to P.O. Box 142, Hartington, NE 68739.

The couple has 3 children: Pat, Mary Jean, and Maureen. They have 6 grandchildren and 7 great-grandchildren.

Mr. and Mrs. Jerome Schulte

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