

Tumbleweed Smith

Dutch Oven Cooking in Sulphur Springs

For the last eight years, Sulphur Springs has staged a Dutch Oven Cookoff. Rick Wilson is one of the organizers. He's been using the three-legged cast iron pots to cook with since the 1960's when he was in Boy Scouts.

"There's nothing that you cannot cook in a Dutch oven. I've seen such exotic things as salmon and a delicious garlic chicken. We've had pork loin and a prime rib stuffed with lobster. I've seen crepes and baked Alaska, a white chocolate bread pudding and all kinds of candies. One lady makes a tomato cobbler that is out of this world.

I have a recipe for what I call lazy quiche. It has bread and eggs and sausage. You've just got to see it to believe it."

The term Dutch oven has been around for more than 300 years. The Dutch were experts at producing cooking vessels. Americans added the legs. The ovens became standard ware for colonists and settlers. Lewis and Clark carried a Dutch oven with them when they explored the northwest. They come in different sizes, from four to thirty inches in diameter and are shallow or deep. Modern ones come in a variety of colors.

Rick has more than fifteen of them. Sometimes he cooks with a stack of them, saying it takes up less room that way. He used to cook with his buddy, John Chester. They would sit around a campfire after cooking a meal and dream of staging a Dutch oven cooking event and even teaching Dutch oven cooking. John passed away a few years ago and a Hopkins County Historical Society Dutch Oven Cookbook is dedicated to him. Rick holds classes in Dutch oven cooking, which attract around forty students. Cooking with a Dutch oven is scientific.

He prefers using charcoal.

"Charcoal briquettes carry so many degrees of heat for so much time. We have charts that tell you how many briquettes to put on the top and bottom of each oven to maintain a certain temperature inside it. We've got a lot of people in our contest that do it like I did when I first started and that's to use coals from the fire. You regulate your heat inside the oven with the coals on top of the lid and below the bottom of the oven. You put more coals on top than you do underneath because the top is further

away from the food. It's a unique way of cooking and it takes some experience and planning."

The cookoff usually has about twenty contestants, who compete for cash prizes: \$300 for first place, \$250 for second and \$150 for third. Then they give special awards for the best meal, bread, dessert and vegetables. Some lady judges inspect how the food looks and awards THE BEST IN POT prize. The cookers bring in their own food

to cook.

"I know there's a lot of cookoffs that furnish everything and everybody is provided the same thing. Here we decided several years ago, after talking with some of our cooks, that they'd rather bring in their own food. That's the reason we have such a variety of food. The only thing we ask of them is that the meat be USDA government inspected and approved. No roadkill."

Lubbock First City in U.S. to Host Exhibit Honoring Legendary Pope John Paul II

LUBBOCK -- Lubbock is the first city in the U.S. that has been chosen by the Vatican to host an exhibit honoring one of the world's most influential leaders, Pope John Paul II. Representatives with the City of Lubbock and the National Exhibits Association announced Thursday morning Lubbock will kick off the U.S. tour of "I Have Come to You Again" -- a public exhibit of the personal artifacts of His Holiness, Blessed Pope John Paul II.

The exhibit will be in Lubbock Friday, March 15, 2013 through Friday, May 31, 2013 at The Catholic Renewal Center of the Diocese

of Lubbock, located at 4620 34th Street.

The exhibit will feature more than 130 of Pope John Paul II's personal artifacts and memorabilia. The exhibit was designed to highlight four different phases of Pope John Paul II's life: his childhood and adolescence (1920-1938), his years as a laborer, priest, bishop, archbishop and cardinal in his native Poland (1939-1978), his years as the first Polish pope of the Roman Catholic Church (1978-2005) and finally, a reflection of the time from death through his beatification (2005-Present).

Items on display will come from the Vatican Collections, located in Rome, as well as from the Pope John Paul II Center in Krakow, Poland.

These artifacts will include personal belongings Blessed Pope John Paul II collected during his lifetime as well as gifts, pictures and documents he received while he served as a world leader.

"To be selected by the Vatican City State and entrusted with the personal belongings of a world leader and to be able to share these artifacts with this nation is a very humbling opportunity," Rev. Malcolm Neyland,

M.C.L., J.C.L., Executive Director of the National Exhibits Association and a priest through the Diocese of Lubbock, said.

To purchase tickets and view hours of operation, visit www.nationalexhibits.org or www.startickets.com. National Exhibits Association is offering a limited number of souvenir medallions on its website. A ticket discount is available through the holidays and ends on Monday, Dec. 24. Complete ticket information may be found below:

Holiday Special Pricing (through Monday, Dec. 24):
 \$13 - Adults
 \$5 - Interpretive Audio Tour - Please call 1.800.585.3737 to purchase in advance.
 \$8 - Groups 20+*
 \$8 - Seniors 60+
 \$8 - Students (Grade School & College)
 FREE - Children under 5 years of age

Regular Exhibit Pricing (beginning Tuesday, Dec. 25):
 \$15 - Adults
 \$5 - Interpretive Audio Tour - Please call 1.800.585.3737 to purchase in advance.
 \$10 - Groups 20+*
 \$10 - Seniors 60+
 \$10 - Students (Grade School & College)
 FREE - Children under 5 years of age

*Group Pricing: Please call Star Tickets at 1.800.585.3737 to purchase tickets for groups of 20 or more.

Pesticide Handler (Green Card) Training to be Held

Area residents who are in need of a private pesticide applicator's license from the Texas Department of Agriculture (TDA) can attend a training in Seminole, Texas on March 28.

The private applicators license allows an individual to apply restricted pesticides to their own property for the production of an agricultural commodity.

This license does not allow one to apply pesticides to the property of other individuals for a fee, that requires a Commercial Applicator License. Texas A & M AgriLife Extension Agents in Terry, Yoakum, Cochran, Gaines, and Dawson Counties will be working together to host and conduct this area-wide training, which is required by TDA before an individual can take the test for a license.

There is a \$60.00 charge for needed study materials and registration fees.

During the same time period (March 28), persons in need of the E.P.A. Pesticide Handler Card (Green Card) can attend one of

two trainings, Spanish or English.

The Pesticide Handler Training is geared toward those persons who work around pesticides under the supervision of a licensed applicator. Hired hands, field scouts, and any other person who handles pesticides or works with pesticides need this safety training.

There is a no fee for the handler (Green Card) training.

The trainings will be held at the Gaines County Civic Building located at 402 N. W. 5th Street in Seminole.

A schedule of the program is as follows:

- 8:00 a.m. - Registration Time
- 8:30 a.m. - Pesticide Applicator Training Start Time
- 10:00 a.m. - Pesticide Handler (Green Card) Training presented in English
- 11:00 a.m. - Pesticide Handler (Green Card) Training presented in Spanish
- 12:00 p.m. - Lunch on your own
- 1:00 p.m. - Test Time by a TDA

Representative (no fee to test)

Persons planning on attending need to call the Texas A & M AgriLife Extension Office, Gaines County Office at (432) 758-4006 ext. 140 by March 18 to make a reservation and order study materials.

For more information concerning this training contact Terry Millican, Texas A & M AgriLife Extension, Gaines County at (432) 758-4006 ext. 140 or your Texas A & M AgriLife Extension County Agent.

Individuals with disabilities who require an auxiliary aid, service or accommodations in order to participate in an Extension sponsored activity are encouraged to contact the Gaines County Extension Office no later than March 18 at (432) 758-4006 ext. 140.

Educational programs of the Texas A & M AgriLife Extension Service are open to all citizens without regard to race, color, sex, disability, religion, age or national origin. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.

Kids Korner...SISD Food Services

Hungry or Just Bored

How many times an hour after eating, has your child wandered into the kitchen and restlessly rifled through the cupboards whining, "What is there to eat?" or "I'm hungry!" If your child ate a good meal, chances are she or he is not physically hungry, but feeling a need for sensation or stimulation. The next time this happens, you could ask your child, "are you hungry, or are you bored?"

Boredom is a common trigger for adults who describe themselves as "compulsive eaters" or "emotional eaters." These adults describe themselves as looking to food for entertainment; Food is a quick fix and a quick fill. As children, these compulsive eaters might have been bored and looking for stimulation. Finding a well-stocked pantry within their reach, they might have filled empty time and space with food. You can help your child avoid eating out of boredom by having a "boredom box" in the pantry filled with a changing, engaging array of stimulating art supplies and other resources.

Art is the natural language of children and creating an image with paint, crayons, or markers usually will be fulfilling.

Small bottles of bubbles can be used inside or out to chase

away the doldrums. Take your time blowing and allow your young child to run and chase the ever-changing spheres.

If your child is old enough, teach him to patiently blow the bubbles for himself (or for a pet to chase). You can add a drop or two of food coloring to a one-ounce bottle and allow the colored bubbles to pop on a sheet of paper to create a picture. When the paint dries, use crayons or markers to add details to the images found in the lines.

When choking isn't a hazard, a jar of colorful bouncy balls can stimulate games of indoor or outdoor soccer or basketball using plastic containers for baskets and goals.

A jar of colorful marbles can be used to teach the old-fashioned game that used to entertain grandpa. And don't forget jacks.

Cover a large jar with opaque paper or paint and fill it with several small toys of varying sizes, shapes and materials. Keep a list of the toys or print their names on small cards. Blindfolded children can search for each toy using just the sense of touch. The person who finds the most toys in a specified time wins a prize (maybe one of the toys).

It's good to change the items

in the "boredom box" every now and then. This way they do not become so familiar that they are boring too! By providing the materials and short instructions, your children can become active problem solvers.

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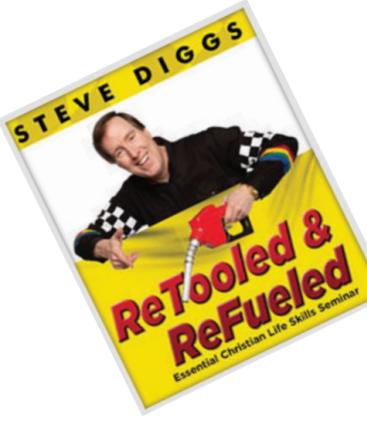
Essential Christian Life Skills Seminar

March 10th
9:30, 10:30 a.m.; 5:30 p.m.

March 11th; 6:30 p.m.

Steve Digs Presents this Bible-based seminar featuring 5 powerful sessions to help you **Stop Running on Empty!**

- *How to Re-Define Success God's Way
- *Effective Conflict Resolution
- *The Art of Mentoring
- *7 Keys to a Worry-Free Money Life
- *Brand YOU: Being "Heard" by Those Who Count
- *Have a Marriage That Lasts...and Kids Who Don't
- *Go from Success to Significance
- *Heal Broken Relationships
- *Grow Closer to Do - And One Another



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