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Shannon Snyder

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Recipe for Good Eating

Macaroni Salad

by Karen Cabral

Ingredients:

- 2 cups elbow macaroni
- 2/3 cup chopped celery
- 2/3 cup chopped sweet peppers (mixture of yellow, orange, red)
- 2/3 cup chopped sweet onion
- 1/2 cup chopped fresh basil
- 1 tsp black pepper
- 1 tsp celery seed
- 1 tsp Lowry's garlic salt
- 1 cup Hellman's mayonnaise
- 1/2 cup sour cream

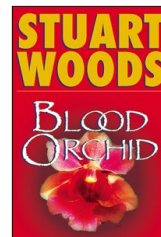
Cook macaroni with a little bit of olive oil in the water and drain with cold water. Add the celery, peppers, onion and basil. Add the celery seed, salt and pepper, mayo and sour cream and mix well. I like my salad a little chunky so I don't chop the veges too fine. You can substitute red onion if you like or even a Vidalia. I always use Hellman's and I like to use a good sour cream, NOT non-fat.

If you have a favorite recipe to share, please phone or email us.



Off the Shelf – Book Review

“FLORIDA FICTION – the Holly Barker series”
reviewed by Marya Repko



I'm on my summer holidays in the land of make-believe but only up the east coast of Florida to the little town of "Orchid Beach" close to Vero. Chief of the Police Department there is Holly Barker, the creation of novelist Stuart Woods whose mystery series also include New York City detective Stone Barrington. Holly is a 40-ish attractive woman who flies an airplane, shoots a gun on target, and battles the Miami FBI to solve crimes they can't. Her ex-Army father Ham helps out unofficially as she battles developers, smugglers, and insurgents. A supporting role is given to Daisy the dog who is superbly trained to "Guard!" with growling teeth when necessary.

We first meet Holly in 1998 when she leaves the Army and joins the police force. In the next book, her fiancé is killed as an innocent bystander in a bank raid just before their wedding. The search for his murderers leads to the shores of Lake Okeechobee, an execution on the edge of the Everglades, and a car chase to the airport at Opa-locka. In other episodes she cleans up a money-laundering gang, joins the CIA as a special agent in New York, and then returns home to Florida.

The books are perfect light summer reading and are available at our Public Library in City Hall. Look for the titles *Orchid Beach*, *Orchid Blues*, *Blood Orchid*, *Iron Orchid*, and *Hothouse Orchid*, all by Stuart Woods on the fiction shelf. To read synopses of the author's books (almost 50 of them!), see www.stuartwoods.com.

HOUSEHOLD TIP

by Marya Repko

I've prepared for hurricane season by going through all the cans of food stored in my special closet and throwing out those which were past their "sell-by" dates. Then I stocked up again and made sure I had Spam, sardines, tinned veggies, and Rama noodles. I've also organized some candles and matches in a waterproof container, checked my flashlights, and made sure I had something to cook on when there's no electricity. And, just in case we get flooded and I have to flee to higher ground, I packed up a bag with an old towel, some toiletries (tooth brush, etc), and copies of important documents. Maybe if we're prepared, it'll never happen!