

There's something special about October. The air gets a little cooler, the leaves begin to show off their beautiful colors, and suddenly we're looking for cozy places to gather, learn, laugh, and enjoy a good story.

At the Harrington Public Library, October is a wonderful reminder that the library is so much more than a place to check out books. **It is a place where our community comes together.**

Whether you're bringing a child to a program, looking for your next great read, meeting a friend, exploring something new, or simply looking for a welcoming place to spend a little time, there's a place for you at the library.

And behind so much of what happens at the library are the **Friends of the Harrington Public Library**. Through fundraising, volunteering, special events, and community partnerships, the Friends help provide the extras that make library experiences even more meaningful—from programs and children's activities to snacks, furnishings, equipment, and special events.

October also gives us a chance to celebrate **National Friends of the Library Week, October 18–24**. It's the perfect time to recognize the volunteers, members, donors, and community partners who believe that a strong library helps build a strong community.

So as the leaves begin to fall, we invite you to **fall into the library**. Stop by. Browse a shelf. Join a program. Bring a friend. Become a member. Volunteer. Share an idea.

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Billie Humphrey, President

From the President's Desk

The 21st annual National Friends of Libraries week is October 18-24. I've talked to several library directors and they all tell me the same thing – when the library has an active Friends group there is more community participation in library activities. Through the Friends group, the library's influence is increased.

Think back to when you were in grade school or high school. Who was your best friend? I was lucky because I had two best friends, Betty and Patsy (very popular names in the 1950's). What about when you started college or your first job? Did you have best friends then? Mine were Nell, Mary and Diana.

Best friends like these are ones that you choose and who choose you back. Sometimes they can get you into trouble, but mostly they help when you need it most. They are loyal, trustworthy and always there when you call for support.

That's the same kind of relationship that the Friends of the Harrington Public Library have with the library and its staff. The Friends support the library's staff when they need it and are always ready to help with their projects, whether it is collecting empty jars or empty cans, cardboard tubes, or providing helping hands during Summer Reading Kick-off or Family Fun Day.

In return, the library staff supports us in our fundraising efforts, such as our ongoing Second Chance Bookstore, March's Do-More 24 effort, April's book sale, May's Craft Fair, September's Book Fest, and our December Baubles & Bling Sale. Any funds that we raise are then used to improve library services, fund special summer programs, provide after-school snacks, purchase supplies, and contribute to new and emerging technologies and equipment that are outside the library's normal budget. This is what I call a win-win relationship.

We are always looking for new members. Joining the Friends of the Harrington Public Library is a terrific way to make new friends of your own, give back to our community, and make the library even better. We have so much fun while working to make our community better and we invite you to become a Friend.

Billie



A Wonderful Day of Stories and Community at Book Fest

: Michelle Baltrusch, Book Fest Chair

Nearly 400 people joined the Friends of the Harrington Public Library for Book Fest on September 26, despite the nor'easter weather. The day opened with a reading of Governor Meyer's proclamation recognizing September 26 as Book Fest 2026 Day—a fitting start to a celebration of literacy, the Friends' focus this year.

Regional authors met readers and shared their books throughout the day. Guests enjoyed a presentation by the Nanticoke Indian Dance Troupe. Later, Gavin Malone explored the life and writings of Edgar Allen Poe, while Susan Emory brought his words to life with readings of several poems. We are grateful to all the performers and presenters who shared their talents.
The Kids Zone was full of Wild West fun. Families explored Tall Tale Ranch, tried the gem mine and Bison Challenge, and visited the popular tattoo station. Children worked with their Story Keeper boxes, thinking about stories they want to remember and pass on, and made dream catchers. Special thanks to Michele for creating a playful setting and planning crafts and games for the little ones. Kent County Sheriff Norman Barlow joined the fun by deputizing children with sheriff's badges, while the 4-H Clover and Lake Forest Spartan mascots brought even more smiles.
Arleen's Creative Team created the decorations that brought Book Fest to life. Malcolm and Sarah built the life-size American bison scene in celebration of America's 250th anniversary, giving families a memorable setting for the Bison Challenge.

The Second Chance Bookstore Pop-Up Sale was a big success. Thank you to everyone who shopped and supported the Friends. We also thank the Harrington Fire Department for providing food, face painter and author Christy Shaffer, and Barbara Johnson of Delaware Readiness Teams for sharing resources with families.

Our heartfelt thanks go to the Friends who volunteered on event day and supported the many months of planning. We are especially grateful to the Harrington Public Library staff for creating the kickoff events during the week leading up to Book Fest and helping throughout the big day. Thank you, too, to Dave from Maintenance for all his hard work.

Most of all, thank you to everyone who came out despite the weather. You showed what our community can do when it comes together around books and stories.

Michelle



Sharing Stories in the Park

Something exciting is coming to the **Harrington Parks & Recreation playground area**—a brand-new **Free Little Library!**

Soon, children, parents, grandparents, and playground visitors will have a new reason to stop, look, browse, and discover. Tucked among the fun and activity of the playground, the Free Little Library will offer books that are **free for the taking**. Find a story that catches your eye? Take it home! Have a book you've already enjoyed? Bring it back and leave it for someone else to discover.

Think of it as a little treasure chest of stories—**open every time you visit the playground.**

Whether a child is searching for a silly adventure, a favorite character, a bedtime story, or that *one book* that makes them want to read just one more page, there may be a surprise waiting inside.

The Free Little Library is more than a box filled with books. It is an invitation to **read, share, imagine, and connect**. It gives families an opportunity to turn ordinary playground visits into moments of discovery—and perhaps introduce a child to a book that becomes a lifelong favorite.

So keep your eyes open! Something special is coming to the playground, and you never know what story might be waiting for you.

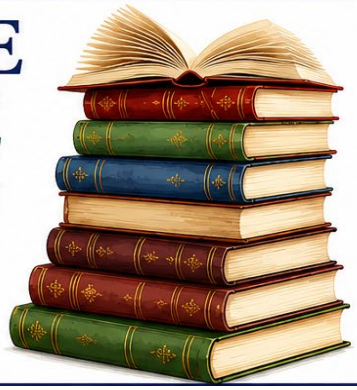
Take a book. Leave a book. Share a story.
Let the adventure begin!

SECOND CHANCE BOOKSTORE

Great Books • Great Prices • Great Cause

The Second Chance Bookstore is located in the lower level of the Harrington Public Library.

Shop with us and support the Library!



STORE HOURS

Monday:	10 AM – 4 PM
Tuesday:	11 AM – 6 PM
Wednesday:	10 AM – 4 PM
Thursday:	11 AM – 6 PM
Friday:	10 AM – 4 PM
Saturday:	10 AM – 12 PM

Volunteers are always welcome!



From the Heart



There's something special about Fall. The leaves begin to change, the air turns crisp, and we're reminded that change can be beautiful. As we head into the new season, the Friends of the Library are looking to another season of serving, supporting and celebrating our Library and our community.

The Book Fest was an amazing way to begin the new season. I think you can all agree with me that the event was a huge success. The authors were wonderful and their books a reflection of their individuality, creativity and talent. The Kid Zone kept all the little ones delighted, challenged, painted, tattooed and full of stories to share for a long time. The Nanticoke Indian presentation and the Edgar Allen Poe offering were thought provoking and entertaining for all who attended. And the themed decorations, Bison, horse, teepee, and more, certainly added to the fun and festivities. Thanks to all who created, prepared and served to make this event so enjoyable.

Just as the trees prepare for a new season by letting go of the old, the Friends continue to grow, adapt, and find new ways to accomplish our vision and goals. With our wonderful members, Library staff and community working together, there is always something good ahead. May this Fall bring us crisp mornings, good books, good friends, and plenty of reasons to gather at the Library.

Find us at:

Website: https://harrington.lib.de.us/friends/

Facebook: https://www.facebook.com/profile.php?id=61556600322985 or Friends of the Harrington Public Library



One of the Best Computer Programs May Be One of the Simplest

By Janel “Jaycee” Miller

The roughly three years I spent as a press aide, and later a deputy press secretary during the administration of former Pennsylvania Governor Edward G. Rendell were some of the most rewarding of my professional life. I learned many things during those years, many of which regrettably I don't use professionally at the moment. But one of those things I still use you might find useful: Notepad, a Microsoft computer program that was, according to betanews.com, introduced in 1990.

As much writing as I’ve done in my lifetime, I’m not good at switching between multiple screens. Before I discovered Notepad, I would highlight all the text I needed to paraphrase to write a story (news release, listicle, etc.), copy it, paste it into Microsoft Word and then begin my paraphrasing.

The problem with that old way of doing things is that oftentimes all the HTML code, hyperlinked words, and photos came along for the ride (think of it as nachos with cheese, salsa, sour cream, jalapenos, and other toppings). I would have get rid of the HTML code, hyperlinked words, photos. Even after I did, some frustrating remnants would sometimes remain. Since all I needed was plain text, those extra components could slow down my computer or laptop (I will admit when I am writing on deadline, I am not a very patient person.)

Now, when I highlight all the text and copy it and paste it into Notepad, a simple no-frills text remains (think of it as nachos with no toppings). Pictures become the word "pic" or "jpg" – which are so much faster and easier to delete – and hyperlinks and formatting disappear, making copying and pasting much faster. GeeksForGeeks.org also states, and I can attest, that users can save these files for future use and within these files cut, undo, and search for specific words and phrases.





Rooted in Harrington, Crafted with Heart: Jewel's Sandwich Shop

By: Arleen Harris, Member since 2025

Mr. Wise is the proud owner of Jewel's Sandwich Shop located at the fork of Route 13 and Delaware Ave. After seven years of intense construction which he performed himself, he has finally opened for breakfast. Mr. Wise doesn't currently live in Harrington but was raised up the street from the shop and is a graduate of Lake Forest High School. He has always wanted a sandwich shop since he was a little boy. He chose to open in Harrington because it's his roots. Also, he wanted to bring a little Italian, Philly flair type of cuisine to this area such as tomato pie and long hots. His menu has specialty breakfast items, standard items, and individual breakfast items at reasonable pricing. The individual items allow the opportunity to build your own bowl or sandwich to your liking as well as offering the opportunity for vegan and vegetarian options.

Currently he is serving breakfast Monday through Saturday, 5:30 to 11:00 am with the anticipation of serving hot sandwiches, cheesesteaks and hoagies beginning in November. His wife, Shelly, and other family members as well as local employees are staffing the establishment. He's committed to using **fresh ingredients**, supporting **local vendors**, and sourcing **authentic imported Italian meats** like mortadella, capicola, and prosciutto for the upcoming lunch offerings.

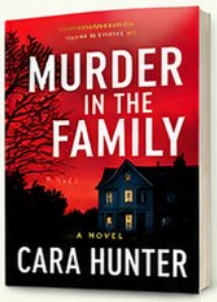


Friends' Favorite Reads



Great books. Great stories. Great recommendations!

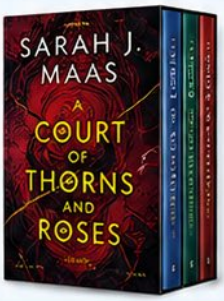
Looking for your next good read? Here are some books our Friends have enjoyed and think you might enjoy, too.



1 Murder in the Family
Cara Hunter

When a young woman is found dead at a family gathering, long-buried secrets begin to surface. This gripping mystery keeps you guessing until the very last page.

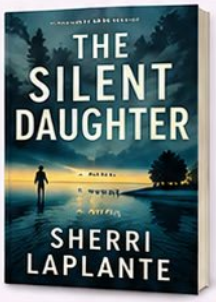
"A twisty, well-written thriller that held my attention from start to finish!"
— Judy N.



2 Court Series
Sarah J. Maas

A captivating fantasy series filled with magic, romance, danger, and unforgettable characters. The Court series takes you to a richly imagined world where love and loyalty are tested at every turn.

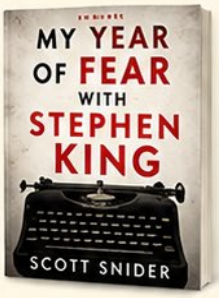
"An addictive series with amazing world-building and characters you can't help but love!"
— Linda P.



3 The Silent Daughter
Sherri LaPlante

A gripping novel about family secrets, trust, and the lengths a mother will go to protect her child. Emotional, suspenseful, and full of unexpected twists.

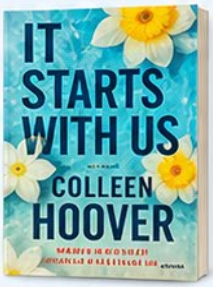
"A compelling story that kept me turning the pages. I highly recommend it!"
— Linda P.



4 My Year of Fear with Stephen King
Scott Snider

A witty and heartfelt memoir about a year spent reading (and living) through Stephen King's vast collection. It's part memoir, part love letter to storytelling, and a must-read for King fans and book lovers alike.

"Funny, honest, and a great read! A unique take on a lifetime of stories."
— Dawn M.



5 It Starts With Us
Colleen Hoover

A moving and emotional continuation of *It Ends with Us*, this novel explores second chances, healing, and the courage it takes to build a better future.

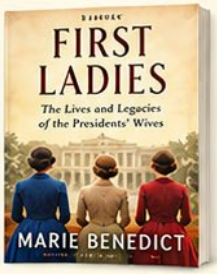
"A heartfelt and powerful story about love, growth, and new beginnings."
— Dawn M.



6 The Calamity Club
Alison Goodman

Fifteen-year-old Lulu and a group of brilliant, adventurous young women form a secret club to solve mysteries and take on injustice in Victorian London. An engaging mix of history, friendship, and adventure.

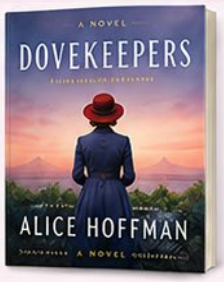
"A fun and empowering read with strong, memorable characters!"
— Anna B.



7 First Ladies
Marie Benedict

A fascinating look at the women who stood beside our presidents, sharing their struggles, triumphs, and lasting influence on American history.

"Informative, engaging, and brings to life the important stories of these remarkable women."
— Marleena S.



8 DoveKeepers
Alice Hoffman

A beautifully written novel about friendship, strength, and hope, set during a time of war. It follows a close-knit group of women who keep a powerful secret — and the extraordinary bond that sustains them.

"A moving and unforgettable story of resilience and friendship."
— Marleena S.

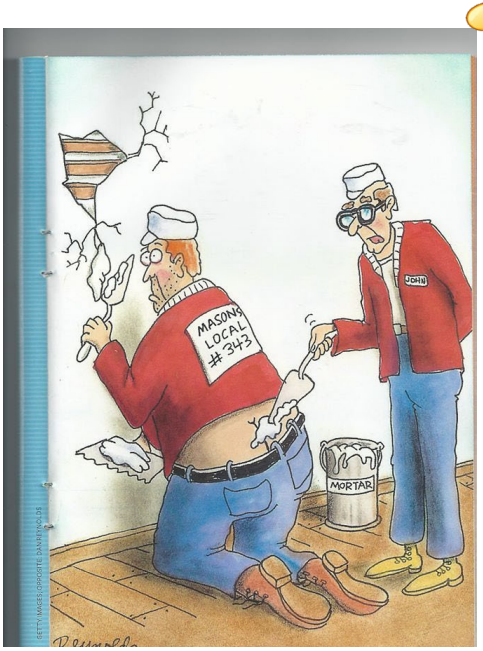


9 The Wide Circumference of Love
Marita Conlon-McKenna

A sweeping and emotional story that follows one Irish family through generations of love, loss, courage, and change. Richly detailed and beautifully written, this novel captures the strength of family ties and the enduring power of hope.

"A beautifully written story that spans generations and stays with you long after the last page." — Deborea J.

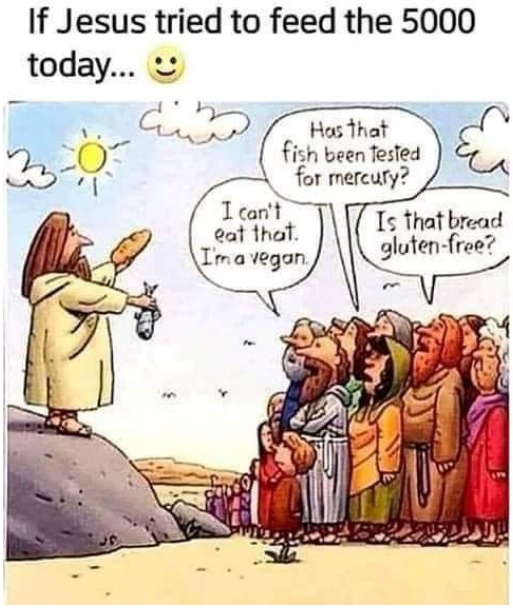
Laugh Out Loud Corner



Something every woman has fantasized about doing at least one time, if not more, in her life.







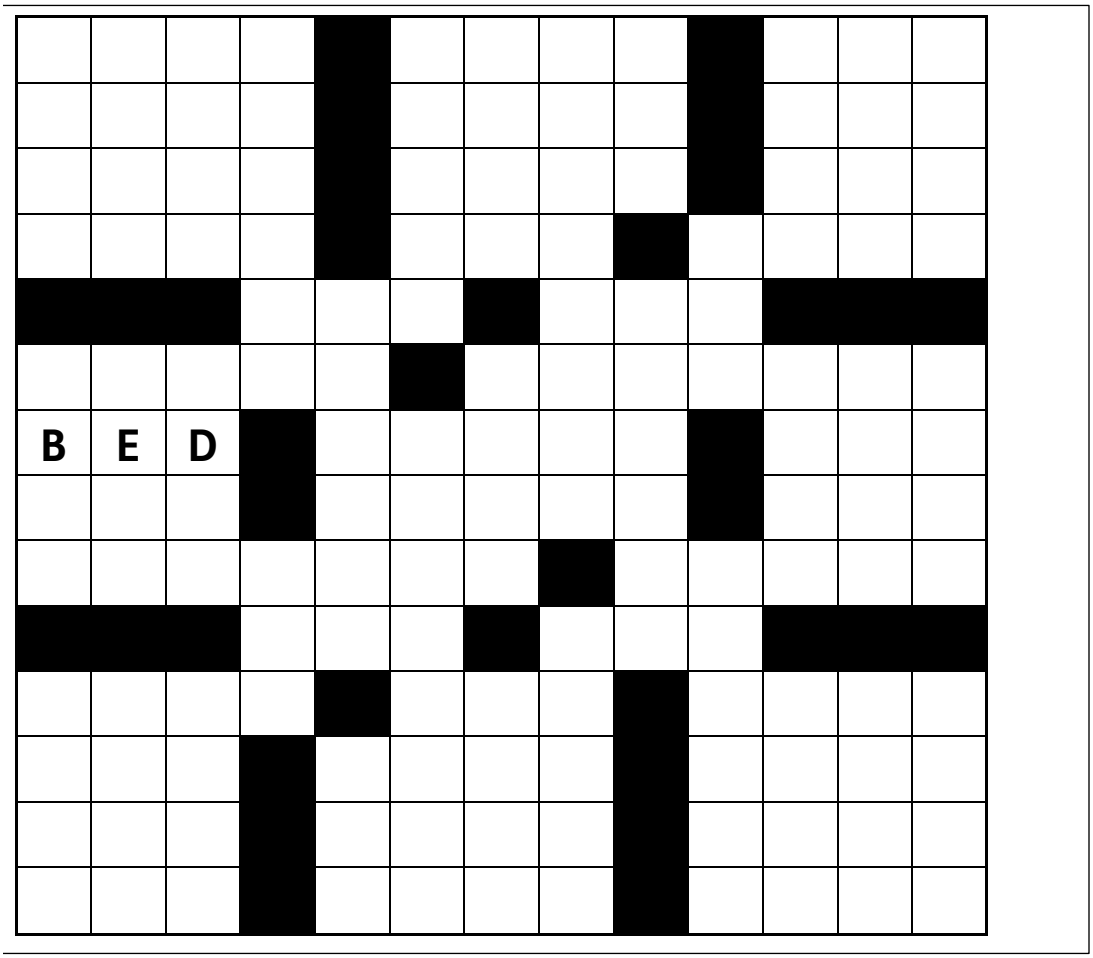
An eager job applicant arrived twenty minutes early for an interview, determined to make a stellar first impression. Spotting the company's CEO in the breakroom, he decided to strike up a casual conversation to show off his confidence and charming personality. He pointed to a framed photograph on the wall and laughed, saying, "Wow, look at that absolute clown, who on earth would let that person run a multi-million dollar company?" The CEO took a slow sip of his coffee, stared at him blankly, and said, "That is a mirror, and your interview is canceled."



Brain Teasers

FILL IN: The entries for this puzzle are given to you. Listed alphabetically according to length. Across and down words are all mixed together, and you are to find their proper places in the diagram.

ADD
AMI
AMT
BED√
DNA
EBB
EEK
EEN
ENS
EOS
FEN
ITS
KOs
LEE
ODA
ODD
ONE
PFC
RBI
REF
SEA
SGT
SKI
TAU
THE
FARE
FARO
FINE
FOLD
GROG
HOOP
ITER
KATE
LIFE
LOON
NODS
OMAR
OMEN
OUST
PLOD
QUID
REDO
SERB
SOHO
SOON
SOOT
STUB
TYPO
USMA
YENS



4 LETTERS
ATOM
DOLE
ENDS
ERST
ESPY

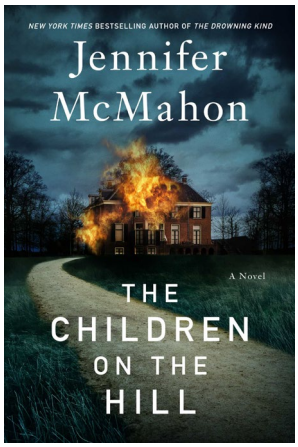
5 LETTERS
BYRON
ELSIE
INCAS
LET GO
READY
ROOFS
SQUIB

6 LETTERS
EMOTED
NEEDLE

7 LETTERS
ELLIPSE
HIMSELF
INDOORS
ORATORY

Book Club Read of the Month:
The Children on the Hill

By: Jennifer McMahon



Book Club Discussion

Date: *Thur. 10/29/2026*

Time: *5:30 p.m.*

Location: Harrington Public Library

New participants are always welcome!

[Nominee for Readers' Favorite Horror (2022)]

A genre-defying new novel, inspired by Mary Shelley's masterpiece *Frankenstein*, which brilliantly explores the eerie mysteries of childhood and the evils perpetrated by the monsters among us.

1978: at her renowned treatment center in picturesque Vermont, the brilliant psychiatrist, Dr. Helen Hildreth, is acclaimed for her compassionate work with the mentally ill. But when she's home with her cherished grandchildren, Vi and Eric, she's just Gran—teaching them how to take care of their pets, preparing them home-cooked meals, providing them with care and attention and love.

Then one day Gran brings home a child to stay with the family. Iris—silent, hollow-eyed, skittish, and feral—does not behave like a normal girl.

Still, Violet is thrilled to have a new playmate. She and Eric invite Iris to join their Monster Club, where they catalogue all kinds of monsters and dream up ways to defeat them. Before long, Iris begins to come out of her shell. She and Vi and Eric do everything together: ride their bicycles, go to the drive-in, meet at their clubhouse in secret to hunt monsters. Because, as Vi explains, monsters are everywhere.

2019: Lizzy Shelley, the host of the popular podcast *Monsters Among Us*, is traveling to Vermont, where a young girl has been abducted, and a monster sighting has the town in an uproar. She's determined to hunt it down, because Lizzy knows better than anyone that monsters are real—and one of them is her very own sister.

The Children on the Hill takes us on a breathless journey to face the primal fears that lurk within us all.

Goodreads.com



Stay on Your Feet! Simple Ways to Prevent a Fall

By: Linda Spires, R.N.

September is recognized as Healthy Aging Month, but fall is a good time to think about staying safe and steady on our feet. The CDC reports that more than 1 in 4 adults 65 and older fall each year, and falling once doubles the chance of falling again. Simple measures can reduce the risk.

1. Keep Moving: Regular physical activity helps maintain strength, balance and flexibility. Walking, gentle strength exercises, tai chi, chair yoga and balance exercises can all help keep us steady on our feet. You don't have to be a marathon runner- just keep moving!
2. Take a look around your home: Loose area rugs or throw rugs, electrical cords and poorly lit stairways can become hazards. Secure rugs with non-slip backing or consider removing them altogether. Clear the clutter! Keep hallways, walkways, stairways free of books, boxes, and other objects that could be tripping hazards. Consider grab bars in the bathroom near the toilet and in the tub and shower, and place handrails on stairs.
3. Have your eyes checked: Good vision is important in preventing falls. Poor vision makes it harder to see obstacles, or sometimes just the next step. Make sure stairs, hallways, entrances and bathrooms are well lit. Keep a night light on for those nighttime expeditions. Turn on the light, look where you are going and get regular eye examinations to identify changes in your vision.
4. Review your medications: Some medications or combinations of medications can cause dizziness, drowsiness or changes in blood pressure. Have your medications reviewed periodically by your pharmacist or physician.
5. Keep essentials within reach: Avoid standing on chairs or stools to reach things stored high up. Move frequently used items to shelves or cabinets that are easy to access.
6. If you are concerned about your balance, don't be embarrassed to ask for help or utilize assistive devices: Using a cane, walker, rollator or other device is not a sign of weakness, it's a smart way to protect your independence.

A fall doesn't have to be part of the aging process. A little prevention today can help keep you doing the things you enjoy tomorrow-including, of course, making those trips to the



Director's Corner

By Marleena Scott, HPL Library Director

Happy October Everyone! October is always one of my favorite months; I love participating in all the Halloween festivities and enjoying the cooler weather. Along with all the fall fun, October is also an opportunity to recognize the hard work and dedication of the Friends of the Harrington Public Library. National Friends of Libraries Week this year is October 18-24, 2026. During this week, we celebrate the ladies and gentlemen that make up Friends of the library organization. They are truly tireless supporters of the library and are willing to volunteer and work to make sure the library is a true asset to our community.

Did you stop in the library in the Spring? If you did you probably saw ginormous flowers throughout the library that our Friends had made to decorate for their free community tea and later the library. Then after book sales and craft fairs, if you came in summer, you got to see their huge dinosaurs displays or attend one of the free community programs like NJ Snake Man that our Friends sponsored. If you stopped by for Book Fest, you probably got to see the giant bison the friends made or had opportunity to see the proclamation that the Governor personally delivered to mark the event. At the end of the month in October, the Friends will be handing out candy at the City of Harrington's Trail of Treats and gearing up for their December Jewelry Sale.

I am not sure what decorations they are planning for their Baubles and Bling Sale yet, but there is a real chance I am going to come in and find a Christmas wonderland, like the Friends made last year, and probably all my office chairs will have been blinged out. Whatever they come up with, you would be hard pressed to find a group more creative and hard-working than the Friends of the Harrington Public Library. The Friends of the Library have been right by our side improving services for our community. This very important group helped us to get to where we are now, and their impact is an ongoing effort to make the library better than it was the day before.

They hold countless fundraisers, volunteer for numerous hours, and are never too tired to help the library staff when we need assistance. They run our bookstore inside the library, help us operate our food pantry closet, and provide snacks for children. The Friends are also powerful advocates for the library and are currently doing all they can to help support literacy efforts.

This October, if you happen to see any of our Friends members please take time to thank them for all they do to make our Lake Forest Community a better place. What the Friends would love even more than the acknowledgement of their contributions, is if you joined our Friends organization. No matter what skills you possess, there is literally a job that the Friends can find for you to do here at the library. Whether it be organizing books, stuffing goody bags, advocating for libraries, or baking treats for bake sales, the Friends excel at matching skills with ways to help the library. Their dedication to the library and the community is something that I am thankful for in October and every other day of the year.

Marleena

FHPL
2025-2026 Sponsor





Three (Sometimes) Forgotten Facts About Delaware

By Janel “Jaycee” Miller

Most who read this newsletter know Delaware was the first state to ratify the U.S. Constitution. (If you ever forget, a look at a Delaware license plate will remind you.) Some other facts about Delaware, such as the three described below, are not as widely known.

Remember the fascination with state quarters in the late 1990s and early 2000s? Each state's government, following a specific process, was allowed to choose a design that it felt embodied something about it.

Delaware's state quarter, which was first issued through the initiative, depicts then Brigadier General of the Delaware militia Caesar Rodney on his historic 80-mile horseback ride through heat and thunderstorms to cast the deciding vote in favor of independence.

Most people, even if not scholars of American History, have heard of the landmark 1954 Supreme Court case Brown vs. Board of Education, which ruled that separating children in public schools on the basis of race was unconstitutional.

What many may not know is that several years before that decision, a group of Claymont and Hockessin residents whose children were also experiencing similar educational inequality retained the services of an attorney named Louis L. Redding in a lawsuit against the Delaware Board of Education. Although Redding won the case, the ruling was appealed and heard by the United States Supreme Court as part of the Brown v. Board of Education case.

In recent years, a handful of NFL teams have had some sort of Delaware connection such as New York Jets linebacker Troy Reeder, Tampa Bay Buccaneers receiver Chris Godwin, Green Bay Packers running back MarShawn Lloyd and Cincinnati Bengals Quarterback Joe Flacco.

However, almost 40 years ago, it was Delaware State University alumni John Taylor who caught what ended up being a touchdown pass in the back of the end zone with 34 seconds left in Super Bowl XXIII to give the San Francisco their third Super Bowl win in less than a decade.

References: delaware.gov, usmint.gov, constitutioncenter.org, archives.gov, archives.delaware.gov, delawareonline.com, udel.edu, www.espn.com, dsuhornets.com

Photo Courtesy of Vistaprint


BOOKSALES DONATIONS ADVOCACY
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MEMBERSHIP DRIVES SUPPORT
CELEBRATIONS RESOURCES PROMOTION
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OCTOBER 18–24, 2026
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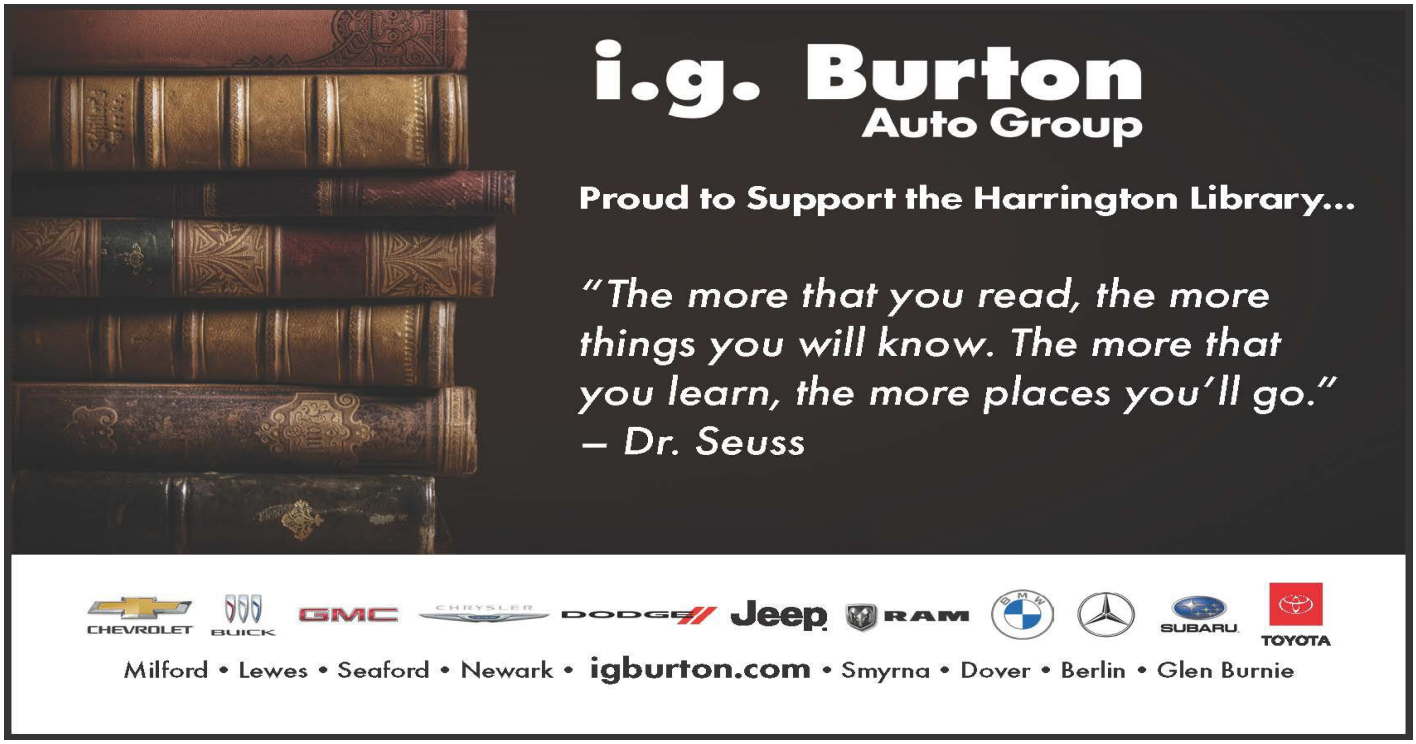
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October Happenings at the HPL



Stories, Laughter and Community





ANSWERS TO FILL-IN

F	I	N	E	■	S	O	H	O	■	K	O	S
A	T	O	M	■	Q	U	I	D	■	A	M	T
R	E	D	O	■	U	S	M	A	■	T	A	U
E	R	S	T	■	I	T	S	■	S	E	R	B
■	■	■	E	B	B	■	E	E	K	■	■	■
R	E	A	D	Y	■	E	L	L	I	P	S	E
B	**E**	**D**	■	R	O	O	F	S	■	F	E	N
I	N	D	O	O	R	S	■	I	N	C	A	S
■	■	■	D	N	A	■	L	E	E	■	■	■
F	O	L	D	■	T	H	E	■	E	S	P	Y
A	M	I	■	S	O	O	T	■	D	O	L	E
R	E	F	■	G	R	O	G	■	L	O	O	N
O	N	E	■	T	Y	P	O	■	E	N	D	S

How did you do?

A Thimble of Light for Every Reader

Pip the tiny blue bird adored stories so much that she carried a thimble of starlight just to help people find their own. Each morning, she fluttered through town sprinkling little glimmers onto books, notebooks, and even half-scribbled grocery lists.

A sparkle on a dusty library book made a shy kid brave enough to open it. A twinkle on a teacher's lesson plan turned reading time into an adventure. Even a grumpy neighbor felt a warm fizz when Pip dropped a shimmer onto the crossword he'd been avoiding.

Soon, Pip noticed something magical: people weren't just reading more—they were sharing what they read. A woman passed along a poem that made her smile. A teen recommended a fantasy novel that felt like a doorway. Someone even left a tiny stack of free books on a bench, glowing softly in the afternoon sun.

Pip perched on a lamppost, chest puffed with pride. Her starlight helped people read—but their reading helped the whole town shine.

Recipe of the Month: **Dilled Salmon Cakes**

Recipe obtained from *Quaker Oats Classic Recipes Cookbook*

Ingredients

Sauce

- **1/2 cup plain fat-free yogurt**
- **1/3 cup seeded, chopped tomato**
- **1/3 cup seeded, chopped cucumber**
- **1 tbs finely chopped onion**
- **1 tbs finely chopped fresh dill or 1 tsp dried dill weed**

Salmon Cakes

- **1 can (14 ¾ oz) pink salmon, drained, skin and bones removed**
- **3/4 cup Quaker Oats (quick or old fashioned, uncooked)**
- **1/3 cup fat-free (skim) milk**
- **2 egg whites, lightly beaten**
- **2 tbs finely chopped onion**
- **1 tbs finely chopped fresh dill or 1 tsp dried dill weed**
- **1/4 tsp salt (optional)**

Directions

1. **For sauce, combine yogurt, tomato, cucumber, onion and dill in small bowl, mix well. Cover and chill, while making salmon cakes**

2. **For salmon cakes, combine salmon, oats, milk, egg whites, onion, dill and if desired, salt in medium bowl; mix well. Let stand for 5 minutes. Shape into 5 oval patties about 1 inch thick.**

3. **Lightly spray nonstick skillet with nonstick cooking spray. Cook salmon cakes over medium heat 3 to 4 minutes on each side or until golden brown and heated through.**

4. **Serve with sauce.**

Makes 5 servings

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