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Saturday, July 7, 2018

Volume 27 • Number 27

HARDY COUNTY WEEKENDER

Circulars Inside

Hawse Shop N Save
Kerr's Supermarket

Not all areas covered by circulars

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The Jurassic Films: Not Quite A Fallen Franchise, but Close

By Teddy Durgin

Special to the Examiner

"Jurassic World: Fallen Kingdom" certainly held my interest throughout. How could it not? It's

got dinosaurs, an exploding volcano, and people yelling "RUN! R-U-U-U-UN!!!" every seven or eight minutes. But about two-thirds of the way through, I start-

ed asking myself, "Why am I not feeling ANYTHING towards this movie or these characters? And why have I not been scared even once?"

And I arrived at the answer pretty quick. It's become the "Jurassic" franchise has gone soft. This is a movie about conservation. It's ba-

Continued on page 2

Mathias-Baker Volunteer Fire Company Lawn Party - July 12 - 14 Mathias Community Center, Mathias, WV

July 8 - Miss Honorary Fire Chief Pageants 6 p.m. at Mathias Fire Station

July 12 - Parade 7 p.m. BBQ Beef • Music By Traditions Band

July 13 - Music By Raw Country

July 14 - Cruise In 9 a.m. - 2 p.m.

? Top 10 Participant Choice Trophies. Dash Plaques to the First 100 Vehicles

Bikers Welcome! ?50/50 Drawing.

Excellent opportunity for anyone needing community service hours.

For more info, contact Roger Miller (304) 897-6119.

Greased Pig Contest 4 p.m.

Music By: Friday Night Special

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BIG BLUE Leading teenagers to Christ

July 10 - Big Blue Toss (Cornhole)

July 17 - Big Blue Dare (Games & Contests)

July 24 - Big Blue Splash (Water Activities)

July - DTBD - Big Blue Bash Pool Party

All events, except for the Pool Party (which will be held at the Wardensville pool), will be held at the Wardensville Carnival Grounds, from 7PM to 8PM each evening.

Ages: 7th to 12th Grades

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Saturday 9:00 - 3:00 • Closed Sunday and Monday



Deli Specials • July 6 - July 12

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(304)-538-5364

EOE/M/F/VET/DISABLED

Brighten and Awaken Summer Flavors



Candice Kumai, the “Golden Girl of Wellness”



Carrot Beauty Noodles

Recipe courtesy of Candice Kumai
Prep time: 20 minutes
Cook time: 20 minutes
Servings: 2

- 2 cups cooked brown rice or quinoa
- 3 tablespoons organic red miso paste
- 3 tablespoons Nature’s Intent Organic Apple Cider Vinegar
- 1/4 cup rice vinegar
- 2 tablespoons roasted sesame oil
- 2 teaspoons honey
- 2 teaspoons freshly grated ginger
- 2 tablespoons reduced-sodium tamari or soy sauce
- 9 cups spiralized carrots
- 2 cups shelled organic edamame
- 1 avocado, cubed
- 2 tablespoons fresh mint (leaves removed from stems)
- 2 tablespoons ground sesame seeds

Cook rice or quinoa according to package directions.
In medium mixing bowl, add red miso paste, apple cider vinegar, rice vinegar, roasted sesame oil, honey, ginger and tamari or soy sauce. Whisk well to combine. Add spiralized carrots, edamame and cooked rice or quinoa. Toss well to coat.
Garnish with avocado cubes, fresh mint leaves and ground sesame seeds.

FAMILY FEATURES

Summer provides an abundance of delicious, fresh-picked flavors, giving home chefs plenty of opportunities to use them in both classic recipes and newfound favorites. From sides to salads to smoothies and everything in between, summer is all about creating dishes that taste tempting, bright and balanced.
Using seasonal ingredients, like peaches and other sun-ripened fruits, can help play up the bounty of summer for all types of eating occasions. However, with a wide variety of available choices, it can be a dizzying task to select recipes you’ll want to make again and again.
This summer, Nature’s Intent Organic Apple Cider Vinegar and celebrity chef Candice Kumai – also known as the “Golden Girl of Wellness” –

recommend these make-at-home recipes to help brighten and awaken the best flavors at your table.
“Apple cider vinegar is my favorite natural way to cook, look and feel my very best for all of summer,” Kumai said. “These recipes feature its powerful benefits and bright taste, which awaken summertime cooking.”
Kumai recommends her Carrot Beauty Noodles as a show-stopping side dish to accompany main courses throughout the summer, while a light and savory Miso Kale Caesar Salad can curb and satisfy appetites before dinner. Meanwhile, the fresh-and-fruity versatility of this Peach Smoothie means you can enjoy it at breakfast, as a nutritious midday snack or even for dessert.
All three recipes feature Nature’s Intent Organic Apple Cider Vinegar, which is raw, unfiltered,

made with the mother and can be a chef’s secret ingredient to brighten and awaken taste buds to the true flavors of food by enhancing your favorite recipes during the summer or any time of year. Because it’s crafted with care, the clean, crisp flavors provide a difference you can see and taste while helping add a perfect sweet-and-sour balance to traditional meals as well as new favorites.
With so many fresh, delicious choices, summer is the perfect opportunity to make the most of flavors in almost anything you’re making, but selecting the right recipes and ingredients can be the first step toward truly soaking up the brightness of the season.
Find more tips and recipes for enjoying summer flavors at NaturesIntentVinegars.com, and find Nature’s Intent on Facebook, Instagram and Pinterest.



Peach Smoothie

Recipe courtesy of Candice Kumai
Prep time: 5 minutes
Servings: 2

- 2 1/2 cups unsweetened almond milk
- 1/2 frozen banana
- 3/4 cup sweet-potato puree
- 3 cups frozen organic peaches

- 1/4 teaspoon freshly ground ginger
- 1/4 teaspoon cinnamon
- 1 scoop collagen powder
- 1-2 tablespoons Nature’s Intent Organic Apple Cider Vinegar

In blender, combine almond milk, banana, sweet-potato puree, peaches, ginger, cinnamon, collagen powder and apple cider vinegar; blend until smooth. Serve immediately.

Miso Kale Caesar Salad

Recipe courtesy of Candice Kumai
Prep time: 15 minutes
Cook time: 20 minutes
Servings: 2

- Dressing:**
- 1/4 cup tahini paste (ground sesame seed paste)
 - 1/4 cup organic red or white miso paste
 - 1/4 cup rice vinegar
 - 1 teaspoon honey or maple syrup
 - 3 tablespoons Nature’s Intent Organic Apple Cider Vinegar
- Salad:**
- 1 large bunch finely chopped curly kale, destemmed
 - 1/2 cup (about 1 ear) raw white corn, shaved off cob
 - 2 cups daikon radish (about 1/2 radish), peeled, halved and thinly sliced into half-moons
 - 2 ripe avocados, halved, pitted, peeled and cut into 3/4-inch cubes
 - 2 tablespoons baked hemp seeds
- Optional toppings:**
- 8 ounces wild salmon, grilled
 - 8 ounces organic tofu, grilled and cubed

To make dressing: In medium mixing bowl, whisk tahini paste, organic miso paste, rice vinegar, honey and apple cider vinegar.
Add kale, corn and daikon radish. Toss well to coat with dressing.
Serve topped with cubed avocado, hemp seeds and salmon or tofu, if desired.





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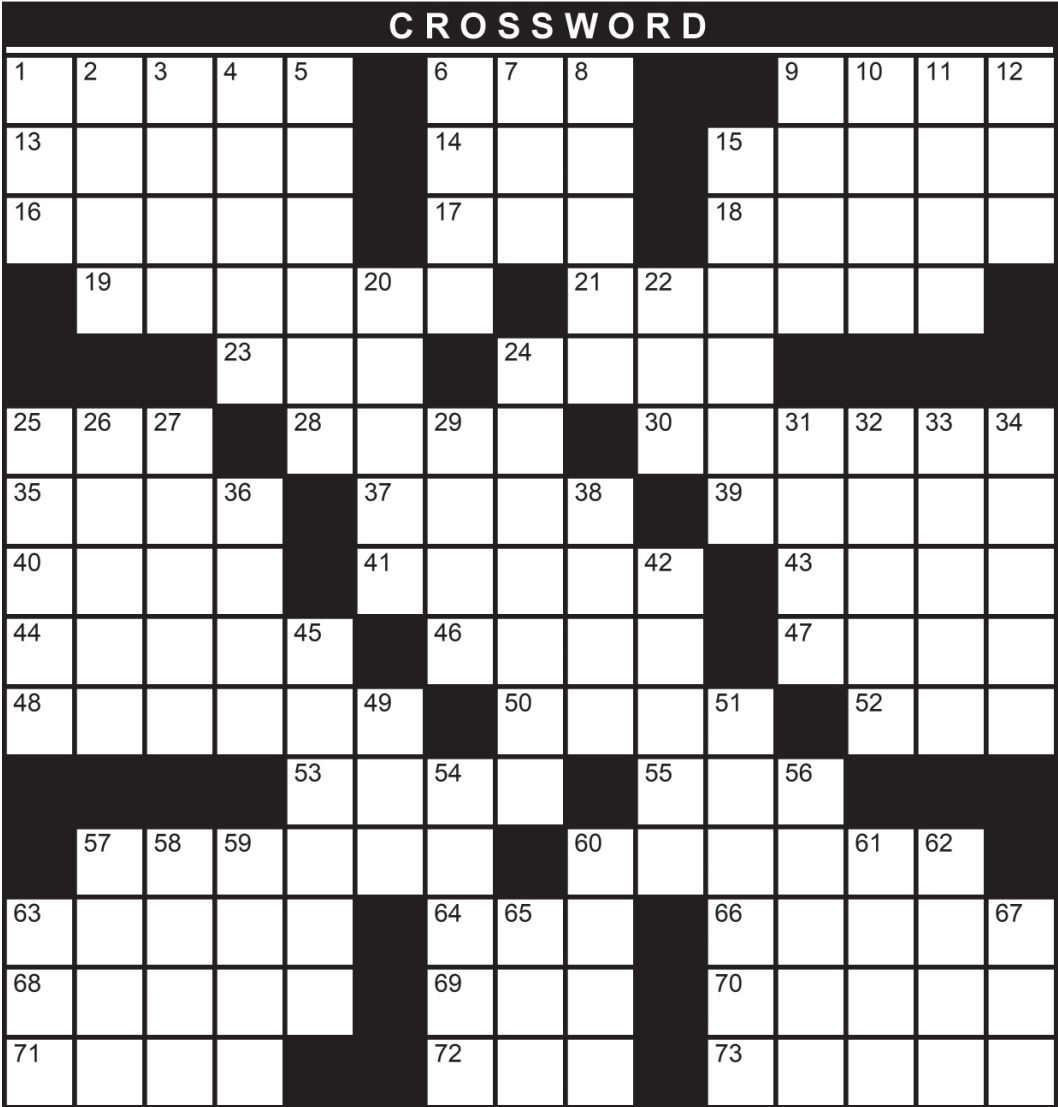
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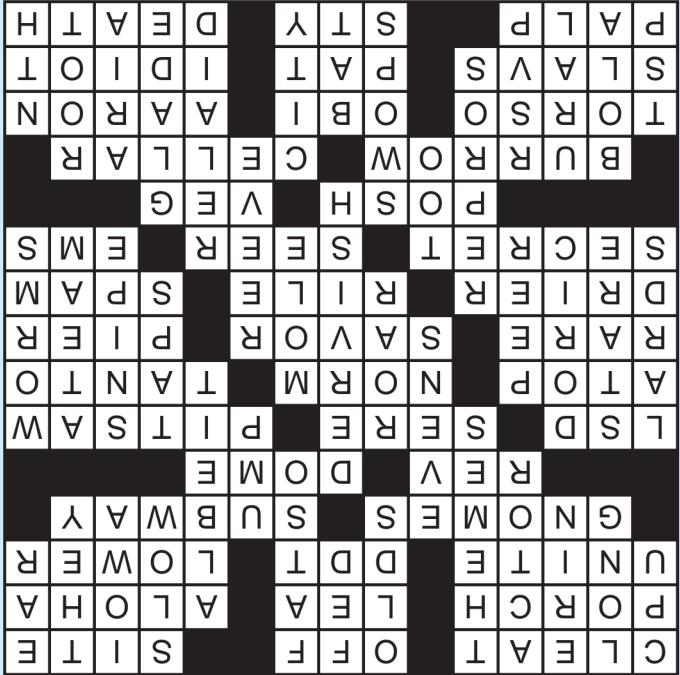
ACROSS

- Baseball player's sole feature
- Bug repellent
- Surfer's stop
- Wraparound house feature
- "Back To The Future" actress
- Hello in 50th state
- Join forces
- Banned insecticide
- Reduce
- *Mythological underground humanoids
- *Rapid transit
- King's title, abbr.
- Top of the Capitol
- 1960s altered state inducer
- Bone-dry
- Lumberjack's tool
- At the apex
- Accepted behavior
- Samurai dagger
- Of low density
- Relish tastebuds' sensation
- Embarkation location
- Laundry room appliance
- Make someone angry
- Unsubscriber's focus
- *Underground, adj.
- Tarot card reader, e.g.
- First responders' acronym
- Victoria Beckham, formerly
- Chill, with "out"
- *Animal house
- *Cold storage
- Body trunk
- ____-Wan Kenobi
- Packers QB
- Russians, e.g.
- Benatar or Boone, e.g.
- *"The _____," by "Notes from the Underground"

DOWN

- PC "brain"
- Like a maxi skirt
- Poetic name of Ireland
- Cast member
- Topic of discussion, pl.
- One of auto pioneers
- U.S. central bank
- ____, Stinky and Stretch
- Like Food movement
- Home of the Hawkeyes
- People in general
- It's got an outer, middle and inner
- Even though
- Not odds
- One behind the plate
- Ascetic Muslim monk
- Hog fat, pl.
- Rubberneck

- Not Ionic or Corinthian
- Lion's warning
- "Lights out" signal
- Kind of wading bird
- It included Mr. T
- *Beneficial garden invertebrates
- Jury colleague
- *Contrary to popular belief, it's not blind
- "Superman" Christopher
- Copies, for short
- Likewise
- Put down again, past tense
- Same as swaps
- Clearing in the woods
- Cowboy's necktie
- Russia's _____ Mountains
- Please get back to me
- *Where you'll find 21 Across
- Operatic solo
- *Plant organ
- Cough syrup amt.
- *Cave flyer
- Utmost degree



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