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## ON THE COVER



B.J. Tucker has rediscovered his passion for running.

Photo by Amy Ramirez.

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## Editor's Note

*Dear friends of North Ellis County,*

February is a favorite month when expressions of love and romance fill the air. Cards, flowers and copious amounts of chocolate are exchanged as tokens of affection for those who are near and dear to our hearts.

Valentine's Day gets the lion's share of attention, but other special observances include Black History Month, Friendship Month, Library Lovers Month and Random Acts of Kindness Week is February

9-15. For those rested up from the holidays and ready to enjoy a bit of revelry and great Cajun cuisine, Mardi Gras (or Fat Tuesday) is on the 17th.

There's a lot going on in February, and we've noted some of the events on our *North Ellis Co.NOW* calendar. So take a little time and spend it with those who make your smile bigger, your heart happier and your world a little brighter.

Happy Valentine's Day!

*Dianne*

Dianne Reaux  
North Ellis Co.NOW Editor  
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# RUNNING IS A BETTER LIFE

— By Callie Revell




*B.J. Tucker lives in Ovilla with his wife of 27 years, Amy, and their five children: Chris, Amber, Brandon, Alyssa and Kyle. He also enjoys his career in IT sales. He works out six days a week and adheres to a clean diet. B.J. is a runner who has completed many marathons. Looking at him now, it's hard to imagine how far he has come in the past five years.*

B.J. started training seriously as a runner in the mid-'90s. He had run competitively in high school and decided to start running again. He joined a training program and set his sights high. "I thought, OK, I'll be one of those bucket list types. I'll run a marathon," B.J. said. "And after I ran my first one, I thought, *This is great!*"

B.J. ran three more marathons, but then he stopped training when life began to get too busy. "I just let life happen," B.J. admitted. "I got caught up in the kids and didn't care. I knew better — it wasn't a knowledge issue — it was a willingness issue." Before he knew it, he reached an all-time low. "I was 75 pounds heavier than I am now," B.J. said. "The only running I did was to the fridge."

Three-and-a-half years ago, B.J. decided to make a change. "There wasn't a health scare or compelling event," he said. "Eventually, I just





# "IT'S JUST BEEN ABOUT MAKING THE RIGHT DECISIONS AND STAYING ON THE RIGHT PATH."

got tired of being tired. I figured there had to be a better way to live that would, hopefully, make me happier. As the kids got older, I wondered, *Will I be around for them?* B.J. knew slow, steady progress would be the most manageable. "I decided I wanted to make small, incremental changes," he said.

Surprisingly, the first changes began in the kitchen, not at the gym. "I didn't go back to the gym until after I lost all the weight," B.J. explained. "I didn't use the gym to lose weight. I used diet and nutrition first." Inspired by his daughter, who wanted to race with him, B.J. took nine months to prepare for another marathon. During this time, he chose a path between vegetarianism and veganism, though he dislikes those terms. "At that point, I decided to give up all meat and most animal products," B.J. said. "I call it plant-powered. This is what fuels me and makes me feel my best. At the end of the day, it's about eating real food. It helps me not have as many injuries and go farther. That's what's made me successful."

However, his success has not come without obstacles. "The hardest part was doing it on my own," B.J. said. "The changes I made were for me. Everyone was supportive, but I was doing it on my own."

To complement his new lifestyle, B.J. slowly worked an exercise routine into his training regimen. He knew exercise would ensure his dieting wasn't in vain. "I went back to the one thing I've always loved, which is running," B.J. said. He now runs three to four days a week. He goes to the gym four days a week and combines aerobic activity with strength training. He also practices yoga and makes sure to take a day of rest each week. He never lets his routine get too intense or overwhelming. "It's about balance," B.J. said. "I go to the gym bright and early in the morning. I'm up at 4:30, so I can get that out of the way. For long runs, I'm up as early as 4:00 a.m."

B.J. enjoys a variety of sports, but his main focus is long-distance running. After getting healthy and



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completing his first marathon, he was hooked. "Within the next 14 months, I completed four more marathons, two of which were back-to-back in two days," B.J. said, adding that he considers finishing the double marathon his proudest moment so far. "I had the foundation and the nutrition to get me through. When some people become athletes, they don't focus as much on the nutrition. I'm just the opposite. The nutrition carries me through the workouts."

He has also completed his first "ultra" race, a 50K run. Last year, he participated in the Capital to Coast Relay from Austin to Corpus Christi, where he ran 38 miles in two days. During long races, he plays loud music and tries to stay focused. "Focus on the outcome. The pain is temporary," B.J. advised. "The rewards will certainly be worth it." B.J. doesn't run long races for speed and doesn't consider himself to be a fast runner. "Long-distance running gives me a lot of time to sort through my thoughts and focus on my goals," B.J. said. "For me, it's very relaxing. It's what brings me clarity and allows me to enjoy this journey."

B.J. tries to offer advice to others when he can, especially if they are about to start a similar fitness journey. "It's just been about making the right decisions and staying on the right path," B.J. said. "The best advice for anyone is to focus





on real food. Don't make it complicated. People get caught up in getting enough protein, avoiding fatty foods or fad diets. There are no quick fix solutions. Don't try to lose 50 pounds in a month. It took me a year to get the weight down."

To make it easier to offer advice, B.J. has taken his message to the Internet. "I get a lot of questions," B.J. said. "People will see me and say, 'You're not the same guy you used to be. What happened?'"






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So, that inspired me to start putting things in a blog, because people want the information." B.J. uses his blog to answer questions and provide guidance to others. B.J. has also participated in several podcasts and hopes to publish an eBook to help others.

B.J. has come a long way and shows no signs of slowing down. He keeps running, and his goals keep growing. "I want to be a lifestyle coach to help people become healthier, and I'd like to start my own podcast," B.J. said. "I'd also like to run a 50-mile and then a 100-mile race. Those are certainly in my future. I want to run until I'm 100." **NOW**



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# Half-acre Haven

— By Angel Morris

*Whether it's work, home ownership or play, Sherry Fox puts her heart into it. A Red Oak resident since 1973, she graduated from Red Oak High in 1982 and now makes her home in nearby Ovilla. She's pleased that her job today lets her serve surrounding communities, as well as her hometown. "I worked a variety of places in the area, from Shields Elementary when my boys were young, to a local gas station and daycare. I just like the country part of our city — the slower pace and the fact that you know everybody," Sherry said.*

Sherry was content with her job as a UPS delivery driver when a friend called and suggested she interview at Baylor University Medical Center at Dallas. "I like to live close to Dallas, but I didn't know about working there. Yet the more my friend described the job, the more it sounded perfect for me," Sherry recalled.

As a result, Sherry interviewed and was hired as the mobile account executive for the hospital's Mobile Mammography Unit. The 41-foot coach, staffed by two women, including a certified mammographer, travels to businesses, churches, school districts and corporations around the Dallas/Fort Worth Metroplex as scheduled by Sherry.

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the women's stories I hear every day. This job truly has become my passion."

Outside of work, Sherry has thrown herself into making her house a home. The half-acre corner lot provides plenty of room, indoor and out, for Sherry and her family. Her 2,500-square-foot home features four bedrooms, three baths, a game room and even a wine room.

"It was one of those spaces that you just weren't sure what to do with. I love

wine, and someone had given me this amazing wine rack that fit an entire wall, so this just evolved into the wine room," Sherry said. Painted an earthy red, the room complements the neighboring entry to the home, which Sherry also textured and painted herself.

The foyer is just big enough



to house an antique hall tree, given to Sherry by an aunt, and faces the wine room, which showcases a one-of-a-kind game table given to Sherry by one of her sons. The wine rack displays dozens of bottles that, upon closer inspection, stand for special events in Sherry's life. "If they are facing the wall they are empty, and if they are facing the room they are full. So, you know which ones to pull out, and then you read whatever I've written on the labels of the empty bottles to know what special event was being celebrated." One label states the day her grandson was born, for instance. "It's just something I started doing. I don't know why!" Sherry

admitted regarding the tradition.

Other traditions show up around the home, from the breakfast nook to the master bedroom. From the nook, guests can see a curio cabinet full of family keepsakes, including Sherry's great-grandmother's china, as well as her



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mother's tea set. Dolls and other figurines spill from the cabinet, as well.

The nearby kitchen holds a 200-lb. butcher block island purchased at an Ovilla antique store. The room's focal point is where meals are prepared and even sometimes served. "You have to keep it very clean, but it just looks amazing when all the food is stacked directly onto the butcher block without any plates!" Sherry said.

In addition to the island, Sherry textured, painted and added a tin tile backsplash. "I didn't know what I was doing, but I'm one of those people who want everything done yesterday, so I usually just set my mind to something and learn as I go," she said.

Sherry's oasis — a covered back patio — is where she, her grown children and grandson go to decompress. A TV and grill are there, with the red-tinned storage shed and Sherry's motorcycle just beyond. "This really is a special place for the whole family. And the yard is big enough that you really aren't bothered by anything going on around you." The custom privacy fence, built and stained by Sherry and her sons, makes sure of that.

With a son, daughter-in-law and grandson living at home, Sherry takes to her master suite for time alone. Earth tones give her space a warm feel, as do keepsakes such as her great-grandmother's milk lamp, her grandmother's phonograph, antique furniture pieces from her father and a family album from her mother. Sprinkled around the home are pictures and figures giving nod to Sherry's motorcycle enthusiasm. She rides her Honda Shadow 750 in toy and poker runs and on pleasure rides with friends.

While she most likes the upgraded stone hearth and fireplace of her living

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room, Sherry would someday like to rid the home of paneling and popcorn ceilings. A Jacuzzi and pool are also wish list items for her home.

"I just do what I can, as I can. I love working in the yard and can always find something to do around the house," Sherry admitted. And when not working



on her home, she enjoys visits with sons Brett Fox (a former Marine, who lives in D.C. and works at the White House), Chris Fox, Kurt Fox and Conrad Fox, 2-year-old grandson Levi Fox and daughter-in-law Gabby Fox.

During the work week, of course, Sherry can be found focusing her attention on the mobile mammography program. Scheduling everywhere from health fairs to business expos, Sherry is excited to bring the Mobile Mammography Unit to Red Oak ISD Friday, March 27, 2015, from 10:00 a.m.-6:00 p.m. "Women can schedule in advance or just walk up, and it only takes about 15 minutes. We can screen 40 women a day," Sherry said.

The unit's digital imaging includes computer-aided detection for more reliable results and even allows screenings for women with implants. "It's just amazing to learn of the cancer we've detected — stories of women who otherwise wouldn't have been screened if it weren't for the convenience of the mobile unit," said Sherry, who celebrates her 10th year at Baylor this year.

All in all, Sherry feels blessed to be part of the mobile mammography program, and to have her quiet, country home at the end of each day. "I love working in my yard, riding my motorcycle and going to work," she said. "I like being able to go into Dallas for all the fun stuff, but coming home to my quiet neighborhood is the best thing of all." **NOW**



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# Before You Tie *the* Knot

— By Shannon Pfaff

*From the dress to the favors, the cake to the invitations, a wedding has many components that need to come together. There are countless options to choose from. You may find yourself overwhelmed trying to narrow down the scope of your choices in order to help you decide on the individual pieces of your big day. A great way to do that is by choosing a theme for your wedding.*

A theme ties all of your ideas together, so your ceremony and reception flow with each other. You can choose a song, season, pattern, color, etc. around which to build your wedding. What type of wedding do you want to have? Would you prefer a more modern wedding or something rustic? Maybe your dream-come-true wedding is a fairy-tale style affair. Perhaps you would like to create your special day around your favorite color. Maybe you have already found the perfect dress, and you'd like to design the wedding around its style. The theme of your wedding can be anything you desire it to be.

Choosing a theme can also be a creative way to



illustrate who you and your husband-to-be are as a couple. Are you an adventurous pair? Did you meet in an unusual way? Do you have a mutual passion, such as music or food? The things you enjoy together can create a unique theme. Your individual family heritage can also be a beautiful backdrop for your wedding.

Once you have decided on your theme, you can have the wedding professionals you employ help you incorporate that theme into each aspect of your wedding. When you are choosing your wedding gown, a bridal consultant can help you with dress options that coordinate with your theme. They can also help you with



attire options for the wedding party that will complement your dress. The consultant can also advise you on hairstyles and accessory choices for your gown. Your hairstylist can offer hair options, as well as showing you how to pair those options with any desired accessories.

If your theme is related to color, a florist can help you incorporate that shade into flower arrangements, bouquets and table settings. Even if your theme is not based on color, the florist can advise on color choices to complement your theme. They will also help with seasonal floral options and can offer advice on low-cost options for your decor.

You will want to be sure the theme you choose will fit the time of year you desire for your big day. If you have an idea about the season for your nuptials, you will want to be certain the venue is appropriate. If you don't have a wedding

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planner, you can contact the person who coordinates events at your chosen venue. They can inform you of the ideal seasonal conditions for their location.

After your theme has been selected, there will still be several decisions to make about the wedding. You will,



however, have a better understanding of what your selections should look like. Here are a few theme examples to get you started:

## *A Black Tie Affair*

If you desire your wedding to be classy and romantic, a formal style is the way to go. For your announcements





and invitations, engraved, black ink on white paper is the most classic selection. You will want to choose a simple, A-line dress or a ball gown to complement your theme. Consider dramatic lighting for your venue, such as candlelight or tiny lights strung across the ceiling or around potted trees. Formal wedding cakes are generally elegant with multiple layers to create a focal point for your reception.

### *Vintage-style*

If you love the style of eras gone by, then a vintage wedding could be perfect for you. Selecting a genuinely vintage wedding dress allows you the opportunity to have a unique design versus a modern mass-produced dress. Family members may be a good source for vintage items to use for your decor. They may also be a valuable source for vintage jewelry. Lace can add a vintage touch to your decor and your attire. Keep the colors and decor simple to stay true to simpler times.



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## *Rustic Chic*

If you are looking for country elegance, a rustic wedding is a great option. Think barns, burlap and boots! For your venue, you could select a farm house, ranch, barn or a country pavilion.



You could have the entire event outdoors, but make sure you make provisions for inclement weather. Mason jars, hand-painted signs and simple flowers can create lovely centerpieces for your reception. You will have several options for your dress, because you can add rustic touches to any gown you choose.

However you decide to define your special day, there will be no shortage of wonderful options to create your perfect wedding. The wedding professionals you choose will provide options and show you examples to help you along the way. Selecting a theme is an important step to making the planning process more manageable and can be the best way for you to tie your ideas together before you tie the knot! **NOW**





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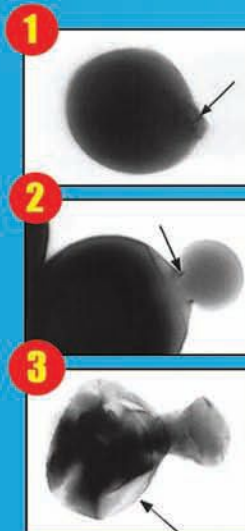
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Bill Crouch, his granddaughter, Miranda Cordero, and his daughter, Mindy Moody, represent three generations of real estate professionals.



# Navigating the Real Estate Market

*Mindy Moody helps guide prospective buyers and sellers through the home-buying process.*

— By Dianne Reaux

If you have ever been in the market to buy or sell a home, you know the process can be more than a little overwhelming. Several professionals will help orchestrate the complex home-buying process, including bankers, mortgage loan officers, home appraisers, property inspectors and insurance agents. But having a qualified real estate agent in your corner can help make the experience a little less overwhelming.

Mindy Moody, a local Realtor at Bill Crouch Real Estate, knows the real estate arena can be a little intimidating, and she has helped many buyers and sellers navigate the ins and outs of

buying and selling a home. Mindy has more than 10 years of real estate experience and is uniquely qualified to help guide her clients through the process of buying or selling a home. “This is an exciting time in a person’s life, and I enjoy helping to make the experience enjoyable from the beginning of the process to the end,” she stated.

Mindy and her family have been an important part of the Ellis County real estate market for generations. “My father, Bill Crouch, is the founder and owner of the Bill Crouch Real Estate Agency and has served Ellis County for over 40 years,”



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she shared. Mr. Crouch received his real estate license in the early 1970s and started his agency by slowly acquiring rental properties.

"My father and I both live in Ovilla and decided that it would be the best location for us to base our business," Mindy stated. Under Mr. Crouch's leadership, the agency has grown, and they now own and manage more than 60 properties in and around Ellis County. "Our goal was to be a multi-million producer after our first year," Mindy shared. They've met and exceeded this goal every year. "Our success is due to actually caring about and meeting the needs of our clients, rather than seeing them as a dollar sign."

Bill Crouch Real Estate specializes in Ellis County but recently expanded and sold two condos on Elm Street in downtown Dallas. To those who know Mindy and her background in real estate, this is no surprise. "My real estate experience is very broad," she shared. "I worked in commercial real estate in downtown Dallas for many years and was a part of the development team credited with developing City Place, the Hank Haney Golf Center and the Quadrangle area."

In 2001, Mindy married the man of her dreams, Bart Moody. "We have a blended family of six kids, all of whom attended Midlothian schools. My youngest daughter, Miranda, graduated from high school two years ago and decided she would also like to pursue a career in real estate. She recently joined our team and represents the third generation in our family business," Mindy remarked.

Mindy's passion for her work is evident. "Years ago, I started helping my father in his office and decided to get my real estate license, and I'm so glad I did! I love my work," Mindy added, "and I've had the pleasure of meeting and helping so many wonderful people."

If you are ever in the market to buy or sell, feel free to stop by their office for a free comparative market analysis. Mindy and her staff would love to help you — and you'll be glad they did! **NOW**

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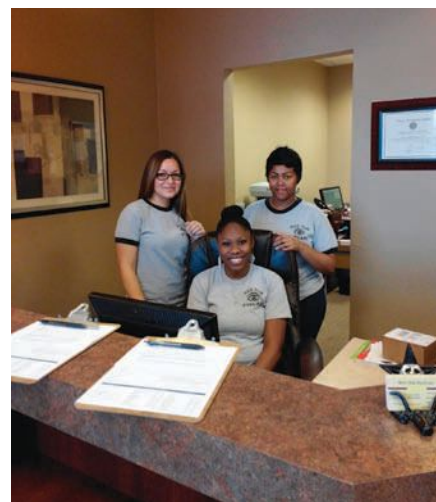




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Ellis County students inaugurate the new piano lab that opened this year at Ovilla Christian School.



Gregory Johnson, owner of Gregg's Unisex, tightens up Tyrone Moore's goatee as he gets ready to enjoy the New Year's Eve celebrations.



Members of the Red Oak junior cheer squad demonstrate their lift techniques during an outing to Old Town Park in Red Oak.



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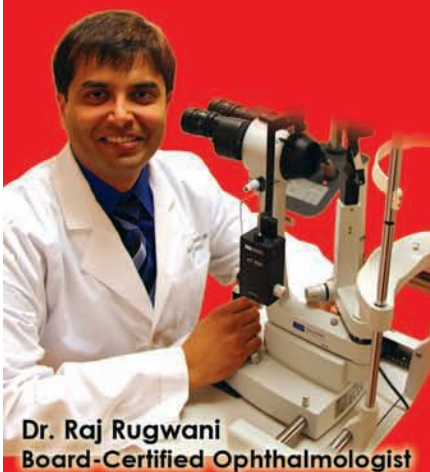
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# More Sugar Necessary

— By Betty Tryon, BSN

You don't have to be a diabetic to have hypoglycemia. Although it is commonly associated with the disease, there are other conditions that can cause it. Hypoglycemia is the medical term for low blood sugar. Glucose, or blood sugar, is necessary for the body to have enough fuel or energy to carry out its normal functions. So when levels fall below normal, it is an issue that must be addressed.

Some symptoms associated with hypoglycemia are trouble thinking clearly, headaches, visual disturbances, heart palpitations, sweating, shakiness, weakness, anxiety and fatigue. Your body needs glucose to function as it has been designed to. If deprived of it, your body will experience consequences. For example, if the brain is not receiving glucose, it cannot function properly and leaves the person susceptible to seizures and even coma. Many conditions can cause these symptoms, so it is important to be diagnosed by a physician rather than guessing at what might be wrong.

If you have been diagnosed with hypoglycemia and think you may be having symptoms, it is crucial to take immediate action. Because it's possible to lose consciousness with hypoglycemia, your first step should be to make sure you are in a safe place when you begin to counteract the effects of low blood sugar. If you pass out you certainly don't want to be behind the wheel of a car or injure

yourself falling. Follow instructions given by your physician. Some of the things that might be a part of your management plan are to test your glucose level if possible, and if your blood sugar is low, start taking some form of carbohydrates. Some food items suggested for this are hard candy, raisins, sugar, juice or milk. The amount should be determined with the help of your health care provider. Glucose tablets and glucose gel are available prepackaged. Eat or take the prescribed or recommended amount and test your blood sugar again. Some people may require an injection of glucagon. Glucagon is a hormone that quickly raises blood sugar levels. Based on the severity of your reaction and/or if your glucose level does not rise, you may have to call 911 or your doctor.

If you have hypoglycemia because of diabetes, it is important to follow the diabetic management plan set up with your physician and monitor your food intake and medication. If your hypoglycemia is from another condition, then the underlying problem needs to be corrected or managed. Careful planning can help avoid a catastrophe with hypoglycemia. **NOW**

*This article is for general information only and does not constitute medical advice. Consult with your physician if you have questions regarding this topic.*

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**Musicians Needed:** We are looking for adults who play or have played a band instrument or current high school band students who are interested in helping form a concert band for the Ellis County community. If you are interested in joining, email your name, your email address, instrument(s) played, years of experience and the name of the Ellis County town in which you reside to [dapotter@ectisp.net](mailto:dapotter@ectisp.net).

### February 6

**DEAR (Drop Everything and Read) Day:** 8:45-10:30 a.m., located at all Waxahachie ISD elementary and junior high campuses. Community guest readers will be in PreK-6 grade classrooms for 15 minute reading times. For more information, contact (972) 923-4631.

### February 7

**Ennis Czech Music Festival:** 1:00-10:30 p.m., Sokol Hall, 2622 E. Hwy 34, Ennis. \$7 per person, free admission for ages 14 and under. For more information on this event, please call (972) 878-4748.

### February 12

**Fourth Annual Daddy Daughter Dance:**

6:00-9:00 p.m., Waxahachie Civic Center, 2000 Civic Center Ln. Tickets are \$15 per person and they go on sale **January 5**. Tickets must be purchased in advance. This year's theme is *Frozen*. For more information, call (469) 309-4041.

### February 13 — 15

**Gingerbread House 13th Annual Chili Cook-Off:** Ellis County Youth Expo Center, Hwy 287 North, Waxahachie. For more information, email [john.eccac@ectisp.net](mailto:john.eccac@ectisp.net) or call (972) 937-1870.

### February 14

**Share the Love Gala:** 6:00 p.m., Waxahachie Civic Center. The evening includes dinner, dancing, music by The Classic Swing Band, silent and live auctions. Tickets can be purchased online at [www.casaofelliscounty.org](http://www.casaofelliscounty.org) or by calling (972) 937-1455.

### February 21

**Midlothian Pet Adoption Event:** 9:00-11:00 a.m., the Walmart garden center entrance, 400 N. Highway 67. Midlothian Animal Control offers free adoptions to keep its shelter open for more stray animals. For more information, visit [www.midlothian.tx.us/animalcontrol](http://www.midlothian.tx.us/animalcontrol).

### February 25

**Red Oak Area Chamber of Commerce Membership Luncheon:** Noon-1:00 p.m., Red Oak Municipal Center, 200 Lakeview Pkwy, Red Oak. \$15 for members with RSVP, \$18 for members without RSVP and \$20 for non-members. For more information, visit their website [www.redoakareachamber.org](http://www.redoakareachamber.org).

### February 28

**Mockingbird Park Winter Walk:** 10:00 a.m., Mockingbird Nature Park, Onward Road, (off Mockingbird Lane), Midlothian. Register online at [www.midlothian.tx.us](http://www.midlothian.tx.us), or call the Parks and Recreation Department for more information at (972) 775-7177.

**Stephen Ministry Introductory Workshops:** 9:00 a.m.-1:00 p.m., Midlothian Bible Church. Workshop is \$15 per person or \$50 per congregation (four or more). You can register at [www.stephenministry.org/workshop](http://www.stephenministry.org/workshop) or call Stephen Ministries at (314) 428-2600.

*Submissions are welcome and published as space allows. Send your current event details to [dianne.reaux@nowmagazines.com](mailto:dianne.reaux@nowmagazines.com).*



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## In the Kitchen With Nell Fulton

— *By Angel Morris*

Nell Fulton attributes her ability to sew and cook to her mother, who “had the patience of Job. When you live in the country you make your own fun, and Mom made things fun for me even in grade school,” Nell said. Reared in Bethel, Texas, Nell met her husband of 54 years while taking a nursing class at Baylor Hospital.

Today her favorite hobbies are creating down-home meals, baking and candy making. “I like to cook for family and friends, taking dishes to others or preparing them for church functions,” Nell said. “I enjoy sharing my recipes and cooking tips, too.”

In addition to carrying on her family’s barbecue traditions (see sauce recipe below), Nell also makes time for quilting, embroidery and crochet. **NOW**

### Butter Pound Cake

**1/4 tsp. soda**  
**1 cup buttermilk**  
**3 cups sugar**  
**1 cup butter**  
**5 eggs, separated**  
**3 cups sifted flour**  
**Pinch of salt**

1. Add soda to buttermilk.
2. Cream sugar and butter. Add remaining ingredients, except egg whites; add soda/buttermilk mixture.
3. Beat egg whites, fold into cake mixture.
4. Bake at 350 F in a Bundt or tube pan for 1 hour and 15 minutes, or until toothpick comes out clean.

### Peanut Butter Penuche Candy

**1 cup brown sugar**  
**1 cup white sugar**  
**3 Tbsp. white Karo syrup**

**2/3 cup can milk**  
**1 Tbsp. margarine**  
**1 tsp. vanilla**  
**1/2 cup peanut butter**  
**1/4 tsp. salt**

1. Cook sugars, Karo, milk and margarine, stirring constantly to soft ball stage. Remove from heat; add vanilla and peanut butter.
2. Beat with mixer until mixture loses its gloss and pour into a 9x9-inch baking dish.
3. Cool. Cut into squares before serving.

### Southern Pralines

**1 1/2 cups brown sugar**  
**2/3 cup half-and-half**  
**1/8 tsp salt**  
**2 Tbsp. margarine**  
**1 1/2 cups pecans**

1. Combine sugar, half-and-half and salt in a deep microwavable dish. Stir in margarine.
2. Microwave for 7 to 9 1/2 minutes, or until

- soft ball stage (235 F), stirring once.
3. Stir in pecans and cool about 1 minute.
4. Beat by hand until mixture becomes creamy and begins to thicken.
5. Drop on waxed paper by spoonfuls.
6. Let stand until set. Store in airtight container.

### Cornbread

**1 1/2 cups corn meal**  
**3 Tbsp. flour**  
**1 tsp. soda**  
**2 Tbsp. oil**  
**1 egg**

1. Mix all ingredients together and pour into a well-greased 9-inch iron skillet or muffin pans.
2. Bake at 410 F for 20-25 minutes, or until golden brown.

### Canned Green Beans

**2 gallons green beans, snapped**  
**2/3 cup sugar**  
**2/3 cup vinegar**  
**1/2 cup salt**

1. Cover green beans with water and boil for 1 hour. Drain and pack in sterile jars (but do not seal yet).
2. Bring sugar, vinegar and salt to boiling temperature and pour into jars with beans.
3. Seal jars.
4. When ready to serve, rinse beans with water and cook. Season to taste.

### Family Tradition Barbecue Sauce

**12 medium onions**  
**2 bell peppers**  
**2 garlic buttons**  
**1 stick margarine**  
**4 Tbsp. white sugar**  
**1/2 cup brown sugar**  
**1/2 cup vinegar**  
**1/4 tsp. black pepper**  
**1/4 tsp. red pepper**  
**1 gallon ketchup**  
**4 cups water**  
**2 Tbsp. Lea & Perrins Worcestershire Sauce**  
**2 tsp. paprika**  
**2 tsp. salt**  
**1 tsp. chili powder**

1. Chop first 3 ingredients and sauté in margarine. Run through food processor.
2. Put remaining ingredients in a large pan; simmer with mixture from food processor until thick. Can be sealed in jars and stored.





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