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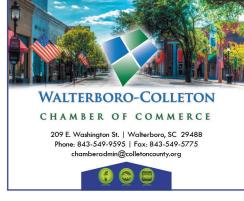


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THEME: FALL FUN

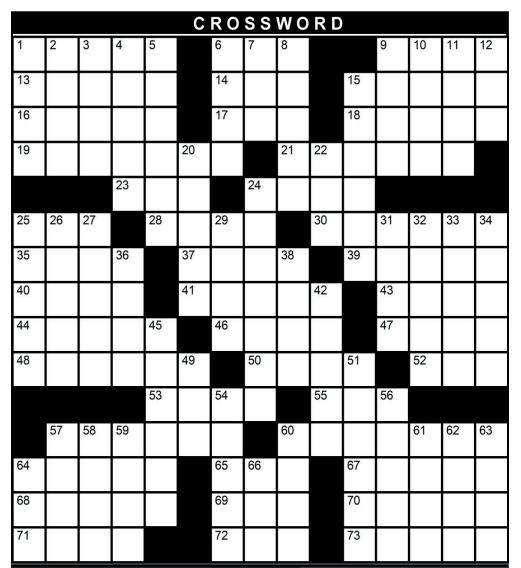
ACROSS

- 1. Domenikos Theotokopoulos, a.k.a. El _
- 6. Org. striving to attain "the highest possible level of health" for all
- 9. Faculty member, for short
- 13. Rekindled
- 14. Western omelet ingredient
- 15. Trailblazer Daniel
- 16. Not a minor 17. Spud bud
- 18. Nonsense
- 19. *Colorful autumn attraction
- 21. *Popular fall decor item, pl.
- 23. Leave speechless
- 24. Thailand money
- 25. Belfry dweller
- 28. Dwarf buffalo
- 30. Eccentric one 35. 2nd word in fairvtale?
- 37. Overnight lodgings
- 39. Marilyn Monroe's given name
- 40. Between a trot and a gallop 41. *Pressed beverage
- ___ Blanc
- 44. Type of saltwater fish
- 46. Like a broken horse
- 47. Larger-than-life
- 48. Sound setup
- 50. "CliffsNotes," e.g.
- 52. Fifth note
- 53. Genuflecting joint
- 55. "____ he drove out of sight..."
- 57. *Back to what?
- 60. *____ weather
- 64. Cell dweller
- 65. Tokyo, pre-1868 67. Out of the way
- 68. Be needy
- 69. Sticky stuff
- 70. Conical dwelling
- 71. Heidi's shoe
- 72. Asian capital
- 73. Move furtively

DOWN

- 1. Famous Steffi
- 2. Do over
- 3. Twelfth month of Jewish year
- 4. Locomotive hair
- 5. Canadian capital
- 6. Cry of glee
- 7. *Wagon "cushion"
- 8. Last letter, to Homer
- 9. Standard's partner
- 10. Crucifix
- 11. Change for a five
- 12. Funny Poehler's funny friend
- 15. Himalayan kingdom
- 20. Relating to genes
- 22. Unit of electrical resistance
- 24. Boo-boo wrap
- 25. *Next spring's flowers
- 26. To the left, on a boat
- 27. Safari hat
- 29. Fonzie: "Sit
- 31. Top of the Capitol
- 32. *Fall bounty 33. Prenatal test, for short

- 34. *Pumpkin garden
- 36. Not far
- 38. Big rig
- 42. Stitch again
- 45. Vietnam river
- 49. Lennon's widow
- 51. *Celebrant's bagful
- 54. Lament for the dead
- 56. Artist's tripod
- 57. Exchange for money
- 58. Greek muse of history
- 59. Before Kong
- 60. Any time now
- 61. #70 Across, alt. sp.
- 62. Biblical paradise
- 63. Stink to high heaven
- 64. Broadband access overseer
- 66. Unidentified John





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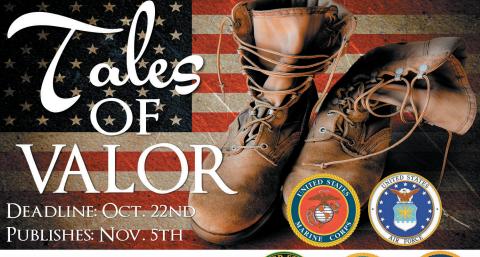
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New food trends Can Save time and Money

(Family Features) As families continue to adjust their meal routines amidst a worldwide pandemic, there are trends you and your loved ones can follow to improve your general health, maintain a budget and spend more time together.

Home cooking: According to a study conducted by Hunter on how COVID-19 has changed home cooking, 54% of Americans are cooking more and 50% have more confidence in the kitchen. Many, perhaps for the first time, found that cooking at home and learning cooking techniques could be a fun family activity.

Trusting frozen: Frozen foods have seen a renaissance in 2020. Many families discovered that new technologies allow frozen foods to deliver innovations in flavors, recipes, authenticity and affordability without compromising taste. For example, Agua Star's frozen Cutting Board Meal Kits are available at grocers nationwide and feature full chef-inspired meals like Chipotle Shrimp Street Tacos and Southwest Chili-Lime Tilapia.

Saving money: It's common knowledge for many consumers that eating at or ordering takeout from a restaurant is more expensive than cooking at home. Eating at home showed families just how much they could save, and this trend is likely to continue. According to a Simon-Kucher Restaurants Survey, 26% of consumers who ate meals from casual restaurants before the pandemic anticipate eating meals primarily at home for up to a year after lockdown.

More seafood: According to a national survey by Aqua Star, one of the country's largest seafood companies, 75% of Americans want to eat more seafood. Seafood provides nutritional benefits

for a multitude of recipes, but many people don't know how to prepare it. One of the easiest ways to introduce your family to seafood is through familiar comfort food recipes and convenient one-pan meals.

Online grocery shopping: Nearly daily trips to the grocery store can be an expensive habit since impulse buying is a bane to

ing room table. For a simple family meal that focuses on frozen seafood and pantry staples, try this recipe for Shrimp Scampi that involves just a few steps of preparation that can even allow kids to help in the process. If you don't have time to cook, Agua Star's Shrimp Scampi MicroSteam Bowl is a simple way to enjoy the same flavors in minutes, from the microwave, with no clean-up required.

Find more at-home seafood solutions at aquastar.com.

Cook time: 20 minutes Servings: 4 8 ounces pasta linguine tablespoons butter tablespoons extra-virgin olive oil garlic cloves, minced 1/2 cup dry white wine or seafood broth teaspoon kosher salt dash crushed red pepper 1 flakes

> teaspoon black pepper 1/4 1 1/2 pounds large or extralarge Agua Star shrimp, shelled

cup parsley, chopped lemon, juice only

Cook pasta according to package directions.

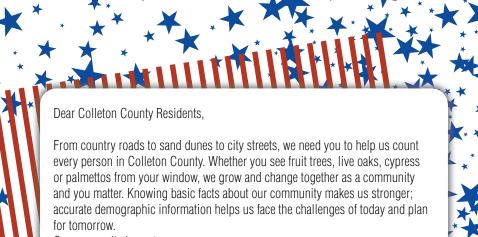
In large skillet, melt butter and oil. Add garlic and saute until fragrant. Add wine or broth, salt, red pepper flakes and black pepper. Bring to simmer and reduce by half.

Add shrimp and saute until shrimp turn pink and opaque, approximately 2-4 minutes depending on size. Stir in parsley, lemon juice and cooked pasta.

Shrimp Scampi 1/2

money. As online grocery shopping grows in popularity, it provides families with a convenient, time-saving way to keep must-haves on hand without overspending at the store.

Dinners with family: After years of families grabbing meals on the run, sheltering in place has brought many back to the din-



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- Participation rates in the 2010 Census in Colleton County were low. We know that 10 years makes a difference in a community and our lives. Let's make sure that we measure some of these changes. We are a community conscious of our civic

Colleton County can be counted online at 2020census.gov

Colleton County can be counted by mail or phone

Talk to your neighbors and family about the importance of completing the 2020 Census. Encourage them to be good citizens, good neighbors and proud residents of Colleton County.

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