

A Guide for

LOCAL LIVING

Health · Home Improvement · Gardening · Food & Drink

2026



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A Guide for LOCAL LIVING

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A Guide for LOCAL LIVING 2026

is a special supplement to The LOCAL Paper.



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FLAVORFUL, SUSTAINABLE SEAFOOD



Whether seafood night at your house means sauteed shrimp, baked fish or anything in between, it's an exciting excuse to bring the family together for favorite meals. Delicious recipes abound when seafood is on the menu.

However, this is no longer your grandparents' seafood. Today, more than half of all seafood consumed in the U.S. is farm-raised - a practice known as aquaculture. While the industry has made strides throughout the last few decades, from increasingly sustainable farming practices to technological advancements that can help feed a growing population, not all farmed seafood is equal and neither are the certifications you see on its packaging.

For more than a decade, the global nonprofit Aquaculture Stewardship Council (ASC) has created and enforced the world's strictest standards for farmed seafood. Its sea green ASC certification label is only found on farmed seafood that meets these high standards - helping seafood shoppers make informed purchasing decisions.

It's a movement some of the nation's leading seafood grocers and chefs are getting behind.

"About 2/3 of our seafood offerings are raised on farms, which reflects both growing supply and demand," said Abe Ng, CEO of the Sushi Maki restaurant chain and market stations. "There's a much broader customer understanding and appreciation of aquaculture than, say, 10 years ago. However, not all farmed seafood is equal in terms of quality, environmental sustainability and social responsibility."

A unique combination of standards help ensure supply chain integrity from the farm to the store while protecting the environment, workers and communities. ASC's sea green label only appears on seafood from farms that have been independently assessed and certified as environmentally and socially responsible.

With a trusted certification like the ASC, you can confidently enjoy make-at-home recipes like Blackened Shrimp Tacos with Creole Remoulade Slaw without sacrificing taste or sustainability.

To find more certification information and discover family-friendly seafood recipes, visit SeaGreenBeGreen.org.

continues on page 5...

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Our Mission

Providing individualized, customer guided supports that encourage independence, community belonging and quality of life.

Early Learning Program

Services for families of children aged birth to three years with developmental delays or who are "at risk" of developing delays. Services are designed to assist families in supporting their child's development.

Senior & Disability Services

Services for individuals with developmental disabilities and seniors who require assistance to remain in their community of choice and with achieving their life goals.

Children's Mental Health

Services for children and their families. These services provide a broad range of interventions and supports to children and families in the home and community.

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OUR GIFT IS OUR PASSION

... *Flavorful, Sustainable Seafood* continued from page 3

Blackened Shrimp Tacos with Creole Remoulade Slaw

Recipe courtesy of Coastal Seafoods and Fortune Fish & Gourmet
Prep time: 30 minutes | Cook time: 10 minutes



COLESLAW

- 1/3 cup mayonnaise
- 1 tablespoon capers, chopped
- 1 teaspoon stone ground mustard
- 1/3 cup parsley, chopped
- 1/2 teaspoon horseradish
- 1/3 cup red onion, diced
- 1 tablespoon Cajun seasoning
- 1/2 bag coleslaw mix

TACOS

- 6 small corn tortillas
- 1 tablespoon Cajun seasoning
- 1/2 pound peeled and deveined ASC-certified shrimp, thawed
- 3 green onions, sliced

- fresh salsa or pico de gallo (optional)
- 1 lime, sliced (optional)

To make coleslaw: In bowl, mix mayonnaise, capers, mustard, parsley, horseradish, red onion and Cajun seasoning. Mix coleslaw and about 3/4 of dressing. Stir until coated then add more dressing, if desired. Refrigerate coleslaw until ready to serve.

To make tacos: Heat grill to medium heat. Once hot, toast tortillas on each side until browned on edges. Stack toasted tortillas on plate and cover with towel until ready to serve.

Pour Cajun seasoning over shrimp and stir until shrimp are coated.

Cook shrimp 3-5 minutes per side, or until shrimp are firm and Cajun seasoning is blackened. Remove shrimp from grill to prevent overcooking.

To serve, place about 1/4 cup coleslaw in each tortilla then top with 3-5 shrimp and green onions. Top with salsa or pico de gallo, if desired. Squeeze wedge of fresh lime over top, if desired.



#16535 Source: Aquaculture Stewardship Council

Help Your Dog Achieve a Healthy Summer Body!

Weight loss is tough for anyone, two - or four-legged, but losing weight and getting in shape can add not only years to you or your pet's life; it can also make those years more enjoyable!

START WITH CALORIES

- Calories In/Calories Out also applies to pets in terms of long-lasting weight loss.

EXERCISE THE RIGHT WAY

- Walk briskly on the "out" leg of your walk
- Move the food bowl upstairs or downstairs and rotate it so your dog always has to walk to get to their bowl.
- Use toys, balls, laser pointers, squeaky toys, anything that your dog finds interesting to chase.

RECHECKS & WEIGH-INS

- Come by the clinic any time to weigh in your dog
- Ask us about our range of specialty weight-loss foods, health supplements & treats, and active toys.

Apply these helpful tips and Your best friend will be on their way to feeling their best for the summer!



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Hire a Handyman to Prep Your Home for Sale



Thinking of selling your home? Potential buyers always look for the perfect home that does not require any repair work. Hire a handyman to prep your home for sale and get the best price for it.

'First impression is the last impression!' And it holds true when you get ready to sell your home. But before going ahead, you may find out that your home requires repair work. There are some jobs you can do on your own, but others require expertise, knowledge and skill. Small repair work can also turn into a mess if you do not do it correctly. To prep your home for sale, you should hire a handyman who can finish off the job in a day's time.

It is a wise decision to hire a handyman as it can prevent any wastage of your resources. A handyman is a person who can complete small jobs in a day's time. Usually he will work alone and charge on an hourly basis. If you are looking to finish extensive amount of work, then you can hire a contractor.

Before you sell your home, there are various reasons to hire a handyman, such as:

1. Perfect Finish

If you want your home to look good to potential buyers, then it should look worth the money. Numerous jobs such as applying a coat of paint to the bedroom wall, fixing faucets in the bathroom, or repairing the kitchen sink are simple and inexpensive. You can easily add the cost of the repair work to the home's selling price. It will give a perfect finish to your home and make it a hot property in the market.

2. Lack of Time

Selling a home already puts a lot of responsibilities on your shoulder. And if you divert your time in petty repair work, then you cannot focus on selling your home. It is better to get a to-do list ready for a handyman who can ease our burden.

3. Expertise Speaks for Itself

An updated home will attract more buyers and fetch you a good price. If you want a high-quality work, then it is always a good option to hire an expert. A professional handyman has the knowledge, expertise and equipment to efficiently and effectively do all the repair work.

4. Increase Your Home's Value

You must make sure that your home is ready for sale in the market. An updated home will fetch more buyers and a good price. Also, potential buyers look for curb appeal. Thus, you can hire a handyman to work on the exterior of your home such as painting the walls and washing the deck. You can consider investing in all the areas that look outdated or need repair work.

Potential buyers always notice if the home is not maintained properly. They avoid buying a home that is in dire need of repair work. So, in order to avoid losing a buyer who will pay a good price for your home, you must make sure that your home is in a great condition. To get rid of the responsibility of looking into the repair work, hire a handyman to prep your home for sale.

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Treatment Options to Help Overcome Knee Pain for Sports Enthusiasts

Millions of people experience chronic pain, with knee pain among the most common. Athletes and active adults know the impact activities like running and skiing can have on their knees, but when chronic knee pain makes it difficult to do those activities, or even day-to-day tasks like walking up the stairs, people may often face challenges.

According to the journal "Cartilage," unlike other tissues, cartilage does not repair itself and, without proper treatment, can worsen over time and become more difficult to treat. However, options like FDA-approved knee cartilage repair surgery MACI (autologous cultured chondrocytes on porcine collagen membrane) uses a patient's cells to help repair cartilage defects and may help alleviate knee pain.

"Sports-related pain should be evaluated quickly, especially when it's difficult to put weight on the knee, swelling occurs or there is restricted range of motion," said Dr. Alexander Meininger, orthopedic surgeon and MACI consultant.

continues on page 9...

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... *Treatment Options*, continued from page 7

Justin Keys, a former patient of Meininger and avid skier, knows that the long-term outcomes of knee cartilage surgery can be worth the short-term sacrifices. After several injuries, including an ACL injury, Keys struggled with most activities except walking on flat, paved surfaces. After consulting with Meininger, Keys chose knee cartilage repair to help get back to his active lifestyle.

Keys considered whether to manage the injury as-is or choose MACI and undergo rehabilitation to potentially get back to his favorite activities in the future. He knew he could no longer use short-term relief methods and had to address his pain with a treatment to help provide lasting relief.

For athletes like Keys who want to fix knee pain, it's important to consider these steps:

+ Discuss Options with Your Doctor

Patients should talk to their doctors and undergo an MRI to help assess the internal structures of the knee. Meininger recommends patients and their doctors discuss options for long-term knee restoration health, preserving function for future decades and recognizing the short-term sacrifice.

+ Set Yourself Up for Success

Experts like Meininger suggest patients take steps ahead of surgery to help their recovery.

"The important thing is to be as fit as possible and use the preseason months to undergo surgery and rehab," Meininger said.

Patients can take steps to prep their home for recovery, which may include:

- Bringing necessities down from hard-to-reach shelves
- Moving furniture to ensure clear pathways
- Installing shower safety handles to minimize potential falls

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+ The Road to Rehab and Recovery

Rehabilitation takes time and everyone's experience is unique. It can be as much of a mental challenge as it is physical. Committing to a physical therapy regime, staying hydrated and eating well are important aspects to support recovery. Patients should talk to their doctors with questions and before starting any exercises.

IMPORTANT SAFETY INFORMATION

Do not use if you are allergic to antibiotics such as gentamicin or materials from cow or pig; have severe osteoarthritis of the knee, other severe inflammatory conditions, infections or inflammation in the bone joint and other surrounding tissue or blood clotting conditions; had knee surgery in the past 6 months, not including surgery for obtaining a cartilage biopsy or a surgical procedure to prepare your knee for a MACI implant; or cannot follow a rehabilitation program post-surgery.

MACI is used for the repair of symptomatic cartilage damage of the adult knee. Conditions that existed before your surgery, including meniscus tears, joint or ligament instability or alignment problems should be evaluated and treated before or at the same time as the MACI implant. MACI is not recommended if you are pregnant. MACI has not been studied in patients younger than 18 or over 55 years of age. Common side effects include joint pain, tendonitis, back pain, joint swelling and joint effusion. More serious side effects include joint pain, cartilage or meniscus injury, treatment failure and osteoarthritis. See Full Prescribing Information for more information.

Find more information by visiting MACI.com.

*Testimonials by MACI patient and paid Vericel consultant
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So You Got a New Pet...

Welcoming a new pet is exciting, but preparation is needed to provide a loving home and enjoy the unconditional love. Prepare your furry friend for a new home with these essential tips for first-time pet owners.

Choose the Right Pet for Your Lifestyle

Consider your living situation, work schedule and personal preferences. Research different breeds to find the one that matches your activity level, living space and family dynamics. Also consider any allergies or sensitivities you or your family may have as some pets may trigger allergies or asthma symptoms.

Set Up Your Home

Before bringing your new pet home, create a safe and comfortable environment. Start by pet-proofing your home, removing any hazardous substances and securing loose wires or cords. Make sure to store cleaning supplies, medications and toxic plants out of reach. Provide a designated space that includes a cozy bed or crate, food and water bowls and toys.

Create a Routine

Establish a consistent schedule for feeding, exercise and bathroom breaks. Determine the appropriate amount and frequency of meals for your pet's age, size and breed. Spend quality time with your pet daily, providing attention, affection and mental stimulation.



Budget for Your Pet's Needs

Owning a pet comes with financial responsibilities. Consider the costs of food, grooming, veterinary care, vaccinations and preventive medications. Additionally, factor in the cost of toys, bedding, litter and other supplies.

Find a Reliable Veterinarian

Regular check-ups and open communication with a local veterinarian can help detect any potential health issues early and ensure your pet receives the best possible care. Ask friends, family or neighbors with pets for provider recommendations and read reviews. Visit potential veterinarians' offices to meet the staffs, tour the facilities and ask any questions you may have.

Find more tips for welcoming a furry friend into your home at eLivingtoday.com.



Photo courtesy of Unsplash #16969.
Source: eLivingtoday.com



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IMPRESS FRIENDS AND FAMILY WITH A QUICK APPETIZER

If you're looking for a new dip for your next get-together and tired of the same boring salsas and layered dips, this Cowboy Caviar may quickly become a family favorite. Also known as Texas Caviar, this bean salad can be a hit with loved ones at birthdays, holidays, graduations, reunions and more. It serves well with tortilla chips but can be enjoyed in a variety of ways. Plus, it's a breeze to make and can be even simpler when prepared the night before your big event.



Cowboy Caviar

1 can (15 ounces) sweet corn
1 can (15 ounces) black beans
1 bunch cilantro
3 Roma tomatoes
2 jalapenos
1/2 red onion
bell peppers (mix of green, red, orange and yellow, as desired)
tortilla chips, for serving

Dressing:

1/3 cup olive oil
1/3 cup red wine vinegar
1 tablespoon honey
1 tablespoon paprika
1 lime, juice only
salt, to taste
pepper, to taste

Drain and rinse corn and black beans; dry well.

Finely chop and dice cilantro, tomatoes, jalapenos, onion and bell peppers.

To make dressing: Combine olive oil, red wine vinegar, honey, paprika and lime juice. Season with salt and pepper, to taste.

Mix vegetables with dressing. Serve with tortilla chips.

Visit Culinary.net to find more quick and simple appetizer recipes.

#16808

Source: Culinary.net

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Strawberry Oatmeal Smoothie

1/2 cup rolled oats
1 banana
14 frozen strawberries
1 cup oat milk
1 1/2 teaspoon sugar
1/2 teaspoon vanilla extract

Use blender to grind up oats. Add soy milk, strawberries, banana, vanilla extract and sugar then blend until smooth. Pour and serve.



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Tourism **B**est **M**anagement **P**ractices provides a clear path for the community to share feedback about tourism in Ketchikan. Feedback can be shared anonymously or with contact information if you would like to be contacted directly. All comments are reviewed and shared with the appropriate tourism business.

Each month, submitted feedback and responses are posted on the TBMP website (personal information is not included), offering a transparent look at how questions and concerns are being addressed.

HOW IT WORKS:

- **Join the TBMP Program:** Local businesses are invited to take part in this voluntary program supporting responsible, community-minded tourism in Ketchikan.
- **Share Feedback:** Have a question, concern, or positive experience to share? TBMP provides a simple, respectful way to share your feedback, which is then passed along to the appropriate tourism business.
- **Be Part of the Conversation:** Help support a thoughtful approach to tourism by encouraging open communication and community involvement.
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CHEESY MEATBALL BOMBS

Servings: 4



1 puff pastry sheet
12 thawed meatballs
1 package (8 ounces) shredded mozzarella cheese
marinara sauce, for serving
buffalo sauce, for serving
barbecue sauce, for serving

Heat oven to 425 F.

Use rolling pin to thin out puff pastry then cut into 12 squares.

Place one meatball in each square with cheese. Close pastries around cheese and meatballs. For visible meatballs, leave hole on top of pastries. Place each ball in hole of muffin tin.

Bake 10-15 minutes. Pastry should be golden brown. Remove from pan and serve with marinara, Buffalo and barbecue dipping sauces.


Tip: Recipe can be doubled or tripled, as needed.

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May 27th: 20% Off Berroco - Emberstone or Hearthside - Sayles Cowl.

Studio 103 is sharing this season's *Alaska-Themed Fabrics* with us again this summer. Be sure to stop by and see them, maybe get a yard or two!

Come meet **Tillie!** Our new summer yard from Berroco. Tillie is made from 62% cotton and 38% Cupro (vegan silk). Cupro comes from cotton waste and is breathable and moisture wicking. Great for a summer shawl or sweater!

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Tune Your Mower

Before it's time for the first mowing of the season, inspect your mower and perform any routine maintenance necessary. That goes beyond sharpening, or replacing, the blade, and includes changing the oil, spark plugs and filter as well as filling with a fresh tank of gas.

Loosen the Thatch Layer

While it's important to avoid working on your lawn until after the final freeze to avoid damaging the grass, raking your yard with a spring tine rake to loosen thatch - the layer of leaves, roots and dead grass that builds up between live grass and soil - before the first mow is equally important. Be sure to rake when the soil is dry; if it's too soft or muddy, you may pull up healthy grass crowns.

Combat Compacted Soil

If your soil has become compacted - likely the effect of heavy foot traffic - and is too dense for water, air and other nutrients to reach the roots of your grass, aerating can help break it up and reduce thatch. A core, or plug, aerator can introduce tiny holes into your soil by removing plugs of grass and soil, which lets nutrients more easily reach the roots. An added bonus, the plugs can decompose on top of your grass, supplying more nutrients.

Fill in Bare Spots

If your lawn is looking sparse, overseeding, which involves spreading grass seed over your existing lawn, can help fill in bare spots. Be sure to choose the right type of seed for your climate and soil type to ensure proper growth. Applying a slow-release nitrogen fertilizer at the same time can provide additional nutrients that are important for promoting healthy growth.

Start Seasonal Mowing

When the ground is dry enough and your grass is long enough to require cutting, begin seasonal mowing. Be sure to use proper techniques, including varying your mowing direction each time to avoid creating patterns or ruts, and avoid cutting grass too low, which can make the lawn more susceptible to weeds and drought stress. In general, never remove more than one-third of the grass blade at a time.

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Home Improvement Ideas Energy-Saving

Making improvements around the house to curb energy usage is not only good for the environment, it can make a big impact on your utility bills, too.

Energy-efficient appliances are a good starting point as you work to reduce your home's overall energy usage. Depending on local tax laws, you may also qualify for tax incentives for these purchases.

There are also relatively simple DIY projects you can do around the house to improve energy conservation.

Seal air leaks. Gaps around windows, doors and other openings are major contributors to wasted energy. In the winter, they let cold air in, making your furnace work harder. Conversely, in the summer, cool air escapes and forces your air conditioner to run extra. In most cases, weather stripping or caulking can provide the necessary seal. Larger gaps may require low-expansion foam or minor drywall work. Remember to pay careful attention to the attic and basement, which can be unexpected sources of energy loss.

If replacing your door's threshold is impractical or your threshold is not adjustable, a door bottom or sweep may effectively keep out unwanted drafts. These options install directly on the door, eliminating the need to tinker with the threshold itself or remove the door for more significant alterations.

Update insulation. Deteriorating or minimal insulation, which is found more often in older homes, can make it difficult to effectively manage your home's temperature. While spray foam is a tempting solution that has less of an impact on your walls, it can be tricky for a novice to install correctly.

A simple and effective alternative is fiberglass batts or rolls, which can be easily cut to size and fit between studs and beams. While this approach requires sheetrock removal and re-installation, it's also one of the lowest cost options for insulation replacement.

Regulate temperatures. Over time, thermostats can become less sensitive, leading to inaccuracies and wasted energy. Installing a programmable thermostat is a cost-effective, easy fix. Choose a model that allows you to adjust temperature settings relative to your usage, saving energy and eliminating paying for cooled or heated air when you're not home.

For example, on summer days when you're not home, program your system to maintain a temperature 5-10 F higher than is comfortable when you're present. Then set it to cool to your preferred temperature approximately 30 minutes or 1 hour prior to arriving home.



Find more tips to net big savings in both energy efficiency and money at eLivingtoday.com. Photo courtesy of Unsplash #15612. Source: Family Features



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Take a Rest from Stress

Five Strategies to Combat Stressful Triggers



Stress, the physical or mental response to external causes like overwhelming work assignments or difficult life moments, can add unnecessary pressure to your day to day. While everyone feels stress from time to time, when left untreated or unrecognized, it can begin to wreak havoc in the form of anxiety.

Learn Your Triggers

Different events and situations cause stress for different people. Knowing what triggers your stress to kick in - mounds of office paperwork, important financial decisions or hectic mornings, for example - can help you plan and prepare for stress-inducing moments.

Exercise and Eat Right

Maintaining physical health can be beneficial for mental health, too. Find time to do exercises you enjoy like walking, jogging, yoga or playing a sport. Identifying activities that bring you joy can make it easier to fit 30-60-minute workouts into your schedule without adding even more stress. Complement your workout routine with nutritional meals that help you stay on track with your fitness goals.

Practice Relaxation

Whether you find inner peace through journaling, breathing exercises, reading or some other form of slowing down, find what works for you and prioritize fitting it into your daily schedule. Relaxing activities help you slow down the pace of life, providing a chance to reset by doing something you enjoy.

Get Enough Sleep

A lack of quality sleep can add to stress. Creating a bedtime routine can increase your sleep habits and help you achieve the expert-recommended 7-9 hours per night. Put away electronics, which can interfere with your ability to calm your mind, and find an activity that puts you at ease like reading a book or listening to relaxing music. Ensure your bedroom is optimized for comfort by making it cool, dark and quiet.

Create a Network of Support

Everyone experiences stress. Reach out to family members and close friends you can lean on in stressful and frustrating moments. Share your feelings and encourage others to do the same, which can increase trust and help everyone in your circle cope in a positive way.

The **Ketchikan Wellness Coalition** is made up of a group of individuals, organizations, businesses, local government, and service representatives that work together for solutions to issues affecting our community. Through member collaboration we have high impact on issues that matter to Ketchikan!

Join an active Task Force and make a difference!

Task Forces meet regularly to identify and implement evidence-based initiatives that address specific issues in Ketchikan. Members come from all walks of life and include parents, educators, health professionals, government representatives, law enforcement/public safety, business owners, faith leaders, youth, and more.

Interested in joining a Task Force? Contact us at info@KetchikanWellness.org | 907-225-9355 | www.KetchikanWellness.org



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BABY SHOE SOLUTIONS

A visit to your local hobby store can solve your baby and toddler shoe storage woes. The pegs on a simple, wooden thread rack make for easy, space-saving places to hang adorable little shoes. These wall-mounted racks are also easy to paint to match any toddler room's decor.

RUSTIC AND REPURPOSED

For those with an admiration for a rustic look, find a warehouse pallet. The large wooden frames have slots spaced for various types of footwear. Rest it against the wall for a simple worn-in organizer.

CLIMBING SHOES

A brightly painted ladder resting on the wall is a unique way to show off some of your prettiest pumps and peep-toes. Simply let the heels dangle off each rung of the ladder for a storage solution that doubles as artwork.

BASIC STORAGE MAKEOVER

If you have a basic, two-tiered shoe rack, step out of the norm and turn that white or wooden rack into a colorful display that complements your decor. With just a brush and a can of your favorite paint hue, simple racks can be transformed into vibrant pieces of furniture.

For more organization tips to help avoid a heaping pile of sneakers at the bottom of the closet or a mismatched mess of shoes under the bed, visit eLivingtoday.com.

Source: Family Features

SHOE STORAGE SOLUTIONS

Under the couch, near the entry of almost every door and randomly scattered throughout your home, shoes can be one of the most difficult wardrobe staples to keep organized. After assessing your space and the number of shoes you own, consider these storage tips to make containing your favorite footwear a breeze.

CHIC SHELVING

An old bookshelf is a perfect shoe organizer for those who have homes with walk-in closets or enjoy displaying their favorite pairs out in the open. Bookshelves with varying depths make it easy to group by height of shoe type - tall boots on one level, short flats and low-top sneakers on the next and so on.





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MAKE A POSITIVE IMPACT BY PLANTING A TREE

There are countless ways you can make your environmental contributions felt. If you'd like to join millions of others in the fight for Mother Earth, consider one of the most popular gifts given back to the world each year: planting a tree. Consider these tips to properly plant a tree in your own yard.

Choose the Right Tree and Location

Depending on where you live and your desired outcome, choosing the right tree and planting location are critical factors. Larger shade trees help cool homes in warmer climates, evergreens provide privacy and fruit trees offer a grocery store right in your backyard. Consider your available space along with conditions that will impact the tree itself, such as soil conditions, sun exposure, drainage and more.

Dig Safely

Before digging, remember that proper tree placement requires factoring in underground utility lines, overhead power lines and proximity to sidewalks, driveways and homes. Dial 811, the national call-before-you-dig number, to locate underground utilities and consider contacting an arborist or tree care professional to make sure you've weighed all the important factors.

Break Ground

Dig a hole that's roughly 2-3 times wider than the root ball of your tree and equally as deep as the root ball. Be sure the trunk flare (where the trunk expands at the base of the tree) is partially visible when planted. Remove any wrapping or cover from the root ball and trunk. Lift from the root ball, not the trunk, to place in the hole then straighten vertically and firmly backfill soil around the root ball to stabilize.

Add Mulch

Mulching helps maintain moisture and improve soil conditions while controlling weed growth. Place a 2-3-inch layer in a 3-foot radius around the base of the tree without touching the trunk itself.

Keep Soil Moist

Make sure your tree has enough water to grow strong by keeping the soil moist. Typically, this means watering just once per week, barring rain, but may require more frequency during especially hot weather.

Find more tips for giving back to Mother Earth at eLivingtoday.com. Photo courtesy of Unsplash. #15602. Source: eLivingtoday.com





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Ken Decker, an internationally-known Tsimshian (SIM-SEE-AN) artist was born and raised in Ketchikan, Alaska. As a member of the Wolf Clan, he has been creating Northwest Coast Design art for more than 40 years.

Ken is extremely proud of his heritage and creates art to keep the culture alive. His grandfather, James Leask traveled with missionary Father William Duncan in the first canoe from Old Metlakatla, BC Canada to the present site of Metlakatla, Alaska, where Tsimshian people migrated in 1887.

After apprenticing under some of the most famous Master Carvers in the world Ken creates art in many genres: drums, bentwood boxes, prints and carvings. He now pays the craft forward, taking time to teach his methods to others.

"Teaching offers me a way to share the knowledge others have given me, and a way to spread the fulfillment that can be gained when working with Northwest Coast art forms."

To see his work, visit Ken at Crazy Wolf Studio.

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Attract Backyard Birds with the Right Seeds

While almost all bird seed may look pretty much the same to you, it doesn't to the birds you're feeding. Knowing what kinds of seeds different birds like can help you attract a variety of fine feathered friends to your feeders. Consider these popular seed types and the common backyard birds they attract:

Sunflower - Black sunflower seeds attract blue jays, goldfinches, woodpeckers, purple finches, chickadees, titmice and nuthatches. Striped sunflower seeds appeal to chickadees, doves, grosbeaks, northern cardinals, nuthatches, titmice and woodpeckers. Sunflower hearts (also known as "hulled sunflower" and "sunflower chips") attract chickadees, common redpolls, juncos, doves, finches, goldfinches, grosbeaks, nuthatches, pine siskins, titmice and woodpeckers.

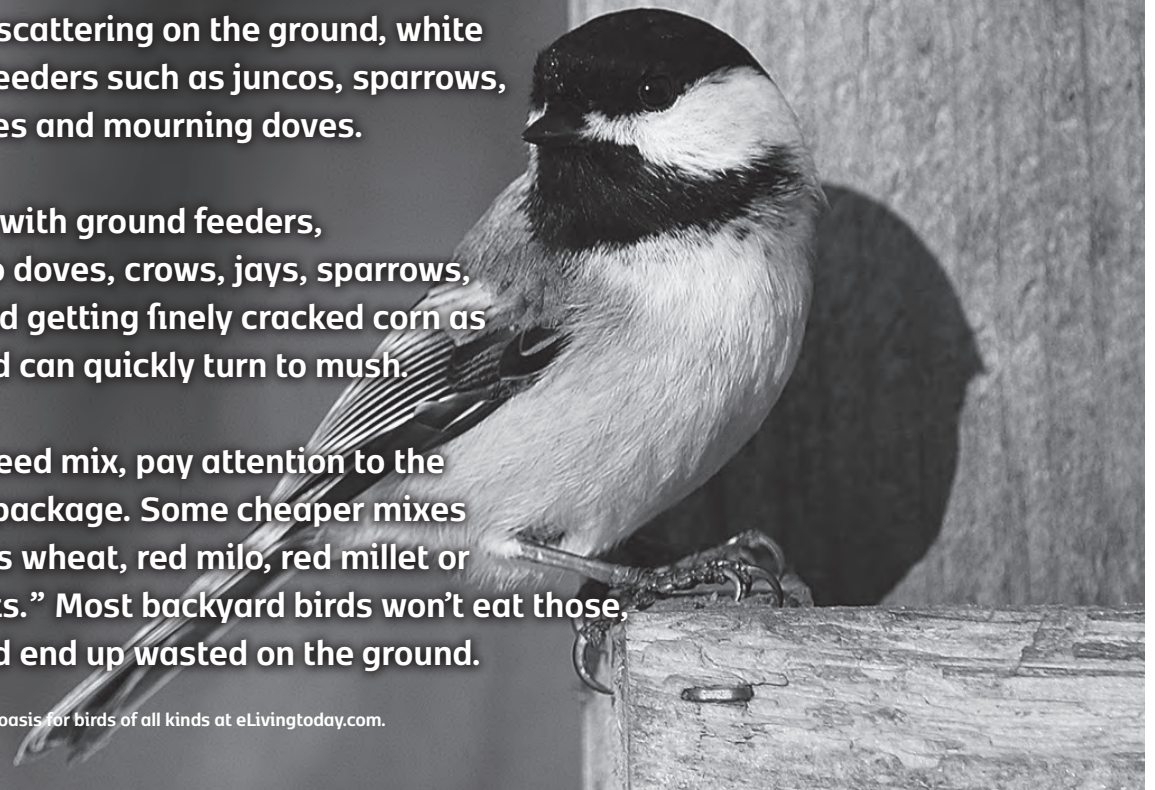
Nyjer - These lightweight, tiny seeds are a favorite of goldfinches. Put nyjer seeds in a hanging feeder with tiny holes so the small seeds won't get blown away. Nyjer also attracts redpolls, juncos, doves, indigo bunting and pine siskin.

Safflower - These white seeds are slightly smaller than black sunflower seeds. Because they are bitter, grackles, blue jays, starlings - and squirrels - don't like them. However, they do attract doves, purple finches, chickadees, titmice and downy woodpeckers.

White millet - Good for scattering on the ground, white millet attracts ground feeders such as juncos, sparrows, indigo buntings, towhees and mourning doves.

Cracked corn - Popular with ground feeders, cracked corn appeals to doves, crows, jays, sparrows, juncos & towhees. Avoid getting finely cracked corn as it's vulnerable to rot and can quickly turn to mush.

When choosing a bird seed mix, pay attention to the ingredients list on the package. Some cheaper mixes have filler seeds such as wheat, red milo, red millet or "assorted grain products." Most backyard birds won't eat those, and your seed mix could end up wasted on the ground.



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Reserve the Rind

Watermelon rinds make for more than just attractive containers for serving cold dishes and beverages. The rind can also be used in creative, edible ways and is good for your heart.

Watermelon, both the flesh and the rind, is a good source of a compound called citrulline, an amino acid that raises levels of arginine in the blood, which in turn helps maintain blood flow, healthy blood vessels and heart health.

Whether you're eating for good health or good taste (or both), you can use the rind to make pickles and relishes, grate into salads and slaws, toss into stir-fry and add to smoothies and juice. The key to chowing down on watermelon rind is knowing how to prepare it. These three preparation methods can help you put that rind to good use:

Pickled: Watermelon rind is similar to a cucumber, which is why it's no surprise that pickled watermelon rind is a popular option.

Juiced: Most people know you can enjoy juice from red flesh of the melon, but you can juice the rind, too. Just like the watermelon flesh, the rind is loaded with water and nutrients.

Stir-Fried: When it's cut up, watermelon rind is just like a vegetable, which means it can be tossed in a pan and stir-fried right alongside broccoli and carrots.

Watermelon Rind Pickles

4 cups water
 1 tablespoon coarse salt
 2 cups peeled watermelon rind, cut into 1-1/2-by-2-inch pieces (leave thin layer of pink)
 3/4 cup granulated sugar
 1 allspice berry
 1/2 cup cider vinegar
 4 peppercorns
 4 whole cloves
 1/2 teaspoon pickling spice
 1 long slice of fresh gingerroot
 1/4 teaspoon celery seeds

In large pot over medium-high heat, bring water and salt to boil. Add rind pieces and boil until tender, about 5 minutes. Strain. Transfer rinds to large metal bowl.

In saucepan, combine watermelon rind, sugar, berries, vinegar, peppercorns, cloves, pickling spice, gingerroot and celery seeds. Bring to boil over medium-high heat, stirring until sugar dissolves. Simmer 15 minutes until slightly reduced. Pour over watermelon rinds in bowl. Place plate over top to keep rinds submerged in liquid.

Cover and refrigerate 1 day. Transfer to glass jar and keep sealed in refrigerator up to 2 weeks.

Look for more creative ways to use your watermelon rind at watermelon.org.
 #13985 Source: National Watermelon Promotion Board



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Ensuring our way of life.

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