

Don't have enough time during your workday to do all the business and shopping you need to do before the stores close? Can't make it back up the hill from down below to shop in your own home town?

Shop Here Shop Now

Starting now, selected stores will be open from 3 to 7 pm every 2nd SATURDAY of the month throughout the summer!



2nd SATURDAYS

ART & MUSIC VENDORS 3 to 7PM

SHOPS OPEN 10 AM to 7 PM ~ Thanks for Shopping LOCAL!

CHOCOLATES FOR BREAKFAST

55735 29 Palms Highway • Yucca Valley • 369.3099

TAMURA AT HOME

55870 29 Palms Highway • Yucca Valley • 369.3900

OLD TOWN MERCANTILE

55727 29 Palms Highway • Yucca Valley • 228.0700

SOUNDWERKS

55745 29 Palms Highway • Yucca Valley • 365.0031

THE GLEN REALTY

55709 29 Palms Highway • Yucca Valley • 365-3328

DANIELLA'S BOUDOIR

55866 29 Palms Highway • Yucca Valley • 228-2277

THE POTTERY

55838 29 Palms Highway • Yucca Valley

LAS PALMAS MEXICAN CUISINE

55792 29 Palms Highway • Yucca Valley • 369-7164

and more to come!



by Healthy Exchanges

Saucy Chicken Stir Fry

Stir-fry is the easiest way to get your veggies and to have something that is quick and easy. If you need to serve an extra body, just throw in a few more veggies.

- 3 cups purchased raw stir-fry vegetables
- 8 ounces skinned and boned uncooked chicken breast, cut into 1/2-inch pieces
- 1/2 cup Kraft fat-free mayonnaise
- 1 teaspoon dried minced garlic
- 1 tablespoon reduced-sodium soy sauce
- 1/2 teaspoon ground ginger
- 2 cups cooked rice

In a large skillet or wok sprayed with butter-flavored cooking oil, cook vegetables for about 5 minutes or until just tender, stirring often. Remove from skillet. Add chicken pieces to skillet and cook for about 4 minutes or until tender. Add cooked vegetables. Mix well to combine. Stir in mayonnaise, garlic, soy sauce and ginger. Remove from heat. For each serving, place 1/2 cup rice on a plate and spoon about 1 cup chicken mixture over top. Serves 4.

HINTS: 1) 1 cup raw broccoli, 1 cup raw cauliflower, 3/4 cup carrots and 1/4 cup green onion may be used in place of purchased stir-fry vegetables. 2) Usually 1 1/3 cups uncooked instant or 1 cup regular rice cooks to about 2 cups.

• Each serving equals: 215 calories, 3g fat, 17g protein, 30g carbs, 419mg sodium, 31mg calcium, 3g fiber; Diabetic Exchanges: 1 1/2 Meat, 1 1/2 Vegetable, 2 Starch/Carb; Carb Choices: 2.

Visit Healthy Exchanges at www.healthyexchanges.com, or call toll-free at 1-800-766-8961 for more information about the only national food newsletter for diabetics, heart/cholesterol concerns and healthy weight loss.

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Revitalize outdoor areas for summer

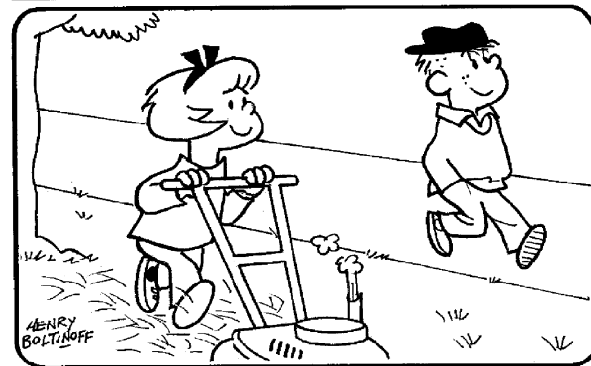
It's much cheaper than replacing!

- Clean and paint (or sand and restain) all lawn furniture. Place in a different spot so you can enjoy a different view this summer.
- Stain concrete to look like tiles! First put down lighter color, let dry; then use a darker color to outline "tile" squares. Use a painting stamp to add designs.

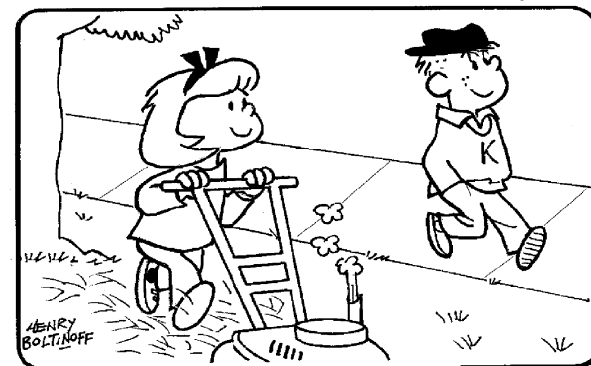
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HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Boy's sweater has letter. 2. Girl's hair is longer. 3. Sidewalk is lined. 4. More smoke coming from mower. 5. Tree trunk is wider. 6. Mower handle has extra crossbar.

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by Freddy Groves

Cutting Costs Through Misdiagnosis

Each time the Department of Veterans Affairs takes two small steps forward, something happens to send it a giant step backward. In this case, it was an e-mail that got loose from the VA. In the e-mail, a psychologist for a VA medical center in Texas "suggested" that they stop making diagnoses of Post-Traumatic Stress Disorder and call it Adjustment Disorder instead. At first I thought that perhaps this was an e-mail from someone low on the policy-making totem pole. Turns out, however, that the sender is the PTSD program coordinator. A "suggestion" from one's boss has a way of becoming reality. Of course, the VA secretary jumped all over it, saying it wasn't VA policy. Of course, the House and Senate Veterans Affairs committees want an investigation. And of course, the employee who sent the e-mail is staying on the job after being "counseled." How many similar "suggestions" are quietly offered up in hallways and conference rooms? How many other cases are there of misdiagnosis to save a benefits buck? So what does all this mean? It means that each time a veteran is told, "No, you don't have PTSD," the question will hover overhead: Is this less-than-PTSD diagnosis just a way to save money on disability benefits? *** Meanwhile, if you're out in public in your uniform and people are giving you "a sign," don't be alarmed. This sign, with the hand starting at the heart, moving down to the belly, and then extending is out to you, is the Sign of Gratitude, as in "Thank you from the bottom of my heart." Check out the Gratitude Campaign Web site: www.gratitudecampaign.org. Write to Freddy Groves in care of King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475, or send e-mail to columnreply@gmail.com. (c) 2008 King Features Synd., Inc.