

Dinner For Two – You And Your Dog



Homemade Meals Provide A Special Treat For Pets, Says Host Of Doggy Cooking Network

Dinnertime for many dogs involves the owner ripping open a bag, pouring kibbles into a bowl and walking away. Not the stuff of a meaningful relationship. Kris Rotonda likes to take an occasional break from that routine and give his four dogs – Rocky, Coco, Kobe and Jordan – a special treat.

Dr. Jena Questen, a holistic veterinarian, says taking that extra time for preparing those meals can be worthwhile. The benefits of feeding a dog homemade dog food include reducing the risk of skin allergies, boosting their immune system, improving their digestive system, as well as giving them renewed energy.

"It's no different from humans," Questen says. "We couldn't eat the same processed food every day and maintain optimum health, and neither can our pets."

Rotonda shares a few recipes for giving your canine pals the "Royal Treat" Ment" as well:

Bacon Rice Cakes

- Ingredients**
- 1 cup brown rice, cooked
 - 2 slices lean bacon, cooked, finely chopped (Retain bacon fat)
 - 1 large egg
 - ½ cup dried bread crumbs
- Directions**

- Mix chopped bacon and rice.
- Add egg and breadcrumbs to rice and bacon mixture. Combine thoroughly. Wet hands to prevent sticking, and then form the egg-rice mixture into 4 thin patties.
- Reheat the bacon fat in a skillet over medium heat. Add the rice cakes and cook, turning once until golden brown. About 4 minutes on

- each side.
- St. Puppy's Day Hash Ingredients**
- 2 baking potatoes (1-1 ½ lbs.), peeled and shredded
 - Sea salt
 - 3 tablespoons unsalted butter, cut into small pieces
 - ½ cup shredded carrots
 - ¾ cup chopped corned beef
 - ½ cup of half-and-half
 - ¼ cup grated cheese
 - Ground pepper
 - 4 large eggs, scrambled
- Directions**

- Place the potatoes in a colander, lightly salt and set aside.
- Melt butter in the PupPot over medium heat. Mix in the potatoes, carrots, and corned beef. Increase the heat to medium-high. Cover pot. Stir every 5 minutes. Cook until potatoes are tender, about 15 minutes.
- Stir in half-and-half and turn off heat. Season with pepper and cheese.
- Top hash with the cooked eggs.

Chicken Cakes

- Ingredients**
- ½ cup cooked brown rice
 - ¼ cup of peas, thawed
 - 1/3 cup of rotisserie chicken, meat shredded
 - 1 egg
 - 2 Tbsp. plain breadcrumbs
 - ½ tsp of dried parsley
 - 1 Tbsp. extra virgin olive oil
- Directions**

- In a medium bowl, stir together the rice, peas, chicken, egg, breadcrumbs and parsley. Form into 4 equally sized patties.
- In a skillet, heat olive oil over medium-high heat. Add the chicken patties and cook, turning once, until golden-brown for approximately 7-8 minutes. Remove from the skillet and let cool slightly.

Beyond Trick-or-Treating: Fun Family Activities for Halloween Season

STATEPOINT

Trick-or-treating may be the standard Halloween tradition for most American families, but the holiday has branched out extensively over the last decade.

Today, Americans spend over one billion dollars visiting Halloween-themed attractions. Where are they going, and what are the best activities for your family? The experts at Hauntworld.com are offering some spooky answers in this ultimate fall to-do list.

Farm Fun

Many farms offer tons of fall activities ideal for families with young children, including picking the perfect carving pumpkin, finding your way out of a corn maze and drinking homemade apple cider. Other fun activities include pony rides, hay mazes, non-spooky hayrides, petting zoos and even shooting pumpkin cannons.

Ghost Tours

Ghost hunting television shows have really increased the popularity in finding haunts and eerie tours. Learn more about your local area's spooky history by taking family or out of town guests to haunted mansions, cemeteries, prisons and more.

Zombie Runs

What could be scarier than a 5K run? One with zombies of course! Zombie runs are a good time for the whole family, providing a fun reason to get kids and teens moving, using obstacle courses, contests, prizes and more as incentives.

Haunted Hayrides

Hayrides can be as sophisticated as a Hollywood movie, complete with fog machines and lights. Some have even adopted new twists. For example,



PHOTO SOURCE: (c) Artifact Images Haunt Photography

on a zombie paintball hayride, guests go on a high adrenaline adventure, hunting and shooting zombies with paintballs. Haunted hayrides make guests and especially smaller kids feel safe as they ride in groups.

Home Haunts

Americans are now decorating their yards and homes into spooky graveyards with high tech lights, animations and more. Some homeowners take it further by also decorating their home's interiors and creating mazes in the garage or backyard. Finding a spooky home haunt or neighborhood near you can be a great Halloween activity to do if you're on a budget.

Escape Rooms

Escape rooms offer an immersive and interactive experience like none other. These Halloween-themed attractions involve working together to

solve puzzles and riddles in order to escape a room in under an hour.

Haunted Houses

Haunted houses come in all shapes and sizes, ranging from three-dimensional black light attractions to haunted trails to major scream parks. Haunted houses also change regularly, so it may be very different from visit to visit. Today, most haunted attractions don't rely as much on blood and guts as they do on interactive special effects, sophisticated costumes, story lines and computer-generated imagery. To celebrate the scary side of Halloween, get the family together for an unforgettable night filled with fun and screams.

While tradition never gets old, novel Halloween activities provide different thrills than a standard trick-or-treat trip around the block.



Anuncio de Contratos Apartamentos Camphora Camphora Apartments

Los Apartamentos Camphora son una nueva propiedad con 44 apartamentos para familias de bajos recursos ofreciendo unidades de 2 y 3 recámaras para trabajadores del campo. Está localizada en 32101 McCoy Road, Soledad, CA. El sitio está cerca de transporte público.

La construcción está programada a completarse entre el 15 de diciembre del 2015 y el 15 de febrero del 2016. Comenzaremos a aceptar aplicaciones para la lotería el lunes, 28 de septiembre del 2015, hasta las 5pm del viernes, 16 de octubre del 2015.

Para más información por favor visite www.edenhousing.org el 28 de septiembre, 2015 y abra el enlace "Now Leasing". También puede contactar a Amanda Vazquez, Agente de Gerencia, al (831)384-1039 o TDD/TTY 1-800-735-2929



Se aplican Límite de Ingresos, Preferencias, Normas de Arrendamiento.



Lease-Up Announcement Camphora Apartments

Camphora Apartments is a new property of 44 affordable family apartments offering 2 & 3 bedrooms for farm workers. It is located at 32101 McCoy Road, Soledad, CA. Site near public transportation.

Construction is scheduled to be completed between December 15, 2015 and February 15, 2016. We will begin accepting applications for the lottery Monday, September 28, 2015 until 5pm, Friday, October 16, 2015.

For more information please go to www.edenhousing.org on September 28, 2015 and click on "Now Leasing". You may also contact Amanda Vazquez, Management Agent at (831)384-1039 or TDD/TTY 1-800-735-2929.



Income Limits, Preferences, Occupancy Standards Apply.

