

CEDAR RIDGE - Kathie Lepper

It's pot luck Monday here on "The Ridge" already and a beautiful day.

Twenty-two folks including guests, Marge Morse and Beverly Smith's caregiver Tina Seeley, enjoyed the bountiful feast.

Roxie Holmes welcomed all and acknowledged the many residents celebrating Sept. birthdays. Roxie acknowledged, John Monahan, LaVonne McNett, Mary Spencer, Tillie Terry, Marie Vassalo, Arlene Quail, and Esther Terwilliger. They were honored with song and applause by their neighbors.

Roxie also read an appropriate article about fault finding and complaining rather than thankfulness and joyfulness. We can all take a lesson in that!

After a short report concerning the community finances. Roxie asked Eric Smith to have the invocation before the meal.

When I saw my sister Jeannette May, she said we did the same things, so guess I only have to write once. We attended the Sept. meeting of the VIA at the Ecumenical Church on Thursday and on Sunday. We attended a birthday party for Jeannette's little great grandson Tommy Thompson who turned four on Saturday. Tommy is all about Spiderman, so received lots of gifts pertaining to Spiders, even the sticky web. How fun! He also had a Spiderman birthday cake, created by his mom.

Tommy's parents John and Jacky Thompson hosted the party at their home in Roaring Branch with help from his big brother Tayten.

When I stopped at Marie Vassalos apartment earlier, she was making a salad for the pot luck meal and gave a donation for St. Michael's bake sale to benefit our religious education program.

Helen Reed is still baking up a storm, so it always smells really good in her apt. Fred's cousin Joyce Bradford and friend Elwin from Sylvania and her sister Barb Avery visited her Sunday evening.

Jessie Herman reported that Mart and Eunice McFall came to see her this last week before leaving for their winter place in Florida. Jessie said they brought her some peas and some beautiful vegetables from their garden.

Kathy Temple said with her sis-

ter Bonnie Vanemon on vacation last week they worked on their woodcrafts every day. They both feel they have accomplished a lot and are ready for the Fall Fling.

Sunday, they watched Lukas, Bonnie's grandson, for a few hours while his parents did yard work. Kathy says that Lukas is a happy baby and is looking around and talking when you talk to him. Kathy said she really enjoys being with him. There's nothing like a happy baby to brighten everyone up and Kathy drew a happy face to prove it.

Barb Roupp's daughter Debbie Richart was visiting her when I stopped in this morning and helped her with some chores.

Eric Smith reported that he and Beverly traveled to Waverly with his siblings Caroline Jones and Mylo Smith over Labor Day. They were at a family gathering at his brother Ed Smith's home. From eight siblings, five were able to be there. Eric said there was a total of 12 present and they had a great day.

The residents on the Ridge want to welcome our newest resident Cameron May. Cameron moved here Saturday evening and we hope he enjoys the community here. Cameron has a caregiver Casey who is with him most of the time. So we hope she feels welcome and also enjoys the community.

The Rosary Prayer group met at Jeannette May's apt. this last Friday. We not only prayed the Rosary, but sang some hymns. No one came to complain (so far) so we'll probably keep singing.

Sue Boyd reported that she had her little granddaughter Emmy for a few hours, Wednesday. They visited some of their neighbors here on the Ridge.

Sue said she went to watch her granddaughter, Xave cheer for her football team on Saturday.

Saturday afternoon Sue had Xave for a couple of hours.

Sunday, Sue attended church with Shirley Esaias and in the evening, helped do some cleaning at the North Union Cemetery.

Sue commented that it was a great day. They even managed to get some visiting in.

Granddaughter Amy DeCristo stopped in to see me, Friday. It was good to have some time with

Hometown Chef

Winter Squash Soup

I enjoy trying new recipes and adding different seasonings to enhance flavor. This is a tasty way to serve homegrown squash.

2 celery ribs, chopped
1 medium onion, chopped
3 Tablespoons butter
3 Tablespoons all-purpose flour
3 Cups chicken broth
2 Cups mashed cooked butter-nut, acorn or Hubbard squash
2 Tablespoons minced fresh parsley
1/2 teaspoon salt
1/4 teaspoon dried rosemary, crushed
1/8 to 1/4 teaspoon ground nutmeg to taste
1/8 teaspoon pepper
1 cup half-and-half cream

In large saucepan, saute celery, onion in butter until tender. Stir in flour until blended. Gradually add broth. Bring to boil; cook and stir for 2 minutes or until thickened.

Reduce heat; stir in squash, parsley, salt, rosemary, nutmeg and pepper. Simmer, uncovered, for 10 minutes or until heated

her now that the summer non-scheduled business has slowed down somewhat.

I lost my magnetic sun glasses. If you see any laying around they're probably mine. In the winter I lose gloves, in the summer sun glasses.

A number of residents enjoyed the fun game of Dirty Bingo again. Friday thanks to Diane Sindoni, recreation director from Bradford County Manor.

The Garden Club had their meeting in the community room here. Looked like they had a good turn out for that event.

A Community's Survival

By Linda J. Wood
Our EMT Service is always on the go.

They are very important to us, isn't that so?

Our police dept. never knows what they will find on their jobs.

Life and death matters to them from the laughter to the sobs.

Our fire dept. works wonders in all kinds of conditions and weather.

Nobody can say their work load is as light as a feather.

Where would we be without them, you see?

Why, we wouldn't even be a community!

Canton High School Lunch

Every student in the Canton Area School District is entitled to a free breakfast and a free lunch!

THURSDAY, SEPTEMBER 21
Buffalo Chicken Grilled Cheese or Bite Size Corn Dogs, Crispy Oven Baked Fries, Fresh Petite Banana

FRIDAY, SEPTEMBER 22
Pork BBQ Sandwich or Cheese Pizza, Flavorful Vegetarian Beans, Tropical Pineapple Tidbits

MONDAY, SEPTEMBER 25
Wrap Attack or Crispy Chicken Patty Sandwich, Steamed Broccoli, Red Delicious Apple

TUESDAY, SEPTEMBER 26
Buffalo Chicken Alfredo or Ham & Cheese on Pretzel Bun, Honey Glazed Carrots, Diced Peaches

WEDNESDAY SEPTEMBER 27
Ham & Cheese Stromboli or Hot & Spicy Chicken Patty Sandwich, Blended Mixed Vegetables, Cinnamon Applesauce

THURSDAY, SEPTEMBER 28
Breaded Pork Patty w/Buttered Noodles or Bite Size Corn Dogs, Sweet Succulent Peas, Citrusy Mandarin Oranges

FRIDAY, SEPTEMBER 29
Meatball & Mozzarella Hoagie or Cheese Pizza, Seasoned Green Beans, Fresh Petite Banana

Milk choices daily: 1% Low Fat, Fat-Free Milk, Fat-Free Chocolate, Fat-Free Strawberry, Fat Free Vanilla.

The Garden: Popcorn Chicken Salad, Chef Salad with Ham & Fresh Sliced Bread, Grilled Chicken Salad with Fresh Bread, Garden Salad, Garden Salad with Tuna & Fresh Sliced Bread, Garden Salad with Breaded Chicken & Croutons, Garden Salad with Spicy Breaded Chicken & Fresh Bread, Crispy Buffalo Chicken Salad with Fresh Bread

The Deli: Chicken Salad Wrap, Tuna Salad Sandwich, Tuna Salad Wrap, Turkey Sub, Peanut Butter & Jelly Sandwich, Ham & Cheese Wrap, Turkey & Cheese Wrap, Chicken Bacon Ranch Wrap, Ham & Cheese Sub
Grab and Go: Fruit & Yogurt Parfait with Sliced Bread
Vegetable Bar: Fresh Broccoli Florets, Crisp Baby Carrots, Crispy Celery Sticks, Fresh Cucumber Slices, Garden Salad, Fancy Garbanzo Beans/Chick Peas
Fruit Bar: Red Delicious Apple, Fresh Petite Banana, Fresh Citrus Orange, Chilled Applesauce, Cinnamon Apple Slices, Citrusy Mandarin Oranges, Cool Mixed Fruit Cup, Diced Peaches, Diced Peas, Tropical Pineapple Tidbits Raisins

through. Cool slightly.

In blender, process soup in batches until smooth. Return to pan and heat through. Gradually stir in cream. Cook 5 minutes longer, stirring occasionally.

Ham and Potato Soup

This recipe for ham and potato soup was given to me by friend. It is very easy and the great thing about it is that you can add additional ingredients, more ham, potatoes, etc and it still turns out great.

3 1/2 Cups peeled & diced potatoes
1/3 Cup diced celery
1/3 Cup finely chopped onion
3/4 Cup diced cooked ham
3 1/4 Cups water
2 Tablespoons chicken bouillon granules
1/2 teaspoon salt, or to taste
1 teaspoon ground white or black pepper, or to taste
5 Tablespoons butter
5 Tablespoons all-purpose flour
2 Cups milk

Combine potatoes, celery, onion, ham and water in a stockpot. Bring to boil, then cook over medium heat until potatoes are tender, about 10 to 15 minutes. Stir in the chicken bouillon, salt and pepper.

In separate saucepan, melt butter over medium-low heat. Whisk in flour with a fork, and cook, stirring constantly until thick, about 1 minute. Slowly stir in milk as not to allow lumps to form until all of the milk has been added. Continue stirring over medium-low heat until thick, 4 to 5 minutes.

Stir the milk mixture into stockpot, and cook soup until heated through. Serve immediately.

Since there is a lot of corn in the area, I thought maybe using it instead of just off the cob would be great for cooler weather.

Cheesy Potato and Corn Chowder

2 Tablespoons margarine
1 Cup chopped celery
1 Cup chopped onion
2 (14.5 ounce) cans chicken broth

3 Cups peeled and cubed potatoes
1 (15 ounce) can whole kernel corn. I use fresh corn off the cob.

1 (2.5 ounce) package country style gravy mix
2 Cups milk
1 Cup shredded Mexican-style processed cheese. Again I use mozzarella or American. What every you like

In large saucepan, melt margarine over medium high heat. Add celery and onion; cook and stir until tender, about 5 minutes.

Add chicken broth; bring to a boil. Add potatoes; cook over low heat for 20 to 25 minutes or until potatoes are soft, stirring occasionally.

Stir in corn; return to boiling. Dissolve gravy mix in milk; stir into boiling mixture. Add cheese; cook and stir over low heat until cheese is melted.

Vegetarian Sweet Potato Chowder:

I'm calling this soup a chowder, given the fact that potatoes are the key to both its velvety base and its hearty texture. And thanks to the silky-starchy contents of sweet potatoes, you'll get the creaminess expected in a chowder without a drop of cream.

After a quick simmer on the stovetop, a few cups of soup, both broth and vegetables, are whirled through the blender, then stirred back into the pot. Purée a little extra if you're after an even thicker soup, or less for a bowl that's more brothy.

2 Tablespoons olive oil
1 medium yellow onion, diced
2 medium celery stalks, diced
2 pounds sweet potatoes (2 to 3 medium potatoes), peeled and diced
1 teaspoon ground coriander
1 teaspoon sweet paprika
1/2 teaspoon dried sage
1 teaspoon kosher salt
1/4 teaspoon freshly ground black pepper
4 cups vegetable stock

Heat oil in Dutch oven or soup pot over medium heat until shimmering. Add the onion and celery and cook until the vegetables are soft and tender, 6 to 8 minutes. Add the sweet potatoes, coriander, paprika, sage, salt, and pepper; stir to combine; and cook for 1 minute.

Add stock and bring to boil. Reduce the heat to maintain a simmer and cook until the sweet potatoes are tender, 10 to 15 minutes. Transfer about 2 cups of the soup, broth, and vegetables to a blender or food processor and purée until smooth. Stir purée back into soup and serve immediately.

*Storage: Store leftovers in an airtight container in refrigerator for up to 5 days or in freezer for up to 3 months.



Last Saturday, New Beginnings Rehab Center held a chicken barbecue to raise money for their programs.

Church Services

Calvary Alliance Chapel
12676 Rt. 14 North
570-250-5068
Pastor John Ishler

Sunday School, 9:30 am
Worship Service, 10:45 am
Alliance Women for Missions meet the second Thursday of each month, 10.

Women's and Men's Support Group, every other Saturday from 9 am.

Prayer Power, Wed., 7 pm

Canton Ecumenical Parish United Methodist Church
103 N. Center St
Worship Sundays at 11:00 a.m.

Canton Seventh-Day Adventist Church, Corner of E. Union & Elm St.

The congregation invites you to come worship each Sabbath (Saturday). Church service - 9 am. Sabbath School, 10:30 am. Prayer Meeting, Tuesday Nights, 6:00 pm. Pastor is Daniel Camarata. (305) 590-3696 [dcamarata@paconference.org] Church phone: (570) 673-3508.

Church of Christ (Disciples of Christ) 170 N. Minnequa, Canton, PA Ave. Canton, PA 673-5796

Pastor Nancy Beahm Sunday School for all ages 9:30 am

Worship 10:45 am Everyone welcome!

Coryland Baptist/Presbyterian Church

Hickory Rd, Coryland
Sunday School, 9:30 a.m.
Worship, 10:45 am.

East Canton Parish - East Canton United Methodist Church
Praise and Prayer, 10:15 am
Worship 10:30 am

West Burlington United Methodist Church
Pastor: Rev. Dianne Bentley
Sunday Worship, 9 am.
Pastor, Dianne Bentley 673-5200

Faith Baptist Church
3451 Rt. 414, Canton
Sunday School, 9:45 am
Morning Worship, 11:00 am
Evening Service, 6:00 pm
Prayer Meeting, Wed., 6:00 pm
John Lattimer, Pastor

Faith Community United Methodist Church
Big Pond Location (October-March) (Big Pond Road)
Wetona Location (April-Sept.) (Wetona/Mt. Pisgah St. Park Rd.)
Worship Service at 10:15 am
Children's Sunday School, 10:15
Adult Bible Study Every Sunday at 7 PM at the Wetona Location
Pastor Jennifer Wolf

Fasset Baptist Church Rt. 14, Fasset, PA

"The Little Church with a Big Task" - All are welcome.
Sunday Meet & Greet 10:30 am
Sunday Worship Service, 11 am
Choir Practice at 7:00 every Wednesday. All are welcome

First U.M. Church
1204 Redington Ave, Troy
Morning Worship: 11:00 am
Sunday School: Adult, 9:30 am
Children's, 11:15 am
Pastor Joshua Davinsizer

Granville Center Church Of Christ
Sunday School 9:45 am
Morning Worship 10:45 am
First Christian Church Of Alba (Disciples Of Christ)

74 Church Drive, Alba
Sunday School: 9:00 AM
Worship: 10:00 AM
Associate Pastor: Charlotte Morse - 297-4051

Gillett Baptist Church Route 14, Gillett
Pastor Micky Cavanaugh, 570-596-2175
Sunday School 9:00 am
Worship Service 10:15 am

Grover Church of Christ
Sunday: 9:45 am Worship
11:00 am Sunday School
Wednesday - Youth Group 6:30

to 8:00 pm
Mid-week Prayer and Bible Study
LeRoy Ind Baptist Church
301 Mill Street

Sunday Mornings
9:45 - Sunday School
11:00- Church/ 11:00 - Little Church (3 yrs.-1st grad.)
Tuesday Evenings

6:00 - 7:30 - Kidz Jam (grades K-6) - September - May
Tuesday Mornings
9:30 a.m. - Ladies Bible Study
Wednesday Evenings
7:00 - Prayer Meeting
http://www.leroyindependent-baptist.org/

New Life Church
299 McMurray Rd., Canton
Sunday Life Classes at 9 a.m.
Sunday Service at 10 a.m.
"SURGE" Youth Group at 6 pm

North Street Community Church
177 North Street, Canton, PA
Cafe Open at 8:30 a.m.
Sunday School, 9:15 am.
Worship Service, 10:30 am.
GriefShare, Tuesday, 6:30 pm.

North Union Christian Church (Disciples of Christ)
15520 Rt. 414 West, Canton
Traditional Worship Services,
Sundays, 9:30 am
Duane L. Taylor, Minister

Shunk UMC - Rt. 154
Sunday School at 10 a.m.
Worship, Sundays at 11 a.m.
Bible Study, Thursdays at 2

St. John's United Methodist Church, Grover, PA
Worship, Sundays at 9:30 a.m.
Sunday School at 10:45 a.m.
Bible Study, Tuesday, 6:30 p.m.

St. Michael Roman Catholic Parish
Weekend Masses
Saturday - 4:00 pm, St. Michael Church, Canton
Sunday - 8:00 am, St. Aloysius Church, Ralston

9:30 am, St. Michael Church, Canton
11:15 am, St. John Nepomucene Church, Troy

St. Paul's Episcopal Church
130 Elmira Street, Troy, PA
Holy Eucharist, Sunday at 10:30
Father Han Van den Blink
Towanda Creek Mennonite Church, West Franklin, PA
Intersection of Routes 414 & 514

Unitarian Universalist Church
112 North Street, Athens
Weekly Meditation Circle, 9:00-9:35 am. All are welcome to attend. Questions? Call Marcia Kesten 570-596-4674 or email uucas.mail@gmail.com.

Unitarian Universalist Church
302 Second St., Towanda
Services each Sunday 3 to 4 pm. All are welcome!

Ward United Methodist Church
Worship, Sundays at 9:30 a.m.
Sunday School at 10:45 a.m.

Windfall U. M. Church PA-3021 & Coolbaugh Road Granville Summit, PA
Morning Worship: 8:00 am
Pastor Joshua Davinsizer
Zion Fellowship Church
287 Zion Rd. Roaring Branch
Sunday School 9:30 AM
Worship Service 10:15 AM
Pastor Daniel Colton

I would like to thank everyone who came out to the Alan Brotzman benefit and take this time especially to thank you. To the WOTM and Loyal Order of Moose for a great job.

I would like also to give special thanks to Dayme, Emma, Melissa, and Destiny from Family Career & Community Leaders of America

Spotlight on Sherwood's

Sept. 12, Jeanne Butters and Sharon Horton were together again at our bingo table. Beverly Harman (Alice Jean's daughter) plays bingo with her mom every week and is always willing to call bingo whenever needed. Thanks Bev. This week Sherry didn't realize that I had the bingo money all ready for her so while she was "stalling" for time, she decided to do the bingo "X". Sherry said that even though this caused a little confusion, it was fun to try it and Alice Witt was the winner. Janet Walburn (Marvin's daughter) donated two handmade scarfs for prizes. The first winner was Bernie who chose the brown/tan scarf and Richard won teal scarf. Just what would be the odds that the fellows would win? Alice Owen won three times and Jeanne won the full card.

Anne, Martha Jean, Phil, Richard, Alice Owen and Charlie all turned out for the Wednesday Walk-About. Sherry noted that it was 78 degrees and everyone was wearing a light jacket. After a nice afternoon walk Brenda gave the folks instruction on hand and leg exercises that are done while sitting.

Alice Owen, Dorothy, Kathryn, Charlie and Richard enjoyed nail night with Maria. The ladies picked out some great colors from Maria's selection, but Charlie and Richard were very happy with just a trim and shape. I just became aware of a new nail polish that actually changes color due to a change in temperature. Mamie and I enjoy eating at "Midway" in Roaring Branch and the other night Mamie commented about the orange nail polish that one of the girls was wearing. A little while later our waitress came back to show us how her orange nail polish changed colors when she

placed an ice cube on her nail. We really have to try this for Maria's nail night and I'll bet Dorothy will be the one who will be game for it. I'll let you know what happens.

Saturday Mike, Jen and I spent the day at the Sullivan County Fairgrounds in Forksville for the 61st Bowhunter's Festival. Jim and I had attended this festival every year since we were married and Jennifer grew up traveling with us to traditional festivals and rendezvous. The archery world has definitely changed over the years, the compound bows are now more popular than the longbows and recurves of our day, the traditional bowyers and vendors have past or are no longer able to attend. Instead there are new faces, new vendors with new products, it's a new generation of bowhunters. I feel sad because of changes, but I plan to go every year that I can because I love the atmosphere and spirit of this festival and I treasure the memories. This year there were so many kids attending with their parents that I know there will be a new generation of bow hunters.

I appreciate that Sherry came in to work for me on Saturday. Harley and Michele were busy doing all that they do and Sherry kept everyone else entertained. She organized a walk and later dragged out the Parcheesi board for Phil, Richard, Anne and Alice Witt. Charlie enjoyed sitting back to visit and observe the game.

Sunday Alice Owen, Bernie and Charlie attended church services. Alice, Marvin and Martha Jean enjoyed lunch and day with their families. Bernie attended a birthday party for his great-grandson and ate lots of cake and ice cream.

Stepping Stones

Child Care

75 S. Washington St., Canton

570-673-4002

1 "Quality Care When You're Not There"

2 Monday - Friday: 6 a.m. - 6 p.m.

3 Caring for Children: 6 weeks - 12 years

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