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JANUARY 2011

Fusing Fitness With Fun

Alma Kelty takes
routine out of
exercise with Zumba

Also Inside

The Community
Pharmacy

In the Kitchen With
Nancy Nelson

Finding
Sanctuary

At Home With
Joe & Jill
Harrison





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On The Cover



Alma Kely incorporates healthy eating into her Zumba lifestyle.

Photo by Amy Ramirez.

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EDITOR'S NOTE

Resolutions, shmesolutions!

I'm more of a constant-state-of-improvement kinda gal. Translation: I drive myself nuts with an inability to enjoy the here and now. I can't complete one task before looking to the next. I call myself a planner. My husband calls me a worrier. "Potato, Potahto," you know.

Whether you live in the moment or look to tomorrow, this issue has something for you ... with a revised magazine format, to boot. Some things will look familiar, while others take on a new appearance as we continue to try to improve these pages for you.

In that vein, this month we feature a church that improves its future with a nod to its past, while a fitness instructor promises resolutions can be fun. May their stories inspire you to give of your talent and time, and, more importantly, to give 2011 your all.

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Angel Morris
Red OakNOW Editor



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fusing Fitness with Fun

Three years ago, Alma Kelty had never heard of Zumba, but now she teaches the dance fitness program six days a week throughout Ellis County. "Zumba is about having fun, and the result of it is exercise," Alma explained.

Alma recently taught a two-day Zumba class to students at Ferris High School. She also holds classes for Ferris Independent School District [ISD] teachers and the Ferris community three times a week. "It's a good opportunity for them to exercise and get to know each other. You can make great friends through fitness, and the most rewarding part for me is helping influence others," she added.

Alma also teaches one-hour classes at the Waxahachie YMCA. In addition to regular Zumba classes, she teaches Zumba toning, which uses resistance, such as small weights, to help students gain muscle tone. In the summer, Alma teaches Aqua Zumba, a pool exercise especially beneficial for students with joint problems. Other forms of Zumba include Zumba Gold, a slower-paced instruction for beginners and those with physical limitations, and Zumbatomic for children.

Alma first learned of Zumba from her YMCA fitness instructor while living in Indiana. After Alma admitted she knew nothing about Zumba, the instructor, impressed by Alma's natural fitness ability, sent her to get her instructor certification. Students in her first class were just as

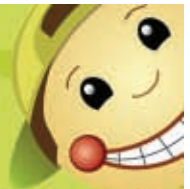
"It's a good opportunity for them to exercise and get to know each other."

— By Alana Williamson







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unaware of Zumba as she had been, but the class quickly took off. Less than two years later, Alma sent two of her students to get *their* certification to become instructors.

When Alma and her family moved to Red Oak in 2009, she was not sure if she would teach in her new community. "I went to the YMCA in Waxahachie and introduced myself," she said. "Because an instructor was leaving, the situation was just right for me to begin teaching classes about a week later."



**"I always liked to
exercise."**

Alma is a member of ZIN, Zumba Instructor Network, and benefits from the organization's distribution of music and choreography. She often modifies the routine to fit the needs and abilities of her students. She may slow down the routine for seniors or speed up the movements in order to keep the attention of teenagers.

During a typical class, Alma leads students in exercise through 14 songs. Every month, she replaces two of the songs with new ones to provide variety. "I get together with friends to do choreography," she said. "We share ideas and make up routines."

In about 30 minutes, the group of fitness instructors can create a routine for one song. They choose steps and take turns adding to it. After committing the routines to memory, they add them to their classes' lineup.

Alma typically has at least one new student in each of her classes, and she encourages her students to be patient. "I've seen so many people lose weight just by doing Zumba," she said. "If you keep doing it, you can look back and see the difference."

Alma grew up in the town of Manzanillo, near Puerto Vallarta, Mexico, beside a community park. "I always liked to exercise," she said. "I grew up in a family with 12 children, and we were very involved in sports because the park was so close by."

In school, Alma participated in volleyball, track and soccer. She and her husband, Red Oak City Manager Tim Keltz, have four sons who share her love for sports and fitness. She often runs with her older boys, and her youngest son enjoys Zumba. Dividing her time between her classes and her sons' activities does not allow much free time for Alma. "Sunday is my only day off," she joked.

"My family is very supportive of me," Alma smiled. "My husband is so proud of me when he sees the impact I have on other people."

Alma's impact extends beyond her students. Last spring, she organized a Zumbathon fundraiser to raise money for the health care needs of the young grandson of one of her students in Ferris. He was diagnosed with a rare form of cancer, and Alma called upon Zumba instructors across the Metroplex to assist her in helping the family. Each instructor led one song during the two-hour event, and supporters bought tickets to participate. "They had the opportunity to see different styles of Zumba and help someone in their community," Alma said.

"Zumba is really growing," Alma explained. "It's fun and doesn't feel like you are really working, but you can burn up to 1,000 calories an hour."

Zumba was founded in Colombia in the 1990s by combining Latin dance music and fitness. The tempo changes in the music help transition the dance moves to incorporate the use of all of the major muscle groups. Alma has hopes of teaching classes in Red Oak and getting certified in other areas. "I hope to have a place of my own one day," she shared, "to offer Zumba and other classes as well."

Since it is time for New Year's resolutions, Alma offered advice to those wanting to establish a new exercise routine. "You should start slow, make a decision and stick with it," she encouraged. "It takes time and commitment to change your life." **NOW**



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Finding Sanctuary

— By Angel Morris

Thanks to a group of member volunteers, Ovilla United Methodist Church (OUMC) marks its 125th anniversary with the reopening of its original sanctuary this year.

While its roots in the city date back to 1883, the Methodist church itself was founded in 1886.



In May 2010, some 90 church members set out to remodel their sanctuary, with those efforts coming to fruition by year's end. "Members of the church, ranging in ages from 5 to 82, helped renovate and remodel with a goal of preserving the church's history and continuing to honor God," Russell Granzow, OUMC head trustee, said. "We had carpenters, engineers, an architect and a whole lot of people willing to work hard — more than 2,500 volunteer hours. If children wanted to help,



we put them to work pushing brooms. It may have just been little things, but they needed to be done.”

While remodeling solely with volunteers was daunting, OUMC has had every facility renovation done by members over the years. According to church leaders, labor for the original church construction was provided by members, as was commonplace among 20 to 30 loyal families who kept the church alive through years of hardship and sacrifice. “That early group contained ancestors of some of our current membership. The caring that developed then among these pioneer families is still prevalent today,” Russell said.

With the hope of putting its original sanctuary back to use, the congregation began setting aside funds to remodel in stages. Add in the cost of a contractor, however, and the renovation would have taken years to afford.

“Member Mark Stanfill came in one day and said he wanted to act as general contractor on this — that he would plan the workflow and order the materials,” Russell recalled. “Suddenly, we went from not having enough money to having money left over when we were done.”

Mark said it was simply his way of fulfilling God’s will. “I knew that with the limited funds and the scope of work needed, there was just no way to get it all done. I figured we would put the strengths of our members to use and, God willing, get it done.”

Current volunteers marveled at the difference in the church’s construction from the late 1800s to the 1900s to the 1950s. OUMC history notes that early visitors came by covered wagon to worship in a large wooden tabernacle with a straw-covered floor. “At one time, a pot-bellied stove in the center of the sanctuary was the only heat for the church,” Russell noted.

Today the facility houses Sunday school classrooms, a space for a local Boy Scout troop and a sanctuary perfect for weddings and special events. With modern conveniences, it still retains much of its original material, including wood and glasswork.

“When we finished, we didn’t want it to *be* like it originally was, but to *look* like it originally did. We salvaged and recycled as much material as we could and used

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Russell Granzow (top of ladder) and Murray Allen help with the remodel.

some modern components to make it look like the original structure,” Russell explained.

Current renovations include siding, windows, doors, new restrooms, insulation, electrical and plumbing. The “day jobs” of some of those involved in the renovation were accountants, doctors, farmers and a tree surgeon; also a body shop owner, ministers, politicians and teachers. Mark, a “veterinarian by day and foreman by night,” and “carpenter extraordinaire” Bob Green rounded out the volunteers, Russell said.

“We also had high school and college students, and working with the youth and members we don’t usually see on a daily basis was a favorite part of the renovation process,” Russell noted. “We even had a group of volunteers who made sure there were meals for those doing the construction work every time they were here.”

While such dedication pushed the renovation forward, the effort was not without its challenges. “Along with having to overcome our fear of completing such a big project, we had to face the summer heat. It was very hot during the whole process,” Granzow said, “not to mention the number of raccoons in the building. That was an unexpected challenge.” As was “getting to know how everyone smelled when it hits 115 degrees,” Mark joked.

New Pastor Joel Robbins was assigned to OUMC in June, during the first phase of the sanctuary remodel. “Even those of us who tried to help and didn’t know what we were doing were always made to feel of use. These guys helped you

learn from your mistakes when it might have been easier just to do it themselves. They let everyone be a part of it," he said. "This is a congregation that knows how to do more with less, and this latest renovation has proven that there is nothing that we cannot do as we grow in faith."

Now members are excited to mark their 125th anniversary with the unveiling of their handiwork, but they already have their sights set on the church's future with the purchase of 43 acres of land on Ovilla and Westmoreland roads where they will construct new buildings.



Beth McCue and Buddy, her furry helper.

"You can't ever say, 'Wouldn't it be great if ...' around these guys, because the next thing you know, they are making your idea happen," Pastor Joel said. "Even with a move to new land, this sanctuary will always be part of OUMC, whether it's taken to the new site or just as part of a dual campus. This is the church's heritage."

On December 12, the church celebrated this heritage with a re-consecration of the remodeled sanctuary by a Methodist Bishop sent to Ovilla for just that purpose. Mark called it the perfect culmination of volunteers' efforts. "The whole project created unity and excitement. It just brought us even closer," he said.

And 84-year OUMC member, Ann Fuston, called the recent renovation a miracle. "It's such a blessing that people of our church have the ability to get this done," she said. **NOW**



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From CRIME to Crickets

— By Sydni Thomas



AT HOME WITH JOE A



After the third murder within a three-week period in the city where they previously lived, Joe and Jill Harrison made the decision to pack up their family and move to a new development in Red Oak. “I traded sirens and gun shots for coyotes and crickets,” Joe said.

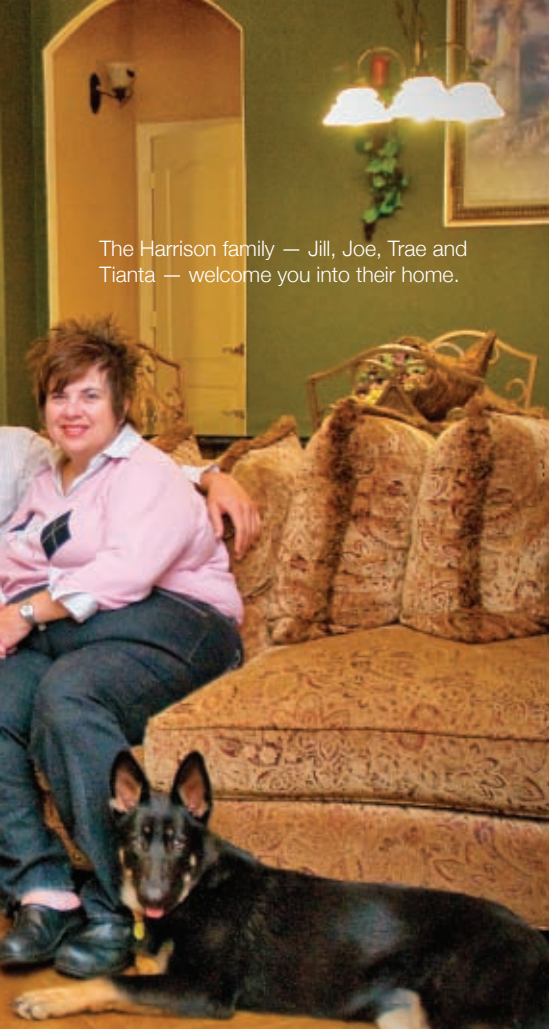
The Harrisons moved into their custom home four years ago, after their youngest child graduated from high school. They designed their home to include a personal gym off the master suite and stained concrete flooring in every room. Their home sits on a one-acre lot, a huge difference from their previous home. They even have room for a pool now. “We did everything that people said not to do, because they said we’d get divorced,” Joe said. “We

picked the lot and completely designed it ourselves. And we didn’t get divorced!”

“We were one of the first houses on this street,” Jill said. “We got to watch all of the other houses being built. For now, building over here has stopped because of the Loop 9 plans.”

Pieces of family history decorate every room. In the entrance hall, photographs of the family through the ages adorn the walls. Shadow boxes hold pieces of Joe’s father’s Army career, from his dog tags to his Vietnam Distinguished Cross. As the hall progresses so does their life; the newspaper plate used to print Joe and Jill’s wedding announcement, photos of their son’s Duke soccer games and Samurai swords representing the family’s Asian ancestry.

Growing up in a military family, Joe attended nine elementary schools all over the country. When his father retired, the family settled in Kansas. That is where Joe and Jill met — the one part of the story of how they met that they agree



The Harrison family — Jill, Joe, Trae and Tianta — welcome you into their home.

ND JILL HARRISON

upon. "I remember and tell the story better than she does," Joe said. "Really, we met in a frat house."

"Well, he tries to make the story sound more exciting than it was," Jill said. "All we were doing was painting the house. It wasn't like we were at a party."



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Joe and Jill have two children — Tianta, 24, and Trae, 22 — both of whom live at home. Tianta is a student at University of North Texas and is active in theater arts. Trae graduated from Duke, where he played soccer. “The kids graduated and came back!” Joe said. “We really are glad they did, though.”

“Our son just graduated and was looking at Wall Street and the East Coast,” Jill said. “I didn’t think he would come back to Texas, but he did.”

Off the living room is a sitting room with a large bookcase lined with old cameras. The first one Joe ever received was a Brownie Hawkeye that was his father’s from the 1940s. The rest were found at garage sales. On the other side of the room sits the family piano, an old trumpet that once belonged to Joe’s brother and a guitar. “Everybody except me plays the piano,” Joe said. “Tianta picked up the guitar. Trae plays



everything. I play bass and used to travel with a band and rap groups. Jill plays the flute and piano.”

In the kitchen it is Christmas year-round with Jill’s nutcracker collection. Different scenes of nutcrackers line the tops of the cabinets including the major characters from *The Wizard of Oz*. Last year, Jill decided to leave them up and add to them all year when she finds new ones. “It was too hard to climb up there all the time and take them

down,” Jill said. “Every year at Christmas I buy at least one, and I like looking at them all year.”

More memories of Joe’s father can be found in the garage. He added more DVDs and VHSs to the couple’s already extensive collection. “I love movies,” Joe said. “I have over 5,000 now since inheriting my dad’s collection. My daughter also shares in my love for movies. At one point, she would buy

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five or six movies a week.” The garage serves a dual purpose as a man cave and Joe’s office. In 1990, Joe began a graphic design company that he now runs out of the garage. He is a graduate of The Art Institute of Dallas and Christ For The Nations Institute.

While Joe works from the comfort of his garage, Jill works in hospitals. She began her nursing career in 1981, after she graduated from Cloud Community College in Kansas. Methodist Charlton Medical Center opened its labor and delivery unit 25 years ago, and Jill has been a part of it ever since. She also works at Methodist Mansfield Medical Center. “Some days my job is too exciting,” Jill said. “I’ve delivered most of my kid’s friends. They opened in April, and I had Tianta there in July. I’m not there as much as I used to be, but they are my other family. I’ve been there so long.”

When they are not working their regular jobs, Joe and Jill also serve as directors of student ministries at the Waxahachie church, Connect4Life. A year ago, the Harrisons joined the church’s staff. Both feel a calling to work with young people. They also mentor singles and couples, not all of whom attend their church. “We both enjoy serving,” Joe said. “We go to conferences that are part of the Emerging Leaders Network so that we can train in different ways to lead our youth.”

During a music festival in Ohio, Joe wanted to find a way to communicate




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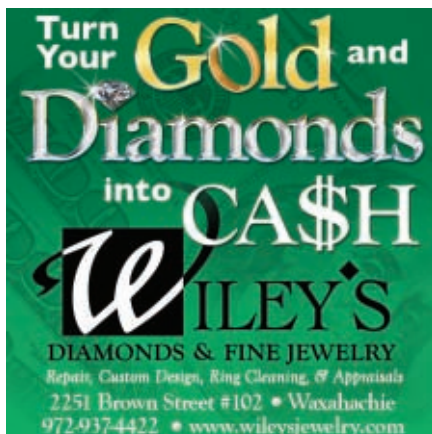
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with the youth in attendance. He began surveying them about their fathers. An overwhelming number claimed to either not know their father or despise him. The results led Joe to begin a study on the fatherless youth in this country. After three years of writing, Joe published *Daddy, I'm Cold* — the first of a five-book series on the subject. "Writing a book is not something I thought I would ever do, and it happened by accident," Joe said. "The idea behind this book is the thrust of who I am. We do a lot of work with youth and have been doing so for over 30 years."

While the Harrisons' schedule is very busy, they still take the time to enjoy the



life and family around them. Life in their neighborhood is quiet and peaceful. They spend a lot of time outside with their dogs — Bandit, a Lab/Akita mix, and Max, a German Shepherd — enjoying what they did not have four years ago. "It's peaceful here," Joe said. "I like getting away and outside here is my escape." **NOW**

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Owners Mike and Mary Boyd



Red Oak Drug – The Community's Pharmacy

— *By Angel Morris*

Mike Boyd, RPH, opened Red Oak Drug 27 years ago with a vision that the people of Red Oak and surrounding communities needed and deserved a hometown pharmacy that also offered custom compounded prescriptions. Mike and his wife, Mary, have prided themselves on offering great customer service, friendly faces and a genuine desire to serve their neighbors.

"The community responded with immense support and has continued to be loyal customers all of these years watching Red Oak Drug grow, move to its current location and expand into Waxahachie with the addition of 'The Prescription Shop,'" Mike said.

As much as the community is a part of Red Oak Drug, Mike and Mary have made a point to be a big part of the community. Through the years, Red Oak Drug has sponsored numerous

peewee football, baseball and cheerleading programs. They participate with the Chamber of Commerce and support The Community Outreach Program and Relay for Life, as well.

Red Oak Drug has always listened to customers by expanding services and products to meet various needs. The newest addition is an educational room designed to hold seminars on health-related topics, such as natural hormone replacement. "Our pharmacists are currently available to consult with customers about their hormonal status, and if needed, Red Oak Drug offers easy at-home saliva testing to determine hormonal balance," Mike said. "Once the results are received, our pharmacist can work hand in hand with any physician to compound a customized hormone prescription for men and women."

The slogan "Proud To Be Your Personal Pharmacy" is

their way of letting customers know they are more than just a provider of prescription medications. "Red Oak Drug is your partner in health, here to provide you with quality care and personal attention to your unique needs. Whether you require a compounded prescription designed uniquely for you, a retail prescription, or are looking for home health supplies for yourself or loved ones, our dedicated staff is at your service," Mike said.

"We are also the personal pharmacy for many pets, too! Veterinarians know and trust us to help the pets of our community with customized prescriptions in pet-friendly flavors." Red Oak Drug's pet patients come in all sizes: A hippo and giraffe from a local zoo, a movie star chimpanzee in California, local dogs and cats. Red Oak Drug makes prescriptions in just the right dosage in fun flavors for animals' palates.

"Our continued dedication to great customer service also extends to the many wonderful physicians we work with throughout the United States," Mike said. For more than 25 years, Red Oak Drug has helped veterinarians, pain management specialists, dentists, podiatrists, ophthalmologists, hospice care and family practice physicians with customized compounded prescriptions. "Some patients require customized strengths, dosage forms or their



commercial medication is not available; our compounding specialists are the 'go to' technicians to solve some of the most difficult prescription needs," Mike said.

Mike and Mary Boyd are proud to be a part of the Red Oak community and have served with a sincere desire to grow more than just a pharmacy. They are the friendly faces that still greet their customers personally after 27 years! **NOW**

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Dylan Sills of Ovilla (left) joins a classmate in Canterbury Episcopal School's recent fine arts program.



Miracle Woods enjoys a holiday school snack.



Including students from Ovilla, Canterbury's Model United Nations Team takes second place in a recent tournament.



Officer Nathan Bickerstaff and McGruff conduct a drug awareness program at LifeSchool in Red Oak.



Gary Dollar (right) receives the Red Oak Police Department 2010 Officer of the Year award.



Red Oak Tire and Wheel – along with ACE Hardware, Brookshire's and Ramson Automotive – receives a certificate of appreciation for support of the Red Oak PD.



April Warren grooms Brownie Coleman, who has been a client of hers for over five years.



Local students dress as Christmas trees and wear Rudolph noses to present their favorite songs of the holiday season to friends and families.



Emma Equia and little brother Lucas have mixed emotions about Santa at Red Oak Elementary's Family Movie Night.



Performers in Canterbury School's "Los Posadas" include children from Ovilla and surrounding communities.



First grade student Gianna Paredes delivers a wish list to Santa.



Home-Based Businesses Need Business Insurance

— By *Andrea Walton*

The dream of owning a business is becoming a reality for thousands of people each year. For many of these would-be captains of industry, that means starting the operation at home. However, your enterprise may be in jeopardy if you don't have business insurance.

You need business insurance because most homeowners policies place limits on business-related exposures. For instance, a copier or fax machine used for business and damaged in a fire may not be fully covered because it is considered business property.

Also, the homeowners policy does not cover business liability, loss of income, exterior signs and many other important items. If a client were injured at your home while conducting business, your homeowners policy would not apply. Anyone who operates a home-based enterprise and does not have the proper insurance coverage is putting his or her business and personal assets at risk.

Business insurance may provide many or all of the coverage listed below:

- Accidental direct physical loss coverage for business personal property.
- Broader off-premises property coverage.
- Loss of income coverage.
- Extra expense coverage.
- Contractual liability coverage.
- Liability of employees while acting within the scope of their employment.

Many entrepreneurs start their businesses on shoestring budgets and try to cut corners by keeping expenses at a minimum. But when you consider what you get, business insurance becomes a tool you can't afford to work without. **NOW**

Andrea Walton is a State Farm agent based in Red Oak.

January 8

Ellis County SPCA Volunteer Orientation: noon-1:00 p.m., 2570 FM 878 Waxahachie. An informative meeting for those who are new volunteers with the Ellis County SPCA or current volunteers who would like to become more involved. For information, e-mail Kari at spcaevents@gmail.com.

January 11

Classical Conversations Open House: 9:00 a.m.-1:00 p.m. Classical Conversations is a group assisting families educating their children utilizing the classical method, by providing a structured and supportive environment. For open house location details, contact Leslie Thompson at (972) 291-8777.

January 26

Red Oak Chamber of Commerce Luncheon: noon, Red Oak Municipal Center, 200 Lakeview Pkwy. Cost is \$12 with reservation or \$15 at the door. Contact Shelley Oglesby, admin@redoakareachamber.org.

January 28-30

Grease the Musical: Friday and Saturday: 7:00 p.m.; Sunday: 3:00 p.m., Red Oak High School Performing Arts Center, 122 State Highway 342, Red Oak. ROHS students perform for the community.

January 30

The Talley Trio in concert: 6:00 p.m. Ovilla Road Baptist Church, 3251 Ovilla Road, Ovilla. Performance group presents gospel through song and testimony. Call the church office for more details at (972) 617-8544.

First and Third Mondays

Glenn Heights City Council meetings: 7:30 p.m., city council chambers, 1938 Hampton Rd., Glenn Heights. Call (972) 223-1690 or write citysecretary@glennheights.com.

Second Mondays

Red Oak City Council meeting: 7:00

p.m., Red Oak Municipal Center, 200 Lakeview Pkwy. Contact City Secretary Cynthia Olguin at (972) 617-3638 or colguin@redoaktx.org.

Second and Fourth Mondays

Ovilla City Council meeting: 7:00 p.m., City Hall, 105 S. Cockrell Hill Rd. Contact City Secretary Pamela Higgins at (972) 617-2489 or phiggins@cityofovilla.org.

Third Mondays

Red Oak ISD School Board meeting: 7:00 p.m., Red Oak Elementary cafeteria, 200 Valley Ridge Dr. Call (972) 617-2941 or visit <http://www.redoakisd.org/>.

Fourth Mondays

Creative Quilters Guild of Ellis County meeting: 6:30-8:30 p.m. at Waxahachie Bible Church, 621 Grand Ave., Waxahachie.

First Tuesdays

PrimeTimers Senior Group meeting: 10:00 a.m.-2:00 p.m., Oaks Fellowship, 777 S. I-35 East, Red Oak. Open to all seniors. Fun, food and fellowship. RSVP (214) 376-8208.

Second Tuesdays

Oak Leaf City Council meeting: 7:00 p.m., Oak Leaf Municipal Center, 301 Locust Dr. Call (972) 617-2660 or visit <http://www.oakleaftexas.org/city-council> for details.

First and Third Tuesdays

Red Oak Lions Club meetings: 7:00 p.m., 207 W. Red Oak Rd. For more information, call (214) 864-8014.

Tuesdays and Thursdays

Alcoholics Anonymous meetings: 7:00 p.m., First United Methodist Church, 600 Red Oak Rd. For more information, call (972) 617-9100.

Wednesdays

Family Story Time: 10:00-11:00 a.m., Red Oak Public Library, 200 Lakeview Pkwy. All ages welcome. Call (469) 218-1230 or

visit www.redoakpubliclibrary.org.

Third Wednesdays

Ellis County Christian Women's Connection luncheon: 11:30 a.m.-1:00 p.m., Waxahachie Country Club, 1920 W. Hwy. 287 at I-35 East (Exit 401B). Cost is \$13, inclusive. Nursery vouchers available for young children. Reservations preferred, but walk-ins welcome. Contact Kay at (972) 937-2807 or windchime423@yahoo.com.

Wednesdays and Thursdays

Red Oak Senior Citizens Club meetings: 8:30 a.m.-1:30 p.m., 207 West Red Oak Rd. Games, exercise and activities. Call (972) 576-2777 for details.

Thursdays

GriefShare recovery support group for those who have lost a loved one: 7:00 p.m., The Oaks Fellowship in Red Oak, room E-104. (214) 376-8208.

First and Third Thursdays

Glenn Heights Lions Club meetings: 7:00 p.m., Bienvenidos Restaurant, 920 N. I-35 E., Lancaster.

Red Oak seniors' luncheon for all citizens 55 and over: Pre-register Tuesday prior to the event you wish to attend. No cost to senior residents; \$5 for senior non-residents. Call Misty at (972) 576-3414.

Saturdays

Improv Comedy Night: 8:00 p.m., After Hours Improv Theater, 100 N. College Street, Waxahachie. Local clubs are invited to utilize AHI Charity Nights to raise funds for their organization. Call (972) 937-9839 or visit www.AfterHoursImprov.com.

Second Saturdays

Lone Star Cowboy Church motorcycle group ride: 1011 E. Ovilla Rd. (972) 576-0900.

Submissions are welcome and published as space allows. Send your event details to angel.morris@nowmagazines.com.



In The Kitchen With *Nancy Nelson* — By Adam Walker

Nancy Nelson has a library of over 300 cookbooks in her kitchen, some more than 50 years old. She grew up in a Navy family which loved to eat and which has roots in Louisiana and Germany. After she married, Nancy explained, “My husband was really shocked by the size of our meals — think almost-Thanksgiving every day — and our menu went from sukiyaki to jambalaya to stroganoff to lasagna as a regular thing. I thought everyone ate like that all the time.” Nancy does have cherished recipes inherited from her family, but you will not find those here. “I’ve been sworn to secrecy under penalty of removal from the family tree if I divulge any of those!” she said. **NOW**

DILLY CHEESE AND CHICKEN DINNER

- 1/4 cup butter or margarine
- 1/3 cup flour
- 2 tsp. salt
- 1 tsp. paprika
- 1/4 tsp. pepper
- 2 1/2 to 3 lb. frying chicken, cut up
- 2 cans condensed cream of chicken soup
- 1 1/2 cups milk
- 1 tsp. dill weed
- 2 cans crescent rolls
- 4 slices American cheese, quartered

1. Melt butter in a 13x9-inch pan.
2. Combine flour, salt, paprika and pepper in a plastic bag. Add 2-3 pieces of chicken at a time and shake to coat.
3. Place chicken, skin side down, in pan. Bake at 425 F for 30 minutes. Turn and bake another 15 minutes.
4. Combine soup, milk and dill weed. Blend until smooth and pour over chicken. Move chicken pieces toward center of pan. Roll crescents and arrange rolls around the meat. Bake 10 minutes.
5. Top each biscuit with 1/4 slice cheese. Arrange remaining cheese quarters on chicken (optional). Bake 5 additional minutes or until biscuits are golden brown.

THREE BEAN CASSEROLE

- 8 strips bacon, fried and drained
- 2 large onions, cut into rings
- 1/2 tsp. garlic powder
- 1 tsp. dry mustard
- 1/2 cup brown sugar
- 1/4 cup cider vinegar

- 1 16-oz. can dark red kidney beans, drained
- 1 16-oz. can green lima beans, drained
- 1 16-oz. can New England baked beans

1. Crumble bacon and set aside.
2. Place onion rings, garlic powder, mustard, brown sugar and vinegar in a large skillet.
3. Cover and cook 20 minutes over medium heat.
4. Combine beans in a 3-qt. casserole. Stir in bacon and onion mixture, blending ingredients.
5. Bake covered at 350 F for 45 minutes.

FISH TACOS

- 1 box fillet fish sticks
- Corn tortillas
- Baja cream
- Shredded cabbage
- Shredded cheese
- Lime juice
- Diced avocado

1. Allow 2-3 fish sticks per taco. Heat according to directions on package.
2. Warm tortillas.
3. Place fish sticks in tortillas. Top with Baja cream and shredded cabbage. Add shredded cheese, lime juice and diced avocado as desired.

BAJA CREAM for Fish Tacos

- 1/2 cup mayonnaise
- 1/2 cup sour cream or yogurt
- 2 Tbsp. lime juice

- 1 tsp. finely grated lime peel
- Pinch of salt
- 1/4 cup chopped cilantro

1. Blend well and serve over cabbage on fish tacos.

JAMBALAYA

- 1 lb. sausage, Kielbasa or a spicier Cajun sausage, sliced
- 3 boneless, skinless chicken breasts, cut into 5 or 6 pieces
- 1 small onion, diced
- 2 cups long grain rice
- 1 tsp. Kitchen Bouquet
- 1 tsp. Tony Chachere's Cajun Seasoning, or to taste
- Salt and pepper, to taste
- Hunt's ketchup (optional)

1. Cook sausage until starting to turn light brown. Add chicken and cook until white or turning light golden brown.
2. Add onion and cook for a few minutes until turning color.
3. Add rice. Stir until coated with juices from meat.
4. Add remaining ingredients. Stir and add enough hot water to cover about an inch deep.
5. Bring to a boil. Cover and turn heat down to low. Cook 30 minutes. Serve with ketchup if desired.

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