



The Country Register

Available across the U.S.A. & Canada

Your Regional Guide to Specialty Shopping & Fun Events

FREE! COLORADO & NEW MEXICO • MARCH/APRIL 2021

*Happy
Spring!*

Why not pick up a copy of *The Country Register* for a Friend?

The Country Register of Colorado & New Mexico

719-866-8570

Jan & John Keller, Publishers

11250 Glen Canyon Dr., Peyton, CO 80831

EMAIL: Jan@CountryRegisterCO.com

www.CountryRegisterCO.com • www.CountryRegisterNM.com



The Country Register Publisher Contact List

The Country Register began in Arizona, in the Fall of 1988, to provide effective, affordable advertising for shops, shows, and other experiences enjoyed by a kindred readership. Since then the paper has flourished and spread. Look for the paper in your travels.

Barbara Floyd, founder • barbara@countryregister.com • 602-321-6511

PUBLICATIONS ALL ACROSS THE UNITED STATES & CANADA

To receive a sample paper from another area, mail \$3.00 in U.S.A. or \$4.00 in Canada to that area's editor.

USA
Arizona: Barb Stillman & Lolly Konecky, 602-942-8950
Arkansas: Richard and Lenda Brown, 405-470-2597
California: Barb Stillman & Lolly Konecky, 602-942-8950
Colorado: Jan & John Keller, 719-866-8570
Connecticut: Dave & Amy Carter, 866-825-9217
Delaware: Merle & Gail Taylor, 888-616-8319
Florida: Dave & Amy Carter, 866-825-9217
Georgia: Linda Parish, 706-340-1049
Idaho (N): Kelsey Ruzicka, 605-568-0181
Idaho (S): Barb Stillman & Lolly Konecky, 602-942-8950
Illinois: Richard and Lenda Brown, 405-470-2597
Indiana: Gail & Merle Taylor, 888-616-8319
Iowa: Linda Glendy, 641-751-2619
Kansas: Cindy Baldwin, 866-966-9815
Maine: Robin Levison, 518-752-6399
Maryland: Stacy Lute, 443-909-0531
Massachusetts & RI: Dave & Amy Carter, 866-825-9217
Michigan: Bill, Marlene & Leslie Howell, 989-751-8860
Minnesota: Kim & Mickey Keller, 763-754-1661
Missouri: Richard and Lenda Brown, 405-470-2597
Montana: Kelsey Ruzicka, 605-568-0181
Nebraska: Barb Stillman & Lolly Konecky, 602-942-8950
Nevada (N): Barb Stillman & Lolly Konecky, 602-942-8950
Nevada (S): Glenda Dunn, 702-523-1803

New Hampshire: Robin Levison, 518-752-6399
New Jersey: Merle & Gail Taylor, 888-616-8319
New Mexico: Jan & John Keller, 719-749-9797
New York: Mike & Wendy Rothfuss, 502-468-3938
North Carolina: Barb Stillman & Lolly Konecky, 888-942-8950
North Dakota: Kelsey Ruzicka, 605-568-0181
Ohio: Barb Moore, 937-652-1157
Oklahoma: Richard and Lenda Brown, 405-470-2597
Oregon: Barb Stillman & Lolly Konecky, 602-942-8950
Pennsylvania: Merle & Gail Taylor, 888-616-8319
Rhode Island: Dave & Amy Carter, 866-825-9217
South Carolina: Barb Stillman & Lolly Konecky, 888-942-8950
South Dakota: Kelsey Ruzicka, 605-568-0181
Texas: Richard and Lenda Brown, 405-470-2597
Vermont: Robin Levison, 518-752-6399
Virginia: Dave & Amy Carter, 866-825-9217
Washington: Barb Stillman & Lolly Konecky, 602-942-8950
West Virginia: Merle & Gail Taylor, 888-616-8319
Wisconsin: Scott and Jennifer Hughes, 715-838-9426
Wyoming: Kelsey Ruzicka, 605-568-0181
CANADA
Alberta: Marcy Horswill, 587-585-3545
British Columbia: Jennifer Smith, 800-784-6711
Manitoba & Saskatchewan: Colleen Gust, 306-585-0274
Ontario: Harriet Ramos, 613-424-6420



WOODEN SPOOLS

Quilting, Knitting & More!

- New & Revived Quality Cottons
 - Quilting, Knitting & Fiber Art Classes
 - Fantastic Yarn Selection
 - We buy Quilt Shop Quality Fabric!
- (By appointment: See website or call for details)

2805 South Broadway
(1 block south of Yale)
Englewood, CO 80113
303-761-9231

We Carry
CHERRYWOOD
Hand Dyed Fabrics

Call for Hours!
Shop Online at
store.woodenspools.com

woodenspools.com

facebook.com/woodenspools



Congratulations Gift Certificate Winner!

Marie Dollarhide of Greeley, CO, a regular reader of *The Country Register*, is the lucky winner of a \$25 Gift Certificate to her favorite advertiser, *Sew Downtown* in Greeley, CO. Marie says, "When I stop in at *Sew Downtown*, it isn't just about money with the ladies (yes, making money is important). It is totally about the warm feeling when you enter the shop. They say your name and hello. They make you feel valued as a customer. It doesn't matter if your projects are perfect or your stitches are not perfect; they always help you and encourage you to do your best. This always brightens my day. They truly care about their customers. Jerry the gentleman who fixes the sewing machines is so helpful and kind about helping others—and he does a good job. We always get food recipes but I would like to say this shop is a recipe about positive attitude, caring about people and helping others. This is more important than a recipe for apple pie—truly friendship." Congratulations Marie, and please enjoy your \$25 Gift Certificate when shopping at *Sew Downtown*!

Win a \$25 Gift Certificate!

Each issue we give away a \$25 Gift Certificate to be used at YOUR FAVORITE Shop. To register, simply fill out the form below.

GIFT CERTIFICATE DRAWING FORM

To enter, complete this form and mail it to:
The Country Register
11250 Glen Canyon Drive
Peyton, CO 80831



All questions must be answered to qualify. Please include a note with Comments or Suggestions regarding *The Country Register* and a recipe we could share in the paper. One entry per person, please.

Name: _____ Phone: _____
Address: _____
City: _____ State: _____ Zip: _____
Favorite Shop Advertised: _____
My Favorite Shop because: _____
My Favorite Country Register Feature(s): _____
Found this issue at: _____
Regular Reader ? : _____ 1st Time Reader ? : _____
Do you tell the shops you saw their ad in the paper? (Circle One) Always Sometimes Never
What stores would you like to see in The Country Register? (Include Town): _____



INDEX OF ADVERTISERS BY TOWN

Albuquerque	12
Brighton	7
Buena Vista	11
Canon City	13
Castle Rock	3
Colorado Springs	13
Del Norte	11
Deming	12
Denver	3
Dumas	12
Englewood	2
Fort Collins	5, 9
Golden	3
Greeley	11
Las Cruces	12
Limon	13
Longmont	5, 9
Loveland	5
Lyons	3
Monte Vista	11
Pueblo	13
Roswell	12

Taos	12
Tucumcari	12
Windsor	8

REGULAR FEATURES INDEX

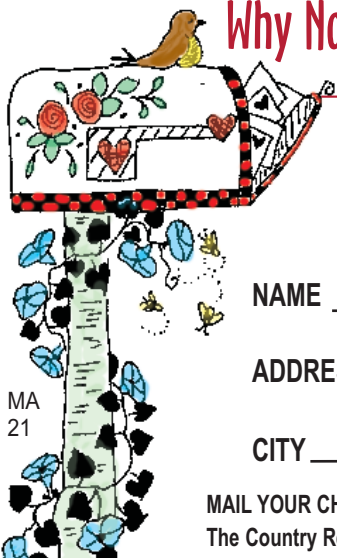
Antiquing	7
Back Porch Break	16
Become Inspired	6
By The Yard Cartoon	16
Contests, Forms, Winners	2
Girlfriend Wisdom	9
It's Party Time with Lesley	10
Mailbag	7
Make-It-Projects	9, 11, 14, 15
Pieces From My Heart	6
Pressidential Articles	14, 15
Random Acts	8
Recipes	4, 5, 6, 12, 13, 14
Susan Branch	16
The Dropped Stitch	4
Yvonne Hollenbeck	3
Wit and Wisdom	10
Word Search	4

The Country Register of Colorado & New Mexico, Inc.™ March/April 2021

The Country Register is published bi-monthly. Copyright ©2021.

Reproduction or use, without written permission of *The Country Register*, of any material contained herein is expressly prohibited. *The Country Register* is a registered trade name in the State of Colorado and the State of New Mexico. Address: The Country Register, 11250 Glen Canyon Drive, Peyton, CO 80831

1 Year Subscription Rate (6 issues): \$18 Single Copy: \$3



Why Not Subscribe to The Country Register
— For Yourself or as a Gift for a Friend?

6 issues mailed direct — only \$18

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

MAIL YOUR CHECK OR MONEY ORDER TO:
The Country Register, 11250 Glen Canyon Drive, Peyton CO 80831



LYONS, COLORADO

Lyons Quilting

We are looking forward to a much better and safer year. Please check www.lyonsquilting.com
For updates on our store hours/sales/shows/classes

42 E. Main Street
Lyons, CO 80540
303-823-6067

Over 7,000 bolts of fabric with fat quarters
of every single one!

We have the best selection of batiks, a wonderful selection of Kaffe Fasset and all of the Kona Solids and Moda Grunge! We love Tula Pink, Giucy Giuce, Allison Glass, Tilda Fabrics and so much more! Stop by our Facebook page to see what's new!



Log Cabin Quilt'N Sew
Comfort & Warmth for your Home

LogCabinQuiltNSew.com
703-586-3265
Linda@LogCabinQuiltNSew.com

Purchase online
immediately, or in
person by appointment

M-Sat 10-5
3243 McCracken Lane
Castle Rock, Colorado

200 BOLTS Extra-Wide Quilt Backing Fabric

Fine 100% quality quilting
cotton by your favorite
designers!

SAVE-SAVE-SAVE

...when you buy 3 yards of
108" wide fabric instead of
7 yards of 44-45" wide!



SAVE Money!
SAVE Time!
SAVE Waste with a
seamless back!

Professional Longarm
Quilting & Binding
Services

Affordable & Timely
E2E, Custom,
Heirloom

Cowgirl Poet, Quilter, Entertainer



Yvonne Hollenbeck

"Her Feet Would Rock A Cradle"

Her days were long and lonely when they settled on the range
on a new and virgin homestead out where everything was strange.
She'd left her home in Iowa to come with him out West
and she had to do without so much, but did her level best.

Not any other woman lived for many miles around;
the only view she had was of the rolling prairie ground.
But while her man would toil as the barns and sheds were built,
her feet would rock a cradle while her hands would piece a quilt.

She claimed it was her sanity and pleasing to create
the pretty blocks of patchwork during hours she would wait
for him to ride the ranges, and would watch 'till he'd come home
from a window of their cabin that was built from blocks of loam.

Then in evening after supper, by a lantern burning low,
he would read her favorite stories from the Bible she loved so.
She would piece a "Jacobs Ladder" or a "Star" by oil lights
and would sew them into blankets for the cold Dakota nights.

Now the quilts are worn and faded and are packed in her old chest,
along with other trinkets . . . she has put them all to rest.
There's photographs of loved ones and of friends she used to know,
the little shoes her babies wore, and the Bible she loved so.

Once more her days are lonely with the children grown and gone
and it's been so many years now since her husband has passed on.
Her mind goes back to days gone by; she wanders without guilt,
when her feet would rock a cradle while her hands would piece a quilt.

© Yvonne Hollenbeck; July 27, 2005

Yvonne Hollenbeck, from Clearfield, SD, performs her original poetry throughout the United States, captivating audiences in her wake. She is one of the most published cowgirl poets in the West and is not only a popular banquet and civic entertainer, but also co-writes songs with many western entertainers. Yvonne also pens a weekly column in the "Farmer-Rancher Exchange" and writes articles about life in rural America in various publications throughout the West. For more information, visit <https://www.yvonnehollenbeck.com>



A Stitching Shop

4444 Morrison Road, Denver, CO 80219
303-727-8500

Monday - Saturday: 10 a.m. - 5 p.m.
www.StitchingShop.com / ASTitchingShop@gmail.com

As a fully-stocked needlework shop, we continue to add new fabrics and threads! From cross stitch to canvas, cotton to silk threads, MillHill beads and kits, all kinds of specialty threads and silk ribbons; Aida to linens to canvas to perfed paper; with a huge inventory of charts! Check out the list of what we carry on the website above. If you're not close to the shop, call or e-mail us and we can ship all over the world! If we don't have it, we'll get it! Mail order with Visa/MC.

Find our class schedule and specialty groups on the website.
YOUR ONE-STOP SHOP . . . AND SO MUCH MORE!



Golden Quilt Company

"Purveyors of Fine Fabrics"

1108 Washington Avenue
Golden CO 80401
303-277-0717

www.goldenquiltcompany.com

MACHINE
NEED A TUNE-UP?
CALL KURT

Kurt's Bernina Service

Bernina Sewing Machines Only

formerly of
Harriet's
TreadleArts

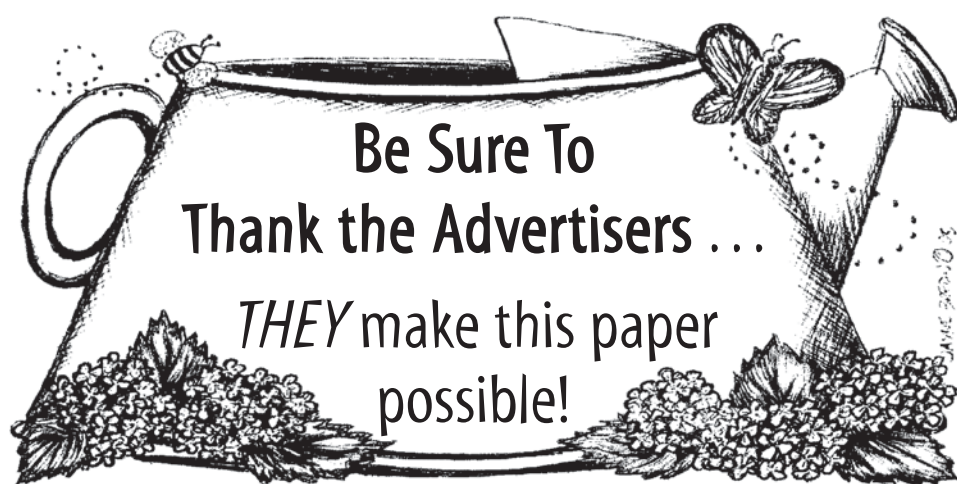
★ Factory Trained Service & Repair ★

Repairs at your location
(Mobile Service)

Competitive Rates

Cell (303) 884-1245





Search for the underlined words in the recipe in the word search below!

Crock Pot Easy Lasagna
by Gooseberry Patch Slow-Cooker Recipes

1 lb ground beef	1 tsp salt
1/2 cup <u>onion</u> , chopped	1 tsp dried <u>oregano</u>
1 tsp garlic, <u>minced</u>	8 oz package lasagna noodles, <u>uncooked</u>
16 oz can tomato sauce	2 cups shredded <u>mozzarella</u> cheese
6 oz can <u>tomato paste</u>	12 oz container <u>cottage cheese</u>
1 cup water	1/2 cup grated <u>parmesan</u> cheese
4 oz can sliced mushrooms, <u>drained</u>	

Brown beef with onion and garlic. Drain and spoon into a large bowl. Add tomato sauce, tomato paste, water, mushrooms, salt and oregano, mixing well. Spread 1/4 of the meat sauce in the bottom of a slow cooker. Arrange 1/3 of the uncooked lasagna over the sauce, breaking if necessary. Combine cheeses; spoon 1/3 over lasagna layer. Repeat layers twice. Top with remaining meat sauce. Cover and cook on low setting until lasagna is tender, about 4-5 hours.

K R V W T B M D R A I N E D E N F J B Y
U T L Z A K O U Z P L W S M S T R I N H
N F Z L J N H A S A P L D P R R V G C K
C O L D X Y J V Y H O S A Q Z S E K U A
O J W I R G H E G W R R E D N E T J Q I
O L U A G Y R F C E M O A X G F J U L B
K T Z W B C O O A E T Y O Y E N D H S U
E W M P N W O N S A U A K M M I R N Y
D C D J H K G A D M M Z R J S C I X L N
V V C C E A N X P N J F M H I P X A I C
I F G R S D H U K G T Q M I N C E D A M
C Y K A S E T C X O S S G O W B F M H G
G R L E D L H G D W F G Z H M N T G Q B
P M B C O T T A G E C H E E S E F E E B
K E Y O R E G A N O X V W S P N O I N O
C I L R A G J B Y P M O Z Z A R E L L A
X E T S A P O T A M O T C O M B I N E G
B K R M W P I Z B O K O I M E A T J B X
G H E B R T L A S M E U I Z J T Y W P G
W I X H I U Q U P W W F U R X G H V I A

Happy Easter!

from

'Every Bunny' Here at
The Country Register



The Dropped Stitch

by Sharon Greve



Lace Mimic

Crochet once helped save a nation from starvation to become the accomplishment of queens. Though its history dates back to the sixteenth century, crochet only came into its own with the birth of the Machine Age and has been growing in popularity ever since. The great Irish Famine of 1846 gave crochet its greatest impetus. Fascinating and versatile, crochet has become one of our best-loved handicrafts due to the fact that it is easy to do and lends itself to so many delightful interpretations.

The term filet crochet appeared as early as 1912, but the technique then known as square-crochet appeared very early in needlework history. Lace-making was worked by creating a mesh of squares before filling some squares with weaving to create a design or picture. Filet crochet was created to mimic lace-making. With the basic crochet chain and simple crochet, the lace pictures of filet can be crocheted more quickly and easily. Filet crochet is usually constructed from monotone crochet thread of Mercerized cotton in white, ecru, or color of choice worked in rows. However, yarn may also be used depending upon the item and its use; i.e., an afghan.

Internees at Manzanar War Relocation Center in 1943 produced filet crochet items. After World War I, far fewer crochet patterns were published, and most of them were simplified versions of the early 20th century patterns. Uses include but are not limited to: scarves, shawls, vests, sweaters, swim cover-ups, coasters, market bags (totes), bookmarks, placemats, doilies, dresser scarves, table runners, edgings, window curtains, tablecloths, bedspreads, bread cloths, pillow covers, afghans, and much more. An edging of appropriate width can be added on the ends of a scarf or all the way around an afghan, dresser scarf, placemat, etc.

A chart allows you to see the final design constructed. Since filet crochet lace is grid-like, only two stitches are used—chain stitch and double crochet. Another type of crochet stitch, such as a half double crochet or treble crochet, may be worked with alternating chain stitches. With a basic understanding of the technique, filet crochet designs can be created from cross-stitch, needlepoint, or filet charts. You can create your own design with a pencil, graph paper, and a bit of creativity. Patterns are created by combining solid and open mesh blocks, usually working the design in solid mesh blocks and the background in open mesh blocks. The size of the blocks is determined by the number of chain stitches between each double crochet in the open mesh block. Patterns are formed by filling in parts of a mostly chain stitch open mesh with double crochet stitches.

Most filet crochet patterns are illustrated with a chart where the solid block design is represented with filled-in squares and the open mesh space is represented with unfilled white squares. A solid square is worked by crocheting three double crochet stitches, while an open white square is worked by crocheting a single double crochet and two chain stitches.

If a white square appears on the chart above another white square, double crochet in the double crochet, chain two, and skip the next two chains. If it appears above a solid square, double crochet in the next double crochet, chain two, and skip the next two double crochet stitches.

If a solid square appears on the chart above another solid square, simply double crochet in the next three double crochet stitches. If it appears above a white square, double crochet in the next double crochet, then work two double crochet stitches in the chain two space of the white square. The darker line, sometimes a colored line, indicates the pattern repeat.

The machine has brought us many comforts and luxuries, but when it comes to the touch of beauty which is every woman's birthright, nothing, it appears, will ever replace the charm and unlimited loveliness of the "hand-made." This is especially true of filet crochet, a lace mimic.

Filet Crochet—an Art That Grows on You

Available across the USA & Canada

Guide to Specialty Shops & Events

Check Out Our New Website!

- New Design
- New Content
- Easier To Navigate
- Optimized for Mobile
- For You, Our Readers

... Please Visit ...

www.countryregister.com



INVENTORY REDUCTION
SALE



- SEWING MACHINES
- QUILTING MACHINES
- EMBROIDERY MACHINES
- SERGERS
- ACCESSORIES
- SOFTWARE & MORE!

SAVE ON
ALMOST
EVERYTHING

See store for details.
PFAFF®, PERFECTION STARTS HERE, QUILT AMBITION and PERFORMANCE are trademarks of KSH Lenzburg AG, Switzerland. © 2014 KSH Lenzburg AG, Switzerland.

**THE
SEWING CIRCLE**

 **SINGER**

WAREHOUSE SALE



Prices to low to advertise!
Call or stop in today for sale pricing.

Checkout our new classes
in person and on zoom
<http://the-sewingcircle.com>

15% OFF
Any pre-cut fabric
in-stock (with this coupon only Mar 1- Apr 15, 2021)

15% OFF
Any sewing machine accessory
in-stock (with this coupon only Mar 1- Apr 15)

 **SINGER**
SINGER is sewing made easy.™

PFAFF®

 **Husqvarna**

VIKING®

970-672-2147
info@the-sewingcircle.com

4112 S College Suite 112 (between Chili House & Hobby Lobby) Fort Collins, CO 80525
Hours: Mon-Fri 9am–5pm, Sat 9am–2pm Sun-CLOSED
**Please call to verify hours during COVID 19

Quilt Planet
Longarm Quilting
Rhea Parsons, quilter

- ★ You piece it, I'll quilt it
- ★ Fast turnaround
- ★ 1000's of quilting patterns

Mention discount code "Register3"
for 10% off edge-to-edge quilting
offer valid until May 15, 2021

rhea@quiltplanet.com
720-935-8502
Longmont, CO





Why not pick up an extra copy of
The Country Register
for a friend?

T-Shirt Quilts

Let me create a treasured quilt from your collection of T-Shirts.

Enjoy your Wedding Gown every day, I will
create a magnificent quilt/bed topper/wall hanging.

Memorial quilts from your loved one's favorite clothing.

For an appointment or for more information
Call 970-667-9149!
Elaine Penkava
epenkava@msn.com • Loveland, CO

COUNTRY REGISTER RECIPE EXCHANGE
Shortribs in Broth
Submitted by Ann Terrazas, El Paso, TX



6 meaty shortribs
1 or 2 baby carrots, sliced
1 tablespoon dried Rosemary leaves (not powder)
Salt
1 can (10 1/2 oz.) Campbell's Beef Broth (don't substitute)

1 small onion, sliced
1/4 teaspoon garlic salt
Pepper

Place ribs in large glass baking pan. Add vegetables, seasonings and broth.
Cover and bake in a 350° oven for one hour or more, depending on thickness
of ribs. This makes enough seasoned broth to add to a side of potatoes or rice.



Pieces From My Heart

by Jan Keller

A Lifetime

I remember reading in school about some great historical figure who immigrated to this country and spent a lifetime seeking a fortune.

I remember reading about another famous person who spent a lifetime focusing all of their available energy and devotion doing good deeds.

So when I was a child of ten, I thought a lifetime meant the length of time and the number of years from birth until death. That the value of a life was measured by the important events of benevolent actions that occurred during those years. That the valuable lives, the ones that really count or matter, are those found in the dusty volumes on library shelves.

When I became twenty, because I was impatient to get on with life, most of my days simply slipped by—unnoticed. I eagerly and anxiously reached out for my tomorrows as I tried to catch a glimpse of what my lifetime might bring or where it could lead.

By my thirtieth year, I found my life had brought me pain—but mingled in had also been an immeasurable allotment of the various joys I'd found and experienced thus far along the way.

Life had been kind to me.

It had not left me untouched.

A part of me thought I had experienced it all—and yet I kept pushing forward.

As I pressed onward, I was restless for whatever would most surely be waiting around the next corner, or for tomorrow's unknown dawning.

Now, in my seventies—by touching, and tasting and smelling, and hearing, and seeing—I can savor the myriad of goodness life has to offer to all who pause long enough to notice and enjoy it.

One day a friend and I sat by the lake and allowed the calm waters to transcend and quiet the stress from an otherwise busy day. While sharing thoughts and bologna sandwiches, we counted the laps of a runner who circled round and around the lake's edge. In between the runner's rounds we talked, listened, discovered, laughed, and lived. Then, when the hour of sharing in the sun had ended, every crumb was gathered up as a memento and the memory was carefully tucked away for safe-keeping.

When I was ten, how could I have known that a lifetime and living have nothing to do with years . . . only with time?

How could I have known that value isn't measured by important things that happen . . . unless sharing thoughts and bologna sandwiches count as important?

A lifetime?

You can spend one in an hour if you spend it with a friend.



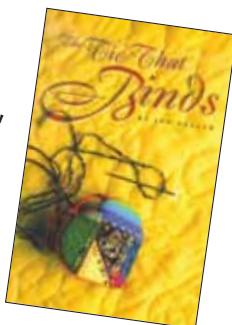
©2021 Jan Keller No reprint without permission Jan shares other pieces of her life in her books, *Pieces From My Crazy Quilt*, and *The Tie That Binds*. These books can be ordered by calling 719-749-9797, or writing: Black Sheep Books, 11250 Glen Canyon Drive, Peyton, CO 80831

Enjoy More of Jan's Columns ORDER HER BOOKS TODAY



Life is like a quilt, pieced together from a unique patchwork of memories, friendships, joys, and challenges. In each of these books, syndicated columnist Jan Keller is down to earth and refreshingly transparent as she opens the door to life's dreams, triumphs and struggles in a heart-warming way that will touch you forever. You'll love the way she spins 'yarns' that

weave the pieces of a treasured tapestry into a vivid depiction of life and love



Please send me _____ copy(s) of "Pieces From My Crazy Quilt"
 _____ copy(s) of "The Tie That Binds"
 Include \$15 per copy (\$12.95 plus \$2.05 for tax, postage & handling)

SPECIAL OFFER! Order both books for just \$25 and SAVE Shipping & Handling!

Name _____ Phone _____

Address _____ City _____ State _____ Zip _____

My check or money order, payable to Black Sheep Books, in the amount of _____ is enclosed.
 Mail your order to: Black Sheep Books, 11250 Glen Canyon Drive, Peyton, CO 80831-8458

Peanut Butter Chocolate Chip in a Mug

- 4 tbsp all-purpose flour
- 1 tbsp granulated sugar
- 1/4 tsp baking powder
- 1/4 cup milk
- 3 tbsp creamy peanut butter
- 3 tbsp semi-sweet chocolate chips



1. Add all ingredients except the chocolate chips into a microwave safe mug.
2. Whisk vigorously until batter is smooth and there are no flour chunks left.
3. Stir in one tablespoon of the chocolate chips.
4. Add another tablespoon concentrated in the center of the batter.
5. Sprinkle the remaining chocolate chips on top.
6. Cook in the microwave for about 1 minute.
7. If cake is still gooey, cook for an additional 15 seconds.
8. Allow cake to cool a few minutes before eating.

Recipe by kirbiecravings.com

Become Inspired

by Annice Bradley Rockwell

A Certain Magical Moment

There is indeed a hopefulness that we instinctively feel as our hours of daylight begin to lengthen reminding us that the season of spring awaits us just around the corner. The rugged months of winter are safely behind us and Mother Nature rewards us for our hardiness with a promise of warmer days. In a certain magical moment, usually on a bright March day, we sense a change in the air, brought to us in a fleeting glimpse that we have awaited all winter.



Blessing of Renewal

The once snow-blanketed ground is slowly transformed by the sun and softens under our feet as we make our way to our back yard to clear twigs and debris from winter's wrath. The welcomed scent or warmed earth and a mild breeze makes the chore of yardwork a country blessing, for all around us we suddenly see hints of glorious spring. Soft, green fronds peek out from our landscape. Sweet birds begin to sing a soft song of spring and the sunlight that had to work so hard to melt the drifts of snow shines down on us now to bring new life to all that we see. And this blessing of renewal that gets stronger with each day, seems to reach within us as if to say, "Now is your chance to start anew," and

we are inspired. Almost suddenly we are awakened by all of those carefully planned ideas that came to us over the course of winter and we now have the energy to carry them out. Perhaps new garden beds or a small, snug country coop in which to raise a flock of chicks were our secret wishes for spring. Simple and happy projects that remind us of earlier times can now be carried out.

Joyful Tasks of Spring

These joyful tasks of spring return us to feelings of self-reliance, when after a hard-day's work we look upon our efforts and feel truly fulfilled. And a spring moves forward and we see our little flock of chicks grow right before our eyes we feel blessed for having a chance to share in the miracle of spring. Our garden beds that we nurture in these early spring months also hold great potential. Within them we will produce a bountiful harvest or a beautiful backdrop of flowering, hardy herbs. When we take part in the power of spring to transform, we are rewarded with an energy that is both purposeful and strong. By taking nature's hand through the journey of spring, we are somehow made better and we are now deeply connected to the wonder of renewal.

Annice Bradley Rockwell is an educator and owner of Pomfret Antiques. She is currently working on her book, *New England Girl*. NewEnglandGirl2012@hotmail.com



39 N Main, Brighton, CO 80601

720-667-4086

onpinsandneedles.com

Located in quaint, downtown Brighton, come see what the talk is all about....

- Quality Quilting Fabric *Machines
- Machine Embroidery *Block of the Month
- Beg - Advanced Classes *Kits

Celebrate Spring!

\$2.50 ALL Fat Quarters

when you mention this ad!

We are a Kimberbell Certified shop and offer a wide array of classes, clubs, and events to bring you the true Kimberbell experience. Check out our current calendar online for more info or simply call the store

Antiques Create Joy

by Dave Emigh

There are many reasons that people appreciate and/or love antiques. Antiques are functional, valuable, nostalgic and they can create great joy. In fact, when an antique comes into someone's life, it generally embodies a combination of these characteristics.

If you are open to 'listening,' antiques have stories to tell, especially as they rekindle memories of the past. We are fortunate to have 'inherited' several pieces of antique furniture from our families. In addition, my wife Jill and I also acquired a number of pieces early in our married life. Several pieces of our personal furniture and their stories come to mind immediately.

Our 'functional' one-hundred-plus-year-old round oak dining room table was a family piece. It came to us when my grandparents 'down-sized.' When we acquired the table, it was painted white with a black trim around the edge of the tabletop. The story is that they acquired it from someone who was using it as a 'picnic table' (because it had been damaged). We are not sure if it was painted white before it became a picnic table or after my grandparents brought it back indoors.

What we do know is that the white paint covered up some missing oak veneer on the curved, flared out table legs. Obviously the paint was hiding that damage. Rather than detract from the table, the missing veneer is part of the table's story. It is likely that veneer was worn away, day by day, when someone rested their feet on the legs.

Shortly after we were married, Jill spent a weekend stripping off all the white paint. Forty-plus years later, she says that even the finest oak dining table that we have ever had in our Shady Lawn Antiques shop would not bring her as much joy as that round table does.

The second piece is a country style oak buffet that we 'adopted' into our family. Well, we actually purchased it at an antique auction (with some wedding gift money). It seemed like a substantial piece of furniture would be with us a lot longer than any other wedding gift that we could imagine.

When we purchased the buffet, we were attending graduate school at Washington State University. Our apartment was a converted WWII army barracks building that served as married student housing. The apartment walls were thin, with no insulation, and the unit had a heater that you had to turn up and down manually.



After we had moved the buffet into the apartment, I decided to replace a cracked piece of glass in one of its doors. So, I carefully pulled out the small brads that were holding in the glass. I placed a new piece of glass in the door and tapped the brads into the existing holes. That night, I was very satisfied with my restoration effort.

The next morning was a different story. The apartment was chilly and as it began to warm up, we heard a sharp ting/ping sound. We discovered that as the cold glass had begun to warm up it cracked in exactly the same place.

It was then obvious that one of the brads was causing pressure on the glass. That brad and the change in temperature caused the glass to crack. More than forty years later we have never replaced that cracked glass—we just tell everyone the story.

We originally thought about the buffet as a wedding gift and by extension as a family piece. Even though we adopted/purchased the buffet, it has now become a true family piece especially to our children. It has been in our family their entire lives.

One time, at least 120 years ago, these pieces were new. I cannot even image how excited their original owners were to have a brand-new piece of furniture. Those stories are lost to time.

The stories that are not lost are the ones that we tell about the 'inherited' table and the 'adopted' buffet. They have both brought us great joy!

Dave Emigh, and his wife Jill are the owners of Shady Lawn Antiques in Walla Walla, WA, perfectly located in the 1870s wood-frame creamery buildings that Dave's great-grandfather purchased in 1897. A professionally trained woodworker, Dave and his son Nick specialize in the restoration of oak furniture. Shady Lawn, in its 27th year, has become a regional destination for oak furniture and is also known for a well-curated display of country, rustic and rare and unique "small" antiques. Glimpses of the ever-changing Shady Lawn inventory can be seen on Facebook and at www.shadylawnantiques.com.

THE MAILBAG

Thank you for running my poem *Cotton Angels* in *The Country Register*. I've had a number of kind notes about it and some requests for permission to use the poem for local guilds, etc. It is an honor!

Yvonne Hollenbeck, Clearfield, SD

I look forward to every single issue of *The Country Register*!

Shari King, Brighton, CO

I love all of the articles and recipes and read *The Country Register* from cover to cover!

Liz King, Englewood, CO

The Nov/Dec 2020 edition of *The Country Register* is again awesome. It's full of inspiring features—the holidays are such a great time of the year! A big thank you to the advertisers and a big thank you to the staff. I look forward to every issue!

Irene Thompson, La Junta, CO



Now Open

The Black Sheep WOOL SHOP

A wonderful collection of wool, patterns, embroidery (supplies and patterns), notions, **PLUS OVER 300 COLORS OF PERLE COTTON!**

— FEATURING WOOL BY —

**Woolylady • Nutmeg Hare • Dorr Woolen Mills
Heavens-to-Betsy • In the Patch Designs
Mary Flanagan**

Pattern Designers: Primitive Gatherings, Pennylane Primitives, Buttermilk Basin, Sunflower Fields, Little Red Hen, Woolylady, Nutmeg Hare, Over the Garden Moon, Trisha Stuart, Wooden Spool Designs, and more!

429 Main Street • Windsor, CO 80550

970-460-9309

**OPEN: 10-5:30 Wednesday thru Friday & 10-2 Saturday
CLOSED: Sunday-Tuesday**

Random Acts

by Maranda K Jones

I Can See!



One might think there is an infinite amount of possibilities to the frames that fit your face. As I sit here in the eye doctor's office, surrounded by hundreds of pairs of glasses, it is clear to see that we have so many options when it comes to our vision. I start to contemplate all the choices we have and suddenly become overwhelmed at the freedom to choose how we look out at the world and how others see us.

Two of my children wear glasses...and they need guidance as to what frames to choose. Their dad and I help them decide what suits them best and point them in the right direction. They are constantly watching us, looking to us for both strength and sensitivity, and that is a responsibility we take seriously. They are also holding us accountable, relying on us to get them the care they need.

Three words we'd longed for our son to say, without even knowing, are, "I can see!" Like so many parents, we were blind to the fact that our son needed glasses at a young age. We felt horrible that we had neglected to realize this and had been so clueless. We thought he didn't like to play catch with us because he was more interested in other activities. Turns out he didn't like getting hit with the ball we were throwing to him because he couldn't even see it coming. We visited with other parents who had similar experiences. We may not know that children cannot see, and they may not either, only to find out later. Our son used to borrow his great grandma's glasses, playing that he needed to try them on, making us all laugh as his already large eyes grew even bigger through her bifocals. We had no idea he really needed glasses and felt like horrible parents for not knowing.

For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened. Luke 11:10 The nurse and her team asked if he could see, and they found out he could not. When the school nurse pulled me aside one day at pickup time, she said he had failed the vision screening and that we should seek proper care. Without hesitation, we made an appointment and knocked on that doctor's office door. We soon learned that he needed glasses. Thick ones. When our first child, walked out of that office with his personalized prescription, it was a life-changing day for all of us. "I can see!" He read words on buildings and signs off in the distance. He noticed individual leaves on trees. He began to see all that God has given us.

We all have choices of how we see the world around us. When we set our sights on the good things in life, focusing on the positive, we will find many open doors.

© 2021 Maranda K Jones

Maranda Jones' new book *Random Acts* is now available at amazon.com

The book includes her reader-acclaimed articles from the last decade

April's No Fool

by Barbara Kalkis

April enters laughing!
With jokes and follies, fools us into thinking
She is frivolous. No!
April has work to do:
Rains wash away the snowy grit of March.
Dawns come early and twilights linger longer,
Telling the penitent's heart
That Easter's new Beginning is near.
Lilac and violets, forsythia and freesia,
Determined dandelions – all bloom with abandon,
Declaring that Spring is here to stay.
April shows us how to celebrate
The gifts only Earth can make.
Laugh, April! Then roll up your yellow sleeves.
We have work to do.

George Washington Never Slept Here

by Kerri Habben Bosman

There is an important site in Hillsborough, North Carolina in Orange County right near the courthouse.

To nearly everyone else, it is merely a patch of concrete with a big tree to the right and a stop sign in the background.

George Washington never slept here.

To use Southern terminology, it is where my Mama and Daddy got a most important picture made. It was February 15, 1988, and I was fourteen years old. They had just gotten married at the magistrate's office.

My mother is the greatest gift I always knew.

Daddy is the first greatest gift I never expected.

It is difficult to explain the devotion borne of someone choosing to love you as their own child. My dad stepped in when my first father was emotionally and spiritually drawn away. Both were inherently good men; the one I came to call "Dad" just lived his love for me every day of our lives. Nearly 25 years older than my mother, he was in his mid-70's when a young teenager became his daughter. When I was eighteen, I legally changed my last name to Habben, his surname.

It is 20 years ago this March 21st that Dad passed away. Seventeen years later on March 20, 2018, his wife was buried beside him. She had worn her wedding rings every day until the morning they handed them to me at the nursing home. Mom was struggling with a metastasized brain tumor and had removed them during the previous night.

Two years ago this April, after just over a year adapting to being on my own, the next greatest gifts I never expected arrived in my life.

I had met Wayne six months before when friends began taking me contra dancing with them. Over the months as I grew more comfortable with the steps, only with him did I turn red and consistently make a lot of mistakes. Trying to make me feel better, he once said, "Even when you are confused, you have beautiful eyes." I made another mistake and blushed even more.

One late afternoon in the spring all of us were cleaning up after a weekend of dances. It happened that Wayne and I worked together. Unbeknownst to me, he was placing himself where he could talk with me and get to know me better. In his completely correct words, I was clueless.

I'd always been single. Because no one had come along to inspire me otherwise, I had not dated since college. I knew I wanted nothing less than the kind of love my parents shared. If I married, my husband had to be more than nice; he had to be truly kind as well.

That April day as Wayne and I talked about family and what mattered most to us in life, I sensed something within him. The clarity I had always hoped for wrapped itself around me, and I thought, "So this is who I've been waiting for."

Wayne shares his wonderful family with me. His mother celebrated her 100th birthday this past December. He is the father of five grown children and grandfather to seven grandchildren. He and his entire family are truly the greatest gifts I never expected.

Every day I feel my Mama and Daddy with me. Their love fills my heart, and flows through everything that I do.

On August 7, 2020, Wayne and I had a most important picture made near the magistrate's office. It was taken by his youngest son.

We are standing on a patch of concrete with a big tree to the right and a stop sign in the background.

George Washington never slept here.

Kerri Habben Bosman is a writer in Chapel Hill, NC. She is currently working on a book of essays and poetry. She can be reached at 913jeeves@gmail.com

Publisher's Note: Congratulations Kerri and Wayne on finding each other!





Tiara III \$5999.99

The smooth operating, user-friendly Baby Lock Tiara III longarm quilting machine comes with its own table so you'll be ready to quilt right away. Plus, its compact, sit down design uses little sewing room space making it possible to quilt in almost any room. Finish your quilts with Baby Lock royalty!

Quilting Station \$1799.99

The Koala Quilting Station offers a spacious work surface making it easier to complete your larger quilts. Accommodates the Baby Lock Tiara models and some Handi Quilter models. Partial assembly required.

Tiara Quilting Table Overlay \$99.99

Minimizes Friction for effortless free motion quilting

Package Total \$7899.97

***Save \$2,899.98!**



Maggie's Baby Lock Tiara III Package Price: JUST \$4999.99

**In Stock
Books & Patterns
25% OFF
VALID THRU 4-30-21**

**\$20 OFF ANY
MACHINE SERVICE
ONE COUPON PER SERVICE
VALID THRU 4-30-21**

**All Sale Fabrics
Extra 5% OFF
Minimum 1 Yard Cuts
VALID THRU 4-30-21**

FORT COLLINS
(970) 472-1822
1725 S. College, Fort Collins, CO
3 Doors North of Old Location-Same Building
9:30-5 Mon-Fri • 10-3 Sat.
Closed Sunday

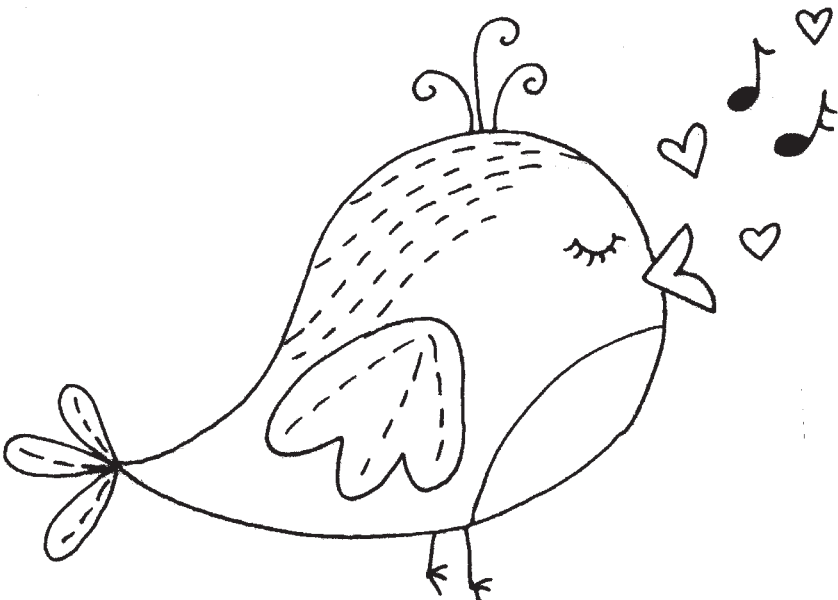


LONGMONT
(303) 651-7752
1450 Main, Longmont, CO
9:30-5 Mon-Fri • 10-3 Sat.
Closed Sunday

OTHER HOURS BY APPOINTMENT • CURBSIDE PICK-UP AVAILABLE • MAGGIESSEWVAC.COM

Free Pattern

Use this pattern for embroidery, wool applique, punch needle or rug hooking, painted projects or whatever your imagination can dream up! Reduce or enlarge pattern as desired.



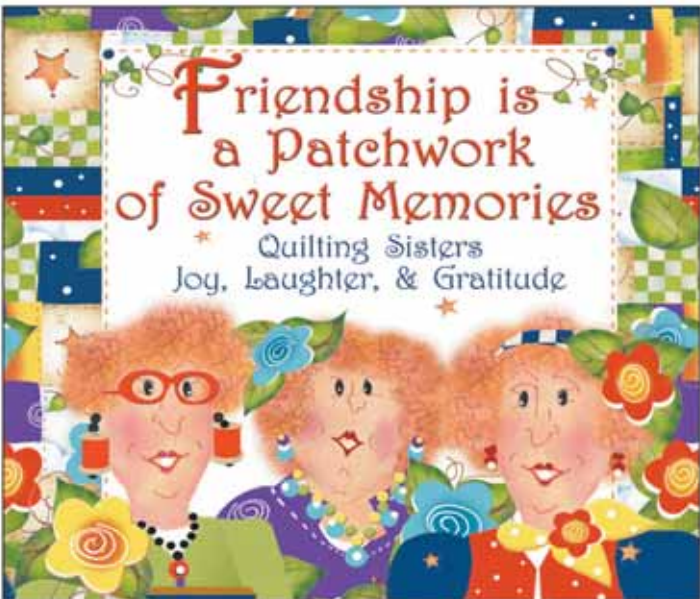
*Keep a song
in your ♥*



For more fun and creative inspiration visit:
www.JacquelynneSteves.com

Free Embroidery Pattern
May not be sold or used for
commercial purposes.

GIRLFRIEND WISDOM



It might be quilting - gardening - walking buddies - sisters or neighbors, finding a common activity builds memories. Sweet Memories are treasures in our lives. They bring such joy and laughter to our storytelling as we share with one another. Sharing brings them back to life anytime we choose. Dr. Seuss is quoted as saying,
**Sometimes you will never know the value
of a moment until it becomes a memory.**
A moment lasts all of a second - but memories live on forever!
GIRLFRIEND WISDOM:
Strive to create more memories in the moments of your day!

Joy & Blessings, *Jody*

Girlfriend Wisdom is written by Jody Houghton®. For color files of this writing contact Jody at: jodyhoughton@msn.com or www.JodyHoughtonDesigns.etsy.com



Merry March

by Barbara Kalkis

**Merry March,
 We have no expectations of you!
 You freeze us one day and warm us the next.
 You deliver onion snow for farmers.
 We raise a toast for luck on St. Patrick's Day,
 Munch bread and give thanks on St. Joseph's Day,
 And then repent through Lent.**

**You flick Time forward anticipating Spring's arrival.
 You churn the winds to transform kites into sky dancers.
 You paint our gardens in yellows and purples,
 With swaying daffodils and prim forsythia and violet carpets.**

**You can do anything you want
 And we simply shrug and say,
 "Oh, that's just March!"**

**We do not expect you to be predictable, March:
 You enter like a lion and go out like a lamb; or
 You arrive in mellow spirit and exit fiercely like a lion,
 Leaving April as the real herald of spring.
 In your unexpectedness, we expect change, surprise, and
 A ride on the wild side!**

Wit and Wisdom

by Cheryl Potts

Violet and Sunlight

I always thought I had a green thumb, but apparently not with houseplants. No matter how hard I try, they grow sicker and sicker. The hardiest of plants, I ultimately drown or starve. (May you rest in peace, Jade, Snake and Fern. Angel may soon follow in your footsteps.)



When I finally released my potted pals to "houseplant heaven," I discovered my best friend "Violet." She has been with me for seventeen years! She loves me, I can tell. Violet doesn't mind the once-a-month watering, because she is thriving (in spite of me) from sunlight in a perfect window. I know she is happy when her pink flowers bloom in a smile formation (I'm not kidding, truthfully). My pride and joy plant, one of the most difficult plants to raise, or so people tell me. All because of sunlight! She's all alone now, just her and me. I sense she's getting anxious to have some friends to grow with. Not until this plant owner does some research to find the "sunlight solution" will I add to my plant family.

Thank goodness for the "Sunlight" that keeps me growing daily. I could never thrive without His gentle pruning, sustenance and care. Even when I start to wilt and wither or lose my blooming power, His grace strengthens me during those weak times. "Hey, Violet, we've got a lot in common!" Matthew 5:16 says, "...let your (Son) light shine before men, that they may see your good deeds and praise your Father in heaven." John 8:12 states, "...I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life."

If you enjoy reading articles from the Wit and Wisdom Writers such as Cheryl, you may also enjoy the books authored by the group. Contact the authors at: witandwisdomwriters@gmail.com.

Adventures, Parties & Memories

by Lesley R Nuttall

It was August and our beautiful trees were already starting to lose their leaves. The large trees were one of the reasons that drew us to this house 44 years ago. But just having celebrated our 59th wedding anniversary and raking up this autumn's 20 odd bags of leaves, we realized it was time now to put out the "for sale" sign. The time was now to start looking for a smaller place to live.

We always loved our home, but were starting to find the daily upkeep, cutting grass, gardening, and with winter coming, we knew there would be lots of snow to shovel. Last year, there was about three feet of snow, and we knew we didn't want to go through that again!

When we bought our home, it was such an exciting adventure! Although we had only been in our present home for three years, and although it was very comfortable, I had always wanted a formal dining room. We had contemplated building on, but with the option to purchase the bigger home, with the eat-in kitchen and formal dining room, had won us over.

Soon, however, we discovered that our six-year-old daughter, Lisa, wasn't as enthusiastic as my husband Craig and I were. We had about a month before the sale was final, and in our excitement, we would drive by the house a couple of times a week to admire it. Then we realized that whenever we drove by, Lisa would hide her head down in the backseat and not look at the house. Our son Tommy, was as excited as we were because he knew he would have a new room in the basement and his own bathroom. Once Lisa realized that we were only moving about 5 blocks, and she would still be able to visit her friends, and that they would be able to come to the new house, she, too, became excited!

Life in the new home was wonderful. I had my formal dining room and a beautiful kitchen. The fireplace in the living room was exactly what a family needed on cold winter nights. The extra room at the end of the house was perfect as a TV and piano room. Both of the kids were happy with their new rooms, and hubby loved the extra space. We changed one of the extra bedrooms into a Jacuzzi room which the whole family enjoyed.

But all good things change. Both Tom and Lisa grew up and went off to further their education, and then eventually started their own families. As our house was large, it was always the gathering place for both family and friends. I loved to entertain, which inspired me to write my book, "Secrets of Party Planning."

I looked forward to anyone's birthday, Valentines Day, Easter, Thanksgiving, and Christmas and anything else that was an excuse for a party! I enjoyed the meal planning, and the decorating for the occasion. My dining room table was always set with our best china and silverware, a table cloth and napkins in a color pertaining to the occasion, and of course, always a special center piece. Then when my husband, Craig, became Mayor of our little city, it gave me even more events to plan for and execute, which I loved!



Alissa with friends Catherine & Sara

Alas, the "for sale" sign was up. Living in the same house for 44 years, we had accumulated a lot of stuff. I guess I could have been called a "pack rat." I always said, "you never know when you might need it!" There was lots of garage sales; lots to sell, and even more to give away.

Our piano, we gave to a young fellow who already had two other pianos. I was happy that it went to someone who loved to play and make music!

By this time, we had decided we would look for a two bedroom apartment. I knew that there would be no room for my double keyboard Lowery Organ. So I advertised it for free, and a lovely young couple from a neighboring town fell in love with it. Again, my heart was happy that it was going to a good home.

Although we had many wonderful times in our home, there were many months of bitter sadness when our 54-year-old son's cancer came back after four years in remission. He had moved into our house for the last 6 month of his life, and we were happy to be able to help administer medications, and good nutritional meals. We had even taken him to Toronto for a stem cell transplant which was successful.

But then, because of a radiation nick, he caught sepsis, and within a week was gone. We are so thankful to have had the opportunity to comfort him through his final months.

Once our house was sold, I realized that for me, it might be a difficult move after living in Dryden all my life—Thunder Bay has a population about 100 times more. It is only four hours farther East, and I'm happy to say that the move went smoothly, and I am adapting!

We found a beautiful two-bedroom apartment in a four-plex, with a large fenced back yard. I am looking forward to sitting out in that yard in the Spring and Summer and making music on my accordion by myself—or with whomever I can talk into making music with me!

We have started a new adventure in a new place and we are already loving every minute of it! Life and a home is what you make it, and I am so blessed to say my husband and I are happy and content with our new life and looking forward to Spring!

© Lesley Nuttall is the Author of *Secrets of Party Planning*, and lives in Thunder Bay, ON, Canada with her husband.

**CHERISH FOREVER WHAT MAKES
 YOU UNIQUE, 'CUZ YOU'RE
 REALLY A YAWN WHEN IT GOES!**

~ Bette Midler





3820 W. 10th St. B3 • Greeley, CO 80634 • (970) 352-9230
www.sewdowntown.com



Calendar of Events

- **March 20:** National Quilting Day — day-long Facebook Live demos
- **Through March 26:** Up to a **\$500 rebate** on select machines (see right column)
- **April:** National Serger Month
- **April 10 @ 10 am:** "Be A Difference Maker" virtual class
- **Every Friday @ 10 am:** Facebook Live visit

Be A Difference Maker in April by using your serger to create a drawstring bag. These bags will be given to children entering foster care so they have something nice to keep their belongings in. Sew Downtown will be a drop-off location for the bags, and there will be a virtual class on **April 10 at 10 am**. Call to sign up for the free class to gain access and get the pattern. Attendees will receive **\$5 in Sew Bucks** for every bag they drop off (4 bags maximum).



baby lock

FLORIANI
EMBROIDERY
Sewing & Quilting Products

KIMBERBELL

BEV'S STITCHERY

Featuring Supplies for

- Quilting • Needlework
- Crocheting • Knitting

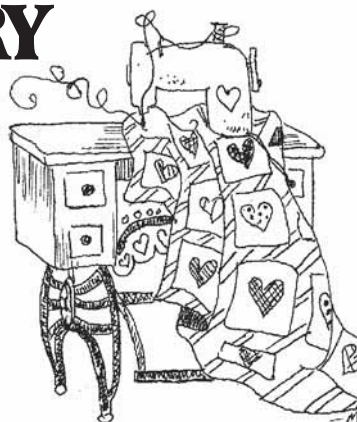
Beautiful Spring Fabrics!

Let's sew!

719-395-8780

HOURS: Monday-Friday 9:30-5
Saturday: 9:30-3

202 TABOR (½ Block North of Stoplight) • **BUENA VISTA, CO 81211**



Let's Make a Pin Cushion

by Deb Heatherly

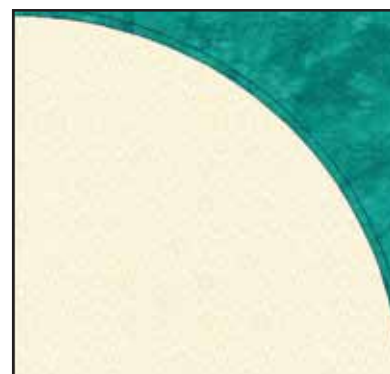
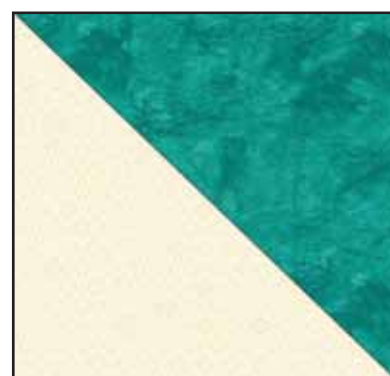
Pin cushions come in all shapes and sizes. Not only are they fun to collect but they make great gifts for your quilting friends. The folded edge of this project gives the illusion of curved piecing but nothing could be easier. Grab a few scraps and let the fun begin!

You will need:

- (4) 3 ½" squares of color
- (4) 3 ½" squares light background
- (1) 7" square batting
- (1) 7" square backing for top section
- (1) 6 ½" square of backing.
- (1) Button of your choice

Directions:

- Fold the (4) 3 ½" squares of color in half diagonally and press.
- Place the folded squares on top of the light background aligning the raw edges. Baste the raw edges.
- Sew the squares together to create a pinwheel.
- Fold back the folded edge and pin, creating a curve. Stitch curve by machine or by hand.
- Place on the 7" batting and backing. Quilt in the ditch where squares were sewn together and baste outer edges.
- Trim backing and batting even with top.
- Place right sides together on the 6 ½" square of backing.
- Sew ¼" from the edge all the way around the square, leaving an opening along one side to turn the pin cushion.
- Clip corners at an angle before turning to reduce bulk. Stuff and whip stitch opening closed.
- Sew button in the center.



Deb Heatherly is a designer for Creative Grids® rulers. When not in her studio, Deb is normally on the road doing Creative Grids® lectures and workshops for guilds and shops across the country. She is the designer of the Creative Grids Cat's Cradle tool, Strippy Stars Tool, Turbo 4 Patch, Ultimate Flying Geese Tool, Cat's Cradle XL, and the new Kitty Cornered Tool. She is also the author of the books 'Cat'itude, Strippy Stars, 4-Patch Panache, The Ultimate flying Geese Book, Catitude XL, and Creatively Yours. Visit her website at www.Debcatsnquilts.com

Kathy's Fabric Trunk

FABRICS • PATTERNS • NOTIONS • CLASSES • BOOKS • FLOSS



• **Spring Fabrics Arriving** • **Baby Lock Machines**

719-657-9314

719-657-9314 (fax) • 1-877-873-0211 (toll free)

email: kathysfabrictrunk@Q.com

**610 Grand
Del Norte, CO 81132**

OPEN: 10 am - 5 pm Monday - Saturday

Shades, Quilts & etc.

- **Quilting Supplies**
- **Embroidery Floss**
- **Wall Hangings** • **Yarn**

719-852-2179

129 Adams Street • Monte Vista, CO

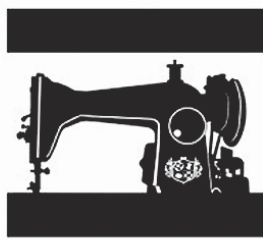
OPEN: Monday-Friday 10-5 • Saturday 10-3



Sew Easy Sewing



200 E. College Blvd
Roswell, NM 88201



baby lock

FOR THE LOVE OF SEWING
AUTHORIZED RETAILER

575.623.3774

Sergers, Sewing, Embroidery, & Quilting Machine Sales;
Service & Repair; Fabric; Notions; Thread;
Sewing Lessons, Classes, & Events

www.SewEasySewing.com

OPEN: 10am-5pm Tuesday-Friday • 10am-3pm Saturday • or by appointment



ThreadBear

quilting fabrics, fine yarn & more
for the needle arts

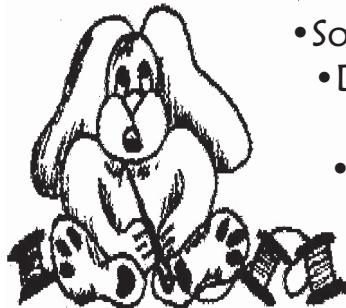
Visit us at our **NEW**
Las Cruces Location!

Visit www.threadbear-nm.com

2205-B S Main St. • Las Cruces, NM
575-523-6565

Open 10 a.m. to 5 p.m. Monday through Saturday

Sew-N-Sew



- Southwest Fabrics • Quilting Fabrics
- Dressy Fabrics • Wedding Fabrics
- Large Variety of Denims
- Tapestries • Notions • Patterns

575-546-8085

609 East Florida Street
Deming, NM 88030

OPEN: 9-5:30 Monday - Friday • 9:30 - 3 Saturday



The Quilt Works

"Customer Friendly"

Fabric • Patterns • Notions • Classes

FOOTHILLS SHOPPING CENTER

11117 MENAUL, N.E. • ALBUQUERQUE, NEW MEXICO 87112

www.quiltworksabq.com • 505-298-8210 • quiltworksabq.com

OPEN: 9-5:30 Monday-Friday • 9-5 Saturday • 1-4:30 Sunday



Country Register Recipe Exchange Cinnamon and Sugar Knots

submitted by Shirley Ross of Alexandria, MN

- | | |
|----------------------|-----------------|
| 1 1/4 cup buttermilk | 1 pkg dry yeast |
| 1 tbs honey | 1 egg |
| 1/4 tsp salt | 2 1/2 cup flour |

Cinnamon-Sugar Covering:

- | | | |
|-----------------------|-------------|----------------|
| 1/2 cup melted butter | 1 cup sugar | 4 tsp cinnamon |
|-----------------------|-------------|----------------|

Combine buttermilk, honey and salt. Stir mixture until honey is dissolved over low heat. Remove from heat and stir in yeast and set aside. Add the flour, egg and buttermilk mixture to the flour. Mix dough until it's smooth and pliable, about 5-8 minutes. Lightly butter a medium bowl. Dust hands and dough with flour and shape into ball. Place in bowl. Cover with plastic wrap and let rise 1 1/2 hours in a warm place. Prepare cinnamon-sugar covering by mixing all ingredients together. Set aside. Preheat oven to 375°. Divide dough into 8 sections. On a lightly floured area, roll each portion into a 16" long rope. Dip each rope into butter then into cinnamon-sugar mixture, turning to completely cover. Fold the rope in half, twist into spiral. Roll spiral into a coiled circle and place in greased pan. Repeat with remaining ropes. Bake 15 minutes. Serve warm and enjoy.

TAOS ADOBE QUILTING

PFAFF SEWING MACHINES

QUILTS • 100% COTTON FABRIC • SOUTHWESTERN PRINTS •
JUVENILE PRINTS • PATTERNS • NOTIONS

575-751-3219 • taostogs@taosnet.com

102 TERESINA LANE • TAOS, NM 87571

OPEN: 10:30 - 5:00 Monday - Saturday • Noon - 4 Sunday

DESERT ROSE CENTER FABRICS & QUILTS

We've Expanded — Double the Space & Double the Fun!

New Fabrics • Sewing Classes • Longarm Quilting

Highway 54 & Main Street

208 East Main • Tucumcari, NM 88401



Happy Easter

Balloon Items Onsite

10-5 M-F • 10-4 Saturday

DOWN HOME QUILTS

QUILT KITS for those on the go.

FABRIC, BATTING & NOTIONS for those planning their own.

CUSTOM QUILTING to help you finish your project.

724 Phillips Drive • Dumas, TX 79029

806-934-4041 • downhomequilts@nts-online.net

OPEN BY APPOINTMENT

Look for me at Quilt Shows throughout Colorado & New Mexico

Finding Community: Quilt Guilds

by Jeanette Lukowski

I was helping a group of church quilters working on donation quilts when I first heard about quilt guilds.

Curious, I asked what a quilt guild does.

"There are monthly meetings, trunk shows, and service projects we work on. It's a lot of fun," one of the church quilters shared. "There are about 75 members. You should come!"

Being an introvert, I don't think of myself as a woman to run towards new groups. (Or was that just the excuse I made for myself at the time? Thinking about it now, several years later, I think about the miles I've traveled and the places I've gone since that conversation about quilt guilds.)

The same church quilter suggested I join the quilt guild a number of more times that year, but I knew looking for a new job would interrupt anything I might start.

When I moved during the summer of 2019, though, I committed to finding a quilt guild in my new area. The research-phase was as simple as walking into the town's only quilt store, and asking, "What can a new quilter in town do around here?" (I walked out of the shop with a business card for the guild—and a small bag of fabric.)

Three weeks later, I attended my first guild meeting. Although I selected a seat in the back row by myself, I wasn't alone for too long. The only challenge remaining at that time was that the quilt guild only offered daytime meetings—and I was starting my new job the following week.

Thankfully, there were others who apparently expressed interest in re-starting the evening quilt guild group, as the night group started up again in January. I was there, and applied for annual membership before I left! I was happy to return in February, and even took a project for show-and-tell. The support of the women was grand!

Returning for another meeting in March, with another project for show-and-tell, I felt more comfortable with the group; whispers about COVID-19 left me nervous about the future, though.

Things went "virtual" after that. Emails and newsletters have kept us anchored together as a group, and the quilt guild created ways for us to "stay together" virtually until we can meet face-to-face again. First, the President's quilt design was presented to commemorate her years of service: a quilt of face masks.

No kidding! Not my first choice of things I would want to commemorate, but I decided to participate anyway. I made my block, "signed" it with fabric marker, and returned it to the quilt guild president.

Next project: a sampler quilt! Twelve blocks of different designs, I chose Southwest fabrics and 6" blocks. The plan is to have it finished for October's Quilt Show. (Fingers crossed that we can have it!)

Nervous about making friends in my new community, it turned out to be as simple as attending a quilt guild meeting. Though we can't get together as a guild much this year, these ladies have still anchored me with friendships, connections, and community.

YARN OUTLET

Spring Sale – check website for details!

New yarn lines arriving from Omega

Fully stocked with your favorite US yarns: Brown Sheep and Kraemer

Best choice of needles and hooks in Southern Colorado

New stock of Laurel Hill hooks & Prym Ergo needles & hooks

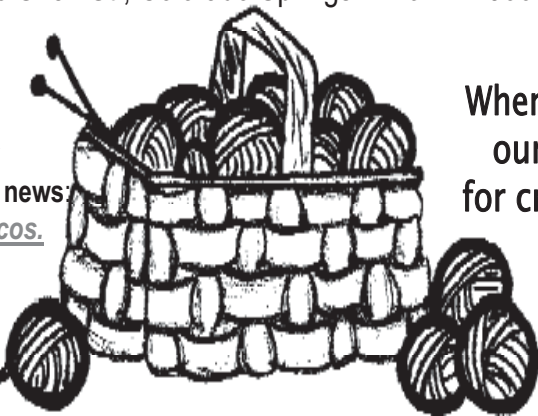
Reminder shop is closed on Wednesdays.

Regular Shop Hours: M,T,F, Sat. 11 – 5:30

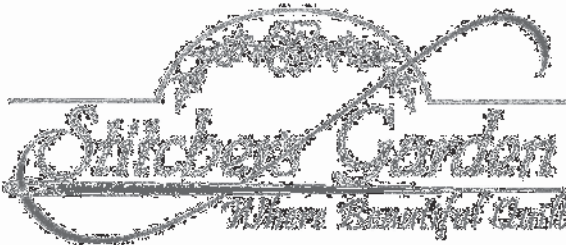
Thurs. 11 – 7:30 PM

416 S. 8th St., Colorado Springs 719-227-3665

See web site for current hours & news:
www.yarnoutletcos.net



Where yarn is our outlet for creativity !



Pueblo's Quilt Shop since 1999

WE CARRY A HUGE VARIETY OF NOVELTY PRINTS, BATIKS, 30s & CIVIL WAR REPRODUCTION FABRICS.
Open late until 8 p.m. on the first Friday of each month and open on the third Monday 10 a.m. to 5 p.m.

STORE HOURS
Monday - Saturday: 9am - 5pm
Sunday: Noon - 5pm
Please call the store to find out if we have temporary hours in place due to the COVID-19 restrictions.



Email: RStitchery@pcisys.net - Website: www.RuthsStitchery.com

4440 Austin Bluffs Parkway
Colorado Springs, CO 80918

Phone: 719-591-1717
Toll Free: 888-591-8803

Ruth's Stitchery



Celebrating 36 Years of Quilting & Stitching in Colorado Springs!

Husqvarna

VIKING

The only authorized Husqvarna Viking Sewing Machine & Serger Dealer with Certified Repair Service in the Colorado Springs Area.

We have new neighbors, WOODCRAFT and Sandy LEATHER are located on both sides of our store!

Nanas Quilt Cottage

Get Creative at Nanas

Notions/Kits • Classes • Fabric • Books/Patterns

OFFERING LONGARM QUILTING SERVICES

35 South 26th Street, Colorado Springs, CO 80904

719-634-9500 • www.nanasquiltcottage.com

10-5 Monday-Saturday • Closed Sunday

First Stitches

Sewing Stores & Quilt Shops



brother

baby lock

FOR THE LOVE OF SEWING

JANOME

PUEBLO LOCATION:
805 Eagleridge Blvd. #140
Pueblo, CO 81008
719-225-8142

CANON CITY LOCATION:
212 S. 4th Street
Canon City CO 8121
719-285-8088

Sewing & Embroidery Machine Sales



Fabrics • Notions • Accessories • Classes • Events

www.firststitches.com • Shop Online 24/7

Certified Sewing Machine Repair & Service



Country Register Recipe Exchange

Meatballs with Honey Peach BBQ Sauce

submitted by Shirley Ross of Alexandria, MN



For your meatballs use your favorite recipe! Form them into 2 inch balls and arrange on baking sheet. Leave about 1/2" space between each meatball. Bake in 350-375° oven for 18-20 minutes.

Honey-Peach BBQ Sauce:

- | | |
|------------------------------|---|
| 1 tbs butter | 2 peaches (about 1 cup), peeled, pitted and diced |
| 1/2 onion, peeled and minced | 3/4 tsp salt |
| 1 - 15oz can tomato sauce | 1/4 tsp crushed red pepper |
| 1/3 cup honey | 1/8 tsp cayenne pepper |
| 2 tbs dark brown sugar | 2 tbs apple cider vinegar |

Over medium heat in medium pan, melt butter. Add onion and cook until tender, about 7 minutes. Add tomato sauce, honey, brown sugar, salt, peaches, red pepper and cayenne. Stir often while cooking over medium heat until mixture begins to simmer. Continue to simmer until peaches are tender. Cool slightly and puree in a food processor. Stir in apple cider vinegar and serve with meatballs. Just before serving, garnish meatballs with fresh parsley if desired. Makes about 32 meatballs.

The Quilted Heart

Fabric • Notions • Patterns
Longarm Quilting

Over 3,000 Bolts of Fabric
COMPETITIVE PRICES

973 Main Street • Limon, CO
719-775-8116

www.TheQuiltedHeart.net

10 am-6 pm Mon-Sat • open Thurs til 7 pm

Helen "Nellie" Herron Taft

by Jan Keller

Helen "Nellie" Herron Taft, rather than her husband, was the more ambitious of the two to attain the White House. While her husband served in state and federal judgeships, as U.S. solicitor general, governor of the Philippines, and secretary of war, Nellie kept her eyes focused on presidential politics. President Theodore Roosevelt urged Taft to consider running in 1908, but Nellie also had counseled him not to consider an appointment to the US Supreme Court in 1902 and 2006. Nellie felt triumphant with Taft's presidential victory in 1908.

Nellie was First Lady from 1909 to 1913 and perhaps her preoccupation for her husband to seek the oval office goes back to what she called "the only unusual incident" of her girlhood. When she was 17, she had been a guest of President and Mrs. Rutherford Hayes, who were close friends of her parents. As the fourth child of Harriet Collins and John Herron, Nellie was born in 1861 and grew up in Cincinnati, Ohio. She attended a private school in the city and studied music.

The year after her visit to Washington, she met Will Taft, a tall young lawyer. They had mutual interests and their friendship matured into love and they were married in 1886. A "treasure," he called her and he wondered if they might reach Washington and suggested they might—when she became Secretary of the Treasury!

Mrs. Taft reveled in her husband's inauguration, and she proudly became the first presidential wife to ride next to her husband in the procession from the Capitol to the White House after the inauguration. Once they and their three children, Robert, Helen, and Charles, were in the White House, Nellie's focus became the operation of the executive mansion and its complex social activities. She introduced liveried footmen at the public entrance to receive visitors and direct tourists. She initially increased the White House's formal dinners, musicales, and lavish garden parties. Then, only two months after the inauguration she suffered a severe stroke but her will had her back at the helm within a year.

During her four years of planning social events, the most outstanding was an evening garden party for several thousand guests on the Taft's silver wedding anniversary, June 19, 1911. Mrs. Taft remembered this as "the greatest event" in her White House experience.

Helen Herron Taft's legacy in Washington, DC, continues when each spring with the blooming of the Japanese cherry trees that line the capital's tidal basin. In 1909 she campaigned for the planting of thousands of the beautiful flowering trees that are a vivid memory from her years in Asia while her husband was governor of the Philippines. Also, visitors to the Smithsonian museums see her influence in the stunning collection of First Ladies' inaugural gowns, a collection that began with hers.

After their White House years, the Tafts moved to New Haven, Connecticut, where he joined the faculty of the Yale Law School. Then, as fate would have it, she returned to her beloved Washington in 1921 when her husband became the chief justice of the US Supreme Court—the office to which he had aspired most of his adult life.

Helen Herron Taft died in 1943, thirteen years after her husband's death. They are buried side by side in Arlington National Cemetery, just across the Potomac River in Arlington, VA—overlooking Washington DC.



President Taft's Favorite Pumpkin Pie

1 single pie crust	1/4 cup sugar
1/2 cup brown sugar	1/2 teaspoon salt
1/4 teaspoon allspice	1 teaspoon cinnamon
1/2 teaspoon ginger (optional)	1 1/2 cups pumpkin
2 eggs, separated	3/4 cup canned milk
3/4 cup fresh milk	

Line a 9" pie pan with pastry. Mix sugars, salt and spices. Add pumpkin. Add egg yolks and both canned and fresh milk. Add more spices, if desired. Last, fold in beaten egg whites, not too stiff. Pour filling into unbaked pie shell. Bake at 450 degrees until done, about 30 to 40 minutes (depending on your oven). The pie is ready when a knife comes out of filling clean.

Mrs. Taft's Chicken Croquettes

3 cups finely chopped cooked turkey or chicken	
dash of pepper	dash of nutmeg
1/4 cup chopped onion	1/3 cup butter
1/3 cup flour	1 pint light cream
2 whole eggs, slightly beaten	bread crumbs
lard or oil or shortening, for frying	

Chop cold turkey or chicken very fine. Season with pepper, nutmeg and onion. Melt butter, add flour, and mix until smooth. Add cream and cook slowly, stirring constantly until sauce is thick. Add salt and chopped fowl. Chill. Shape into croquettes. Dip croquettes into egg, then into bread crumbs. Roll lightly into shape. Fry in boiling fat (380 degrees) until browned, about 5 minutes. Makes 6 servings.

Starting Your Garden in the Spring



1. Citrus-Rind Seed Starters: Grapefruit, oranges and other citrus rinds are the perfect size for starting new seeds! Poke a small hole in the bottom to aid in drainage. Add some moist seed-starting mix soil and some seeds. When it's time to move them outside, plant the whole thing into the ground! Make sure to use these only for acid loving plants though as the rinds are acidic. Plants like radishes and peppers will be perfect!



2. Micro Greenhouse: Create your own green house for each plant with a 2-liter bottle. Remove the labels and cut the bottom off the bottle. Place over each plant. Remove the greenhouses once the seeds have germinated and roots have taken hold.



3. Cardboard Seed Tubes: Save your toilet paper and paper towel tubes. Cut the tubes into 2 inch lengths and put them in a water proof container. Fill the tubes with your seed-starting mix soil and plant your seeds. When the seedlings are ready to move to the garden, plant them right in with the cardboard tube and all! The cardboard will decompose!



Dyeing Wool with Easter Egg Dyes

by Vickie Clontz



Easter egg dye comes in so many pretty colors and is permanent on protein fibers, such as wool and silk, when heat-set and used with a mordant—in this case, white vinegar. The purple dye even separates into beautiful hues of lavender, blue and pink!

Here is how to do it:

1. Fill a basin with room temperature water and add a squirt of soap, such as dishwashing liquid. (I use blue Dawn concentrate.) Add the fabric to the soapy water and soak for at least 30 minutes.
2. Meanwhile, mix the dye. You'll need Easter egg dye (I use PAAS), plastic containers for mixing the dyes, plastic spoon, tablespoon, measuring cup, white vinegar, water and paper towels.
3. Mix the dye: place 3 tablespoons of white vinegar into a small container and add the dye tab. Let tab dissolve completely, then add 1/2 cup water and another tablespoon of vinegar. Mix. You can check the color by dipping a corner of a paper towel into the dye.
4. Remove items to be dyed from the basin and squeeze out the soapy water. Arrange in an aluminum roasting pan or oven-safe container that you do not plan to cook in. Add the dye to the wet fabric. You can pour it, spoon it or paint it on with a sponge brush. Fabric should be very wet. When all the dye is added, place in oven and turn to 225 degrees. Cook for approximately 40 minutes, checking periodically to make sure the fabric is not scorching. You can add more water if needed.
5. When water is fairly clear, your fabric is done! Let cool completely and rinse in room temperature water. Gently towel dry fabric; lay fabric out flat to finish drying. Please note that this technique is only permanent on protein fibers and will not work on synthetic or plant fibers such as cotton or linen. For more fun dyeing ideas, please visit my website at <http://www.annieskeepsakes.com>.



Vickie Clontz is the owner of Annie's Keepsake in Kernsville, NC, and is celebrating 31 years in business. She regularly attends both local and national trade shows. Contact Vickie @ annieskeepsakes@carolina.rr.com.



ALONG THE PRESIDENTIAL TRAIL

Part of a series
by Jan Keller

William Howard Taft — 27th President of the United States

William Howard Taft was born in Cincinnati, Ohio, to judge Alphonso and Louisa Taft 1857. He graduated from Yale, and then returned to Ohio, to study law and begin his law practice. He quickly climbed the political ladder through Republican judiciary appointments. A seat on the US Supreme Court was his ultimate goal. His path to the White House was mapped through desirable appointments beginning in 1900 when President McKinley appointed him civil governor of the Philippines. He was called back to Washington by President Theodore Roosevelt in 1907 to serve as secretary of war. The following year Taft received the Republican presidential nomination, won the election and was inaugurated in March 1909.

Taft pledged to continue Roosevelt's progressive agenda but ultimately political differences diminished appreciation for Taft's achievements. He signed the first tariff revision since 1897; established a postal savings system; formed the Interstate Commerce Commission; prosecuted over 75 antitrust violations and expanded foreign trade. The Taft era Congress submitted two Constitutional amendments to the states that were ratified in 1913: the sixteenth amendment created a federal income tax; the seventeenth amendment authorized the direct election of senators.

One major change occurred to the White House complex during Taft's administration. On Taft's inaugural day, Congress approved \$40,000 to double the size of the "temporary" Executive Office Building (later called the West Wing) erected during the Roosevelt administration and the first oval office space for the president in the building. The "Oval Office" took shape in the summer of 1909 and was the first new State Room since the house was built in the 1790s. The office was replaced in 1934 by the Oval Office built for Franklin D. Roosevelt in another major expansion of the West Wing.

The Tafts celebrated Christmas simply—they opened gifts in the morning and shared a turkey dinner later. According to press reports, a 35–40 pound prize turkey graced the table along with "Aunt Delia's goodies." The president's Aunt Delia Torrey of Millbury, Massachusetts, always sent "Nephew Will" a package of her homemade apple pies, jellies, and jams.

President and Mrs. Taft enjoyed Christmas shopping together in downtown Washington with the holiday crowds. On occasion the president was known to slip away from his Secret Service detail to enjoy a walk through the city. On Christmas Eve in 1911, the president and first lady secretly left the White House on foot to make surprise visits to friends. When the Secret Service discovered their absence, there was total panic as agents scurried all over town searching to find them. Eventually, President Taft returned to the White House smiling broadly with Mrs. Taft holding his arm.

The Tafts were a wholesome and busy family. In 1909, their son Robert, nineteen, was a junior



at Yale, and Helen, seventeen, was a student at Bryn Mawr. Only their youngest child, Charles, eleven, lived with his parents year round at the White House. The Taft children were considered too old for a Christmas tree, but in 1912 while President and Mrs. Taft were away on an inspection of the Panama Canal, Robert and Helen hosted the family celebrations and held a Christmas tree party in the Blue Room for their young cousins. The huge tree was decorated with baubles, toys, and thousands of electric lights

and it started a tradition of decorating a tree for guests. President and Mrs. Taft provided gifts for friends and each White House employee received a turkey—a practice started by presidents in the nineteenth century.

In 1912, when the Republicans re-nominated Taft, Roosevelt revolted by leading the opposing Republican Progressives (or Bull Moose Party), and thus the election of Woodrow Wilson was guaranteed. Taft, at age 55 and no longer president, went to Yale to teach law until President Warren Harding made him chief justice of the United States in 1921. Having achieved his lifelong ambition, he held a seat on the Supreme Court until just before his death in 1930. As chief justice, his interest in civic architecture found its greatest expression when he played a key role in designing the current Supreme Court building.

On March 8, 1930, Taft died from complications of heart disease, high blood pressure, and inflammation of the bladder. His funeral was the first presidential funeral broadcast on radio. He was buried at Arlington National Cemetery.



Me in front of the Taft Home at the William Howard Taft National Historic Site.

Photo by John Keller

5" Pincushion or Mug Rug



Cut Wool Strips as follows	
A - Center	1" x 1"
B	1" x 1"
C	1" x 2"
D	1" x 2"
E	1" x 3"
F	1 1/4" x 3"
G	1 1/4" x 4 1/4"
H	1 1/4" x 4 1/4"
I	1 1/4" x 5 1/2"

1. Cut Shape Flex fusible interfacing 5 1/2" x 5 1/2".
2. Place interfacing fusible side up on ironing surface.
3. Place wool strips in order indicated on top of the fusible interfacing so that each strip lays exactly side by side with no interfacing showing.
4. Fuse in place. Flip over and fuse again from back side.
5. Use Valdani Size 12 Pearl Cotton to add a decorative stitch between each piece of wool. We used the Fly Stitch. Check out needlenthread.com for tutorials.
6. Cut piece of flannel or wool 5 1/2" x 5 1/2" for backing.
7. Place right sides together with completed block. Machine stitch around edges using a 1/4" seam allowance, leaving a 3" opening on one side. Clip corners, turn right sides out through opening. Press.
8. Stuff with fiberfill or crushed walnut shells for a pincushion, then stitch opening closed. Leave flat, stitch opening closed, then topstitch around edges for mug rug.

© Prairie Point Junction Quilt Shop, 2020
124 East 8th * Box 184 * Cozad * NE * 69130
308-784-2010 prairiepointjunction@yahoo.com
prairiepointjunction.com





Back Porch Break

by Nancy Brummett

Walk It Out!

Anxiety? Frustration? Cabin fever? Spring is coming and it's time to walk it out! Excuses for not taking a walk are easy to come by. It's too cold. It's too windy. It might rain. I walked yesterday...or one day last week. Yet the benefits of actually tying up those walking shoes and hitting the trail, the sidewalk, or even the track at a school near you, should be enough to overcome the excuses.

According to health experts the benefits of walking even 20-30 minutes a day include: heart health, weight loss, increased respiratory function, increased immunity, a chance for safe socialization outside, and plain old happiness. You feel better physically and emotionally when you have a walking routine (which is easier to stick to if you have a walking buddy). Besides, you don't need lessons to learn how to walk for exercise, and you can do it almost anywhere.

Dog owners without fenced yards are encouraged by their canines to take walks a couple of times a day at least. Who can resist those big eyes imploring you to come explore the great outdoors with a best friend?

Once my husband and I were visiting my stepdaughter and her husband. The young couple never cooked at home so my husband was trying to explain how easy it is to throw a variety of ingredients into a wok for a quick and easy meal. Every time he said the word wok, however, their dog would appear in front of him with his leash in his mouth. We soon realized that he thought Jim was saying "walk" not "wok!" Hard to resist for sure.

Physical ailments can impair our ability to walk, of course, which is why I never take a pain-free walk for granted. I once had a heel issue for about two years and couldn't walk—but gratefully found out I enjoyed swimming laps instead. Toe pain, plantar fasciitis, creaky knees, hips or ankles can all take the joy out of a nice walk, but wanting to get back to walking provides the motivation to work on alleviating the ailments as soon as possible. Start where you are and step out as much as you can.

In fact, whatever it is that's eating at you this spring, go walk it out. It doesn't matter how far you go or how fast you walk. Need some spiritual guidance? Turn your walk into a prayer walk. Struggling with a problem or relationship? The fresh air alone can clear the cobwebs and give you a clearer perspective by the time you return home.

As I was writing this column my husband stuck his head into my office and said, "I'm going for a walk, want to come?" My response was, "Sorry, I have to finish this column on the benefits of walking." Hmmm... someone needs to follow her own advice. Now that I'm done, I think I'll go for a walk.



Nancy Parker Brummett is an author and freelance writer in Colorado Springs, CO. "Like" her author page on Facebook, or to learn more about her life and work, visit www.nancyparkerbrummett.com.

**I-rish you a very nice place to live,
I-rish God's greatest gifts he'll give
I-rish you health, and wealth, and more—
I-rich your smilin' face were at my door!**

**HAPPY ST. PATRICK'S DAY
MARCH 17**

By the Yard® © 2021 Jennifer Lopez

THESE ONES ARE FOR FABRIC AND THESE ONES ARE FOR PAPER. ANY QUESTIONS?

UMM... WHICH ONES ARE FOR WIRE?

www.bytheyardcomics.com