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American Classics

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Blue Skies Ahead

Our readers seek adventure and soak up the best of summer in this photo collection.



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COVER: Grand Teton National Park

PHOTO BY TERRY DONNELLY

FROM THE EDITOR



Summer To-Do List

WITH A MARKER IN HAND, my son sketched out all the things he wanted to do this summer. I found at least four drawings while cleaning his room (I threw out a lot of "artwork" so I'm sure there was more that I missed).

He wants to take a trip to the big city (Chicago) to see the beluga whales at the aquarium, go fishing with his grandparents, have a picnic with my husband and me (for some reason his little sister was not in the picture) and take a road trip.

This issue reminds me of my son's drawings—full of ideas for summer fun. There's eating watermelon on a hot day (page 11), exploring Chimney Rock (page 12), picking wild raspberries (page 18), cooking for a picnic (page 24) and fishing (page 62). It's all stuff that makes you think of a country summer.

Marveling at our nation's beautiful scenery is another rite of the season. Starting on page 26, you'll find a collection of images that celebrates America's iconic landscapes—from the Rocky Mountains to the Great Lakes. There are more out there, and we'd love to know the ones you revere. Send me a line or two at the email address below. You might see your suggestion in a future issue.

Marija Andric, Editor marija@country-magazine.com

COUNTRY ONLINE!

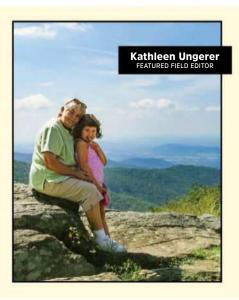
Find all sorts of extras from Country readers on Facebook and Instagram. Here's a taste of what you're missing.



While taking pictures of a summer sunset, Katie McCleskey turned around and found this lovely lady gazing at her. facebook.com/countrymagazine



Alaska is the gorgeous setting for this picnic. Thank you for sharing your photo, Eva Rachal. instagram.com/country.magazine



Born and raised in New Jersey, Kathleen took a leap of faith about 10 years ago and moved to the Black Hills of South Dakota. Her passions include reading, writing and photography. Kathleen hopes to bring her favorite place to life through her writing. See Kathleen's story about road trips with her daughter and granddaughters on page 42.

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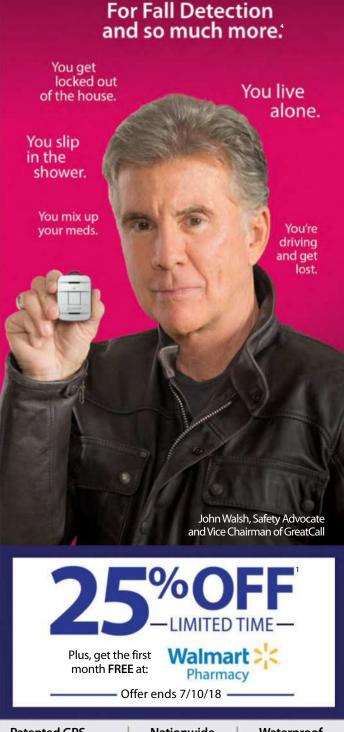
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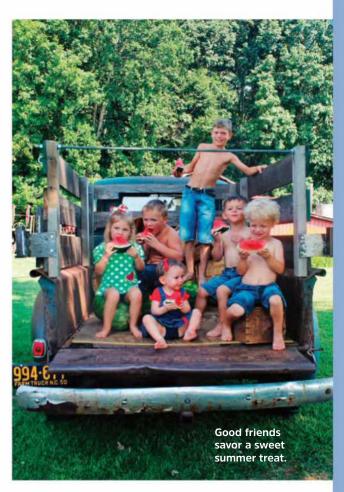
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Everyone has a story... what's yours?

Country magazine is written by readers for readers, and it's easy to share your stories and photos with us! Simply visit country-magazine.com and click Share Your Story, then fill in the required fields. Give us your take on the topics below, and you might get published in a future issue.





AMERICAN PRIDE

From American flags to fireworks and Fourth of July parades, capture the spirit of America in your best patriotic photos. Share them with us and include details about when and where you took the photo and why you are proud to call this big, beautiful country your home.



ROAD TRIP

As you hit the road on vacation this summer, snap some photos and take notes! Country readers want to know why your destination is a spot they should put on their list to visit, too. Please include a few nearby attractions and the best places to eat and stay in the area.



LIFE IN FOCUS

Our talented readers take adorable photos of country life. If you're a shutterbug, share your images with us. And please tell us a little about what's going on in the photo. Themes we are looking for include fun at the fair, back to school, and apple- and pumpkin-picking time.



What's your story? Tell us! country-magazine.com/submit ADVANCED HEARING AID TECHNOLOGY

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- Don W., Sherman, TX

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A Call from the Wild

The sun sank below the horizon, and a cool breeze shifted down from the woods. Soft tinges of color rippled across the water.

Live every moment

Our family of nine was on vacation at our cabin in Schuylkill County, Pennsylvania. We were kicking back on the deck overlooking our swampy little lake.

Mosquitoes filled the balmy darkness, while the cabin windows gleamed with a cheery light. One by one the others went indoors. But for two of my siblings and me, the pull of the natural world was greater.

We recognized the call of Canada geese and listened as their haunting cries announced their arrival. A large flock was silhouetted against the sky. Only the strong rise and fall of their wings was visible as they passed the yellow face of the moon. There was a sudden rush of wind, and in a moment the flock had settled onto the lake for the night.

I was breathless with awe, and the experience planted a seed of respect for nature in my heart. It is indeed a wonderful thing to understand the call of the wild.

> LYNELLE WEAVER Port Trevorton, Pennsylvania

The Greatest Water Fight Ever

We stepped onto the porch laughing, shaking water off our heads. Drops flew everywhere. My three brothers and I were soaked—wet boots, wet socks, wet hair, wet jeans. Oh, those drenched jeans were so hard to get out of and even harder to walk in.

We put our wet clothes in the concrete tub, dried off and changed. We had been outside moving sprinkler pipe and it was hot and dusty. My oldest brother, Court, started it as soon as the water began to flow. He ran up to one of the sprinkler heads and aimed it at one of us. Then we all picked a sprinkler head. Next thing I knew, a strong burst of water hit me in the face and it hurt.

Undaunted, I aimed better and ducked and dodged the water coming at me. When we were so soaked that it was hard to see or stand in our wet clothes, we slogged our way to the mud room.

I don't remember what my mother said when she saw us. I hope she saw the camaraderie between her kids and smiled.

CAROL HENNINGSEN Denver, Colorado



COUNTRY BOYS

Our grandsons, Titus and Jackson, had a lovely time catching minnows in the creek.

MARK AND DIANE REED Bluffton, Indiana



Backward Bloom

My dahlias were taking off. They all had creamy white petals that seemed to saturate themselves in the morning sunlight.

Instead of planting them separately, I had grouped several together, and they seemed to bend toward each other, their heads bowing and swaying in the wind like young girls dancing.

One bloom stood out from the others. Instead of blending in, this bloom faced backward. I took a few pictures of the dahlias and then went inside.

Later, as I was showing the pictures to my teen daughter, I was surprised at how she took to the backward bloom. Its uniqueness was way cooler to her than the "perfect" ones. Her young eyes saw something mine had overlooked. How regulated I have become, I thought. I thank God for the young ones among us (in mind and heart) who can still recognize the beauty of individuality.

BETH EAST Borger, Texas

The Last in Line

aking homemade ice cream on the back porch was one of the joys of summer on our farm in Kentucky. This was a treat usually reserved for special occasions or family get-togethers. That sweet, creamy goodness tasted like heaven!

Flavor choices were endless, depending on what fruit was ripe for the picking that particular morning. Fresh strawberries or peaches were our favorites.

With five siblings, there was always a mad dash and a lot of antics as each of us tried to be the last in line to turn the hand-cranked machine and finish the batch. Usually the last one to crank got the first taste of the

goodness as the paddle was removed for the hardening to begin. Most of the time it was passed from one sibling to the next, so each of us got a taste of our coming treat.

Licking the paddle from the ice cream churn is one of my fondest memories from those summers long ago. Ice cream tasted so much better fresh—it was almost as if you were being rewarded for all that hard work you did, cranking that handle for what seemed like hours.

> TAMMY DURHAM Nicholasville, Kentucky



"Every summer, I hop onto my bicycle and do a monthlong tour somewhere in this great country. When your world slows down to 7 miles an hour, it's amazing what you notice." JOHN SCANLAN HIITON HEAD ISLAND, SOUTH CATOLINA



Sweet Treat

My daughter's curls were wild with the humidity, and the watermelon juice running down her chin made this the perfect picture.

> JASON GIRVEN Sugar Run, Pennsylvania

I don't know who loved the watermelon more, my son or his puppy, Remmy.

CHRISTOPHER LAWRIE

Ninety Six, South Carolina







CHIMNEY ROCK, NORTH CAROLINA

This mighty granite monolith inspires generations of patriots and explorers.

THE MYSTERY PHOTO in the June/July 2017 issue of *Country* jumped out at me. Being a veteran, I wanted to touch the flagpole atop the 315-foot-tall Chimney Rock and look up at Old Glory flying over the land of the free.

Two weeks later I was headed to North Carolina's Chimney Rock State Park with my wife, Gerry. Along the way, we passed through Asheville, home of the Biltmore Estate, and stayed nearby at the Lake Lure Inn & Spa, where part of the movie *Dirty Dancing* was filmed. We booked the Patrick Swayze suite.

To reach the hiking trails and waterfalls of the Chimney Rock area, we drove about

3 miles uphill to the park. After reaching the trailhead, we were ready to ascend. The Mystery Photo showed stairs to the top, but it didn't show them all. There are 499 steps, and the elevator was out.

Being people approaching our 70s, we huffed and puffed and made our way. Reaching the pinnacle is an achievement; you can see for about 75 miles on a clear day. As I held onto the flagpole, I stared up at Old Glory. It was priceless, and we did it all because of a photo in *Country*. Pictures mean something, so share yours. You never know who you'll inspire.

CHARLES SISCO Frankfort, Kentucky



AMAZING ASHEVILLE

Climb to Chimney Rock and then explore the sights in Asheville.

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- LAKE LURE INN & SPA

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COUNTRY ALMANAC

JULY 2018 The dog days of summer begin! Bask in the warmth and make the most of the carefree season.

July 4

INDEPENDENCE DAY

Give back to our men and women in uniform. Write a thank-you note to a soldier or send a care package overseas. soldiersangels.org

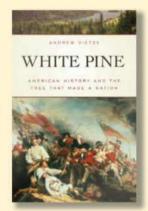


Sunday 15th NATIONAL ICE CREAM DAY

There's nothing better than ice cream on a hot summer day. Our precious granddaughter always comes over to play. She loves walking home barefoot, eating her Fudgsicle along the way.

> **MELISSA LAFOUR** Saratoga, Texas

Summer Reading



In his book White Pine: American History and the Tree That Made a Nation, author Andrew Vietze gives the eastern white pine a starring role in our country's past and present.

Marija Andric, **Editor**

July 22

Relax in the shade and swing your cares away on National Hammock

Day, Researchers at the University of Geneva say swaying while sleeping is good for your brain and leads to a deep. refreshing slumber.

July 23-29

Search for the hidden corn token, dine on pork chops and sweet corn, or sip root beer floats as the grand parade passes by during **Olivia Corn Capital Days** in Olivia, Minnesota.

corncapitaldays.com

TAKE THE **ITCH OUT OF SUMMER NIGHTS!**



REPEL PESKY MOSOUITOES NATURALLY WITH THESE PLANTS.

Lavender

The leaves' oils interfere with a mosquito's sense of smell, which is one of the ways it finds its next meal.

Scented Geraniums

Leaves instead of petals emit a lovely scent (and there are many, including lemon, apple and chocolate mint).

Basil

Place a container of this herb on your deck or patio. It'll keep the pests at bay, and you'll have fresh herbs for your summer cooking.

Send us seasonal tips for our spring, summer, fall and winter almanacs. Go to page 60 for details.

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— Robert Forbes, M.D., California

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Hens and **Happiness**

We loved eating free-range eggs, but it was expensive, so we went to the source. One Saturday we picked up four hens and brought them home to live with us in the mountains.

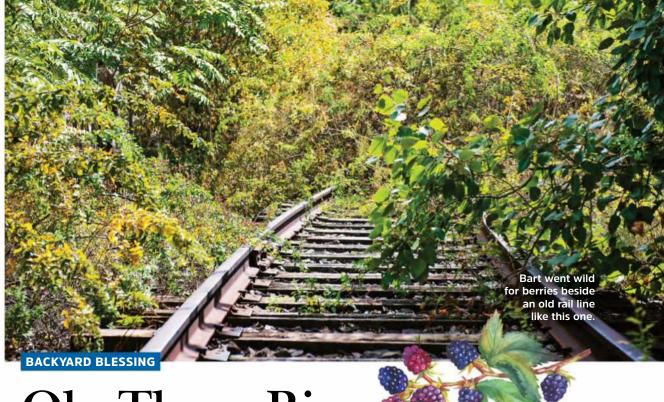
Curly had unusual feathers on her neck that formed tight ringlets. Rhubarb was the reddest-and the sassiest by far. In observing their soft bok-bok sounds, we named the speckled hen Bok Choy. Mung Bean had the palest feathers and preferred to scratch around on her own.

Curly, Mung Bean and Bok Choy enjoyed back and belly scratches. Rhubarb liked them, too, but good luck trying to make her stay still! Afterward they'd fluff their feathers, give themselves a shake and strut off.

The chickens lived in a large coop, but most evenings and weekends we let them have free rein over the backyard. They reveled in having new places to scratch and new bugs to eat.

I thought the best thing about owning chickens would be the money we'd save on our grocery bills. Little did I know how I would grow to love having them around.

> **MAGGIE RIDDINGTON** Portland, Oregon



Oh, Those Ripe Railroad Raspberries!

Picking berries along the old tracks was just one part of my family's summer adventure. BY BART STUMP York, Pennsylvania

ummer for a kid in Dallastown was just magical. Anticipation hung thick in the hot air as we prepared for one of our family's favorite traditions picking raspberries by the railroad tracks.

Dad drove us to the neighboring town of Red Lion and dropped us off along the old Maryland and Pennsylvania Railroad (Ma & Pa). Back then, the main line stretched from York to Baltimore, with a spur line that broke off and ended in Dallastown.

Passenger service ended in the mid 1950s, and by the mid to late 1970s the tracks on our spur were inactive but still maintained. It was this cleared path through the woods that made the perfect edge environment for these plump black raspberries to thrive.

Unfortunately, poison ivy grew there as well, so we had to be very careful while picking.

Dad eventually met up with Mom, my sister Wanda and me. Much like a tightrope walker in the circus, I carefully moved along the rail, one foot in front of the other, arms outstretched to see how far I could go before losing my balance.

Occasionally I was rewarded by finding a loose railroad spike that I regarded as a highly sought after treasure. We scanned the edges of the railway cut, looking for thick clumps of berries.

My grandmother had given me a small graniteware milk can, and it made a perfect receptacle for the picked berries. A generous amount of sampling occurred along the way as we all greedily filled our containers to the brim with sweet, juicy raspberries.

As a kid, one of the thrills of walking the tracks was crossing the Taylor Trestle. At the time it seemed huge at about 30 feet tall and 260 feet long. In reality, though, it was a baby compared to the much larger Kendig Trestle located farther down the line, which was easily double that size.

The Kendig Trestle terrified me. Even with a lot of teasing from my sister, I never did have the guts to cross it. It was torn down at some point in the 1980s.

Eventually we made our way to the spur that led to Dallastown and the crossing below our house. Returning home hot and sweaty, I was ushered into the shower and ordered to scrub with the horrible smelling Fels Naptha soap, which my parents claimed prevented poison ivy. I don't know if it ever helped, but it was part of the ritual.

Emerging dripping wet from the shower, I was greeted with the mouthwatering aroma of freshly baked shortcake. Paired with the raspberries, it was a meal fit for a king! (Try a version of the recipe at right with fresh berries.)

The railroad ceased operations in the mid-1980s and the tracks were eventually torn up. Mother Nature worked her magic and the old rail line was quickly overgrown and became impassable.

I recently explored part of the

old railway that has been cleared for use as a rail to trail. Walking the gravel path, I saw a smattering of raspberry bushes, but nothing compared to what it used to be. I was pleasantly surprised to discover that the dilapidated Taylor Trestle is still standing, though look ing much the worse for wear. Spotting No Trespassing signs and an abundance of poison ivy, I retreated and forced myself to abandon

Beth and Janel keep up the family tradition at the local U-pick farm. childhood and return to adulthood in the present.

These days, I take my wife, Jennifer, and our daughters, Beth and Janel, to the U pick fields at Brown's Orchards & Farm Market, a delightful family run operation. The view is spectacular as we gaze across the valley to the adjoining fields and woods. Topping it all is an azure sky dotted with puffy white clouds. Walking the neat rows and finding an abundance of berries is certainly convenient. And while the berries are tasty and sweet, somehow they're not as good as the ones I remember.

Triple Berry Shortcake

SARA KINGSMORE VADNAIS HEIGHTS, MINNESOTA

PREP: 25 min.

BAKE: **25 min. + cooling** MAKES: **15 servings**

INGREDIENTS

- 1 cup butter, softened
- 2 cups sugar
- 4 large eggs, room temperature
- 2 Tbsp. vanilla extract
- 3 cups all-purpose flour
- 1 tsp. baking powder
- ½ tsp. baking soda
- ½ tsp. salt
- 1 cup buttermilk

Topping

- 11/2 cups fresh blueberries
- 1½ cups sliced fresh strawberries
- 1½ cups fresh raspberries
 - 2 Tbsp. sugar

DIRECTIONS

- 1. Preheat oven to 350°. Cream butter and sugar until light and fluffy. Add eggs, one at a time, beating well after each addition. Beat in vanilla. In another bowl, whisk flour, baking powder, baking soda and salt; add to creamed mixture alternately with buttermilk.
- 2. Transfer batter to a greased 13x9-in. pan. Bake until a toothpick inserted in center comes out clean, 25-30 minutes. Cool completely in pan on wire rack.
- **3.** For topping, toss berries with sugar; serve with cake.

1 serving: 361 cal., 14g fat (8g sat. fat), 83mg chol., 301mg sod., 54g carb. (32g sugars, 2g fiber), 5g pro.



Cherish Every Moment

Each day brings new gifts from the countryside that surrounds my home. By SHIRLEY STUBY Schellsburg, Pennsylvania [Field]



live along a country road amid the foothills of the Allegheny Mountains. It is country living at its best. Through the large expanse of our living room windows, I can watch the farms and wildlife that surround our home.

There's less hassle and traffic out here than living in a city. We listen to the neighbor's rooster crow in the morning and watch herds of deer in our front yard. Lyle, my husband, also puts up many bird houses and feeders.

In the springtime, I hear the putt putt of a farmer's John Deere or the quiet whir of a Cub Cadet plowing the small gardens in the neighborhood.

Peaches, cherries and apples grow on the ridge nearby. Birds tweet while looking for worms, and bees buzz as they pollinate the fruit blossoms. A breeze brings the sweet flowery smell to my back deck as I savor a glass of mint tea.

During the summer, corn and soybean planters, hay balers and rakes go from field to field, traveling up and down the hill beside us. Loads and more loads of hay go from the fields to the barns, to be stored for winter.

Calves are born in the field across the road, and mother cows cry out for their babies to return from exploring their new surroundings.

In fall, changing leaves paint a colorful picture on the mountain beyond the road. Huge combines fill the valley, slowly chugging their way to fields planted with grains, now ready for harvest. Soybean pickers fill the waiting trucks, and farmers are anxious to sell their

crop at a good price. Wild turkeys amble along as they glean from the newly cleared fields.

Rows of apple trees line the hills and ridges, standing like soldiers. Branches almost touch the ground with their heavy load of fruit, ripe and ready for picking.

Winter is a time to sit back and relax. I am secure in my cozy home while watching the snow fall. The snow brings thoughts of plowing our driveway, making snow angels, and picking our Christmas tree. It also prompts the making of lists-cookies to bake, groceries for the holiday meals, and gifts for family and friends.

My husband and I both grew up on farms in central and western Pennsylvania. I was a banker for all of my career, but am now retired.

With more free time, Lyle and I love making memories with our grandchildren, Holden, 8, and Louisa, 4.

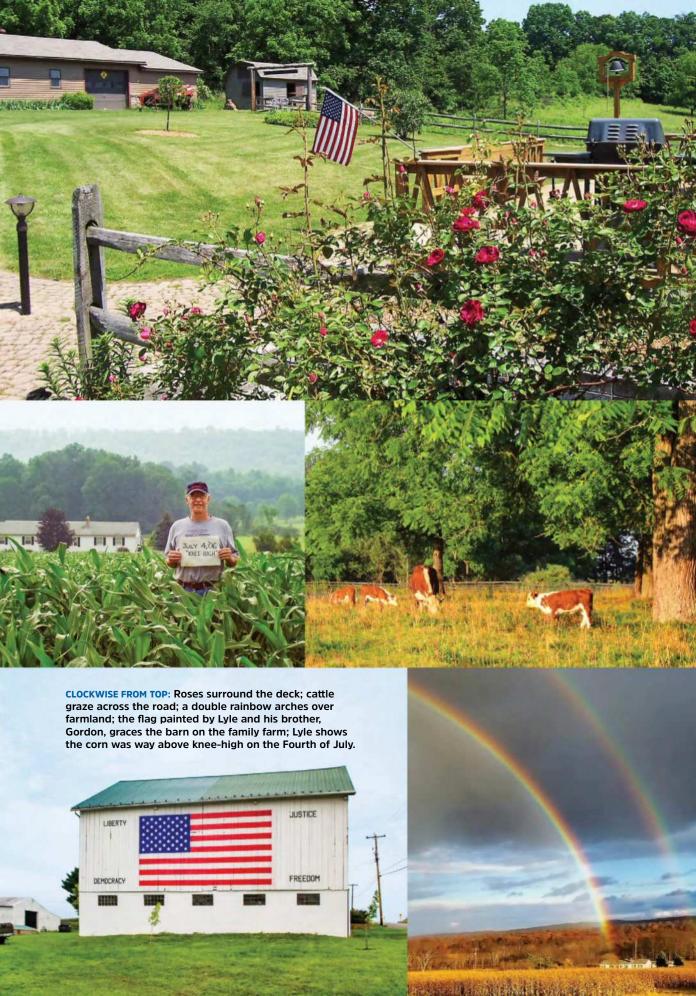
For a few years we raised miniature donkeys but sold them so we would have more opportunities to travel. We have visited all 50 states and are now starting over. We drive the back roads so we can get a look at country living in every corner of America.

The changing seasons, animals roaming the fields and harvesttime make life in the country special. When we're home, the peace and serenity I feel cannot be touched as I count stars on a summer evening, glimpse the man in the moon, or watch a blaze of orange fill the sky with a beautiful sunrise.

But most of all, I love hearing the thunder and seeing lightning flash during a summer storm. I grab my camera and start clicking, trying to capture the moment. •

"The changing seasons, animals roaming the fields and harvesttime make life in the country special."





What's Old Is New Again

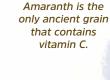
Ancient grains, food staples dating back thousands of years, are back on dinner tables. Largely unchanged over time, they're healthy and full of good stuff. Some, but not all, are gluten-free. Add these wholesome heritage ingredients to your next meal.

BY ANDREA CAUGHEY



AMARANTH

The Aztecs grew amaranth nearly 6.000 years ago. It's gluten-free, and 1 cup provides a big dose of iron, calcium and vitamin C. It's also good for your heart researchers at the U.S. Department of Agriculture say it helps lower cholesterol. Add amaranth when cooking granola or pudding; toast it and sprinkle on salads.

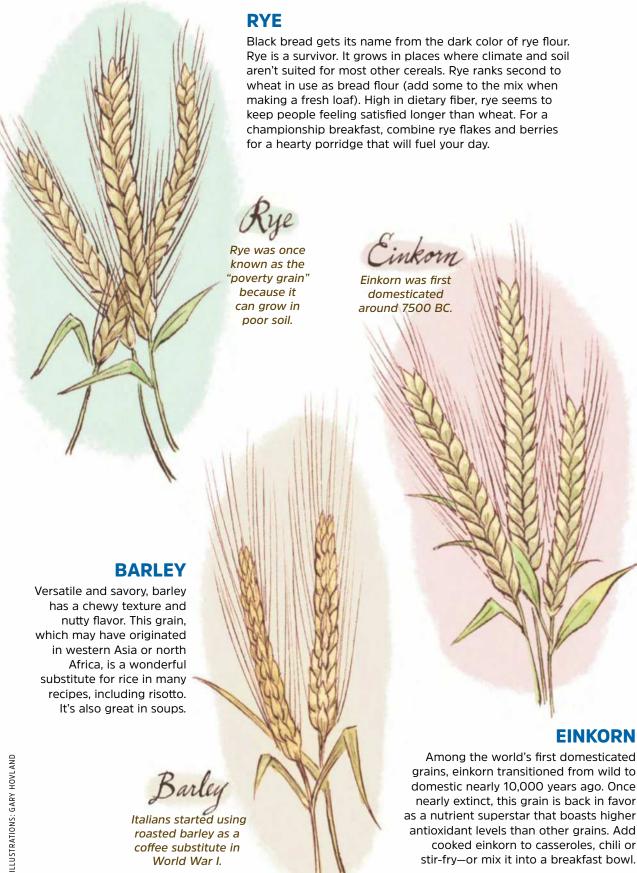


Amarant

While guinoa is referred to as a grain, it is actually a seed. A true powerhouse, quinoa is also one of the most protein- and nutrient-rich ancient grains. There are roughly 120 known varieties. Stuff vegetables with quinoa, add to a salad or serve for breakfast topped with an egg.



World War I.



Picnic Perfection

'Tis the season to dine outdoors. Grab a blanket, find a spot and dig in to these refreshing dishes.

SUPER SUPPER HERO

MARIBETH EDWARDS FOLLANSBEE. WEST VIRGINIA

TAKES: 30 min. • MAKES: 6 servings

- 1/4 cup olive oil
- 21/2 cups cubed eggplant
 - each medium green, sweet yellow and red peppers, julienned
 - 1 large red onion, thinly sliced
 - 1 medium tomato, chopped
 - 1 tsp. dried oregano
 - 1/2 tsp. salt
 - 1/4 tsp. pepper
 - 1 loaf (1 pound) unsliced Italian bread Lettuce leaves
 - 1/2 pound sliced fully cooked ham
 - 1/2 pound sliced cooked turkey breast
 - 1/4 pound sliced hard salami
 - 8 slices part-skim mozzarella cheese

DIRECTIONS

- **1.** In a large skillet, heat oil over medium-high heat. Add eggplant, peppers and onion; cook and stir 4-6 minutes or until vegetables are crisp-tender. Add the tomato, oregano, salt and pepper. Remove the vegetables from heat.
- **2.** Cut bread in half lengthwise; hollow out bottom of loaf, leaving a ³/₄-in. shell (save removed bread for another use). Layer with lettuce, ham, turkey, salami and cheese; top with vegetable mixture. Replace top. Secure with toothpicks; cut crosswise into six slices.
- **1 slice:** 606 cal., 27g fat (8g sat. fat), 96mg chol., 1650mg sod., 49g carb. (8g sugars, 5g fiber), 42g pro.

WATERMELON & SPINACH SALAD

MARJORIE AU

HONOLULU, HAWAII

TAKES: 30 min. • MAKES: 8 servings

- 1/4 cup rice vinegar or white wine vinegar
 - 1 Tbsp. grated lime peel
 - 2 Tbsp. lime juice
 - 2 Tbsp. canola oil
 - 4 tsp. minced fresh gingerroot
 - 2 garlic cloves, minced
- 1/2 tsp. salt
- 1/4 tsp. sugar
- 1/4 tsp. pepper

Salad

- 4 cups fresh baby spinach or arugula
- 3 cups cubed seedless watermelon
- 2 cups cubed cantaloupe
- 2 cups cubed English cucumber
- 1/2 cup chopped fresh cilantro
- 2 green onions, chopped

DIRECTIONS

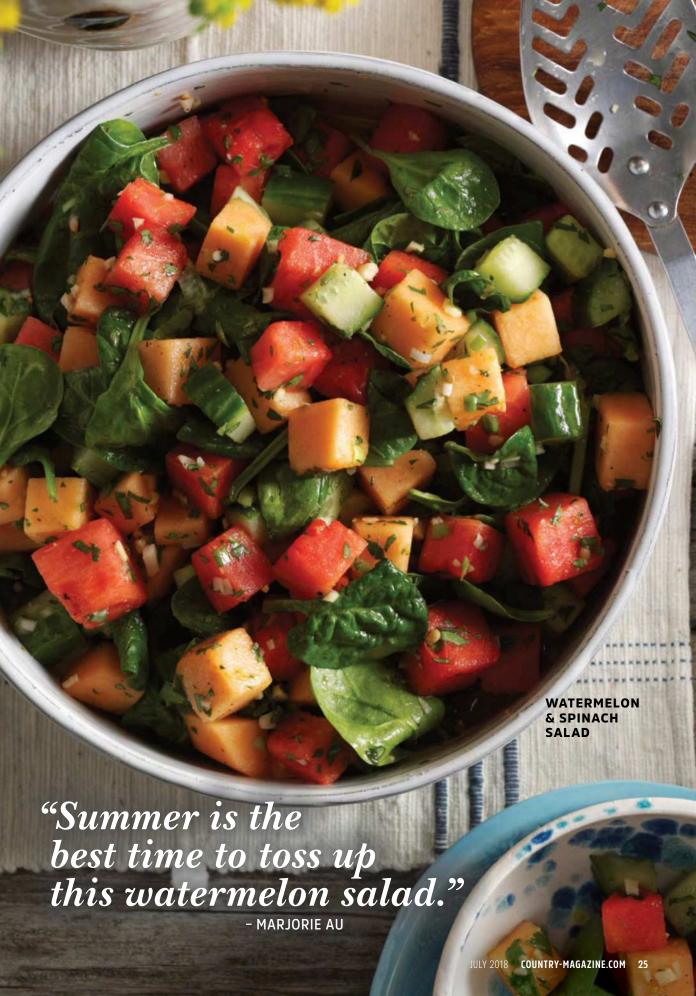
In a small bowl, whisk the first nine ingredients. In a large bowl, combine salad ingredients. Drizzle with dressing and toss to coat; serve immediately.

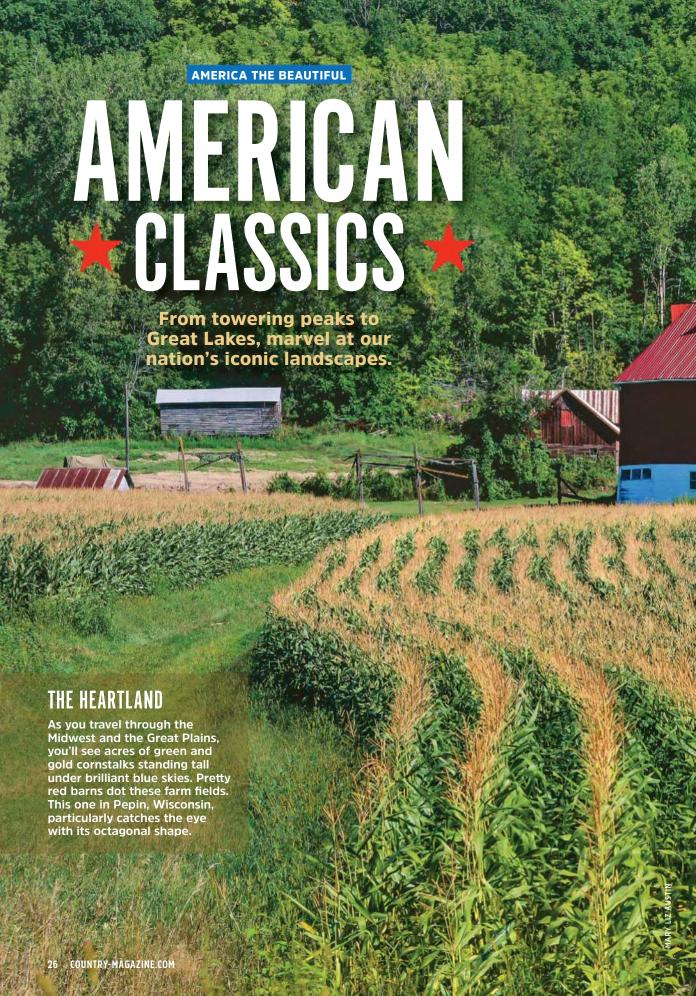
TEST KITCHEN TIP: English cucumbers are firmer and less watery than regular cukes. To use regular cucumber in this salad, halve lengthwise and use a spoon to scoop out the seeds before cubing.

1 cup: 84 cal., 4g fat (0 sat.fat), 0 chol., 288mg sod., 13g carb. (10g sugars, 1g fiber), 1g pro. Diabetic exchanges: 1 vegetable, 1 fat. ½ fruit.

Go to tasteofhome.com for a second helping of summer recipes.





















Recognize this place?
Take a guess, then turn to page 60 to see if you're correct.

THE GREAT LAKES

With 11,000 miles of shoreline bordering Canada and eight U.S. states, Lakes Superior, Michigan, Huron, Erie and Ontario make up a surface area larger than the United Kingdom. These watery wonders are an ideal destination, whether you want to swim, sail or sleep on the sand. You can explore several national parks and lakeshores, including the mystery location pictured here.







Just off the coast of northern Maine lies an island rich in beauty and history. Welcome to Canada's Grand Manan Island, where a bounty of unspoiled landscapes, coastal wildlife and friendly fishing villages await.

STORY AND PHOTOS BY JOHN SYLVESTER





efore surrendering in 1699, Captain Kidd buried his treasure on Grand Manan Island, or so local legend says.

The pirate sailed the waters in the Bay of Fundy, and Grand Manan's rugged landscape was full of hiding spots. For a time, a beach on the northern side of the island was known as Money Cove because some believed Captain Kidd's loot lay buried there.

In the centuries since, no one has uncovered gold coins or regal jewels on Grand Manan Island. Instead, the real treasure lies in its gorgeous sea vistas, rich history and generous spirit.

As a photographer and avowed island lover, I've visited Grand Manan many times over the years, enticed by its fog-draped coastal scenery and marine wildlife.

The first thing you see when approaching Grand Manan Island by ferry is Swallowtail Lighthouse. With newer technhology, mariners no longer rely exclusively on this guiding light, but this important landmark is an enduring symbol of the island's maritime history.

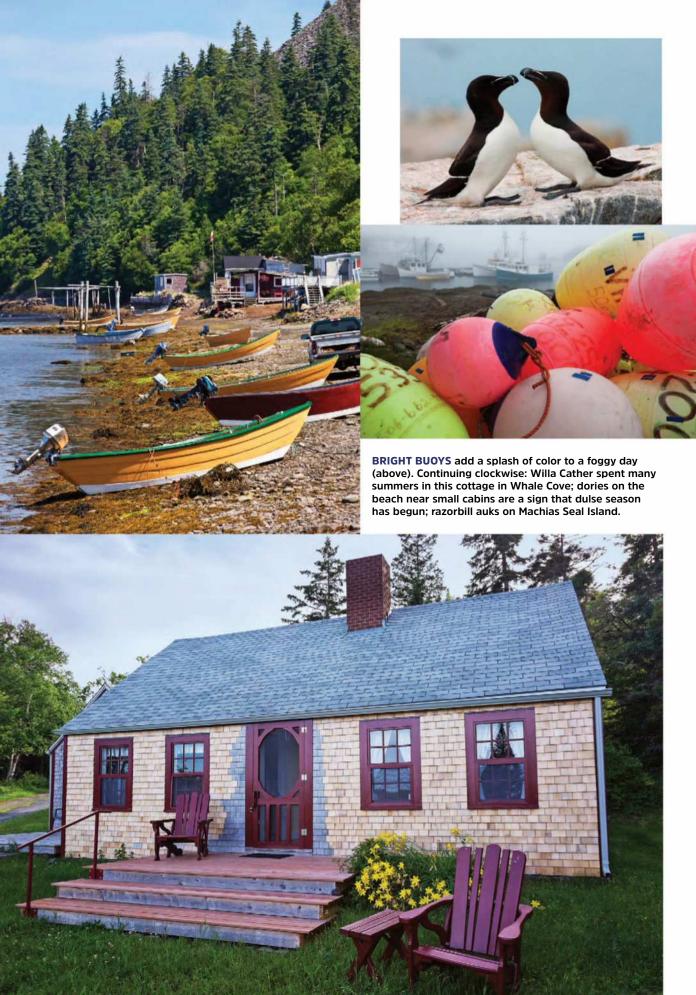
As the ferry rounds the headland and eases into North Head harbour, with its bustling activity and modern fishing fleet, it becomes immediately apparent that the maritime fishing tradition endures on Grand Manan Island—and for good reason. Twice a day more than 1 billion tons of water flow into and out of the Bay of Fundy, more than the flow of all the world's rivers combined.

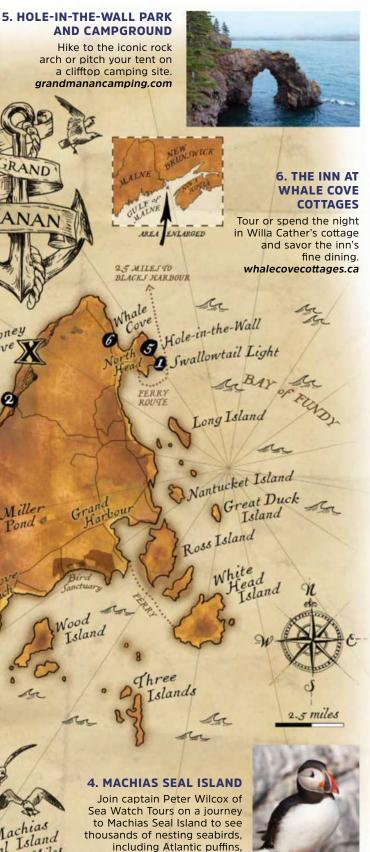
This massive movement of water creates the highest tides, up to 50 feet in some areas, and churns up a rich soup of nutrients to feed the lobster, scallops, herring and other marine life that are the basis of Grand Manan's lucrative fishery.

The waters also serve up a buffet for the many species of whales, dolphins and seabirds that migrate to the bay every summer. Then whale watchers and bird lovers follow suit in hopes of spotting their favorite marine mammals and feathered friends.

Grand Manan Island is located at the mouth of the Bay of Fundy. It's the largest of the Fundy isles, 21 miles long and 11 miles at its widest point. Although situated just 9 miles off the coast of Maine, the island belongs to the Canadian province of New Brunswick. It's a 90-minute ferry ride from the town of Blacks Harbour.

Most of the 2,500 inhabitants live on the east side of the island in the Village of Grand Manan, which consists of the fishing communities North Head, Grand Harbour and Seal Cove. The geography is gentler there and offers protection from prevailing winds. The west side of





1. SWALLOWTAIL LIGHTHOUSE

Built in 1859, Swallowtail Lighthouse stands at the northernmost tip of Grand Manan Island with commanding views of the Bay of Fundy. Hike the surrounding trails and enjoy the vista. The restored lighthouse is maintained by the Swallowtail Keepers Society. swallowtaillighthouse.com



Cove

Miller Pond .

> Wood Island

Dark Harbour

Me

Sloop

Head

Bradford Cove

AND CAMPGROUND

Whale

ROUTE



2. DARK HARBOUR

Home of the world's best dulse, an edible seaweed harvested on the island's isolated west coast, this natural harbour has spectacular sunsets.



3. SOUTHWEST HEAD

Follow the clifftop trail for amazing coastal views. Look for whales from July to September. Go to grandmanannb.ca for more information on all of Grand Manan's trails.



Seal Island 12 Miles

4. MACHIAS SEAL ISLAND

Join captain Peter Wilcox of Sea Watch Tours on a journey to Machias Seal Island to see thousands of nesting seabirds, including Atlantic puffins, razorbill auks, common murres, arctic terns and more. It's a bird-watcher's paradise. seawatchtours.ca the island is wilder and mostly forested, with coastal cliffs reaching heights of 300 feet, making much of the shoreline accessible only by boat.

Grand Manan's name is part Passamoquoddy and part French. The First Nations/Indian people called it Munanook ("the island"), but French explorer Samuel de Champlain mapped it as Menene. Today's residents are nearly all descendants of United Empire Loyalists, New England colonists who opposed America's War of Independence and fled north in the late 1700s.

The island has a long history of attracting writers, scientists and artists, drawn by Grand Manan's special attributes and peaceful charm. Pulitzer Prize-winning author Willa Cather discovered the island in 1922 and built a summer retreat in Whale Cove. Cloud phys icist Robert Cunningham came here to study its famous fog.

John James Audubon visited in the 1830s, sketching some of the island's more than 360 species of birds. Grand Manan is an important stopping point on the Atlantic flyway for migrating birds. It also hosts nesting seabirds on offshore islands, the best known of which is Machias Seal Island, a tiny seabird sanctuary located about 12 miles southwest of Grand Manan.

A few years ago, I joined a group of bird-watchers aboard captain Peter Wilcox's charter boat, Day's Catch. We departed from Seal Cove bound for Machias Seal Island. It was a perfect morning to be on the water. As we glided over the glassy surface of the bay, a thin veil of fog eventually gave way to sunshine.

Once on the island, we were led in small groups to one of two wooden blinds. Over our heads, a hailstorm of birds wheeled and cried while thousands more scuttled over the rocky terrain, including Atlantic puffins. We had close-up views and took once-ina-lifetime photos.

Back at Grand Manan, nature lovers will find several trails to



"It was a perfect morning to be on the water. As we glided over the glassy surface of the bay, a thin veil of fog eventually gave way to sunshine."

explore, from meandering beach walks to the 27 mile coastal trail that traverses the western edge of the island from Southwest Head to North Head.

I've explored sections of this trail, including one overlooking the spectacular basalt cliffs at Southwest Head and the hike to the Hole in the Wall, a rock arch that curves into the ocean near Whale Cove.

The only road to the island's isolated west coast leads to Dark Harbour, so named because the high cliffs keep the shoreline in shadow during the morning hours.

It's an ideal environment for the growth of an edible seaweed called dulse. Harvesters in flat bottomed dories search along this coast from June to September and gather the seaweed by hand from the rocks at low tide. They bring it back to shore in burlap bags and spread it out in the sun to dry.

Dulse is high in B vitamins and iron, and Dark Harbour's is considered the best in the world. People eat dulse as a snack food,

like potato chips, or ground into flakes or powder for use as a nutritional supplement.

During the harvest, some people live in small cabins perched along the cliffs above Dark Harbour, their colorful dories lined up along the shore. While it may be dark and shady in the morning, the harbour offers the best sunset views on all of Grand Manan.

If dulse is not your "sea food" of choice, you'll find plenty of more conventional choices to satisfy your palate. The island's cafes and restaurants offer lobster, crab, scallops, halibut and haddock. You can have your seafood boiled, baked or grilled; in fish cakes or creamy chowders; on pizza; and in other tasty ways.

Whether you are dining out, photographing the scenery, observing wildlife or looking out at the waters taking part in the bountiful harvest from the sea is a tradition on Grand Manan Island. Put your watch aside. Here, time is still measured by the ebb and flow of the tide. 🍳





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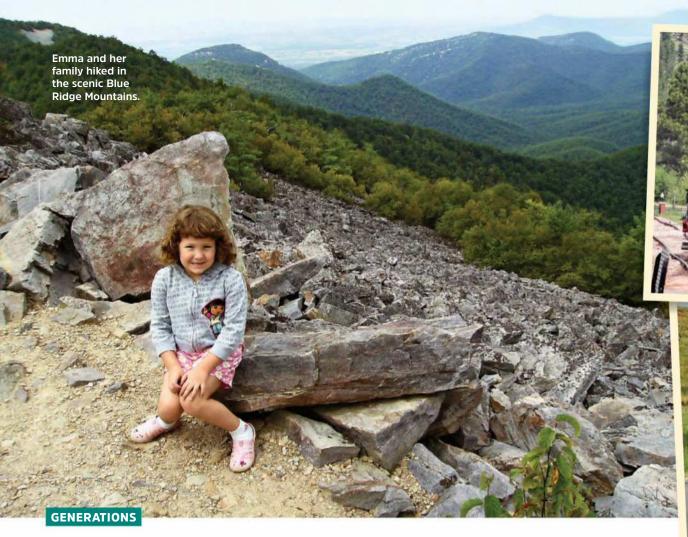
I was watching my 6 month old granddaughter, Lila Sledd, on a beautiful, sunny day. My father in law, Frank Harvey, lives right next door to me. Knowing how much he loves to see his great grandchildren, I took Lila over to visit with him.

Frank was mowing hay in the field in front of our house. As soon as he saw us coming, he stopped the tractor to talk to little Lila. What a welcome break from putting up hay!

Frank has been farming his whole life. He grew up on a farm and is still working his 20 plus acre farm today at age 87. He raises cattle and hogs and also has a couple of horses stabled there. He bales hay, plows and grows a garden, feeds and cares for the animals, and does the thousands of other jobs required on a farm.

I am forever grateful I caught this picture of Frank and Lila together as it captures the love between a man and his great grandbaby.

> **MELANIE HARVEY** Elliston, Virginia



Girls Adventure Week

This travel-loving family makes memories along the way on annual journeys around America.

BY KATHLEEN UNGERER
Rapid City, South Dakota

ur generations story is only 13 years old and four people strong, but it has already become a treasured family tradition.

The fun began in 2005 when I was living in New Jersey and my daughter Jennifer had moved to Virginia with her family. Deciding to meet halfway, we settled on Baltimore as our destination.

Nana (me), Jennifer and my granddaughter Emma, who was just a toddler, explored all the nooks and crannies of Baltimore—historic sites, harbor attractions, great restaurants and shops. We had a blast together and couldn't wait to do it again. And that was the start of our annual Girls Adventure Week.

A few years later we added another girl to our group when my



Nana, Jennifer and the girls tour the Virginia Zoo in Norfolk.



"We are making memories that will last a lifetime and filling albums that will be treasured keepsakes."

Spring in our nation's

capital

- KATHLEEN UNGERER

granddaughter Alexa was born. Just like her older sister, she began traveling at a young age.

Over the years, we girls have explored Washington, D.C.; the Outer Banks of North Carolina; the Black Hills of South Dakota; Williamsburg, Virginia; and Cape May, New Jersey, to name a few.

We have walked in the footsteps of the colonists of Jamestown and Roanoke, visited monuments and museums, toured the homes of George Washington and Thomas Jefferson at Mount Vernon and Monticello, and stood where the Wright brothers took flight.

My family has climbed trails in the Blue Ridge Mountains, relaxed on the beaches along the East Coast and Chesapeake Bay, and savored the flavors of regional cuisines. We also have paid our respects at the gravesides of Edgar Allan Poe and President John F. Kennedy.

Each destination and experience has been jam packed with history, beautiful vistas, countless photo ops and endless fun. Our journeys are delightful and always give us an abundance of joy.

And they are more to us than just vacations. Girls Adventure Week is a time for us to talk, laugh and really connect. We are making memories that will last a lifetime and filling albums that will be treasured keepsakes.

I have been blessed by sharing these times with Jennifer, Emma and Alexa, and I hope the trips continue with future generations long after I am gone.

Our adventures are a precious tradition that we look forward to each time. Heading into our 14th year of traveling together, we're still going strong.

This summer we will meet in Ocean City, Maryland. But the destination doesn't really matter. It's the getting there and being there together that counts!

SHARE YOUR FAMILY'S STORY!

Visit country-magazine.com/ submit to tell readers about your own special traditions.



'Hold On Tight!'

Bumpy wagon trips on the farm taught me a valuable lesson about life.

BY MARCIA DAHLINGHAUS Golden Valley, Arizona

hen I was 3, my big sister, Betty, lifted me up and put me in our coaster wagon with my brother David. "Hold on tight, Marcy," she said. "I'll give you a ride."

Later, Dad hooked up a larger wooden wagon to the garden tractor after removing the back rototiller blades for safety. My older brother, Jim, drove with the three of us younger kids in the wagon. Jim, age 11, yelled, "Hold on tight, Marcy. We're going for a fast ride this time." Fast? What's fast? I wondered.

Betty and David were excited and happy. I quickly realized why, as I felt the thrill of moving through space. I smiled widely, delighted to join in the fun.

Lots of rides like these happened on our Ohio farm in the 1940s and 1950s. In winter, Jim hooked up

Marcia and David loved the thrill of being pulled along by big sister Betty (above) and other rides around the farm.

the old sled to the small Farmall tractor and took us for rides over snow covered fields. And during harvesttime, we had many more adventures as we sat on the hay bale wagons—stacked five high and rode along with loads of wheat and oats.

I still remember how Dad husked corn by hand before we had the mechanical corn picker. After school, we walked behind the wagon and threw the ears in. And the smell of the corn in the crisp air under the royal blue fall sky rewarded us as we sat on top of the corn for the drive to the barn. Dad yelled, "Hold on!" when he made the turn out of the field too sharply.

I once fell off the back of the wagon when Betty let the clutch out too fast and the tractor bucked. Dad, smiling, picked me up and said, "You have to hold on when your sister's learning to drive."

Of course I've taken lots of rides since I left the farm: trains, cars, jet planes, prop planes, subways, horses, trucks, amusement park rides, ATVs, jeeps.

But the best ride? Life itself, with its bumps and bounces, smooth and rough going, curves, and ups and downs. No matter what life throws at me, I always remember, "Hold on tight, Marcy." Yes, life has been a good ride so far.

WORDS of WISDOM The family is the country wisdom of the heart.



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Our Beloved Gentle Giants

These blue-ribbon draft horses were the best birthday present ever.

BY SUSAN TERRY Battle Creek, Michigan

y husband, Lloyd, and I had the privilege of owning Ben and Josh, half brothers who were Belgian and Shire cross draft horses. They were born in North Dakota in March and May of 1990, respectively, and ended up in

Our friend Gene trained Ben and Josh and showed them often at the local fair. I met the horses there one year and took time getting to know them. The next day I was delighted to watch as they won a blue ribbon in the draft horse team hitch class.

Gene realized at that moment that our home was where he wanted the horses to go. In 1998, my mother bought Ben and Josh for me for my birthday. What a wonderful gift!

From that point on, Lloyd and I spent many years taking these gentle boys to parades for St. Patrick's Day, the Fourth of July, high school homecomings and Christmas, as well as the National Cereal Festival in Battle Creek. We must have gone to 50 events.



We also had the opportunity to take the team to the Cheff Therapeutic Riding Center in Augusta and offer wagon rides to many kids with special needs.

Ben and Josh were as big as giants and could pull heavy loads, but they were also super gentle with our grandchildren, Madison, Montana, Maddy, Morgan and Jacob. As the horses got up in years, we decided it was time for them to retire, relax and enjoy their life in the pasture.

Sadly, we lost Josh in 2015 and Ben in 2016, but the pictures we have will help us recall our memories of wonderful times together with them.

We never could have guessed that two draft horse colts from North Dakota would end up being such a special part of our lives!

WORDS of WISDOM The biggest step you take is when you meet others halfway.

Michigan by way of a horse auction.



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HUMOR

In the Doghouse

Some people are just better off hiring a handyman.

BY CALEB SMITH Jasper, Georgia

hile sitting at the kitchen table one morning having breakfast, my wife, Beth, looked up from her pile of coupons and announced, "Home Depot is having a sale on doghouses; we could use a new one."

I laughed, "Why buy a doghouse when I can just as easily build one?"

"Oh, no," she said, shaking her head. "Every time you build something, you go crazy and usually wind up hurting yourself."

"It's just a doghouse. How hard can it be?"

Beth stared at me for a minute, her eye twitching slightly, then shook her head and went back to her paper. The next morning I got up and headed to the store. The wood was a bit more expensive than I had expected, but it only cost a little more than if I'd just bought the doghouse itself.

When I got back home, I went to set my sawhorses up. That's when I noticed the latch on one had broken so it would only extend about 2 feet high, and the latch on the other had jammed so it was stuck at about 4 feet high. I had to compensate by twisting myself at an excruciating angle while I sawed.

Five hours later I was finishing my work. I lined up the first shingle, holding the nail straight and steady with my thumb, and swung the hammer directly on top of my thumb. When my eyes stopped watering, I lined up the nail again, careful to keep my thumb so far out of the way that only a complete incompetent would be able to hit it again.

My wife came outside a few minutes later. "What was that unholy wailing noise," she asked, "and what are you looking for down in the woods?"

"My hammer," I yelled back.

"Why is your hammer way down in the woods?"

I was sucking my aching thumb sulkily, so I didn't answer. After another few hours, the doghouse was complete. I called Beth outside to admire my work. I was weary, bruised, scratched and sore all over. But I was triumphant.

"Looks great, doesn't it?" I croaked.

She stared silently at the structure. Our dog, a great Pyrenees, stood and stared, too. That's when Beth asked, "Where's the door?"

I turned and headed for the truck.

"Where are you going?" Beth called after me.

"To the store to buy a doghouse."

WORDS of WISDOM Ask God's blessings on your work, but don't ask him to do it for you.

JOKES

My future son-in-law bought the house next to ours. Now he and my daughter have a lawn-distance relationship.

BRAD WESNER Simpsonville. South Carolina

Something to Chew On

My wife and I were babysitting our 20-month-old granddaughter, Lily, and just before nap time I noticed she was chewing on something.

Knowing the tendency of little ones to grab items up off the floor and stick them into their mouths. I picked her up, placed her on the kitchen counter and asked, "Lily, what do you have in vour mouth?"

She looked at me and soberly replied, "Teeth."

ROGER TRUAX

Chambersburg, Pennsylvania

Alternative Medicine

I accompanied my husband to an orthopedic appointment when he strained his knee from chasing our dog. I asked the doctor if we could try a horse liniment I heard was helpful. The doctor said, "If it helps, it can't hurt." I promised if he started to whinny or stomp his feet I would cut him off!

> **CHERYL WEIDENHAMMER** Harrisburg, Pennsylvania

Only as Old as You Feel

When Anna turned 100, the mayor arrived with flowers and said, "It's amazing how well vou manage, but how about maid service a couple of times a week?"

Anna thought about this a few days, called the mayor back and said. "I'm OK with the maid service, but it has to be close enough so I can ride my bike!"

> **DONNA BAARDSEN** Hart, Michigan

Dirt Don't Hurt

When our grandson Shelby was 4, a friend of the family gave him a pair of bib overalls. He put them right on, wore them the rest of the day, put them on again the next morning and wore them all that day.

The third day his mom told him the overalls would have to be washed. Shelby asked her why. "Because they're dirty," his mom replied.

Shelby frowned and grumpily said, "Overalls are supposed to be dirty!"

> **DAWN DESJARDIN** Pomeroy, Washington

MAKE US LAUGH!

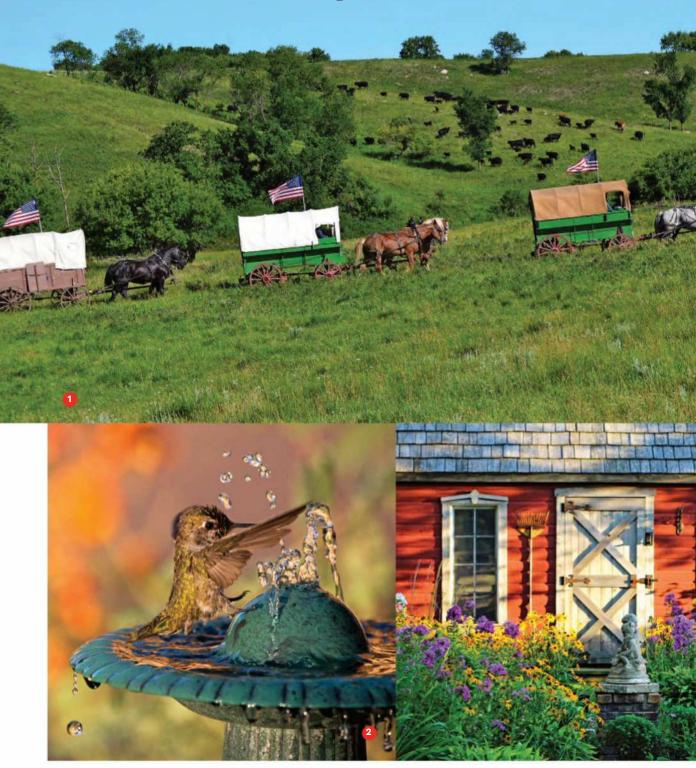
Share a joke, a funny story or photo and we may print it here! Details on page 60.



LIFE IN FOCUS

Blue Skies Ahead

There's no time like summer for our readers to seek out adventure and soak up the sunshine.





1. PIONEERING SPIRIT

The Fort Seward wagon train is a weeklong trip in North Dakota where people can experience American history firsthand. It's an excellent family vacation!

GRACE WESTERMAN

Sauk Centre, Minnesota

2. SPLISH SPLASH

This female Anna's hummingbird comes to the fountain in my yard every day. She may be tiny in size, but her big personality shines through in this picture!

LISA SWANSON Maricopa, Arizona

3. PLANTING PARADISE

The garden means so much to my family, and we all cherish it, each in our own way. This oasis touches the hearts of all who enter.

JOLIE RAIMONDO

Waverly, Minnesota

4. ROCK HOUNDS

Strolling around a nearby state park one hot summer day, my boys were pleasantly surprised to discover a clearing where they could skip rocks onto the lake.

SHYLA WOLF

Newton Falls, Ohio

5. BUBBLE BLISS

We kids love to play baseball at our great-granny's house. When rain interrupted the game, my cousin Kirklyn decided to break out the bubbles instead!

REBECCA FINCHUM

Strawberry Plains, Tennessee

PHOTO TIP

Capturing photos in the moment can be tricky. Shoot in burst mode so you don't miss that perfect picture. Simply delete the ones that don't make the cut.



Our property has lots of wild cherry trees, and our grandson Carson savored the harvest!

KATHIE KUMMET

Culdesac, Idaho

2. GOOD MORNING, BARNYARD

One morning I spotted my granddaughter Paisley peeking out the barn door, no doubt dreaming of all the adventures in the day ahead.

JACQUIE PARR

Santa Rosa, California

3. SNACK TIME

Spud the goat will eat just about anything that our daughter Mya feeds him, including this small sour apple.

AUBREY VALENTIN

Fond du Lac, Wisconsin

4. MOUNTAIN MAJESTY

My husband and I drove across the country to see the wildflowers in bloom at Mount Rainier National Park. I felt like I was in a fairy tale!

JESSICA SULFRIDGE

Williamsburg, Kentucky

5. RED, WHITE AND CRAFTY

My front porch is full of American pride and repurposed materials. I made the flag from a pallet, used bandannas to cover the pillows. and repainted a table I found on the side of the road.

JANE BILLINGS

Charlotte, North Carolina







All Paws on Deck

My small community pulled together to save the life of a beloved K-9.

BY TERESA AMBORD Anderson, California



olice officer Michael
Hallagan thought it was
the end of the road for
his best friend and
work partner, Aero. But
it was a serious illness, not a bad
guy, that threatened the dog's life.

When Hallagan donned his uni form every day, Aero was outfitted in his bulletproof vest, and off they went together, keeping our small community safer.

A German shepherd and Belgian Malinois cross, Aero was brought to America from eastern Europe to join Anderson's police department. "He was trained to be a felon's



Teresa says Aero's bravery inspires and amazes her.

worst nightmare," said Chief Michael Johnson, who selected Aero for his superior skills.

Very quickly, the pup proved to be everything they hoped for—especially in finding and getting dangerous drugs off the streets.

In the summer of 2015, Hallagan noticed changes in Aero. The dog seemed lethargic; indentations appeared in his head. At first the vet said Aero needed rest. But his condition declined. He was taken off active duty and sent home.

The news just kept getting worse. Aero's once powerful body shrank from 100 pounds to 60. Diagnostic tests cost \$6,000, and his treatment could have run to \$20,000—far more than the town's canine care budget.

With little hope, Johnson told Hallagan to go home and spend time with Aero, whose days looked to be numbered.

"You go from working with a partner every day, with him in the back of the car protecting you and working the streets, to seeing him be sick at home—it was horrible," Hallagan said.

The police department and local schools began raising funds for Aero's treatment. Hallagan opened a GoFundMe account and posted Aero's story on Facebook. Bit by bit, money came in.

The doctors learned that a rare autoimmune disease was eating away at Aero's muscles, and he had also contracted a staph infection. With treatment, his health turned around. He put on weight, regained muscle, and started to act himself again. Aero was completely off medication by spring.

In April 2016, Hallagan and Johnson announced some great news: The dynamic duo was back on patrol.

Aero has assisted in catching more than 50 criminals, not to mention protecting his best friend and partner. Hallagan is grateful to the kind folks who pulled together to save a wonderful police dog.

WORDS of WISDOM Worry is like a rocking chair. It gives you something to do but doesn't get you anywhere.

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A Close Shave

Inspired by a young man's sacrifice, Bethlehem Baptist Church raises money to help Haiti.

BY JOYCE HENSLEY Huddleston, Virginia

o one at Bethlehem
Baptist Church had
ever before offered
to shave their head
for a good cause. But
in July 2016, a sweet fellow named
Evan Meinke said he would lose his
locks if the congregation raised at
least \$2,000 for children in Haiti.

It happened during our vacation Bible school. We always take a mission offering, and Evan, who had been on several mission trips to the country with his family, said it costs \$75 to send one child to school in Haiti for a year. Church members accepted his challenge and took up the cause.

"What it inspired was just an outpouring of generosity," Pastor Charles Williams says. "A small church raised \$2,850 to educate the children in Haiti. That is an astronomical amount of money for a congregation our size."

It was enough money to send 38 children to school. As we watched and cheered, Evan let another fellow shave his head.

"Evan had very long hair," Pastor Williams says. "It was a big deal for him to do that, and quite a sacrifice."

Today, Evan is a missionary in Vietnam. Bethlehem Baptist, which is in Evington, Virginia, continues its good works with community outreach. The church partners with a local elementary school to help with projects.

Bethlehem Baptist goes way back in this rural community. Known as Otter Baptist Church when it organized in 1783, it first held services in a log structure. In 1858, the name was changed to Bethlehem Baptist Church. A little over a century later, in 1966, the current brick structure was built. An addition in 2001 included a



Evan loses his hair to help children in Haiti.

fellowship hall and more Sunday school rooms. Other improvements have been made through the years.

While other small churches have closed, Bethlehem Baptist endures. About 75 people attend on Sunday, and membership is steadily grow ing. The pastor credits God and the importance people place on having faith in their lives along with a feeling of family.

"People just love each other," Pastor Williams says.



WORDS of WISDOM The heart that loves is always young.

Leading Acid Reflux Pill Becomes an Anti-Aging Phenomenon

Clinical studies show breakthrough acid reflux treatment also helps maintain vital health and helps protect users from the serious conditions that accompany aging such as fatigue and poor cardiovascular health



by David Waxman **Seattle Washington:**

A clinical study on a leading acid reflux pill shows that its key ingredient relieves digestive symptoms while suppressing the inflammation that contributes to premature aging in men and women.

And, if consumer sales are any indication of a product's effectiveness, this 'acid reflux pill turned anti-aging phenomenon' is nothing short of a miracle.

Sold under the brand name AloeCure, it was already backed by clinical data documenting its ability to provide all day and night relief from heartburn, acid reflux, constipation, irritable bowel, gas, bloating, and more

But soon doctors started reporting some incredible results...

"With AloeCure, my patients started reporting less joint pain, more energy, better sleep, stronger immune systems... even less stress and better skin, hair, and nails" explains Dr. Liza Leal; a leading integrative health specialist and company spokesperson.

AloeCure contains an active ingredient that helps improve digestion by acting as a natural acid-buffer that improves the pH balance of your stomach.

Scientists now believe that this acid imbalance is what contributes to painful inflammation throughout the rest of the body.

The daily allowance of AloeCure has shown to calm this inflammation which is why AloeCure is so effective.

Relieving other stressful symptoms related to GI health like pain, bloating, fatigue, cramping, constipation, diarrhea, heartburn, and nausea.

Now, backed with new clinical studies, AloeCure is being recommended by doctors everywhere to help improve digestion, calm painful inflammation, soothe joint pain, and even reduce the appearance of wrinkles - helping patients to look and feel decades

FIX YOUR GUT & FIGHT INFLAMMATION

Since hitting the market, sales for Aloe-Cure have taken off and there are some very good reasons why.

To start, the clinical studies have been impressive. Participants taking the active ingredient in AloeCure saw a stunning 100% improvement in digestive symptoms, which includes fast and lasting relief from reflux.

Users also experienced higher energy levels and endurance, relief from chronic discomfort and better sleep. Some even reported healthier looking skin, hair, and nails.

swelling and inflammation that can wreak havoc on the human body. Doctors say this is why AloeCure works on so many aspects of your health.

AloeCure's active ingredient is made from the healing compound found in Aloe vera. It is both safe and healthy. There are also no known side effects.

Scientists believe that it helps improve digestive and immune health by acting as a natural acid-buffer that improves the pH balance of your stomach.

Research has shown that this acid imbalance contributes to painful inflammation throughout your entire body and is why AloeCure seems to be so effective.

EXCITING RESULTS FROM

PATIENTS

To date over 5 million bottles of AloeCure have been sold, and the community seeking non-pharma therapy for their GI health continues to grow.

According to Dr. Leal, her patients are absolutely thrilled with their results and are often shocked by how fast it works.

"For the first time in years, they are free from concerns about their digestion and almost every other aspect of their health," says Dr. Leal, "and I recommend it to everyone who wants to improve GI health without resorting to drugs, surgery, or OTC medications."

"I was always in 'indigestion hell.' Doctors put me on all sorts of antacid remedies. Nothing worked. Dr. Leal recommended I try AloeCure. And something remarkable happened... Not only were all the issues I had with my stomach gone - completely gone - but I felt less joint pain and I was able to actually sleep through the night."

With so much positive feedback, it's easy to see why the community of believers is growing and sales for the new pill are soar-

THE SCIENCE BEHIND **ALOECURE**

AloeCure is a pill that's taken just once daily. The pill is small. Easy to swallow. There are no harmful side effects and it does not require a prescription.

The active ingredient is a rare Aloe Vera component known as acemannan.

Made from of 100% organic Aloe Vera, AloeCure uses a proprietary process that results in the highest quality, most bio-available levels of acemannan known to exist.

According to Dr. Leal and several of her colleagues, improving the pH balance of your A healthy gut is the key to a reducing stomach and restoring gut health is the key to

revitalizing your entire body.

When your digestive system isn't healthy, it causes unwanted stress on your immune system, which results in inflammation in the rest of the body.

The recommended daily allowance of acemannan in AloeCure has been proven to support digestive health, and calm painful inflammation without side effects or drugs.

This would explain why so many users are experiencing impressive results so quickly.

REVITALIZE YOUR ENTIRE BODY

With daily use, AloeCure helps users look and feel decades younger and defend against some of the painful inflammation that accompanies aging and can make life hard.

By buffering stomach acid and restoring gut health, AloeCure calms painful inflammation and will help improve digestion... soothe aching joints... reduce the appearance of winkles and help restore hair and nails ... manage cholesterol and oxidative stress... and improve sleep and brain function... without side effects or expense.

Readers can now reclaim their energy, vitality, and youth regardless of age or current level of health.

One AloeCure Capsule Daily

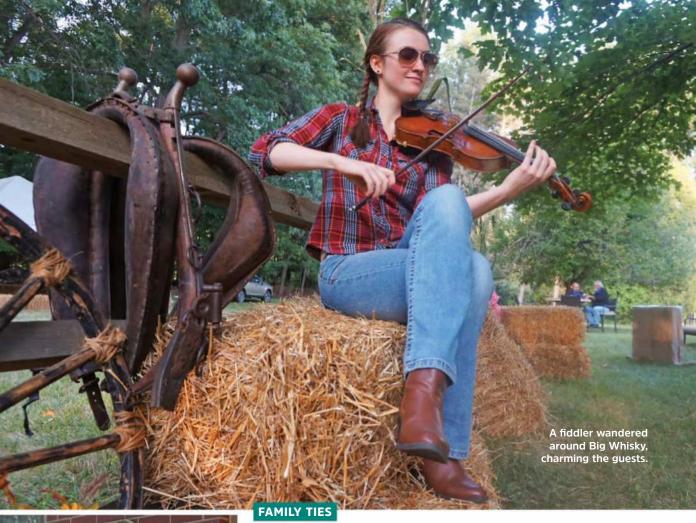
- Helps End Digestion Nightmares
- Helps Calm Painful Inflammation
- Soothes Stiff & Aching Joints · Reduces appearance of Wrinkles
- & Increases Elasticity
- Manages Cholesterol & Oxidative Stress
- Supports Healthy Immune System
- Improves Sleep & Brain Function

HOW TO GET ALOECURE

This is the official nationwide release of the new AloeCure pill in the United States. And so, the company is offering our readers up to 3 FREE bottles with their order.

This special give-away is available for the next 48-hours only. All you have to do is call **TOLL-FREE 1-800-808-4296** and provide the operator with the Free Bottle Approval Code: AC100. The company will do the rest.

Important: Due to AloeCure's recent media exposure, phone lines are often busy. If you call and do not immediately get through, please be patient and call back. Those who miss the 48-hour deadline may lose out on this free bottle offer.





A Toe-Tapping Good Time

We built a saloon in the backyard for our daughter's bridal shower.

BY ALICE COLWELL Boardman, Ohio

y husband,
Kelly, and I
wanted something different
from a typical
bridal shower for our daughter
Eva, who was getting ready to tie
the knot. Inspired by Kelly's love
of Westerns, we transformed our
quiet backyard into Big Whisky—
a western town complete with a
saloon, train station, sheriff's office
and a jail—for the festivities.

The creative ingenuity came from Kelly. He morphed an old onetime swingset into the Rip Saw Saloon, all for \$29 and a set of Edison lights! The project was a testimonial to the idea that one man's trash is another's treasure. He repurposed antiques, lumber and collectibles. Our imagination played more of a factor than spending money.

We paid attention to every little detail. We gathered old fence



Authenticity was the goal when building the saloon (below) and the jail (bottom). Cupcakes added a humorous touch.





pieces to dress the face of the saloon, mounted Kelly's grandpa's rip saw to the front of the bar, and displayed period firearms across the frame of the saloon. The jail was constructed with rebar and locked tight with an antique lock (in case outlaws came to town).

The sheriff's office, which was next to the Big Whisky Jail, was decorated with WANTED posters and a checkerboard. In an effort to mind the details, in the sheriff's station we hung skeleton keys to secure the jail (in case the trusted lawman in town needed to keep the bad guys locked up).

Townsfolk came for a western barbecue, which included smoked turkey, tomato pepper salad, chili, chicken, potato crepes, roasted corn on the cob and watermelon. Desserts included chocolate cowboy suckers, candied sheriff's badges, and cupcakes decorated as cows and pigs. The shower favors were homemade jams, which I

"The fruits of our labor and hard work were realized by the fun and celebration that took place." - ALICE COLWELL

made from a variety of freshly picked summer berries, in jars adorned with raffia.

The thirsty guests drank from mason jars in the saloon, played card games, and were charmed by a fiddler who milled around to serenade all the cowhands.

To illuminate the dining hall, Kelly crafted a chandelier with remnants of old swings, genuine deer horns, a discarded Amish buggy wheel and some abandoned Christmas lights.

Perhaps the best part of the night came after dinner. A hoedown caller entertained the cowgirls and cowboys with square dance music! The toe tapping, knee slapping party continued for hours. Eva and

her fiance, Jordan, were stunned at the transformation and said they had never been to a bridal shower like this one. They both had smiles the entire time and enjoyed all the down home festivities.

For Kelly and me, the fruits of our labor and hard work were real ized by the fun and celebration that took place that night.

Most of our friends and family in attendance said our party was unique and by far one of the most fun filled bridal showers they had ever been to.

One cowpoke said, "I just don't want this night to ever end. I feel like I am really a cowboy living in Texas. Everything was so real just like in the Old West!" Q

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No purchase necessary to enter to win. Purchase will not improve your chances of winning. Sweepstakes is open to legal residents age 18 years or older of the U.S., its territories and possessions. Sweepstakes begins on June 20, 2018, and ends on August 21, 2018. For official rules, visit country-magazine.com. VOID WHERE PROHIBITED. Sweepstakes sponsored by RDA Enthusiast Brands, LLC.

Mystery Photo Answer

Alexey Stiop/Alamy Stock Photo shot the gorgeous beach scene on page 32 at Sleeping Bear Dunes National Lakeshore in Michigan.

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My children, Ella and Keegan, are soaking in all the joys of a country summer-pond fishing, great weather, green grass and blue skies.

STACY BARKAN Carrollton, Ohio

Cason, my oldest son, was all set for his very first fishing adventure with his own pole and tackle box. CASSANDRA KING Morganton, North Carolina

Marshall caught this 5-pound bass all by himself at Cedar Lake in southern Illinois. What a happy fisherman! SUE VOGELSANGER Cape Girardeau, Missouri





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