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M A G A Z I N E

SEPTEMBER 2015

Dining  
Deals  
Inside!

## A Wish Come True

At Home With  
CJ Foley and Erica Mills

Growing a Winter Garden

A Family Affair

In the Kitchen  
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## Following a Fall

Brian Fisher  
passes on life  
lessons to  
young athletes





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## ON THE COVER



*Brian Fisher imparts the values of hard work and perseverance as well as the fundamentals of playing ball.*

*Photo by Shane Kirkpatrick.*

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## Editor's Note

*Greetings, North Ellis County Residents!*

There's a lot going on this month! We've worked so hard at having fun, we need a break from our summer break. Labor Day is September 7, and while it typically signals the end of summer, it's officially the day set aside to pay tribute to working men and women. Hispanic Heritage Month begins September 15, when we'll observe the significant contributions made by Hispanic and Latino Americans and celebrate their culture and heritage.

We must also remember 9/11 — a day forever etched into the hearts and minds of Americans. The acts of a few desperate individuals were meant to generate fear, but instead, they strengthened the resolve of our nation. And one of the darkest days in our country's history, illuminated the best of our humanity and the indomitable spirit of the United States of America.

*Dianne*

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# Following a Fall

— By Lisa Bell



**“My Little League coach is one of the greatest men I’ve ever known. He was always there for me, and I want to be there if any of my kids ever need me.”**

*In the spring of 2008, Crystal Fisher got a phone call no young wife wants to receive. A family friend said, “Brian fell on his head. I’m not sure if he’s gonna make it.” Brian, who was working in Kansas at a power plant at the time, had fallen 50-60 feet. Crystal was attending a conference with her co-workers. They were in a car when she received the news, and*

*they pulled over on the side of the road to pray. By the time they reached the airport, her boss had booked a flight for her from Dallas to Kansas.*

Brian remembers falling very clearly. “Took a while to hit the bottom,” he said. “It was as if time slowed down — similar to what you see in *The Matrix*. I thought, *This is it. I’m gonna die.*” As Brian fell, he pleaded with God for one more chance to see his wife and child.

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After landing, he kept repeating, “Thank you, God,” then, he tried to sit up. “My ribs hurt so bad I didn’t even know my back was broken,” he said.

The fall broke every rib on the right side of his body, and damaged two vertebrae in his back. Miraculously, Brian survived. The neurosurgeon said, “Son, you don’t understand. You’re a miracle. By all medical standards, for you to even be alive and not paralyzed is beyond words.” He called Brian a walking miracle.

“Thankfully, he had guardian angels around him,” Crystal said.

After the accident, in addition to working and caring for their young son, Crystal had to do everything for Brian. A turtle shell encased him for protection. “You do what you have to do,” she said. “It was tough and scary not knowing the future. He was always the breadwinner.”

Although many years have passed since Brian’s fall, effects still remain. “I was scared of heights before — now I’m terrified,” he said. He endured lots of therapy, and eventually, he learned to walk again. His body still hurts with weather changes, but Brian doesn’t let the pain stop him.

Immediately following the incident, doctors prescribed heavy-duty painkillers, but he didn’t like the way the medications made him feel. He wanted to be involved with his family, not constantly asleep or in a medication fog, so he quit taking them. Brian didn’t have much to do other than sit around and feel sorry for himself, but he grew tired of his pity party, so he shifted his mental focus.

When his son’s youth football coach left, Brian stepped in, and it changed his life. He had always loved football. He grew up playing Little League. During rough times, Brian had a coach, Coach



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Fred Fitts, who kept him grounded. “We’re learning life lessons,” Coach Fitts told his players. And Brian adopted the same philosophy with the football and baseball teams he now coaches. “My Little League coach is one of the greatest men I’ve ever known. He was always there for me, and I want to be there if any of my kids ever need me,” he said.

In the first year of coaching football, Brian started with his son and one other player. The team grew and went further than anyone expected. By the time they were 9 years old, they had been state champions and two-time Super Bowl champs in football.

He then accepted an invitation to coach baseball, so the kids had something to do when football season ended. With most of the same players from the football team, they maintained a bond and succeeded in baseball as well. The kids have achieved an unbelievable level of success — in both sports: three-time league champions, Boys Southwest Baseball championship, World Series and state championship in baseball.

Today both of Brian and Crystal’s sons, Brian Jr., 10, and Brody, 5, are coached by their father. Brian puts a lot of time into coaching, but he shares credit. “It’s those kids who determine their success,” he said. “I can’t throw or hit the ball. I can’t run.”

His fellow coaches support him and help mold the team. BJ Edwards, James Giddens and Sean Daniels all work hard with the football team. Lydell Gaines is the glue who holds everything together. Phillip Hall backs up Brian with the baseball team. Parents sacrifice to get their kids to practice. And, of course, they couldn’t survive without their team mom, Keri Mayfield. “She’s awesome. I’m very thankful for her,” Crystal said. Brian agreed. He counts on his wife’s support, and Crystal doesn’t let him down.

Brian enjoys coaching, but it isn’t just about winning. He teaches the kids lessons he learned from his childhood coach, like learning to work together, to take responsibility for a specific job and to back each other up. “As long as we all



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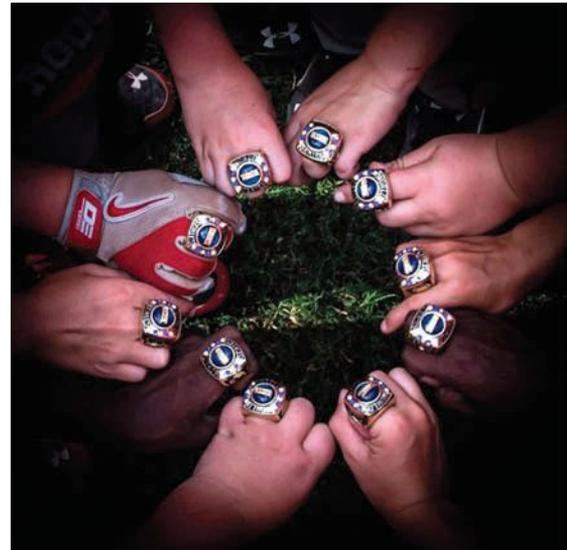
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do our job, we're OK. If even one person doesn't do their job, we're not OK. But it doesn't matter because we're a team. Win together — lose together," he said. Great preparation for life and the attitude developed from his childhood are what continue to motivate him.

Some days, he doesn't feel like going. Pain still haunts him. "But I get up and go because I want to, and I need to. They need me to," he said. "A ship's only as good as its captain. If the captain's not steering the ship in the right direction, it's not the crew's fault."

Brian receives kudos for the success of the teams, but when he talks about the boys, his eyes pool with tears. "Those kids have given me more than I've ever given them. Those little boys care about me as much as I care about them," he said.

He attends games, watches film and volunteers countless hours making sure his teams prepare as well as possible. "They don't pay me with money. The smiles on those kids' faces are something money can't buy. And that's why I do it, I guess," he said. "No matter what happens from here on out, they can say, 'I was the best that there was. I'm a winner.' I want them to be leaders, have pride and know how to beat adversity."

After 10 years of marriage and a difficult season following the accident, the couple cherishes life. When circumstances reached a point where Brian needed to work, he simply went back. He dreams of a job coaching at the junior high or high school level. But until then, he'll keep doing what he loves most — teaching kids to get up after a fall and choose to move forward in life. **NOW**

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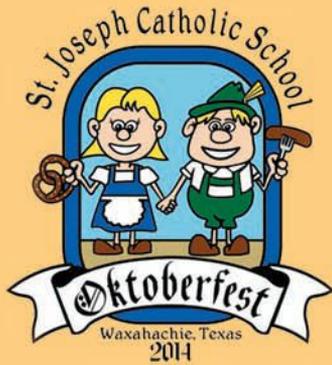
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## At Home With CJ Foley & Erica Mills

# A Wish Come True

— By Dianne Reaux

*When talking to Erica Mills, the drive and determination in her spirit is undeniable. “From the time I was a little girl, my mother always wanted her own house with horses and enough acreage to board them,” she shared. Erica never forgot her mother’s wish, and after traveling to Dallas, she knew she’d found a place to make her mother’s wish come true.*





Erica Mills, and her mother, CJ Foley, have always loved animals and the great outdoors. "We'd lived outside the Phoenix, Arizona, area for more than 19 years in a large subdivision. It was a planned community with strict guidelines and rules. No one really had any land because the houses were so close together," Erica explained. She and her mother discussed looking for a place to live where they could buy property, but they didn't feel like they could afford what they wanted because land was so expensive. It was Erica's frequent travel for her job that opened her up to the possibilities of living in a different part of the country.

Erica works as a neuromuscular rehabilitation massage therapist and specializes in sports injuries. "I'm a contractor for the NFL," she explained, "and taking care of clients in Arlington led me to consider the Dallas area." Their original search led to a house in Royse City, but after they packed up the two horses, two dogs, two sugar bears and Erica's two children, 9-year-old daughter, Tyanne, and 7-year-old son, Emeka, the move didn't quite work out as planned.

After arriving in Dallas, they learned that the sellers of the house they were buying had not disclosed a second



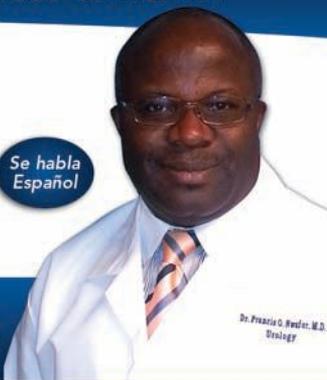
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mortgage. “As much as we liked the home, we decided to pass, and that meant we were in Dallas without a place to live,” CJ explained.

The family ended up living in a hotel for about a month-and-a-half while they looked for another house. “It was tough because Erica worked,” CJ explained, “and we had to coordinate getting the kids back and forth to school, and feeding and taking care of the horses. They also had to make time to look for another place to live. Their real estate agent knew they

wanted a home with enough land for their horses and dogs, so he suggested the small but growing community of Red Oak.

“We knew what we wanted because we had a really specific wish list,” CJ explained. They visited Red Oak and decided to look at a house CJ saw listed online. “When Erica and I walked through the property, we knew that we’d found our home.”

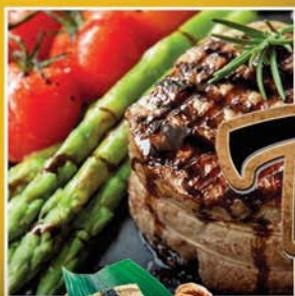
The spacious 2,200-square-foot house had four bedrooms, three full bathrooms, and had been fully renovated. “We loved

the colors, the style and the layout,” Erica admitted.

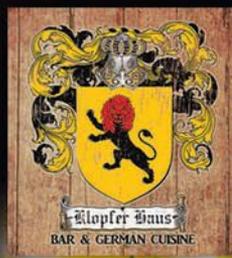
“If we’d been asked what we wanted in our kitchen, we would have chosen the very same cabinets, color and design,” CJ shared.

Their home is designed with an eclectic mix of decorative tastes. “There’s English country, French, and there’s a touch of European accents, Tuscan and Southwestern influences,” Erica explained.

“Our tastes are open to blending,” CJ added. “We have what I call a blended,



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layered look. That means you can take things you love and tie them together. As long as we can tie the look together with a central color or theme, it works for us.”

CJ and Erica aren’t afraid of taking chances with their decorative tastes. With over 40 years of decorating experience between them, they are pretty adventurous with their choices and confident in the results. “I worked as an interior designer for over 30 years,” CJ shared. “Erica and I used to work as contractors for designers who staged million dollar homes. I would custom design and make all of the pillows, draperies and bedspreads to match the specifications of the designers,” CJ explained.

The entire house is warm and inviting, featuring coffered ceilings and walls. Coffering refers to a sunken or recessed panel usually seen in ceilings, but the design element was carried throughout the house, giving the rooms a distinctive and elegant feel. “Coffered walls remind me of large picture frames, so when we added decorative pieces like paintings and family photographs, it’s like the walls had ready-made frames to accent the pieces we displayed,” CJ explained. And many of the paintings displayed on the walls were created by CJ, who also happens to be an artist.

The layout of the house suits the family perfectly. “It’s just what we were looking for,” Erica explained, “because my mother has her own, private space, with a master suite and full on-suite bathroom. And I am on the other end with a bedroom and full on-suite bathroom.” The kids, Tyanne and Emeka, each have their own bedrooms and they share a full bathroom. “The design provides us with a sense of togetherness, but we all have our own little sanctuary and personal space.”

CJ and Erica’s bedrooms feature elegant window treatments, and they both love warm rustic shades like brown, red, gold and green. Their rooms also have bedding and decorative pillows — all custom-made by CJ.





Tyenne's room has a distinctively youthful and feminine flair and is decorated to showcase her love of dance and music. Emeka's room shows off his love of football, featuring memorabilia of his two favorite teams, the Arizona Cardinals and the Washington Redskins.

The breakfast area sits just off the kitchen. And a very special piece of art hangs on the wall above their eating area. It is a rubbed copper relief etching of *The Last Supper*, handmade by CJ's late husband, retired naval commander, Richard Foley.



CJ and Erica have managed to seamlessly blend three generations under one roof in a manner that accommodates everyone in the family. "It works for us," Erica stated very simply. "I can travel for my job with a peace of mind, knowing that my children are in the very best hands," she explained.

"And it works for me because Erica and I benefit from combining our resources and maximizing our efforts," CJ added.

Erica, CJ and the children love their home, and they love Red Oak. "The people are absolutely fantastic. They're always ready to pitch in and lend a hand," CJ stated. They believe Red Oak was the answer to their prayers. "We don't ever want to leave!" **NOW**

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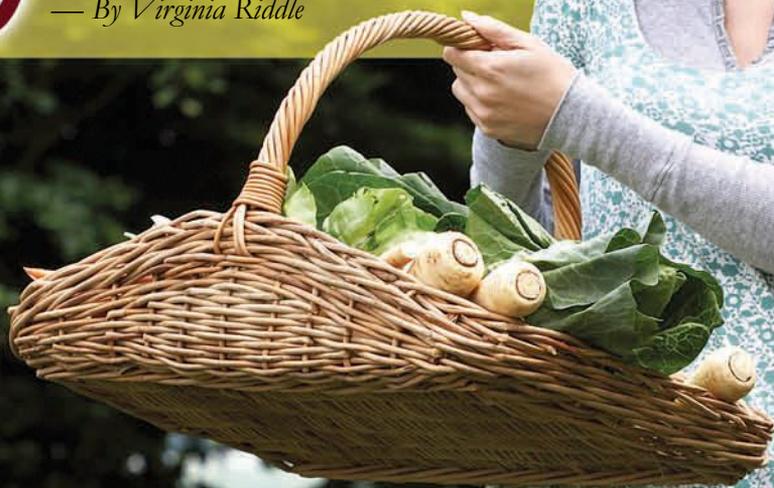
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 GROWING A 

# Winter Garden

— By Virginia Riddle



*As September nights start to take on that “fall’s coming soon” feeling, gardeners might consider their hard work to be over for the year, except for harvesting the last of the summer’s bounty. While letting the soil rest after the first frost and throughout the winter months is a choice, gardeners this far south can enjoy planting cold-weather vegetables and herbs, which can’t be grown during the hot, late springtime and even hotter summers. September is decision-making time.*

*Should you start closing down gardening for the year or start thinking green for winter and enjoy growing food for the table well into the coming year?*

## **Take a Break, But First ...**

Fall and winter crops have a better flavor, since they are not under the stress of the summer sun. Fewer insects and diseases also help their growth. Those second plantings of tomatoes in August are going to taste great in November. Keep on a regular watering and feeding schedule and enjoy the bounty of

vegetables that results from cooler fall days and nights.

With the approach of the first predicted frost, protect container-grown plants by covering them or storing them temporarily in a protected place. Veggies from your last harvest can ripen when set on paper towels in window sills or, in the case of green tomatoes, enjoy using them in chow-chow (relish) or fried green tomato recipes.

As plants die during the summer and into the fall, gardens have space to fill. Before retiring a garden space until spring, plant a winter cover crop — rye, wheat, oats, ryegrass, hairy vetch or legumes. Sow between August and mid-October, so the roots will become established before the first freeze. These plants hold in soil and will add organic matter back to the soil when tilled under in the spring.



Clean, oil, sharpen and repair garden tools before storing. Follow manufacturers' instructions for storage of all power equipment.

## Planning Your Cold-weather Harvest

As the fall nights cool, it's the perfect time to get winter crop seedlings started. Cool winter plant choices center on roots and leafy veggies and herbs: kale, spinach, Brussels sprouts, Swiss chard,

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While rain might be plentiful in the winter, keep a water source handy for

occasional dry periods. Plant roots will not freeze as easily if the surrounding ground is watered prior to a freeze. Remember to feed the winter crops every two to four weeks with a well-balanced fertilizer.

If a severe winter is predicted, spend some time this fall by building and/or collecting some season extenders. Repurposed old shower doors and glass window frames along with hay bales for insulation become cold frames. Hotcaps or *cloches* (the French word for bell) are mini greenhouses, which retain the warmth from the sun and protect the plant from being covered in frost. Plastic milk jugs with cut-a-way bottoms or garage sale plastic punch bowls make great *cloches* to protect low-growing greens. Another, but more expensive protective solution is to build hooped row tunnels and covers. Detailed instructions, photos and videos for all of these suggestions can be found on the Internet.

## Hot Soups Need Herbs

Culinary herbs can be grown in pots that can be easily moved inside when temperatures dip below 40 F, or they can become a true kitchen garden by setting pots on the kitchen counter or in a sunny window sill. Keep the plants watered and use a mister on the leaves to keep them from drying out in the heated house. Turn each plant every day for even growth. Once plants reach 4-5 inches in height, cooks can harvest from the top. Herbs that are easy to grow inside include: parsley, rosemary, thyme, chives, marjoram, savory, oregano, sage, basil and scented geraniums. If a kitchen has no space and/or light, a grow light and stand will work in any room.

## Planning the Spring Garden

As days get shorter, it's time to think of next spring's garden. What worked well this past season, and what new crop will be included for next year? Did

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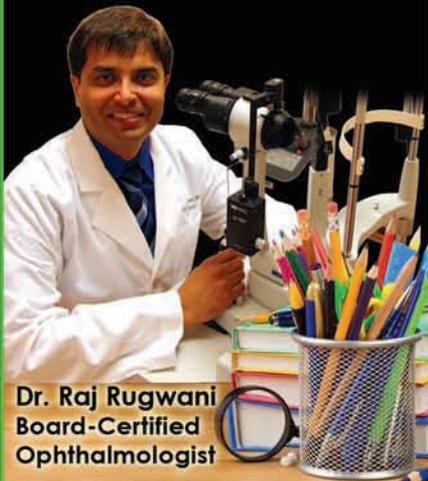
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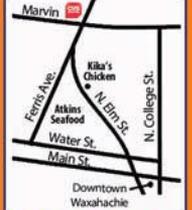
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the family enjoy eating fresh veggies? If so, think of adding fruit and nut plant varieties to the garden between December and February, the dormant time span for most fruit and nut plants in Texas. These months are also the time to prune fruit trees that are already a part of your garden plan and to build frames



for berries. The most popular fruit and nut varieties — blackberries, blueberries, figs, grapes, pears, plums, strawberries, native pecans and black walnuts — will be available at local garden centers during these months.

## Enjoying the Harvest

Whether the shelves are stocked with canned vegetables or freezers are full of frozen produce, households that grow veggie crops can enjoy great-tasting foods and memories made at many upcoming meals and special occasions. There's also the satisfaction of turning sunny portions of a grass lawn into a productive food source and teaching children to grow what they eat. During the long winter nights there will be plenty of time to dream of the new gardening adventures that await you in the spring. **NOW**

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## A Family Affair

*Appe' Teaser credits quality food and excellent service for their success and longevity in the catering business.*

— By Dianne Reaux

Von Stanford and his wife, Ann, are longtime residents of Red Oak, and they originally ran a grocery store. But back in 1989, Von sensed that the grocery business landscape was changing. With an eye still on food, they shifted their focus from selling groceries to preparing and selling delicious homemade food to their customers — and Appe' Teaser Catering was born. “It turned out to be a really good move,” Von stated, “because we grew from nothing into a really successful business.”

Von is quick to credit his wife for their success. “We had eight children, so she learned to cook a lot of different things,” he admitted, smiling. And all of the experience helped Ann to seamlessly transition her talents from her own kitchen into the family business that has since thrived under her watchful eye.

Ann Stanford is actually very modest about her cooking skills. “Anyone can cook,” she shared. “I just happened to really enjoy it!” Ann grew up with her parents in Sulphur Springs, Texas, with a mother who was also a very good cook. “Some things I learned about cooking I learned from my mother,” Ann shared. “But mostly I learned by having to cook for my own family.”

One thing her mother taught her proved to be invaluable. “Even if there was only the three of us at the table, dinner was never just put out. The way dinner was presented on the table was very important to my mother.” And its significance still resonates with Ann. Presenting food that is visually appealing as well as delicious is a strategy that has served their business well. “Your eyes have a lot to do with your appetite,” she shared wisely.

## Business **NOW**

Appe' Teaser started selling fresh, homemade food to local residents over 25 years ago. Since then, they've grown into a full-service catering and special events company that services clients in and around the Dallas-Fort Worth Metroplex. They have a full menu, which features a variety of selections for breakfast, lunch and dinner. "We cater all kinds of events like corporate lunches, weddings, special events, company picnics," Von stated. They also cater celebrations, such as anniversaries and graduations, and they even accommodate tailgaters who want to focus on the game rather than the grill!

Their dedication to quality food and excellent service has earned them a solid reputation among their clients including the The Richards Group, CVS, Martin Marietta Materials, Gerdau Ameristeel and Oncor, just to name a few. They also cater events for many hospitals and physician's groups. "Many businesses specifically request that we cater their events," Von shared proudly.

*"We cater all kinds of events like corporate lunches, weddings, special events, company picnics."*

All of their food is made from scratch with fresh ingredients. "We don't buy anything that is pre-made," Ann declared. "We don't use instant potatoes. We peel and cut our own potatoes." They even grind their own hamburger and cut their own steaks. Von happens to be the butcher, and John, their youngest son, was the baker, until he was promoted to general manager. His wife, Jo, is the office manager, and she works to coordinate the event planning including menu selection, venue selection, decorations and event rentals.

So the next time you host an event and you'd like to have enough energy left to actually enjoy your guests, give Appe' Teaser a call. They really can do it all! **NOW**



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Fire Chief Eric Thompson is the speaker during the Red Oak Lion Club meeting.



Jett Nunez, sales manager, is all smiles as he poses in the Red Oak AT&T store.



Life School administrators Jennifer Wilson and Scott Fuller chat with the Pelusi family as they tour the new high school during open house.



Israel and Janice Martinez spend a sunny afternoon selling their beautiful Texas Starz home and yard art.



The Stephens family enjoys lunch together at the new Snuffer's Restaurant & Bar in Red Oak.



Mary Hanley, Paige Daniels and Jan McCormick pose for a photo as they volunteer during the Red Oak ISD Back to School Fair.



Red Oak Citizens Police Academy students tour the Ellis County Juvenile Center.

# Dining DEALS



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Often sought out, but hardly found! This beautiful 4-bedroom, 2-bath home features a great, flexible floor plan. Fourth bedroom is oversized and would make a great office! Beautiful hardwood floors and crown molding! The kitchen features granite counter tops, SS appliances and tiled back splash. The lot is private and features a wood privacy fence with room for the kids to play or to add a shop! Outside City Limits!



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# Allergy Triggers

— By Betty Tryon, BSN

Achoo! It isn't springtime, but your constant sneezing and runny nose make a box of tissues your best friend. During the spring, allergies are expected and have become almost a rite of passage through the season, for some people. However, fall allergies come as a surprise to many. These allergies are called seasonal because the allergens are present in sufficient quantities during specific times of the year. Perennial allergens are located in the atmosphere year-round. The symptoms, in addition to sneezing and a runny nose, can include watery eyes, an itchy nose and itchy throat and eyes. They all appear as early as August and last through October.

There are several causes or triggers for the onset of allergic symptoms. Ragweed is the most common. Ragweed can be found almost anywhere, but particularly in the Eastern and Midwestern part of the United States. The pollen released from the blooming plant is a fine powder that has been detected up to 400 miles out to sea!

Another contributor to fall allergies is mold. Mold is a fungus that thrives in moist areas and is virtually everywhere. Its spores are small, light and easily airborne. Mold is not only found in damp areas in your bathroom, under sink areas prone to leakage and basements but outdoors in compost heaps, under leaves and in the soil. It has an earthy smell and a fuzzy appearance. Check ceilings and floors where

there are water stains, look for the source and correct it.

If you are allergic to cedar and live in Central Texas, most people can expect some allergy problems. The trees are quite numerous in this region. The heaviest times of pollination will occur in the months of December, January and February.

The best way to escape the plague of being an allergy sufferer is to avoid its triggers, if at all possible. Practical suggestions would be to keep your home as dust-free as possible. Before you turn on your heating system for the year, clean your vents and use a high-efficiency particulate air filter known as a HEPA filter. Use air conditioning in your home and car to avoid the offending pollen. Shower and change your clothes when coming in from outside. Wear masks with yard work. Some of the remedies, such as antihistamines, decongestants, cough medications and nasal sprays found over-the-counter, may or may not be advisable for you. Check with your doctor if your symptoms do not decrease. You may need allergy shots or prescription medication. There are ways to lessen your misery, but you may need help. **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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### September 4, 5

Dale Hansen Football Classic: **Friday**, 7:30 p.m.; **Saturday**, 3:00 p.m., (gates will open one hour prior to kick-off), Stuart B. Lumpkins Stadium, 1000 N. Hwy, Waxahachie, (behind Waxahachie High School). Visit [www.dalehansenfootballclassic.com](http://www.dalehansenfootballclassic.com) for more details.

### September 12

Red Oak Founder's Day: 9:00 a.m., all day event, Watkins Park, 101 Live Oak. Free admission. Lots of vendors, games, food and more. For details, contact Shelley Martinez at (972) 617-0906.

Citywide Girl Scout registration:

4:00-6:00 p.m., First United Methodist Church, Fellowship Hall, 600 Daubitz Dr, Red Oak. For more information, contact Michelle McNutt at [michellemcnutt@yahoo.com](mailto:michellemcnutt@yahoo.com).

### September 15

Ferris Crime Watch meeting: 7:00-8:00 p.m., Ferris Public Library, 301 E. 10th. Contact Karen Carreon at (214) 801-0159 for details.

### September 23

Red Oak High School College Night: 6:00-8:00 p.m., Waxahachie Civic Center, 2000 Civic Center Ln., Waxahachie.

### September 26

"Take it To The Box Prescription Drug Return": 10:00 a.m.-2:00 p.m., CVS, 105 Harris Ave., Red Oak. The "box" is a place to dispose of unused or expired medications quickly and anonymously. For more information, visit [www.dpri.com](http://www.dpri.com).

Ovilla Celebrates Heritage Day: 8:30 a.m.-3:00 p.m., Ovilla City Hall, 103 S. Cockrell Hill Rd. The parade line-up begins at 8:30 a.m. at Ovilla Rd. Baptist Church, 3251 Ovilla Rd, and the opening ceremony begins at 9:30 a.m. on the park grounds behind City Hall. The event will feature food vendors, crafts and more.

### September 30

Life School Waxahachie Ribbon Cutting Ceremony: 9:45 a.m.-10:45 a.m., 170 W. Butcher Rd. Join Life School and their special guests as they celebrate the opening of their seventh campus. For more information, call (469) 708-4444.

### Ongoing:

#### Fourth Mondays

Bluebonnet Chapter 13 of Blue Star Mothers of America meeting: 7:00 p.m., Ovilla Community Center, 1404 Red Oak Creek Rd. Their mission is to support those currently

serving in our Armed Forces. Contact Cheree at (972) 679-9425.

### Second Tuesdays

Monthly Immunization Clinic: 10:00 a.m.-11:30 p.m. and 1:00 p.m.-3:00 p.m., First Baptist Church Conference Center, 304 W. 5th St., Ferris. The immunizations are for Medicaid and the uninsured only. Please call (972) 932-2038 for more information.

### Tuesdays and Thursdays

North Ellis County Outreach: Food Pantry: 9:00 a.m.-4:00 p.m., Ferris First Baptist Church, 304 W. 5th St. The pantry is for Red Oak and Ferris residents. Call Denise Butler at (972) 617-7261 for more information.

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

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## In the Kitchen With Aaron Emeyabbi

— By Dianne Reaux

Aaron Emeyabbi, the athletic director and head football coach for Ferris ISD, is a self-proclaimed “pit-master.” “I started grilling in 2001 when Katie and I got married,” he shared, “but I got really good when I bought my first smoker and started using wood.” Aaron smokes meats, vegetables and seafood — even steaks. “Lots of people don’t realize you can actually smoke a T-bone, and the meat just falls off the bone!”

Aaron believes anyone can learn to use a smoker. “There are lots of different techniques, so reading up on the basics is a good way to start,” he shared. “Then it’s pretty much hands-on learning. Just get out there and start doing it, and that’s how you get good at it!” **NOW**

### Grilled Marinated Steak Kebabs

- 4 cloves fresh garlic, minced
- 1 Tbsp. seasoning salt
- 3/4 tsp. black pepper
- 2 Tbsp. Dijon mustard
- 2 1/2 Tbsp. Worcestershire sauce
- 1/4 cup lemon juice
- 1/4 cup Tamari
- 1/2 cup olive oil
- 1 each red, orange and green bell pepper, cut into chunks
- 1 large red onion, cut into cubes
- 2 lbs. sirloin steak, cut into bite-size cubes
- Metal skewers or skewers that have been soaking in water for 30-45 minutes

1. Preheat grill to 300 F
2. In a large bowl, combine the garlic, seasoning salt, black pepper, Dijon mustard, Worcestershire sauce, lemon juice and

- Tamari; whisk together while pouring in the olive oil.
3. Place the peppers, onions and cubed sirloin into the marinade. Toss to coat and let sit for 30 minutes.
  4. Skewer the steak and peppers alternating with the red onion until all the steak is skewered.
  5. Place the skewers on the grill and lower the temperature to 250 F. Grill, turning occasionally, until there is a nice char to the outside.
  6. Remove and let rest for 5 minutes or so before serving.

### Dove Wraps

- 20 deboned dove breasts (10 doves/20 breasts)
- 10 fresh jalapeños
- 1 8-oz. pkg. cream cheese
- 1 Tbsp. Tony Chachere’s Original Creole Seasoning

### 1 16-oz. pkg. bacon Toothpicks

1. Preheat grill to 275 F. Rinse dove breasts.
2. Slice jalapeños in half lengthwise and remove seeds.
3. Combine cream cheese and seasoning; mix well.
4. Stuff jalapeño halves with cream cheese mixture. Top each jalapeño with a dove breast, and then wrap each one with a piece of bacon.
5. Secure with a toothpick. Repeat until all dove breasts are used.
6. Grill for 3 to 5 minutes; turn and continue grilling until bacon is crisp.
7. Let cool for about 5 minutes before serving.

### Stubb’s BBQ Hasselback Grilled Potatoes

- 4 small or medium Yukon Gold or white potatoes
- 1/4 cup olive oil or melted butter
- 2 Tbsp. Stubb’s Bar-B-Q Rub
- 1/4 cup Stubb’s Moppin’ Sauce

Garnish:

- 1/3 cup shredded cheddar cheese, or a blend of your favorite cheeses
- 1/2 cup sour cream
- 3 tsp. minced, fresh chives

1. Preheat oven to 450 F. Wash and dry potatoes. With a small knife, make slits in the potatoes at intervals of 1/8- to 1/4-inch apart. Make sure not to cut all the way through the potatoes, leave the bottom of the potato intact.
2. Place potatoes onto a foil or parchment-lined tray, or into a baking dish. Drizzle the oil or melted butter on top of the potatoes and sprinkle the rub over them; bake for 20 minutes. Brush some of the Moppin’ Sauce on top of the potatoes and bake for another 15 minutes.
3. Brush potatoes again with Moppin’ Sauce and bake for another 15 minutes.
4. When potatoes are very soft and can be easily pierced through with a fork, they are done.
5. For garnish: Stuff cheese into the slits in the potatoes; sprinkle more cheese on top and place potatoes back into the oven for another 5 minutes, or until cheese has melted.
6. Remove from oven and let cool for 5 minutes before serving. Top with sour cream and fresh chives.

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