

A quarterly publication for the extended family and community of:



Community Care

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Summer Quarter

Enjoy The Summer

Hello from the summer time! Well it was a dry spring so let's hope this summer starts off with a little rain to help the grass and the crops. I don't know about your family, but mine has had the grill out for a good while and have made use of it very frequently. Grilling is one of my favorite parts of spring and summer. Now I never said I was any good at it, but I do enjoy myself. The Chandler Family hopes that this newsletter finds you all doing well with the warm weather and feeling good about the sunshine that we have been given. Here's hoping that you find a nice shady spot and a good book or song to enjoy this summer.



Your Friend & Neighbor,
Bryan E. Chandler

Informational Videos Added

Chandler Funeral Home is proud announce the addition of several videos to their website, covering subjects such as Veterans Benefits, Pre-Planning, Benefits of Visitation, Cremation and a video tour of the Funeral Home. We believe these videos will assist in answering some questions you may have about our services or facilities. We understand that when it comes to the death of a loved one some things aren't easy to discuss or ask questions concerning the subject. We offer these videos so you may sit in the convenience and safety of your own home and acquire some of the answers for which you may be searching.



www.chandlerfuneralhome.net

Laughing All the Way to Keep the Doctor Away By: Wain Roy

No one on earth would love to visit a doctor in all his sanity. But no matter how much we hate to knock at the Doc's door, something or the other takes us right there. And the visits increase with age, as does the number of health problems. Now while it is true that doctors, treatments and medicines cannot be totally done away with, you can at least keep things within the limits of reason just by a smile or a grin every now and then. Helping your health shine with just a smile— well, if that sounded funny you can laugh alright, but it was not a jest by any means. On the contrary, health is indeed directly proportional to laughter.

The reasons are not hard to guess. Everyone likes to share humor, make merry or have fun. But what you might not know just as yet is that, the more you laugh and be happy, the less threat you pose to your health. No kidding this—fun, joy and humor are instrumental in uplifting the moral and physical health of a human being. Research says that the chances of a heart attack are reduced by huge degrees for those who laugh more than their fellows. Laughter therapists hold that laughter plays a huge role in today's saga of survival. In the rat race of life, every little thing may lead to stress, anxiety, agitation or depression. The common antidote to all these is nothing but a hearty laugh.



“Everyone likes to share humor, make merry or have fun.”

One good thing about the laughter therapy to health is that people never get tired of excess. You can never possibly have enough of fun. If you love to laugh, you are all set to live a healthy stress-free life. And this may hold fine testimony to all success stories of humor or humorous pieces of work, be it in books or over the Internet. Take for instance the funny columns in books, magazines or your daily. Or the funny stuff you get online to tickle your funny bone. Didn't you get hooked on to them for hours grinning ear to ear? And didn't you manage to flip through them at least once even on a busy day? That is the where the ambrosia of survival lies.

Nowadays, the Internet is an endless source of humorous sites where people spend hours to do away with their boredom, or even when they are not bored. Voraciously reading jokes, watching funny videos or playing fun games they all knowingly or unknowingly ensure that they see the doctor less. However, the doctor or no doctor, who would mind a few gags and giggles to keep the spirits high? So be it. Laugh your heart out to be at the happy end of health.

Best Recipes: Delicious Barbecue Chicken

By: Nick Kalis

Anyone can create delicious homemade hot barbecue recipes for serving to friends & family. Making a chicken barbecue dish can be a wonderful experience, as long as you take the time to make the recipes right. You can cook each of them for your family and friends & let them decide which they like best.

Recipe #1

1 chicken, broken down into 2 leg quarters and 2 breasts 1 tsp salt 1 tsp black pepper 2 cups catsup 4 ounces brown sugar 1/2 cup molasses 1/2 cup Worcestershire sauce 1/4 cup soy sauce 1/4 cup sesame oil 1/2-inch piece of ginger, peeled and grated 1-1/2 tsp garlic powder 1-1/2 tsp cumin 1-1/2 tsp chili powder



Heat a charcoal or gas grill to medium-low heat. Close the grill to thoroughly preheat the grate. Preheat the oven to 350 degrees. Season the chicken with salt and pepper. Combine the next 10 ingredients in a stainless steel mixing bowl.

Grill the chicken for 5 to 7 minutes on each side. Next, place the chicken in a 9x13-inch casserole dish and baste generously with the sauce. Bake for 20 minutes. Delicious!

Recipe #2

1 package barbecue-seasoned boneless chicken 1/3 cup reduced-calorie mayonnaise 2 tablespoons spicy brown mustard 1/2 cup finely chopped cabbage 1/4 cup finely chopped red onion 4 split lightly toasted Kaiser rolls

Prepare outdoor grill for cooking or preheat broiler. Grill or broil chicken 5 to 6 inches from heat source until cooked through, about 8 to 10 minutes, turning 2 to 3 times.

Meanwhile, in small bowl, combine mayonnaise and mustard; stir in cabbage and onion; blend well.

Place a chicken breast on bottom half of each roll; spread mayonnaise mixture on top; cover with lettuce and top half of roll. Serve 4 Sandwiches

Makes 4 sandwiches

Good Luck & find your favorite Barbecue and serve !!

Veteran's Corner: Honor Flight



Honor Flight is a non profit organization created solely to honor America's veterans for all their sacrifices. We fly our heroes to Washington, DC to visit and reflect at their memorials. Top priority is given to the senior veterans – WW II survivors along with those other veterans that may be terminally ill. Based on recent statistics, we are losing WW II veterans at the rate of 1200 per day. Honor Flight will continue do whatever it takes to fulfill the dreams of our veterans and, very importantly, our senior heroes travel absolutely free. So far, locally Bob Denney has gone and Eddie Chandler will be going soon. Please feel free to contact us at Chandler Funeral Home for a printed application or visit the companies website at <http://www.honorflight.org/index.htm> We have also placed a link on the [veteran's page](#) of our website.

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**CHANDLER FUNERAL HOME
& CREMATION SERVICE**

"Choose Comfort, Choose Chandler Funeral Home"

**Please contact us to have your friends and
family also receive our newsletter.**

**Bryan E. Chandler, Owner of Chandler Funeral Home,
invites you to stop by for more information about
preplanning, funeral services, monuments,
support groups, resource materials, or for a guided
tour.**

Please Call:

740-732-1311

Or Log Onto:

www.chandlerfuneralhome.net

If this reaches you at a difficult time, please accept our apologies