

Spinach Fish Cakes With A Gooseberry Sauce

Nearly everyone remembers the days when they first left home and went out on their own.

Whether it was for college, for work, or simply to travel and see the world, leaving home for the first time can be one of the most exciting periods of a person's life.

While every individual is different, certain experiences are common to all who leave the nest for the first time. One such universal experience is the first time you need to cook for yourself.

While some are initially content to order takeout or go out to eat every night, eventually everyone learns to do at least a little home cooking.

Such was the case with Michael van Straten when he left home to study in London.

Like most young students, van Straten and his friends were hard up for cash, and van Straten soon found himself named house cook.

Now a well known practitioner of complementary medicine and author of over 30 books, van Straten recalls asking his Aunt Leah for advice with respect to eating well on a limited budget.

Aunt Leah soon shed some light, offering a recipe for spinach fish cakes with gooseberry sauce that soon became a flat favorite.

"Everyone loved them and I still make them to this day," says van Straten, who offers that recipe and a host of others in "The Healthy Jewish Cookbook" (Frog Ltd.).

SPINACH FISH CAKES WITH GOOSEBERRY SAUCE

Serves 4
12 ounces (about 11/2 cups) baby spinach leaves



- 1 cup mashed potatoes
- 12 ounces (about 11/2 cups) canned salmon (drained weight)
- 2 eggs
- 6 tablespoons medium matzo meal
- 2 ounces (about 2-21/2 cups) gooseberries
- 2 tablespoons finely chopped mint
- 1 tablespoon honey
- 2/3 cup canola (rapeseed) or sunflower oil for shallow frying
- Special Vinaigrette**
- 1/2 cup extra-virgin olive oil
- 2 tablespoons walnut oil
- 2 tablespoons cider vinegar
- 1/2 teaspoon mustard powder
- 1/2 teaspoon brown sugar

To make the vinaigrette: Put all the ingredients into a bowl and whisk thoroughly - or put them into a screw-top jar and shake vigorously.

To make the spinach cakes with gooseberry sauce: Wash the spinach (even if it's "ready-washed"). Put into a large pot with just the water clinging to its leaves.

Cover and heat, shaking occasionally, until just wilted. Chop roughly. Transfer to a large bowl with the potatoes and drained salmon, and mix well.

Beat the eggs in a shallow bowl. Put the matzo meal in another shallow bowl.

Using your hands, mold the fish mixture into eight burger shapes.

Dip them first into the eggs, then into the matzo meal. Shallow fry, in batches, for 3 minutes each side. Keep warm.

Put the gooseberries in another pan with the mint.

Add about 2/3 cup of water and the honey and simmer until the fruit becomes a pulp - about 10 minutes.

Strain, pushing the fruit through a fine mesh strainer with a wooden spoon. Return to the pan and reheat gently.

Serve the fish cakes with the sauce on the side.

Tips For A Fun, Safe Hiking Adventure

Be it spring, summer, fall or winter, hiking has always been a popular hobby for lovers of the outdoors.

A great way to see and experience nature while getting some exercise, hiking can be enjoyed just about anywhere, by just about anyone.

While its appeal is almost universal, hiking is not a sport to be taken lightly or looked upon as simply a stroll through the woods. In fact, many people might not realize that hiking is, in fact, a sport, one where fitness and preparedness play an integral role.

Those considering a hiking trip should be aware that even a casual hike is not necessarily just a walk in the park and should take the following approach.

Be prepared: Even if your next hike is a spur of the moment idea on a beautiful afternoon, you should still have the tools necessary to be prepared should something go awry.

Unforeseen changes in weather, getting lost and injury are just a few of the things that can happen anytime you go out on a hike.

Depending on where you're hiking, weather shelters, maps or emergency phones might not be available should of the aforementioned scenarios present themselves.

While dealing with emergency scenarios won't be as easy as it is in civilization, how prepared you are can make all the difference. Bring along a cell phone whenever possible.

If you can't get a strong enough

phone signal to make a call should you get hurt or lost, a weak signal might enable you to send a text message to someone back home.

To make sure you don't get off track, bring a compass every time you go on a hike. And make sure you learn how to read it.

Surprisingly, many lost hikers over the years have admitted that while they had a compass, they didn't know how to read it. In anticipation of a possible change in weather, pack a raincoat and something warm as well, regardless of temperature at the time you leave.

Should you get lost and the temperature dips, you'll want to stay warm.

Be capable of the hike: Some people see hiking as a leisurely stroll through the woods. Sometimes that's true.

But in some parks, a hike can quickly become a nightmare for a person who physically cannot handle it.

Those not in the best physical shape don't need to avoid hiking altogether, but should, at least initially, stick to trails that don't feature lots of climbing and are close to civilization should a medical emergency arise. Also, anyone going on a hike should be capable of putting together an emergency shelter in the case of emergency. Such activity can be strenuous, so those not physically able to perform such a task should not venture far from where they parked their vehicle.

Hike with a partner: Hiking alone can be very dangerous and

even lethal.

Should you get injured and find yourself unable to walk out of the park on your own volition, having no partner could leave you in a very precarious position.

If you're in a remote area, try to hike in a group of at least four. This way, should one person get injured, two can go for help while one stays behind with the injured person.

Three people would be more risky, as the person going for help could get lost and have no way to communicate. Also, if two people go for help, the injured person would be left alone.

Hiking aficionados worldwide are reminded of the dangers of going it alone whenever they think of Aron Ralston.

A young American mountain climber, Ralston ventured off alone into the canyons of Utah in 2003.

After his right arm became pinned by a boulder while inside a canyon, Ralston was eventually

forced to amputate the arm with a dull multi-purpose knife in order to survive.

While Ralston's tale is certainly courageous, it's one nature enthusiasts worldwide point to when trying to illustrate the importance of having a companion whenever venturing into the great outdoors.

Tell friends and loved ones where you're going: For some, the appeal of going out on a hike is the chance to get away from it all and leave the distractions of everyday life behind.

But as a safety precaution, anyone planning a hiking trip should tell someone staying behind know where they are going and roughly how long it should take.

Arrange to call a friend or loved one at a designated time to let them know you're all right. Instruct that friend or loved one to alert the local authorities that you might be lost or hurt if the check-in call doesn't come as scheduled.

Keep Your Pet Safe This Summer

Similar to humans, most pets begin to get a little antsy around the beginning of spring.

After a winter spent indoors, pets are just as ready as their human companions for some fun in the sun.

And just like for people, certain precautionary measures need to be taken to ensure pets can withstand the rising temperatures of spring and summer and avoid a host of other potential problems.

Beware of lawns: One of the biggest concerns for pet owners, particularly dog owners, during the summer months should be neighboring lawns or even large fields at parks.

This is due to the pesticides, fertilizers and insecticides many homeowners use to protect their lawns during warmer months.

Certain plants and flowers, if ingested, can be harmful to pets as well. As the Humane Society of the United States (HSUS) points out, more than 700 plants have been identified as producing toxic substances that can be harmful to animals.

Avoid certain temptations: Once the warm weather returns it's tempting for many pet owners to take their pets along with them on routine errands.

Car trips to the post office or supermarket can seem relatively harmless but can turn into a nightmare for your pet.

Cars don't take very long to heat up, even when parked in the shade. On a hot day, it's common for the temperature inside a car to reach 120 F in a matter of minutes.

Protect against heartworm: Over the winter, many pet owners stop giving their pets heartworm medication.

Most veterinarians accept this because heartworm is transmitted through mosquitoes, which aren't present during colder months. But once the weather heats up it's imperative pets again begin taking heartworm medication.

Because of the relatively low cost of prevention, many veterinarians are surprised at the prevalence of heartworm.

While heartworm can be treated once an animal has been infected, such treatment is often very painful for the animal.

To avoid this fate, simply begin giving your pet heartworm is most common in dogs, but can infect cats, too) heartworm medication before the start of spring, or continue the medication year-round.

NEWSBRIEFS

Continued from front page

CCHC to meet July 19

The Colorado County Historical Commission will meet Thursday, July 19 at 7:00 p. m. at the Colorado County Services Facility, 305 Radio Lane in Columbus. The program: "Great Comanche Raid of 1840" will be given by Joe Tom Davis. Hostesses will be Colleen Willrodt, Gene and Nancy Schobel, Otto and Joyce Loessin and John Mozisek. Please bring a covered dish meal.

E.H. Henry to host Reunion July 20

E.H. Henry Alumni and ex-students will be having a reunion and are sponsoring a scholarship on Friday, July 20 at 6 p.m. at Mt. Sinai Evangelical with the Rev. Kuykendall pastor. Get out your prom and graduation outfits. Everyone is invited to participate or attend. Come on down we want to see all of you! Please let us know ahead of time call Gloria Boutte at 979-234-2766 or Mary Gordon at 979-234-6532.

Fireworks Re-Set For July 21

The Eagle Lake Fourth of July Fireworks show has been rescheduled for July 21 at 9 pm on Calhoun Rd.

Mt. Olive to hold workshop July 21

Greater Mt. Olive Missionary Baptist Church (GMOMB), 709 N. Lake St., Eagle Lake will hold a Mission Annual Workshop and Mission Annual Day. The workshop will be held July 21 at 9:30 a.m. The Mission Annual Day will be held July 22 at 3 p.m. The public is invited to attend.

UMC Garwood to host group

The Lehrer Memorial United Methodist Church (UMC) in Garwood would like to invite the public to a service of praise and worship on July 22. David's Song, one of the most exciting groups emerging on the scene in southern gospel music, will be performing during the 9 a.m. worship service. Everyone is welcome and encouraged to share in this experience.

Red Cross swimming lessons offered

Registration for youths and adults will be held Sunday, July 22, 5 to 6:30 p.m. and Monday, July 23, 8 to 9 a.m. at the Gazebo next to Eagle Lake Swimming Pool. Course fees are \$18 per student. Children must be at least 6 years of age to register. For additional information call 979-234-5728.

WOFF is July 28-29

The Wallis Oldtime Fun Festival (WOFF) will be held July 28-29 at Guardian Angel Catholic Church, Hwy. 36 and FM 1952 in Wallis. To register for the event or more information call Margie Schuenemann at 979-232-0260 or Liz Knight at 979-227-1637.

EAGLE LAKE WEATHER REPORT

Information Courtesy of Texas A&M University System Agricultural Research and Experiment Station, Eagle Lake

Date	Temp (H/L)	Rainfall(in.)
Mon. 7-02-07	82/72	0.04
Tue. 7-03-07	83/73	0.08
Wed. 7-04-07	77/70	2.48
Thu. 7-05-07	80/68	0.30
Fri. 7-06-07	87/75	0.02
Sat. 7-07-07	89/72	0.45
Sun. 7-08-07	89/77	0.00

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