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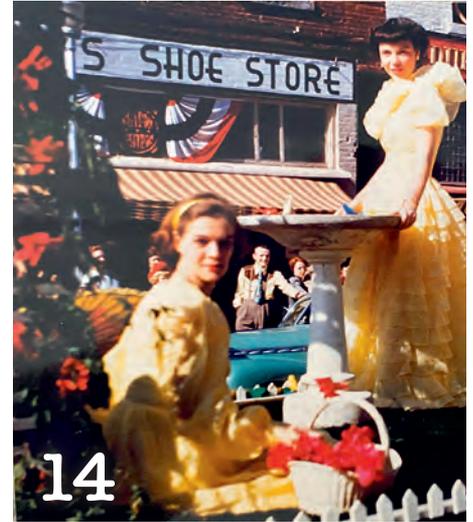
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### On the Cover

*Lillian Williams, 10, a student at Beacon of Hope in Gainesville, helps decorate at Good Things. The shop, located at 500 E. California St., is open Monday-Saturday, 10:30 a.m.-6 p.m. through Black Friday, when it will expand its hours to 10 a.m.-6 p.m. through Christmas.*

Photo by Editor Mike Eads

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**ADVERTISING** — Mona Burkhart

**DESIGN & COMPOSITION** — Ashley Garey

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# SHERMAN MOORE

## ***Who are you and how did you wind up in Texas?***

I'm a native Texan from a ranch in the northern rural Texas Panhandle. I went to work at AT&T after college and lived and worked in cities all over America. When I turned 65 and wanted retirement I looked for a small plot of quiet land within an hour of DFW that would have services and likely be a good investment. Cooke County popped up high on the list.

## ***You sit on the county's broadband study group. What do you contribute and why is it worth your time?***

My career at AT&T was focused on technology including first hands on then later the leadership of teams and general lifecycle for the design, engineering and deployment of large global fiber and wireless networks.

Getting high speed and affordable connectivity to every household and business in our county is what will provide the healthcare, education, automation, productivity and security to be relevant for the 21st century. It builds our tax base which enables lower property taxes while lowering the cost of living and having healthier lives. It's infrastructure for our elderly fixed income, our kids and our families and it increases the value of our county.

I read the digital version of the Gainesville Register, but confess I read the ink and paper version with greater attention and enjoyment. There is something about the printed page that has an intrinsic presence, which I guess is why I'm so supportive of protecting our county library.

## ***You're also Democratic Party chairman for Cooke County. What do Democrats need to do to become a force again in the county?***

It's true I'm proud to be the county chairperson for the Democratic Party. I believe in the two party system and am

appalled by the gerrymandering that has left districts across the state as certain to be either Democratic Party or Republican Party as the foregone winners of the general election. Often only one side of ideas and perspectives gets discussed or considered. This gerrymandering has made primaries the election and driven more extreme positions both to the left and to the right.

For my Democratic Party to be more relevant, we have to find common and often centrist ground to attract a broader base of voters. We have to be welcoming of Independents and Republicans, while knowing that the traditional progressives already often feel unheard.

The most important effort for gaining relevancy is listening and authentically respecting that there are merits in nearly all perspectives. Most people are Americans and Texans before any political affiliation, and they want what's best for the most people with the least harm to the fewest number of people. We need civility, pragmatism and calm adult dialogue, instead of inflamed emotional rhetoric.

## ***You've got 80 acres out by Callisburg and have been clearing it. Plan to do some ranching?***

Well, it's not a ranch by the definition of real Texas ranches. I grew up on the Snead ranch that while 13 sections big (about 8,000 acres) isn't one of the bigger operations from a historical perspective.

I haven't been clearing my little patch of 80 acres although most people would interpret the work that way. The work that I do is grooming work to create savannas and variations of shelter, water, provision, habitat for deer, turkey, dove, songbirds and all the wild animals. I do have some mama cows and a set of calves born each year, but the State of Texas offers agricultural abatement for wildlife refuge and proliferation of desired species. A lot of Texas is in private property and we need to maintain our wildlife population.

The work is challenging for man and machine, but seeing the increase in wildlife makes the work rewarding. Unfortunately the same efforts for native wildlife attract feral hogs; so even though I allow no hunting, we do send a lot of trapped hogs to a meat processor in Ft. Worth. The state

and county have a robust set of guidelines for fostering the healthy wildlife populations and they help with suggestions as well as collecting status reports on progress.

### ***What do you do purely for leisure?***

I love to read, I love words and ideas. Philosophy and anthropology might not seem like topical matters in Cooke County, but liberal arts are truly at the heart of civilization, society and faith. The pastor of my church, Mark Lowen, doesn't always interpret life and values as liberally as I tend to do, but like so many people of faith his compassion and tolerance allow for lively debate.

Anyone who knows me can report I treat exercise as a leisure activity — especially bicycling. I enjoy helping people and I travel some. In fact, I am sitting relaxed in the truly beautiful south of France as I answer this question. It's sad we don't have the high speed rail mass transit options in a state as big as Texas. The French are way ahead of us in recycling and care for the natural environment.

### ***What would be your sales pitch to someone thinking of moving to Cooke County?***

There are so many good, caring, giving and friendly people in Cooke County and there are so many paths and places for anyone to plug into their area of interest. The churches are both committed to faith and also in doing truly material and human services through organizations such as VISTO feeding the poor to Abigail's Arms for rescue from abuse to clothing for those with those with needs. Ask a school, library, hospital, Stanford House or any number of organizations and volunteers will be welcomed. The Medal of Honor and Depot Days events provide great access for involvement. There are arts, civic organizations and access to a local college and short commutes to world-class universities. There is a lot of history including the beautiful houses in our historic district.

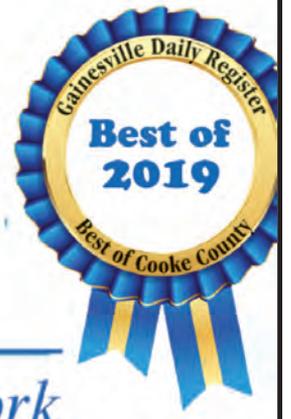
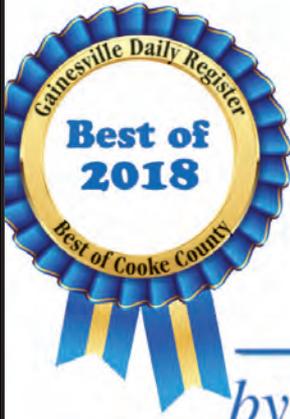
From a practical perspective there is a lot of entertainment from our downtown shops to historic depot to more than a dozen wineries and brew houses with world class casino and our Butterfield Theater productions, in addition to museums, a zoo and beautiful lakes for fishing and water sports.

Cooke County has a lot of manufacturing jobs with an exceptionally low jobless rate. Horse breeding and stables are renowned and abundant. The entire DFW Metroplex is an hour away and — with a little luck — we may add to our

passenger rail service and expand our 6,000 foot runway airport. Businesses of all kinds can attract new workers and the strategic convergence of major highways, rail and air service bodes well for new enterprises of logistics and distribution.

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# A *beginner's* **GUIDE** to *hosting parties*

It's the holiday season, and it's your turn to host the big party.

Maybe you're trying to ease your mom's load after hosting for so long?

Maybe your aunt and uncle downsized and no longer have room in their new house?

Whatever the reason people have, it's on you this time, and a dollar store tablecloth and the good paper plates won't do.

And you don't have the first idea about where to start.

I'm as clueless as you, but I do know quite a

few people who are great party planners — thankfully. I turned to them for advice.

The first thing is to plan ahead. Everyone told me of the importance of readying for who is coming and what the theme of the event is.

"I think organization is like the key. So you have to decide who's going to be invited, what's your audience?" explained Rev. Martha Hagan-Smith, the pastor at Whaley United Methodist Church and leader of many church events. "And then plan, plan, according to the information that you've gathered."



Jamie Davis of Kinne's  
It's Disco Baby



Laura Beaudin  
Snowman Christmas



Candy Stephens  
Candy Cane Lane

“To start, there’s the who, when, where, why, what,” said Candy Stephens, one of the event planners of Sparkling Events. “From there, you have a theme and colors. Decide fun or fancy, simplistic or spectacular, or, in our case, how sparkly you want it, given that our business is Sparkling Events.”

“Let people know, send invitations — you need to let them know as far in advance as possible,” said Donna Hertel, caterer and owner of Sarah’s On the Square. “I’d send my invitations more than a month out, just so people can put it on their calendar. And if you have time, phone the people and say, ‘I just want you to know that I’m going to have a party, and you’re invited.’”

“Always remember to plan so that you get to enjoy the party, too,” added Debbie Faulkner, the business administrator of First United Methodist Church - Gainesville, whose early years of her career included party planning, wedding planning, golf tournaments, dinner parties and meetings. “There is nothing worse than preparing and planning only to be working in the kitchen the whole time and not getting to visit with the people you invited. Or even worse, being so exhausted by the time the party starts that you can’t enjoy it. To do this requires that many things are already done by the day before the party.”

Knowing your budget is also essential.

“What your budget is, is definitely going to determine where you have it and what you do,” Hertel added. “You need to figure out how much you want to spend: if you’re going to go all out, if you’re just going to do mini-appetizers, if you’re going to have people bring something, if you’re going to hire a caterer ... You need to decide on what kind of a budget that you have to work with, because that’s going to determine how elaborate your party is.”

## DECOR AND THEMES

No special event is complete without appropriate decorations and a fitting theme to create the atmosphere. First of all, make sure everything is clean, then have some fun with the decorating.

“There is something about the ‘setting’ of a party that makes it extra special,” said Faulkner. “Sometimes that requires you to think about a theme. It can be as simple as spring - with fresh flowers in small glasses at each setting and lots of scentless, dripless candles. If it is a buffet, I especially like to elevate a centerpiece and use cake stands at different levels intermingled with trays to display appetizers.”

Be ready well before the doors open.

“I like to have my table done a day or two ahead of time, unless it involves fresh flowers or fresh greenery; then I’ll put that out at the last minute,” said Hertel. “I always make sure that I have appropriate, soft mu-



Heather Martin  
Nutcracker Tradition

sic in the background. I also like to have holiday candles and nice towels in the guest bathroom, so that makes a good impression when people go in there.”

Decorations also don't have to be the fanciest or priciest to make an event feel special.

“You can buy a package of 100 balloons for \$4 or \$5, and they go a long way and add a lot of color really easily,” said Hagan-Smith. “I have balloon arch stuff, but there's other ways of using them ... You can put them on tables, blow them up and it adds just enough color ... and everybody likes balloons, from children to adults.

“I also do picture backdrops online, so I'll look for them, and I try to find them where they're really generic,” Hagan-Smith continued. “We do that sort of thing at family gatherings because people want to take pictures. It's a way to remember and it's a way to celebrate. So I buy backdrops depending on what season or that sort of thing. For the blessing of the animals that we're doing, we have a fall backdrop and you just hang it and then I use balloons around it.”

With the decorations, it is also good to think about what there will be to do at your event.

“What activities will you have for the party?” Stephens added. “Make sure there's something for everyone from the quiet to the crazy personalities.”

## FOOD

With guests, theme and budget determined, it is time to decide on how you are going to feed your guests. A lot of it depends on the style of party you are hosting, but, as with everything else, plan in advance.

“I see if there's anything that I could pick that can be done ahead of time and frozen,” said Hertel. “The holidays are hectic enough, so instead of putting it all on yourself at the last minute, I would try to make as many things as I could and freeze them.”

“I always set the tables, set up the bar or buffet tables

# A Few Decorating Ideas

*While not every event has to be a spectacular occasion, there are many ways to add a little bit of festive fun. Here are some ideas from this year's TableTops, an annual event by First United Methodist Church that raises money for local charities. This year, TableTops supported Bochy's Place, Abigail's Arms, VISTO's Backpack Buddies program and Noah's Ark.*

Here are the Top 5 decorating lessons Staff Writer Anna Beall learned from looking at the displays:

**1. A Little Paint Goes a long way.** You don't have to be a full-time artist to get good use out of paint, as shown by Carol Bounds' “The Pumpkin Patch,” where she painted some Halloween Polka-Dots on Pumpkins to give her table and extra festive flair.

**2. Put a ring on it: a Napkin Ring.** While you seldom see napkin rings being used, they add a bit of a formal flair and are surprisingly inexpensive on Amazon. Heather Martin had two displays that had personalized napkin rings: “A Nutcracker Tradition” having miniature nutcrackers attached to napkin rings, and “Par-tee” having golf balls attached to napkin rings. While Martin found the napkin rings at World Market, plenty of crafty people could very likely come up with their own personalization with just a bit of glue.

**3. Play with your food.** You can have fun with what you are using anyway without having to add much extra, as shown by Laura Beaudin's “Snowman Christmas” where she made snowmen out of plates, silverware and candy.

**4. Zip ties are your friend.** ... or really any cheap and easy tool, such as Command strips and hooks. Both of these were used in creative ways. Sara Wallace used zip ties in hanging foliage in her “Under the Twinkle Lights” display, and Diane Green utilized Command hooks to create a backdrop for her table, “Pretty in Pink.”

**5. You don't have to be traditional to make an impression.** For a few years now, First UMC has hosted a group of members and their friends who love to play Pickleball. While they had to take a “Time-out” for TableTops, they still had a blast making a table themed around their favorite sport that they titled “Slammers and Dinkers.” With paddles for plates, balls hanging from the side, the table decorated like a court and pictures of them playing, this table is a celebration of the fun they have together.



and clean by the day before,” said Faulkner. “I also try to plan a menu where at least half can be prepared the day before to minimize cooking the day of.”

When it comes to what to make, simple is often better and you don’t have to try something new to impress.

“I’ve learned to include mostly tried and true recipes and maybe a new side dish or appetizer,” Faulkner added. “Trying something new for the entire meal could turn out with unwanted results and add to the stress of the day.”

Whether hiring a caterer or cooking for yourself, one of the main questions is how much food to prepare.

“I use the formula of a quarter pound per person on meat, depending on how many sides you offer,” said Hagan-Smith. “If you go into the grocery store and look at the serving size on the package, most serving sizes are generous. You can use that and cut it typically by one or two people... The more sides you have, the less you need, because people will choose one or two sides and won’t choose all five or six. So typically, the more you have on side choices, the less you actually need of the item...”

And again, if you over prepare, that is another reason to fix foods you can freeze so you can save them for another time, or you can send them home with your guests.

Hertel’s advice included, “If you’ve got lots of leftovers, I send them home with leftovers, if you’ve got little flower arrangements, I’ll send flower arrangements home with people.”

## YOUR GUESTS

When all is said and done, the most important part is making sure your guests have a good time.

“You want to greet your guests personally or have your spouse greet the guests. That’s why you might want to have help, and have somebody available to offer them a drink,” said Hertel. “And I make sure that every time a guest leaves, I tell them, ‘Thank you so much for coming; it means a lot for you to come and share this time with us.’”

“We tend to want to do a lot to make it extravagant, and people don’t necessarily need that with hospitality,” said Hagan-Smith. “I think of Elmira Finken, one of the ladies at the church in Coppell where I worked. She always told me that she could invite the world into her house with just tea and bread, and that’s because she made time for her guests that were there. So I think, again, with any event, making the guests feel like they’re the most important and giving that time, because it’s about relationships; not what you put on the table or the decorations. If we give time to people and build those relationships, that makes an event better.”

“To start, there’s the who, when, where, why, what. From there, you have a theme and colors. Decide fun or fancy, simplistic or spectacular, or, in our case, how sparkly you want it, given that our business is Sparkling Events.”

— Candy Stephens,  
Event planners of Sparkling Events





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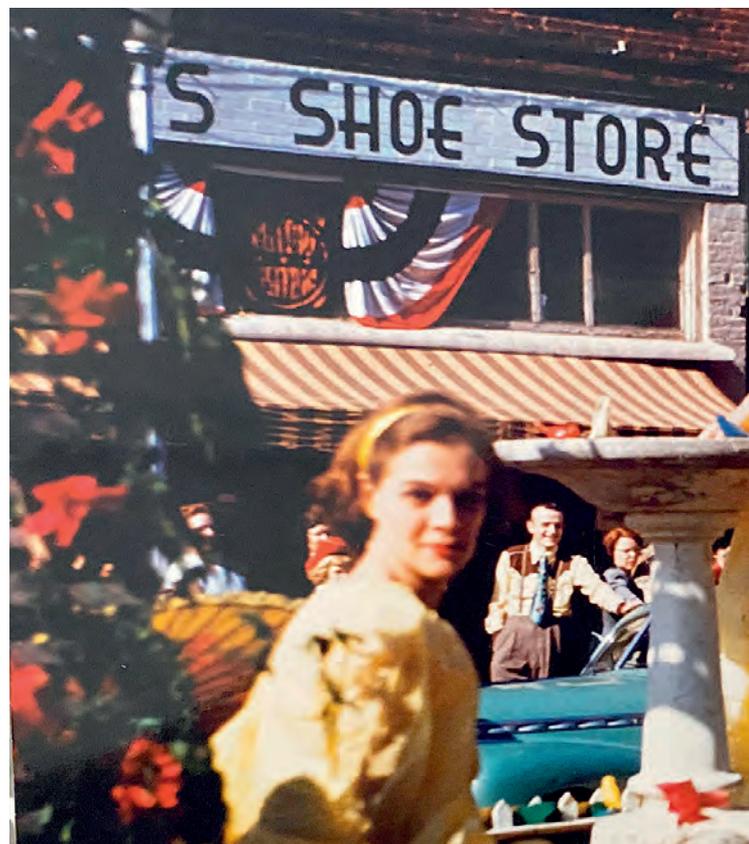
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## *Christmas past in Gainesville*

The Morton Museum of Cooke County, 210 S. Dixon St. in downtown Gainesville, is preparing for an upcoming auction and came across these old photos of the city's Christmas parades. No dates were marked but they appear to be from mid-1950s to the early 1970s. Enjoy.



Ginger Johnson, in front of her Gainesville office.



## *A team effort:*

### ABIGAIL'S ARMS OPEN TO FAMILIES IN TOUGH TIMES

**G**inger Johnson is proud of what she and her colleagues have built at Abigail's Arms. It's evident when she shows off the advocacy center's quarters on Gainesville's northside, where countless victims of domestic abuse — old and young — have turned for help since the 1983 Hotline.

"We have four of these little rooms when kiddos come in for their forensic interviews, they have their own little space," said Johnson. "We do some art therapy with kiddos. We have them paint a picture and then have the kid next to them turn around and make it ugly and chaotic. And then the child gets to come back in and make it into something beautiful. So it kind of helps them without saying it, helping them move from the trauma and the chaos, from a normal life into the chaos and then back out again. And you're not even saying that, but you're showing that as they're doing these cute little pictures."

Children to sit face-to-face with a trained forensic interviewer in a special room wired to pick up anything, including the soft whispers of the children. There are also cameras to pick up on facial expressions and body language.

Abigail's Arms is a family crisis center that serves Cooke County and surrounding areas. It helps anyone who's been a victim of a violent domestic crime — man, woman or child. It also assists in investigations of such crime, offers anti-bullying and other counseling support services for K-12 students around Cooke County and operates a non-residential emergency shelter to help people who don't feel safe in their homes. All services are free and confidential, funded by private contributions and grants from local and state offices.

Abigail's Arms began in 1983 as a volunteer hotline. The name is derived from the Old Testament passage 1 Samuel 25, in which a woman named Abigail convinced the future King David to spare her wicked husband from death by David's hand.

If you, or someone you know, may be a victim of domestic abuse or such similar straits, you can learn more about the services available by visiting <https://abigailsarms.org/get-help/>, calling the 24-hour hotline at 940-665-2873 or by visiting the office at 201 Harvey St. in Gainesville. Donations are always welcome — go to [abigailsarms.org/donate/](https://abigailsarms.org/donate/) to learn more about making monetary or material donations.

"If you're talking to a three-year-old, you might get who did what, but if you're talking to a teenager, you're going to get who, what, when, where, why, what were they wearing, the color of the walls, everything — Um, so being able to, to navigate that with the kids and just allow them to tell their story in their own words, whatever those words."

Abigail's is mandated by state law to collaborate with law enforcement, Child Protective Services and the court system. Thanks to these facilities, investigators and prosecutors can watch these interviews while they are happening and spare a potential victim from having to rehash their story over and over.

"This way the child only has to be interviewed one time," Johnson said. "They can sit and listen and see what's going on. And then when the interviewer is getting towards the end of the interview and feels like they're finishing up, they (investigators) step in here and

they'll just ask them, you know, 'Did the child bring up something you weren't aware of? Was there something that we need to go back and ask more questions on?' and then they can step back in and they try to get as much of the facts recorded as possible, and then investigators take that ... instead of having to talk to that child."

After the interviews, families talk to an advocate about all of the services Abigail's can provide.

"We have services provided for clients who don't need the emergency shelter, but are still dealing with some form of trauma from a victimization. So you can come in, even if you don't need any emergency sheltering place to stay and work with our non-residential staff and all of the same services, our residential clients get counseling, finding housing, helping find work, helping go back to school — whatever the support is that that person needs," Johnson said. "It's very individualized because different people need different things, different kinds of support. We have our child advocacy center, which is focused on children who are the victims of a crime to support them and their families."

Much of the demand for Johnson and her 20-plus-person staff comes from younger families, in which a parent or parents are struggling.

"They're trying to figure out life. And now they're trying to figure out how to help a child figure it out — you throw in the mix where your child has been hurt or injured in some way," Johnson noted. "And then you have parents who are just like, 'I don't even know how to help my kids.' And so providing them with some additional therapy as well has really proved to be very beneficial to the kids because it allows the parent to have that neutral person to just dump everything on and say, 'Talk it through with me. What do I do now?' It's helping build them up, so that then they can better support their child."

Johnson said the center is also careful about looking after its own, as social workers suffering from burnout aren't much help to anyone.

"We staff the cases, we have weekly staff meetings and we have staff who are struggling (time-to-time). If there's something that's really bad and we need to talk it through, we provide different things that the staff can do. We try to find some fun things to do, some ways to just release tension."

Johnson arrived at Abigail's Arms in 2013, after putting in 23 years with the Denton Police Department. The skills she learned there are both a blessing and a curse in her current job.

"As law enforcement for 23 years, I just naturally kind of read the room. And I really do have to — a lot of times — just go, 'Okay, stop reading the room and just accept people where they are. Don't try to figure out, are they a good guy or are they a bad guy? Just be present. Sometimes having a lot of knowledge in your head makes you look at things differently. So I do have to work hard not to become jaded about things."

"I was a family violence, sexual assault investigator and was connected with all of the shelters around the area because I often referred my victims to the shelters," she explained. "And so, Gainesville was in the process of building the emergency shelter and we came up and met with the previous executive director ... She said she had a staff quit and she didn't really know how she was going to fill that position. And I'm like, 'We have interns here working with our counselor, send me the job description and I'll pass it on."

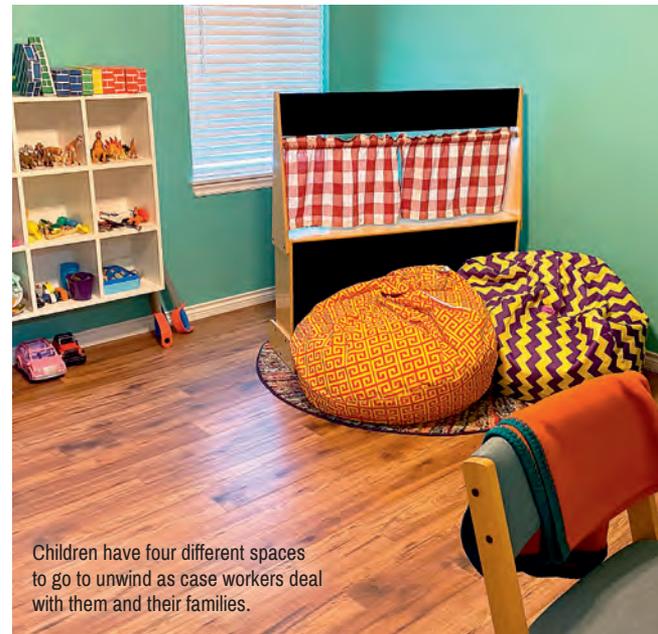
"And it didn't make it past my desk. I came in as a sexual assault case manager and, from there, it just kind of grew."

It's clearly a labor of love for Johnson, despite the sometimes harrowing states she and her staff find clients in.

"I love building teams. I love creating that atmosphere of teamwork," Johnson continued. "A couple of years ago (2019), the board approached me and asked if I would be willing to step in as the interim executive director. I was like, 'Sure, as long as I can still apply for the real job. And so they interviewed several people and decided to keep me around.'"



Executive Director Ginger Johnson and CAPE Program Manager Megan Knight show off the artwork done by young clients over the years.



Children have four different spaces to go to unwind as case workers deal with them and their families.



Abigail's Arms Executive Director Ginger Johnson explains how interviews with victims are observed and documented.

MIKE EADS/Gainesville Living



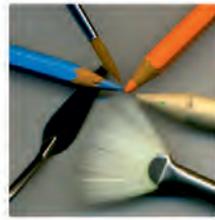
*Crafts*

# ARTS & CRAFTS

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The Wooden Poppy, 302 E. California St. in Gainesville, offers classes for anyone wanting to make their own holiday crafts. Visit [www.thewoodenpoppy.com](http://www.thewoodenpoppy.com) or its Facebook for more information.





**GAVA**  
Gainesville Area Visual Arts

# MAKING GAINESVILLE BEAUTIFUL

**A**lmost everyone has some sort of connection with art.

Maybe you are simply a viewer that enjoys seeing the murals around Gainesville or you appreciate the art you see hanging in a local business lobby?

Maybe you create art yourself and have experimented with drawing, painting, photography or another medium?

Maybe you took a few classes in school, but now your greatest art is in the margins of your notes for a meeting that could've been an email?

Whatever your relationship with art is, art is all

around us. Artists create, whatever their skill level, the beauty in the world.

Gainesville Area Visual Arts, or GAVA is a non-profit organization that helps promote the visual arts and artists of all skill levels.

"I want to encourage young people to older people; a lot of artists are very scared to show their art," said GAVA President Joe Conner. "I want to make everybody welcome and feel like their art is good, because everybody is good. Whether or not you like it or don't like it doesn't mean it's not good... We have some professional artists, but I think the majority of people who entered the shows studied art then



GAVA Member Cindy Westbrook and her piece "Coming of Age - PowWow Dancer" received an Honorable Mention in the Traditional Category in this fall's GAVA competition.



GAVA President Joe Conner and her work, "Just Breathe" which received the KD Interiors - Design Starts with ART and Art is Design Award in this fall's competition.

took a break to focus on another career or they just recently started creating art... It's a real mixture."

Local artists share their work at two annual art shows: For the Love of Art in February and the Fall Art Show in September. In addition to these two shows, GAVA offers other opportunities for people to showcase their art.

"We have a program called Art Times Two, where every two months one of our GAVA artists will show in a local business," said Conner. "They'll have an easel up, and they will show a piece."

GAVA also hosts workshops to explore different techniques and discuss art at monthly meetings..

"We meet most months now," said Conner. "We normally have a guest speaker or demo artists."

One of the primary goals of GAVA is to promote the visual arts in all of its forms, and one way it does that is through annual art scholarships for local graduating seniors who want to pursue a career in visual

arts. These scholarships are funded through shows and donations.

"We raised the money with our February show, For the Love of Art," said Conner. "We gave \$5,000 away this year." This scholarship money was distributed among four graduating seniors.

The organization, founded in 1992, started with 16 members with a passion for art. Now the organization has increased to over 100 members throughout the years, ranging from professionals to hobbyists to people just getting started.

"We have around 70 members right now," said Conner. "We've had some new people join because of our recent Fall Art Exhibition."

For those interested in joining, meetings and workshops are typically at North Central Texas College in Gainesville in the 1300 building. Membership is \$20 a year and gets you discounted rates on workshops and art show submissions.





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# Recipes



## TURKEY AND RICE CASSEROLE

Recipe courtesy of  
Dinner Tonight Texas A&M Agrilife Extension  
Servings: 6

### INGREDIENTS

- 1 1/2 cup cooked, long grain brown rice
- 1 (10 ounce) package frozen, chopped broccoli florets thawed and squeezed dry
- 2 cups cubed, cooked turkey white meat without skin
- 1/2 tsp ground black pepper
- 1/2 cup reduced fat, sharp cheddar cheese
- 3/4 cup skim milk
- 1 (10.75 ounce) can reduced sodium, condensed, cream of mushroom soup
- 20 crackers low-fat, low-sodium saltine crackers crushed

### INSTRUCTIONS

Spray an 8-inch baking dish with non-stick spray.  
Combine rice, broccoli, turkey, black pepper and cheese.  
In a small bowl, mix milk and soup until smooth; add to turkey mixture.  
Mix well.  
Pour into prepared pan and sprinkle with crushed crackers.  
Bake, uncovered, at 375 degrees F for 30-40 minutes or until bubbly and top is golden brown.



## CHICKEN SALAD WITH CURRY YOGURT SAUCE

Recipe courtesy of  
Dinner Tonight Texas A&M Agrilife Extension  
Servings: 4

### INGREDIENTS

- 1/2 cup red or green grapes halved if large
- 1 1/2 cup cups cooked chicken breast diced
- 1 celery stalk, chopped
- 2 1/2 Tablespoons fat free greek yogurt Plain flavor
- 2 Tablespoons olive oil based mayonnaise
- 1/8 teaspoon chili powder
- 1/8 teaspoon curry powder
- 1/8 teaspoon salt
- 1/4 teaspoon pepper
- 4 pita pockets whole-wheat
- 4 pieces leaf lettuce
- 1 Tablespoon sliced almonds

### INSTRUCTIONS

Combine grapes, chicken breast, and celery in a large bowl. Set aside.  
In another bowl, combine yogurt, mayonnaise, chili powder, curry powder, salt and pepper.  
Mix yogurt sauce with chicken mixture and add almonds. Place 1/2 cup salad in each pita pocket with 1 piece leaf lettuce.



## CHOCOLATE MUG CAKE

### INGREDIENTS

- 2 Tablespoons strawberries
- 1/2 teaspoon slivered almonds
- 2 teaspoons semi-sweet chocolate chips sugar free
- 1 tablespoon + 2 teaspoons unsweetened cocoa powder
- 3 Tablespoons all-purpose flour
- 1/8 teaspoon salt
- 2 teaspoon splenda/sugar substitute
- 1/4 teaspoon baking powder
- 3 teaspoon mashed banana
- 3 Tablespoons Unsweetened Vanilla Almond Milk
- 1/2 teaspoon vanilla extract

### INSTRUCTIONS

Wash hands before beginning preparation.  
 Mix all dry ingredients into an 8 oz. Coffee mug  
 Add in wet ingredients (mashed banana, almond milk, vanilla extract) to dry mixture and mix well.  
 Fold in chocolate chips gently.  
 Bake in microwave on high for 1 minute and 20 seconds  
 After baking, top with strawberries and slivered almonds. Enjoy!



## PUMPKIN PIE CHEESECAKE PARFAIT

Servings: 6 parfait

### INGREDIENTS

- 15 oz pure pumpkin puree
- 2 tbsp brown sugar
- 1/4 cup unsweetened evaporated milk
- 1/2 tsp cinnamon
- 1/4 tsp ginger
- 1/2 tsp nutmeg
- 1/4 tsp salt

### YOGURT LAYER

- 1 cup low fat vanilla Greek yogurt

### CRUMBLE LAYER

- 6 sheets graham crackers
- 1 tbsp whole almonds for topping (optional)

### INSTRUCTIONS

Place all ingredients for Pumpkin Pie layer in a bowl, mix well.  
 Cheesecake Layer  
 Measure out yogurt into a bowl.  
 Crumble Layer  
 Place graham crackers in a plastic bag, crush until at desired texture.

### Assembling the Parfaits

Spoon a heaping tablespoon of pumpkin pie mixture into small 3 oz containers. Add a heaping tablespoon of yogurt, then top with a heaping tablespoon of crumble. Repeat adding a layer of pumpkin mixture, yogurt, and top with more crumble. Add whole almonds on top if desired. Store ingredients separately and assemble just before serving.



## FROZEN GREEK YOGURT SNACK BARS

Recipe courtesy of  
Dinner Tonight Texas A&M Agrilife Extension  
Servings: 16 bars

### INGREDIENTS

2 cups low fat vanilla Greek yogurt  
1.25 cup trail mix with nuts and dried fruit (choose your favorite)

### INSTRUCTIONS

Combine yogurt and trail mix in a large bowl.  
Spread evenly on a 9X13 baking pan layered with parchment paper (for thicker bars use a 9X9 pan).  
Place in the freezer for at least 3 hours. Serve frozen and enjoy!



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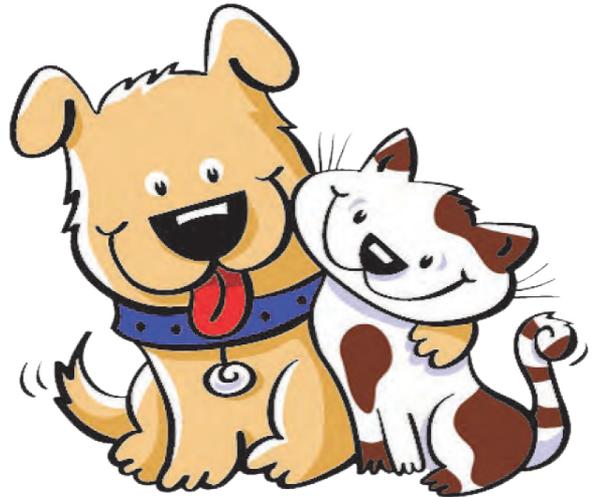
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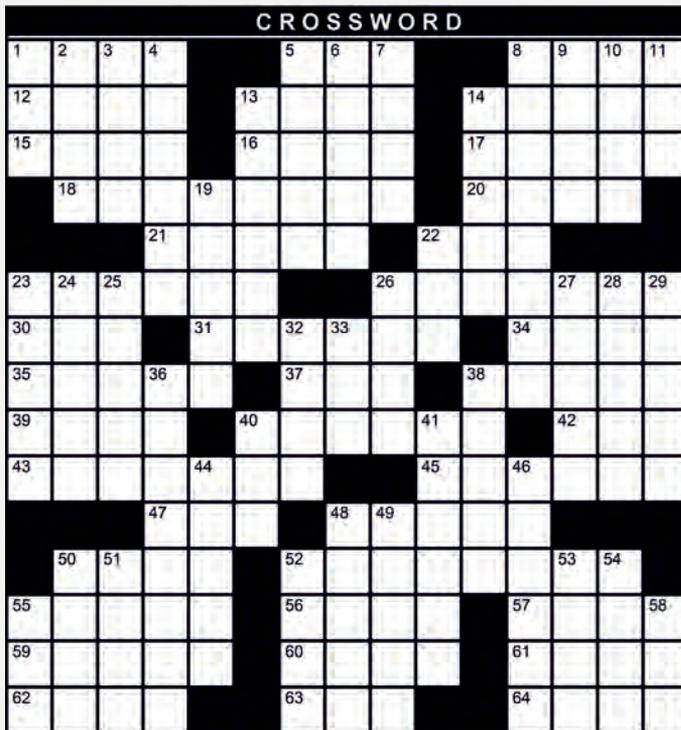
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# Theme: Gardening



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## ACROSS

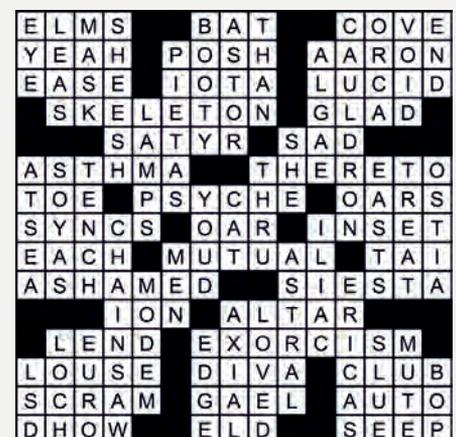
1. \*Trees in famous Wes Craven's horror movie
5. \*Vampire's altered form
8. Sheltered nook
12. Uh-huh
13. Fancy-schmancy
14. Rodgers of the Packers
15. "At \_\_\_\_\_," to a soldier
16. I, to a Greek
17. With clear mind
18. \*Popular Halloween decor
20. Alternative to Saran
21. Dionysus' pipe-playing companion
22. Blue, but not as in color
23. Cause of wheezing
26. To that
30. Corn site
31. To "\_\_\_\_\_ out" a competitor
34. Longship propellers
35. Synchronizes, for short
37. #34 Across, sing.
38. Magazine's special feature
39. Per person
40. Like a certain fund
42. Thailand native
43. Embarrassed
45. Afternoon nap
47. + or - item
48. Sacrificial spot
50. What libraries do
52. \*Eviction of a demon
55. Hair-loving parasite?
56. Cher, e.g.
57. Golfer's equipment
59. "Beat it!"
60. Celt
61. On its own
62. Type of sailing vessel
63. Old age, archaic
64. Leak through

## DOWN

1. \*Michael Myers has only one in "Halloween Kills"
2. Meadows
3. \*Halloween face cover
4. Expression of exasperation
5. Ill-gotten gain
6. 19th century business magnate John Jacob \_\_\_\_\_
7. Comparison word
8. \*Witch's pot
9. Killer whale
10. Emptiness
11. Last word in a fairy tale
13. Statue of mourning Virgin Mary, pl
14. Aquarium scum
19. Light sources
22. Pronoun for a ship
23. Away from harbor (2 words)

24. Popular animal protein replacement, pl.
25. a.k.a. doctor fish
26. Through, in a text
27. Sunrise side, pl.
28. \*Not a trick
29. Plural of ostium
32. Common second person pronoun contraction
33. \*Witch's four-legged companion
36. \*Leatherface's signature weapon
38. Hipbone-related
40. Family \_\_\_\_\_ and wing \_\_\_\_\_
41. Stellar
44. Data transmitting device
46. Kane and Goldberg, of TV
48. Type of rotation
49. Cherished
50. Nessie's home
51. European currency

52. Competitive advantage
53. Uncontrolled swerve
54. Remote control option
55. Dropped hallucinogen
58. Gene Vincent's "Dance to the \_\_\_\_\_"



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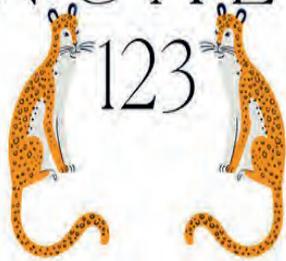
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