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ON THE COVER



Lovingly created, these stockings will be packed with Christmas cheer.

Photo by Memories by Melissa.

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Editor's Note

Merry Christmas!

I hope you've enjoyed the crisp, fall Friday night lights of the football season and the color changes in our foliage. Early morning frost is definitely beginning to gather on fall pumpkins, and more of us are working out daily in area gyms and parks trying to keep those unwanted holiday pounds at bay while we enjoy traditional goodies to eat. I've put my gardens to rest this year and look forward to another wonderful month spent with friends and family celebrating Christmas.

My family's snacking and meal traditions are going to be newly made this year for a change. We're honoring two family members who are diabetic and another one who is gluten intolerant by serving foods that will work for them, while gathering around the table for dinner or watching those streamed playoff games. We've now mastered the recipes that will lead us into a new year of better health.

May this month bring joy to you and yours!

Virginia

Virginia Riddle
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P.S. The publisher and staff of NOW Magazines wish you and your family a very merry Christmas and the happiest of holiday seasons!



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AND THE STOCKINGS WERE ... *Painting*

— By Virginia Riddle

The ringing of The Salvation Army's bells, local church and school choirs singing and the smells of traditional family Christmas dinner wafting from grandmother's kitchen are only memories for our U.S. military personnel serving aboard ships and in lands far away from home in harm's way this season. Holiday sounds and smells can't be reproduced readily on the ocean, but for some of these brave men and women, the sight of packages from Angels of Corsicana Troop Support packed with Christmas stockings, each an original work of art, will bring them Christmas cheer. The stockings have been created and donated by the artists of the Corsicana Art League and other volunteers painting under their direction. "This particular project just evolved," Margie Taylor, longtime league member and artist, said.

The "evolving" that now involves so many area residents all began two years ago when league members were preparing for an exhibit of their collective works. "I found out that Deb Miller had painted some beautiful Christmas stockings, and

Pat Schroeder was sewing Christmas stockings to donate to the Angels for our troops," Margie said. She made the suggestion of putting the two ideas together and the painting of stockings began under her leadership.

"We like to paint, so we said, 'Yes,' to Margie," Gladys Espenson, Corsicana Art League president, said.

The first year about 20 stockings were donated, and last year about 60 of them went into the Christmas mailings. This year, the league sent out the call to area residents to join them during their painting parties, so young and old, artist or not, folks have shown up for the fun, fellowship and to share the love by giving back to our military. "We have exceeded our goal of 100 stockings this year!" Margie stated.







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During three painting sessions plus a Ladies of the Lake [Richland Chambers] gathering this past year, supplies, tables, seating and food were provided by league members. Debra Gorman, Margie's sister and fellow artist, was in charge of cutting the large stockings out of canvas. Artists then sketched designs and an occasional word of holiday cheer and began to paint. For craft enthusiasts who don't sketch but like to paint, artists had done the sketching or supplied templates, so everyone could have fun painting. "It's all done for the love of fellowship, giving and sharing," Pat said. The painting sessions have been hosted at the Warehouse Living Arts Center, the Cook Center and Harbor Inn.

"We would have them painting stockings more often, but it's hard to get everyone together," Gladys said.

The finished stockings were hung with care to dry, so they can be displayed with pride. Pat worked her artistic magic with her sewing machine to stitch the backing, piping and, if there was room, a decorative ribbon or drawstring at the top of each of the painted stockings. "I get the holiday-themed and -colored fabrics out and coordinate colors between the backing and the canvas," Pat said. "I'm really fussy. They have to be done right. I like this project because my brother was in Vietnam and never got anything from folks back home."

"Pat's the lone sewer," Marty Summerall, another participating artist and league member, said. "She deserves a lot of credit."

Linda Williams, a volunteer for the Angels of Corsicana Troop Support,

collects all the stockings. "She's our quality control person," Pat quipped.

Donated stockings from other locations across the United States have been arriving. In all, about 750 Christmas stockings will be packed into shipping boxes by Jean O'Conner, head of the Angels of Corsicana Troop Support, and Linda and their other volunteers, which include folks from area veterans groups, scout troops and other interested persons. The boxes will be shipped throughout the world, and it's up to the commanders to determine the manner of distribution to the troops.

"The league's stockings are very special," Jean stated. "We're very lucky to have them and have such great artists in our community. They've gotten the community involved in this project. I'm sure our military will appreciate the work that's gone into these stockings. What makes the Angel of Corsicana Troop Support gifts special is that so many of the gifts are homemade. That gives our military servicemen and women a little touch of home. The stockings are worthy of becoming a lifetime keepsake."

This project will continue into the future. Last month, a painting session was held and the supply of Christmas 2017 stockings began to grow. "Everyone can participate this coming year," Marty said. "You do not have to be an artist or paint." Residents can donate leftover fabrics in solid colors or Christmas themes, extra-wide double bias tape, thread, canvas, ribbons, paint or supplies and/or shipping funds to the Angels.



Barbara Jones is one of many talented artists from the Corsicana Art League.

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"We received a box of donated leftover fabrics, thread and some tape this past year, and that really helped," Jean said. The artists fund the project from their own supplies and monies often also.

The Corsicana Art League was founded in 1976 with 50 members, one of whom, Barbara Jones, is still a member. The list of members and guests who have worked on the Christmas stocking project is too long to list, but includes a cross section of Navarro County residents of all ages. Talent in every medium is represented and appreciated. Debra is a goldsmith, photographer and artist who works in acrylic and stained glass. Gladys, known for her stained and fused glass creations also works in watercolors. Marty, Pat and Margie work mostly in oil. Membership in the Corsicana Art League is open to everyone but not required to volunteer with the stocking project. "We learn a lot from each other, and it's great to associate with other artists in the area," Gladys said.

"With this project and all our art, I hope we as artists give people a new thought or feeling," Marty said.

"I love this project because of the sheer joy of painting, and it is fun watching other people enjoy it," Margie said. "But foremost, I love this project because it's our hope that at Christmastime, when a serviceman or woman is handed any one of the beautiful stockings we've painted and sewn, they will know that there are people in Corsicana, Texas, who remember them, who honor them and who wish for them the blessings of Christmas and a safe return home." **NOW**

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The Kitchen Chic

The girls in the Dawson 4-H Cooking Club gathered in the kitchen, circling the island as if it were a Friday night sleepover. The excitement in the air was contagious. They were ready for another practice session. The chatter and laughter was normal for this group of girls. They were ready for some fun and food. The afternoon's dish was a mystery, but over the years, they had grown accustomed to surprises.

As the cooking team's sponsor, Ginger Rogers has been working with this group of girls since their third grade year in elementary school. They are familiar with each other on several levels, and they respect her. Ginger has continued to be impressed with their cooperative relationship.

As in past years, this school year got off to a fine start. As they gathered, their memories of past years were on the tips of their tongues, and they giggled as they recalled previous events together. Rylee Hawkins and Kylie Rogers are best friends now after starting out the first year being very competitive with one another. They recall fighting over the same spoon that first year. Ashlyn Mathews stands by quietly. "She is our shy one," Ginger pointed out. "She is the math whiz on the team. Maggie Crawford is our talker," Ginger laughed, pointing out the young lady full of energy and bouncing around the room like a cheerleader. "Alex Kammerer is our worldly, outdoorsy girl," Ginger said, as the other girls stressed the "er, er" of her last name together. They all laughed again.





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— By Nancy Smothermon



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Kylie is the animal lover and admitted she would rather be showing animals alongside her older brother, Jake. Rylee wants to be involved in everything. "They all do," Ginger added.

The ingredients for the practice session were laid out on the kitchen island, and Ashlyn pulled utensils from the Rubbermaid tote. There was chatter over the "mystery" ingredients. What would they be making?

The girls concluded it must be some kind of salad, and they continued their work. Two of the girls chopped busily, one mixed ingredients in the bowl and two others worked on nutrition cards and a speech. Ginger explained that this is basically how their competition events take shape. "The girls are called out on stage and introduced. They are given a list of their ingredients and the items needed to complete their dish, and then the time begins. Immediately after, the judging begins. The Dawson 4-H Cooking Club has won 1st place at the Navarro County Youth Exposition, 2nd place in a Houston competition and 4th place in the overall event at the State Fair of Texas in Dallas last year. The girls were practicing this particular day for this year's competition held at the State Fair of Texas in October, where they won Grand Champion of



Sponsor Ginger Rogers leads a team of well-coordinated girls in the culinary arts.



The Dawson 4-H Cooking Team proudly shows off its awards from the State Fair of Texas.

the food challenge. They were one of 22 teams that competed. Navarro County also won Reserve Champion with a team from Blooming Grove.

There are four categories for each food preparation event, following the new "Choose My Plate" nutrition table. These include: fruits and vegetables, breads and grains, main dishes and snacks and appetizers. Each student is expected to speak as part of their presentation. They are allowed the use of notecards and are judged on presentation and creativity, not taste. Ginger encourages the girls to "own it," accepting the good and the bad of every competition.

"These girls do so well as a team because of these practice sessions. Mrs. Rogers is teaching them not only how to cook and create in the kitchen, but instilling in them self-confidence," said Lorie Stovall, Navarro County Extension Agent.

Alex is in charge of speaking on nutrients. Ashlyn covers cost analysis and possible substitutions. Kylie is responsible for food prep, and Rylee covers My Plate standards. Each of the girls knows her responsibility, and they waste no time getting to work on the dish of the day.

Working with walnuts, lemon juice, apples, celery, grapes, Greek yogurt, salt and pepper, the challenge (and clue) presented to the girls was to turn these into a dish once served at a very fancy hotel. What were they making by combining the ingredients? The girls had fun guessing. "Fruit salad," was the consensus. Ginger smiled proudly, telling the girls they were correct.

Several of the girls have parents who help out in the kitchen during practice sessions. "Alex's mother often contributes by expanding our menu items for the girls to prepare," Ginger explained. "Alex is farm-raised. She is familiar with milking cows, making cheese, butter and even yogurt."

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Kylie often joins her family at the 4-H shooting sports. She enjoys watching and helping her brother, Jake, show his rabbits. "I've learned how to groom the steers, too. I'll do anything," she exclaimed. Living on a farm is fun. The girls often play on the round bales of hay along the front of the barn before or after their club meetings at Ginger's home. This is a well-rounded group of girls.

"My stepdad encouraged me to participate," Rylee shared. "I'm glad he did. I have lots of fun with my friends."

"The cooking club is associated with Navarro County 4-H. Any group of children can form a team and participate, as long as they are within Navarro County," Lorie added. "These girls are successful because they practice. They have helpful parents, and Mrs. Rogers contributes so much."

Over the years of competition, these girls have grown close, and it shows in their cooperation. They offer up possible substitutions, steps, ingredients and often give tips on preparation to the judges as part of their presentations.

The practice session ended with an actual presentation just like one that would be given on stage at a competition. The girls lined up in order of their duties and surprised the judges with a cheerful song: "Hi, we're the Kitchen Chicks! Cook-a-doodle-do! Our food is good for you!"

As the parents arrived, the girls tasted their delicious salad, while also sharing some. The parents are grateful for the time and effort Ginger has invested in their children. They know their girls are benefiting in the overall learning process, with self-esteem at the top of the list.

The tasty dishes are a positive and delicious perk at the end of a hard working day. Everyone goes home from these sessions with smiles on their faces over a job well done, as the Dawson 4-H Cooking Team practices to keep bringing the bacon home. **NOW**

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YULETIDE WARMED HEARTHS

— By Virginia Riddle



The stockings are hung with care, guarded by an army of nutcrackers posted at attention across the beautifully carved mantel. From every nook and corner of Phil and Darlene Judson's home, Christmas cheerfully glows in traditional hues of red, green, gold, silver and blue. "Everything always looks beautiful. Darlene's the decorator," Phil said.

This family has called their abode home for over 30 years. "We've made a lot of memories watching our two sons, Matt and Jody, grow up, and we are now making new memories with our grandchildren," Darlene said. "I moved to Corsicana from Tyler in the seventh grade with my family and have loved this town and its people ever since



I set foot in Collins Middle School. Phil and I have made a lifetime of friends. So have our kids and now our grandchildren. It's wonderful to have three generations of friendships."

Decorating for the holidays begins during the last weekend of October. "I take down the Halloween decorations and get started as the mood strikes me," Darlene stated. Her Christmas decorative collection has grown over the years. "I have decorations in containers stored in the garage and pretty much everywhere. I don't have a favorite decoration. I like all of it," Darlene said. "All our family has been coming for Thanksgiving for

AT HOME WITH PHIL & DARLENE JUDSON



over 20 years. That's the beginning of our Christmas celebration with wassail, fudge and 'trash' — all the junk stuff!"

Darlene, a graduate of Lubbock Christian University, has taught school and was also co-owner of the Red Fox interior design store with Judy Willis. Many of her home's furnishings came from their store, and it was from Ronny and Judy Willis that Phil and Darlene purchased their home. In 2008, Phil and Darlene gave the home a complete facelift. "We had to pack up the whole house and move out," Darlene recalled. "We gutted it and added the back portion." The results provide a spectacular backdrop to Darlene's holiday



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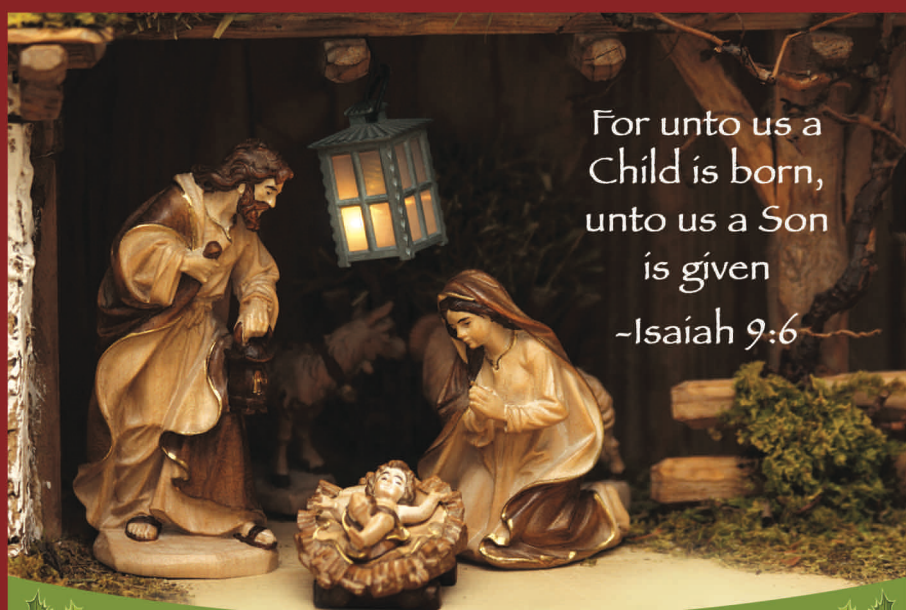


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decorations and give the couple ample room for gatherings of family and friends.

The rich, vibrant red hues that Darlene favors begin with the welcoming rocking chairs that grace Phil and Darlene's front porch. A peaceful setting of pastures frames the beautifully landscaped yard complete with tall oaks. "I taught Bankston McMath in seventh grade, and now he does the yard work," Darlene said. The front door's Santa wreath gives only a hint of the view to come.

A crèche flanked by miniature trees and candles in the entry is a reminder of the reason for the season. An army

of nutcrackers standing in a forest of greens on a beautifully carved chest and a tree covered with a collection of teddy bears frame the family room's seating. The soaring fireplace's carved mantel is decorated with a fox surrounded by tall pheasant feathers, pine cones and greenery. The red and green lamp shades perfectly match the stained glass panel insets. A Christmas tree decorated in red, green and gold ornaments, which hold family memories, is topped by Santa in his sleigh caught flying away toward the wood-covered ceiling.

"I have lots of collections, and I love

antiques," Darlene said. "I don't want anything to match — it's eclectic." She credits Monty Brazell with being able to take her saved pictures, collection of furniture pieces and cabinets and rework them into the home.

The family room, kitchen and informal dining area create a large open space, and Monty's creation of the vent hood made from furniture and decorated with greenery and orange and brown seed pods and flowers is one example of his handiwork. The side-by-side freezer/refrigerator matches the red kitchen cabinets. A butler's pantry, copper



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fountain from Paris, France, and a built-in wet bar gives the kitchen an international feel. Darlene's collection of Christmas-themed serving trays are hung around a dining set that belonged to her mother.

The couple's study offers a cozier gathering place with its fireplace surrounded by Father Christmases and a mantel with cascading greens with shining red and green balls. Cold nights are warmed by the fire surrounded by hand-painted tiles Darlene installed. "We built the study around my snow village," she revealed. She lights the village with the flip of one switch. Phil and Darlene, known as Pappy and Darly to their grandchildren, set out goodies on the coffee table that just might attract family members. Their family now includes Matt and his wife, Carie, and their children, Charlie and Calame, who enjoy good times with Jody and his wife, Lindsey, and their children, Dakota Kate, Jocelyn Ray and Lydia Grace. Noel, the couple's dog, was found at Christmastime and is Darlene's constant companion. "I have a shadow," she explained. Bell, the rescue cat, roams independently.

The formal dining room is decorated with swags of greenery with silver and blue balls. The centerpiece features stag horns surrounded by red candles.



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A gallery's brick floor is enhanced with poinsettias. The rounded ceiling, rich red carpets and decorated carved chests provide a beautiful promenade.

The "ship room" derives its name from the built-in beds, window seat and shelves. A closet holds Darlene's painting supplies. Her art and that of friends grace many of the home's walls. The master bedroom and two guest bedrooms all have bed coverlets in greens and reds with Christmas-themed pillows. Smaller Christmas trees and poinsettias belie the couple's "Bah Humbug" pillows. Holiday stockings and a quilt are hung over a baby's crib. Accompanying bathrooms are decorated with holiday soap dishes and hand towels.

On warmer days, guests can spill out to the outdoor living room that overlooks the pool and Darlene's newest addition — a greenhouse. "I have lots of rockers on both porches because I love to rock," Darlene stated.

Phil heads Winters Oil Company, a family-owned company founded by Darlene's dad. He serves on Navarro College's board of trustees and enjoys hunting and fishing at the family's farm near Athens. Darlene loves watching Hallmark movies, reading and music. "I sing first soprano in the Living Christmas Tree at our church, First Baptist," Darlene said. She is also a leader in the Community Bible Study and loves to use the home to host wedding and baby showers and other gatherings of friends. "I keep a book of invitations of the parties, and some of the ornaments commemorate our special times with others," Darlene stated. A kitchen plaque that states, Friends are the best part of Christmas, agrees with Phil's statement, "Darlene strives to make this a home for everyone — not just a house for our family." **NOW**

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Guardian Healthcare earned a Medicare Five Star rating for patient satisfaction. — By Virginia Riddle

For years, Guardian Healthcare has been serving patients and their families in Navarro, Ellis, Freestone, Henderson, Hill, Limestone and Kaufman counties. “Our focus is on helping others reach their full potential and live healthy again, so they can become an active part of their community again,” Ryan Watson, RN, and Guardian Healthcare’s clinical manager, stated.

An additional Medicare Four Star rating for patient outcome indicates Ryan and the staff are meeting that goal. Those designations earned Guardian Healthcare a place in the top 25 percent of all health care agencies for quality of care, implementation of process measures, quality improvement,

patient experience and financial performance measures. “That achievement has motivated referral calls,” Ryan said. “We offer respectful care of patients while maintaining their dignity, and we are a leading provider of mobile integrated health care, including home health care services, transitional care, unplanned care and senior living.”

A staff of 11 full-time nurses, 11 PRN nurses, four full-time aides and five full-time office staff enable the agency to take any referral. “Service begins with the nurses. We’re a family, and we enable patients and their caregivers to become part of our family by creating a triangle of trust between nurse, caregiver and

patient. We are always striving for great patient outcomes,” Ryan explained. “All the nurses work really hard. I feel very grateful for my staff members who are exuberant and positive.”

Working with patients who live in rural and small cities, Ryan and the nursing staff have fostered great relationships with the doctors and facilities in their service area. “Some of our nurses and I have worked at the local facilities, so we know the doctors and facility staff. That helps to offer a seamless transition of care to the patient when he or she goes home,” Ryan said.

Payment options include Medicare and many private insurance plans. Staying current with Medicare and insurance changes is challenging, but Guardian Healthcare believes in doing things the right way. “We take pride in staying ethical and in compliance,” Ryan stated.

The agency contributes many volunteer hours back to the communities they serve. “We set up blood pressure clinics, diabetes clinics, fall prevention classes, deliver Meals-on-Wheels, make visits to nursing homes and make donations to police and fire departments,” Ryan said. Kami Matthews, the agency’s home health coordinator, arranges the activities. “We keep a finger on the pulse of our communities and supply whatever is needed,” Ryan added. Guardian Healthcare is a member of both the Groesbeck Chamber of Commerce and the Navarro County Chamber of Commerce.

Ryan is a Corsicana native who graduated from Corsicana High School and Navarro College, and his extensive extended family still lives in Navarro County. He and his wife, Ashley, who is Guardian Healthcare’s office LVN, have four children ranging in ages from 6 months to 12 years old. Ryan serves as the chairman of Navarro College’s advisory committee for the LVN program. Ryan revealed his motivation, “My father was an RN, but I got my associate degree in art when he tried to advise me to go to nursing school instead. I went back to school to become a nurse. I’ve met good people and had a great job experience. This is exactly where I should be. It’s the icing on the cake.” **NOW**

Rejoice in the Spirit of the Holidays, to our friends, family and colleagues, Merry Christmas!



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Joint Pain and the Weekend Warrior

If that weekend Zumba class, game of basketball or run through the park has you limping into work on Monday morning, you are not alone. Sports injuries are now the second leading reason for physician office visits, behind only the common cold. Nearly 2 million Americans are newly diagnosed with knee pain each year. With studies showing that just one in five Americans get the recommended dose of daily exercise, it's no surprise that a growing number of these injuries are occurring in "weekend warriors."

If you go from work-week to weekend and have a dramatic increase in the physical demands on your body, you can expect your body to protest. Your brain may tell you that your body hasn't changed much since high school, but you can be certain it has. Even a few extra pounds can put undue stress on joints and ligaments, resulting in pain you haven't experienced before.

It's not just baby boomers experiencing these problems. Physicians are seeing men and women in their 20s, 30s and 40s with stress and overuse injuries. If you're a weekend warrior, some of the most common injuries to watch out for include:

- **Sprained ankles.** A very common injury that can occur in almost any sport or activity. Common causes are stepping hard onto an uneven ground surface or changing direction too quickly.
- **Shin splints.** Pain felt in the front side of the lower leg, most commonly affecting runners.
- **Rotator cuff injuries.** Caused by repeated stress on the shoulder joint — can lead to torn ligaments in the front or back of the shoulder, sometimes requiring surgery.
- **Golf or Tennis Elbow.** Also known as tendonitis — results from strained or inflamed tendons on the inside or outside of the elbow.
- **Achilles Tendonitis or Achilles Heel.** Tendons in the back, lower part of the leg lose their elasticity with age, making them vulnerable to inflammation, pain and tears from forceful running, jumping or pivoting.
- **Plantar Fasciitis.** Pain caused by running, or even walking, felt mostly at the bottom of the heel, but may also radiate down the entire bottom of the foot.

• **Knee pain.** Very common in sports with lots of running, often caused by irritation on the undersurface of the kneecap, or from wear and tear on the patella.

Most of these injuries occur as a result of overuse, poor flexibility and/or poor body mechanics, rather than as a result of accident or trauma. A few simple steps can dramatically reduce the likelihood of these types of injuries:

• **Maintain a balanced workout plan.** Performing a wider variety of physical activity — including some combination of cardiovascular, weight-training, cross-training and stretching exercises — can help you avoid injuries. Try to exercise at least one or two times during the week, reducing the shock to your body on the weekend.

• **Increase intensity gradually.** Start any new activity with intensity levels you can handle, and ensure you don't increase those levels too quickly. Ten percent per week is a good rule.

• **Listen to your body.** The theory "no pain, no gain" is not one that should be applied to the average weekend warrior or amateur athlete. Pain — whether sharp or dull — is your body's way of alerting you that you are either doing too much, or not doing it correctly. Simply "pushing past the pain" will often result in injury.

If you do experience an injury, consider trying to manage with R.I.C.E. — rest, ice, compression and elevation. If the pain lasts more than three days, it's a good idea to see a physician for an evaluation. You can also consider physical therapy services, either as a means to prevent injury or to manage one. Physical therapy is not just effective when you're recovering from an injury or surgery. A qualified therapist can help you learn how to stretch, strengthen and heal your body, with a specific focus on the sports or activities you're passionate about. **NOW**

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Consider This When Starting a Small Business

According to *Forbes*, more than 500,000 small businesses open each month. If you're looking to join the entrepreneurial club, consider this planning guide for starting a small business.

Laying the Groundwork

It's important to have a well-developed business proposal that meets an untapped need. Follow these steps to think yours through:

1. *Decide on a business idea.* Think about your strengths and interests: What could you do forever? What could you never do? How do you feel about interacting with people or spending your time at a desk? Ask yourself these questions to narrow down your business ideas and options.

2. *Research market demand and competition.* You should feel confident that your product or service will have a hungry audience and that you can offer it in a better way than your competitors.

3. *Write your business plan.* You'll need the following components:

- Executive summary
- Organization and management
- Funding requests
- Company description
- Service or product line
- Financial projections
- Market analysis
- Marketing and sales plan

Setting Up Shop

Before getting your small business up and running, you'll need to complete the following legal requirements. Consult an attorney and/or accountant for guidance relevant to your specific situation.

1. Decide your business structure. Is your business a sole proprietorship or a partnership? The Internal Revenue Service (IRS) can provide more information on types of business structures.

2. Most states require you to apply for one or more licenses, permits or identification numbers. Learn more about the small business requirements for your state.

3. If you plan to employ people to help run your small business, you'll need to apply for employee identification numbers through the IRS.

4. Determine whether you will use the calendar year or a fiscal year for taxes.

Also, talk to your insurance agent about special small business insurance needs. You'll want to do your best to protect the investments you've made, and important coverage can vary by business. **NOW**

Lynda Housley is a State Farm agent based in Corsicana.

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In the Kitchen With Shelly McCaleb

— *By Virginia Riddle*

The holidays bring busy times to Shelly McCaleb, who prepares lots of family favorites. “We’re really busy in the kitchen during holidays and birthday celebrations,” Shelly said. By her 13th birthday, Shelly was cooking for her family, and by age 15, when her mom died, Shelly was raising two younger nephews. “Many of my favorite recipes are from my mother, my Aunt Betty Jean and other family and friends. I use a variety of cooking styles and enjoy creating my own recipes.”

Shelly cooks for residents at Trisun Care Center and loves to share her expertise. “My most special student was my son, Josh, and I’m teaching my daughter, Kali. When not cooking, Shelly gardens, and she is hoping for a big garden next spring. **NOW**

King Ranch Chicken

Sauce:

- 1 10.75-oz. can cream of mushroom soup
- 1 4.5-oz. can green chilies, chopped
- 1 14.5-oz. can Del Monte stewed tomatoes
- 2 cups chicken broth
- 2 Tbsp. chili powder
- Salt and pepper, to taste

Filling:

Butter

- 1 chicken, boiled, deboned, broken into bite-size pieces
- 1 dozen tortillas, torn into pieces
- 1 bell pepper, chopped

- 2 large white onions, chopped
- 2 cups sharp cheddar cheese, grated

1. *For sauce:* Mix all ingredients in a blender or mixer.
2. *For filling:* Butter a casserole dish; layer 1/3 of chicken, followed by 1/3 each of tortillas, bell pepper, onions and cheese.
3. Pour 2 cups of sauce over each of three successive layers.
4. Bake casserole 1 hour at 350 F.

Spaghetti

- 1 24-oz. pkg. spaghetti
- 1 lb. hamburger
- 1/2 onion, chopped
- 1 2.25-oz. can black olives

- 1 7-oz. can mushrooms
- 2 6-oz. cans tomato sauce
- 2 24-oz. cans or jars spaghetti sauce
- 1 14.5-oz. can garlic flavor stewed tomatoes

1. Cook spaghetti according to package directions.
2. Sauté hamburger, onion, black olives and mushrooms; drain.
3. Add tomato sauce, spaghetti sauce and tomatoes; heat thoroughly. Serve over spaghetti.

Shelly’s Meat Loaf

- 5 lbs. ground beef
- 1 cup bell pepper, chopped
- 1 cup onions, chopped
- 1 16-oz. can tomato sauce
- 3 eggs
- 1 sleeve saltine crackers, crushed
- 1 tsp. each salt and pepper
- 2 tsp. garlic salt
- Ketchup, to taste

1. Mix together first 8 ingredients; mold into a loaf pan.
2. Bake 1 1/2 hours at 350 F; drain grease.
3. Smear ketchup on top of loaf; bake another 10-15 minutes.

Jam Cake

- 1 cup butter
- 2 cups sugar
- 4 eggs
- 3 1/2 cups flour, sifted
- 2 tsp. baking powder
- 1 tsp. cinnamon
- 1 tsp. ground cloves
- 1 cup milk
- 2 cups pecans or walnuts, chopped
- 1 cup jam, any flavor
- 1 1/2 cups raisins

1. Cream butter and sugar; add eggs.
2. Sift together the flour, baking powder, cinnamon and ground cloves; add to butter/sugar mixture alternating with milk.
3. Add nuts, jam and raisins; bake in a 9x12-inch greased pan at 350 F for 50 minutes.

To view recipes from current and previous issues, visit www.nowmagazines.com.

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