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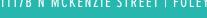


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There will be changes and you need to understand what they mean to you.

Open Enrollment (AEP) is October 15th thru December 7th.

CALL TODAY 251-943-2728

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GETTING READY FOR THE SEASON

Foley offers a diverse range of Halloween activities

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THE JOY OF COMFORT FOOD

Easy recipe for everyone to enjoy

LOCAL FOCUS

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ON THE COVER: In addition to many traditional halloween events, The Society of Black Hats will present its annual Foley Witches Ride on October 26, with the fun and scary ride beginning at 5 pm.

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GHOULISH OCTOBER DAYS IN FOLEY

LINDA WILLIFORD

October is not only for cooler weather but also for many ghoulish events. The City of Foley offers a diverse range of Halloween activities, ensuring there's something for everyone, regardless of age.

Every year in October, the area has many activities for families with children during the Halloween season. Once again, Downtown Foley's Hometown Halloween offers a variety of activities, including inflatables, face painting, food concessions, a children's

costume contest, and a balloon artist. The event will be held on October 24, 5:30-8:00 pm., in downtown Foley. It is open to the public, and no tickets are required. There will be plenty of treats, maybe some tricks, candy, fun, and games. Many businesses will be participating, ensuring a lively and engaging atmosphere.

The City of Foley also provides The Haunted Forest for the thrill seekers. This is a major tourist destination that takes place at Graham Creek Nature Preserve. This year's annual event will be October 12, 19, 20, 26, 27, and November 2. from 7-10 pm. The

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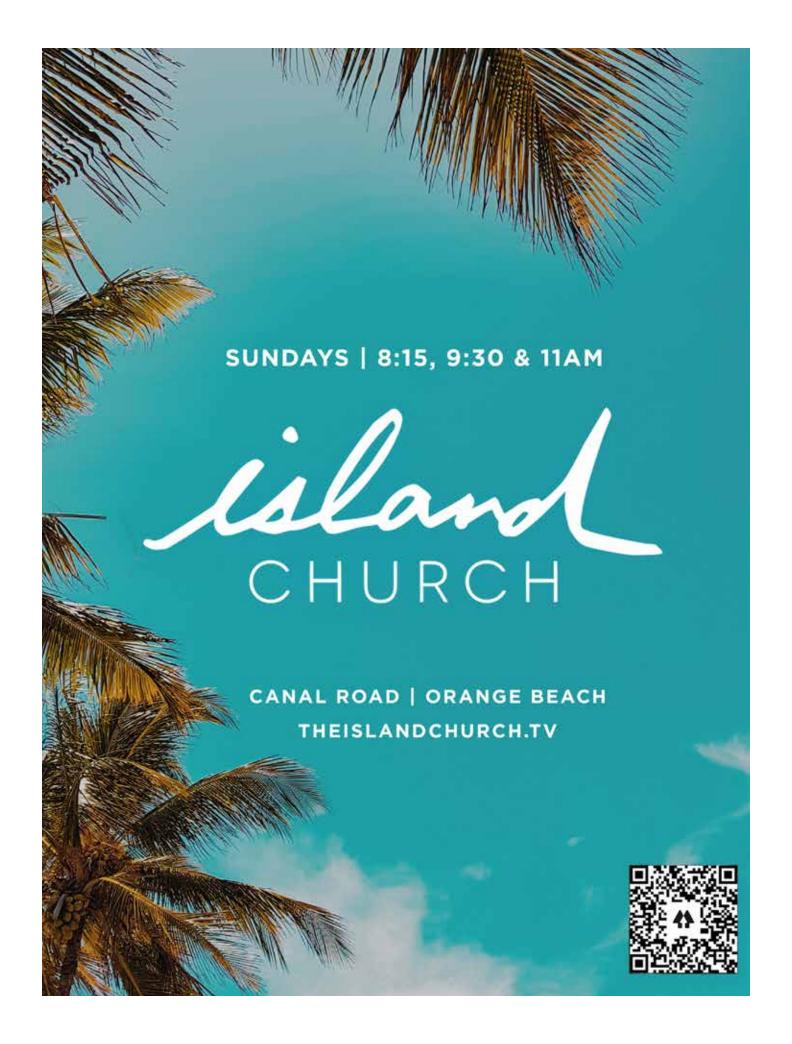
event is appropriate for ages 8 and up. On October 30, a scary, adult-only event for those 18 and up will be held. So that there is no confusion between the actors and the visitors, the Park will not allow any visitors who are dressed up or wearing masks. Tickets are \$20. You can purchase tickets online and get a package deal with a t-shirt. All proceeds benefit Graham Creek educational programs.

Graham Creek Haunted Forest also has a Spooky Express for younger children, which is non-scary and includes a limo golf cart ride to the inflatables. Tickets are \$5 each for children, and

children under 2 are admitted free.

The Society of Black Hats will present its annual Foley Witches Ride on October 26, with the fun and scary ride beginning at 5 pm. The costumed witches will be riding their bicycles and golf carts as a fundraiser for local organizations benefitting families with children. Go to their Facebook page, Foley Witches Ride, to get more info on tickets and how to participate. The event occurs rain or shine and starts at Heritage Park and throughout the downtown district of Foley.

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RECIPES

Fried Chicken Tenders



Recipe courtesy of "Cookin' Savvy" Servings: 4

INGREDIENTS

OIL OF CHOICE, FOR FRYING

1/2 STICK BUTTER

2 EGGS

2 CUPS MILK

3 POUNDS CHICKEN BREAST, CUT INTO STRIPS

2 CUPS FLOUR

1/4 CUP BARBECUE SEASONING OF CHOICE

1/4 CUP MESQUITE SEASONING

SALT AND PEPPER TO TASTE. DIPPING SAUCE OF CHOICE (OPTIONAL)

DIRECTIONS:

Fill Dutch oven or large frying pan halfway with oil and butter; heat over medium heat.

In large bowl, mix eggs and milk then place chicken strips in mixture.

In separate bowl, mix flour, barbecue seasoning and mesquite seasoning.

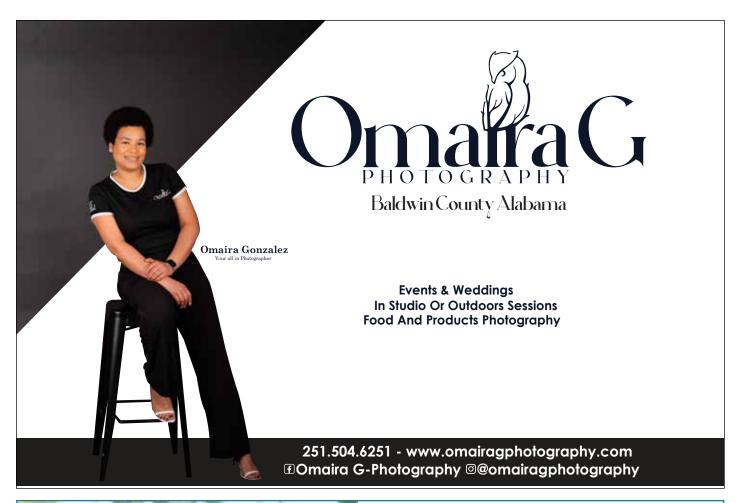
Add salt and pepper, to taste.

Remove 4-6 chicken strips from milk mixture and cover completely in flour mixture

Drop pinch of flour in hot oil; if it crackles, it's hot enough. Once hot, fry battered chicken 4 minutes then, using tongs or fork, turn over and fry 4 minutes. When done, chicken will be golden and almost float. Remove from frying pan and repeat with remaining chicken.

Serve with dipping sauce of choice, if desired.

Find more fall meal ideas at Culinary.net.





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