

Druella Acantha Malvina's Column

This Month's Gem

It's the "Unity" in community that gets the job done.

Do you remember when? - the trucks that carried the peas and vines to the factories to be processed? It was a great treat if some fell off the truck and we could eat the peas out of the pods.

My Problem - (and yours?)

Hey diddle, diddle, I've a bulge in my middle,
And I hope to whittle it soon.
But eating's such fun I won't get it done
Till my dish runs away with my spoon.

Quick Strawberry Ice Cream

4 cups fresh berries
1/2 cup sugar
Process in food blender till completely smooth.

1 1/2 cups whipping cream
Whip until light
1 tsp. vanilla

Fold 2 above mixtures together, pour into a shallow pan and freeze overnight.
To serve - let stand at room temperature for 10-15 minutes, garnish each serving with fresh berries and serve with crisp cookies.

Did you know? - that fatigue and falling asleep at the wheel while driving are very serious problems that most people don't address? If you have any of these symptoms you may be suffering from sleep deprivation -



- (1) You **DEPEND** on caffeine (or another stimulant) to keep you alert all day.
- (2) You suffer memory lapses
- (3) If you stop to rest during the day, you fall asleep within 5 minutes.
- (4) You're irritable and argumentative and you don't know why.
- (5) You **NEED** an alarm to wake you every morning.

Tips to ensure a safe drive

- (1) Get sufficient sleep - an average of 7 to 9 hours sleep. If you have daytime drowsiness try to catch up week ends.
- (2) Take breaks - on long trips stop every 2 hours or whenever you feel drowsy. Stretch, exercise and have a nutritious snack. Avoid heavy meals, too much caffeine and switch drivers if possible.
- (3) Stay alert - if you have a carload, one person should stay awake to help keep you alert.
- (4) Don't get too comfortable - keep temperature cool in car and don't use cruise control.
- (5) Don't drink and drive - fatigue intensifies the intoxicating effects of alcohol.
- (6) Stop driving at the first sign of drowsiness - pull off the highway, in a safe area, and have a nap - even 5 to 20 minutes can be very restorative. But - leave your seat belt on (in case a car behind hits you, it minimizes injury.)

If you've been driving and can't remember what happened a few minutes before - you may have experienced "microsleep" a 1 to 15 second loss of awareness. A short period but plenty long enough to have an accident in which someone could be injured or killed. That someone could be you. "Microsleep" is a clear warning that you need to get off the road **IMMEDIATELY**. Your next lapse could be your last.

(Taken from Reader's Digest.)

An out-of-town dog came into a Milford saloon and ordered a beer.
"Scram!" said the bartender. "We don't serve dogs in here." He grabbed a gun and shot the dog in the foot.
A week later, the dog came back to the saloon, this time wearing six-guns. He walked up to the new man at the bar and said "I'm looking for the man who shot my paw."

