

FEBRUARY 2021

Art Well Lived

Frances Farish's creative passions run deep

Also inside: Scavenger Hunt Kids' Fun Page Crossword/Sudoku Featured Business: Arabella of Red Oak Senior Living

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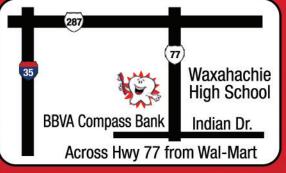
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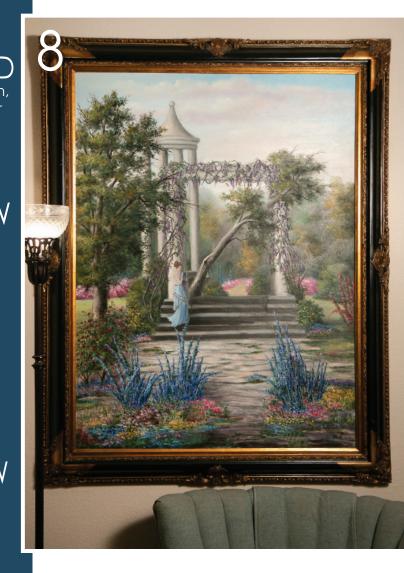
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February 2021 | Volume 18, Issue 2

ART WELL LIVED 8 From canvas to porcelain, Frances Farish adds color to life. 16 BUSINESSNOW Arabella of Red Oak Senior Living 20 AROUND TOWNNOW 24 COOKINGNOW Sherri Blanchard



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ON THE COVER

Frances Farish shares how she learned to be an artist.

Photo by Kobbi R. Blair.

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EDITOR'S NOTE

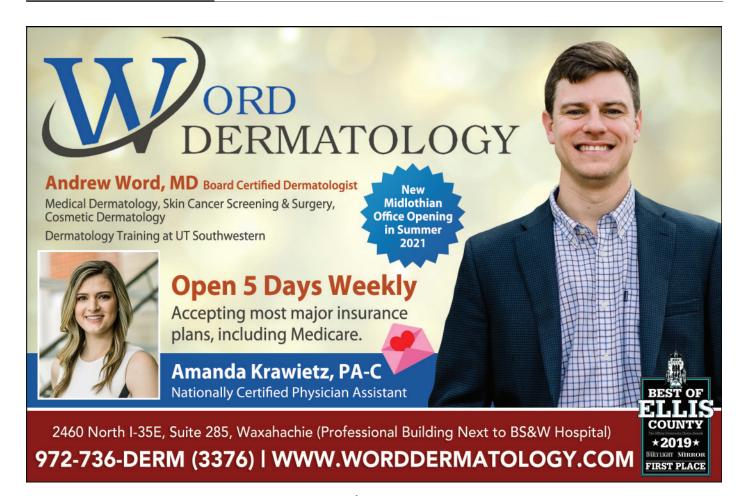
February is the month for love ...

Valentine's Day is set aside to celebrate those we love. For the first 19 years of our marriage, my husband and I owned a restaurant, and Valentine's Day was one of our busiest days of the year. I don't know how something so incredibly hard could be so much fun, but by the end of the night, even though we could barely walk, we were both just deliriously happy. Sometimes, I think of those moments when I see a person finishing a marathon or accomplishing something exceptionally difficult. I am certain people in the restaurant business know exactly what I am talking about. Now that we are home for Valentine's Day, we choose to celebrate it quietly at home with a crackling fire, while toasting a glass of our favorite cabernet.

I think it makes life so much more enjoyable to keep Valentine's Day going throughout the year. Since he has been retired, my husband plays golf several days a week. Sometimes, he leaves before I wake up, and when he does, he leaves a love note on my coffee mug and the French press full of delicious coffee. I have a drawer full of those notes, and I call it my Valentine collection.

February is also Black History Month. I think it is great to set aside some time to study all the contributions African-Americans have made to our country, which we never studied in school. I invite everyone to spend a couple of hours exploring the Ellis County African American Hall of Fame Museum in downtown Waxahachie. I found it thought-provoking and inspiring to read about people who did incredible things with so few resources.

Have a great month!

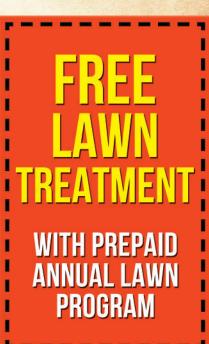




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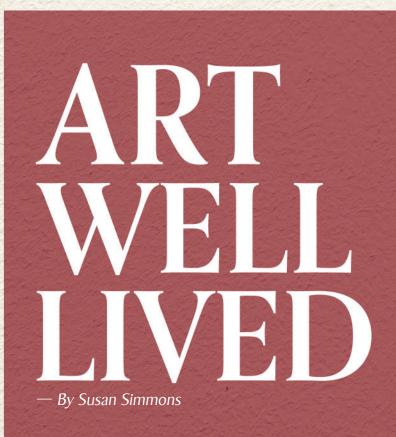
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In the mid-1960s, Frances Farish moved to Corpus Christi, Texas, when her husband, Pat Farish, took a position preaching full time at a church. She got a job as a secretary for the business manager at the University of Corpus Christi (now known as Texas A&M University-Corpus Christi). A few of her new friends asked her to take an oil painting class. Frances immediately declined because she knew she couldn't draw. Later, she met the teacher, well-known painter, Robert Garden, and he assured her that she did not need to draw in order to paint. "He told me that my eye must be trained how to look at a picture, create the shadows and let the paint create the form," Frances said. "So, I joined my friends in the class." It wasn't long before Frances fell in love with painting. She took lessons from Robert for about three years. During those years, many new things were happening in her life.

Frances and Pat decided they were going to adopt their children. Not long after Frances began painting, the first of her three children came into their lives. "In those days, the wife was not allowed to work if a couple wanted to adopt. I had already told my job that when a baby came, I wouldn't be able to give any notice. I would have to quit that day," Frances explained. After staying at home with her baby for a while, Frances discovered that she could paint when her daughter was napping, and then sell her paintings to friends. "I painted in the kitchen. Sometimes, I would let baby Sharon bring out all the pots and pans from the cabinet and play with them while I painted. As a family headed by a young preacher, sometimes we were short on money, and extra money from selling my paintings really came in handy," Frances shared.

While they lived in Corpus Christi, Frances got the chance to take a course taught by the renowned Texas painter, Dalhart Windberg. "I met him and took a six-week course from him before he became famous," Frances said with a grin. Today, Windberg has the Windberg Art Center in Georgetown, Texas, and students from all over the country travel there to see his works of art and train with him and his two sons. "I learned so much from him, and his techniques helped elevate my paintings to the next level. He taught me how to graduate from light to dark to give my paintings depth and how to mix up colors to give the hazy effect that he uses in so many of his own paintings."









"I just loved teaching people how to do art, and I always learned something new when I was teaching."







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Eventually, Pat took a position in a new church in Fort Worth, and the family settled in the Castleberry area. Frances continued to paint and sell her paintings at the Fort Worth Cattle Barns and various other markets. "It was such fun because my children were old enough to go with me and help me," Frances said. Often, people would see her paintings and inquire if she taught painting lessons. Before long, Frances began giving lessons at her home.

One day, an executive for the El Chico restaurants saw Frances' paintings and immediately commissioned her to paint for the restaurants. "She just fell in love with my big, red poppies. She wanted colorful, heavily textured, pallet knife paintings, and she bought every single one I took her. She would just ask me a price and write me a check," Frances remembered.

In the mid-1980s, Frances became friends with Sandra Lewis, who was the wife of then Texas Speaker of the House Gib Lewis. "She always loved my bluebonnet paintings," Frances said. Through Sandra, Frances was commissioned by the Texas State Capitol to paint five scenes of Texas landscapes.

After 10 years, Frances and her family moved to Mt. Pleasant, where

she opened an art studio. "It was a huge studio with a classroom and a store," she shared. There in the studio, Frances taught painting classes and all kinds of craft classes. "I just loved teaching people how to do art, and I always learned something new when I was teaching. As I helped a student straighten out a problem, I would almost always learn something new," Frances said. In Mt. Pleasant, Frances' artistic talents flourished.

Around 1997, the Farishes moved to Stephenville and built a new home. "I went with Sandra to a store in North Dallas called the Home Depot Expo. There, I just fell in love with these porcelain sinks that were painted with beautiful, floral scenes," Frances reminisced. "I didn't know a thing about the technique used to paint porcelain. China paint is very fine ground glass that has to be mixed with a certain medium and fired in a kiln. I learned the procedure. I painted the one in the guest bathroom to match the wallpaper border." Since discovering china paint, Frances has painted all kinds of vases, plates and platters.

It was 2007 when Frances and Pat moved to Red Oak, and Frances joined the Ellis County Porcelain Club. Then in 2017 they downsized and moved to Waxahachie. "We were in a big twostory house, and my husband's health began to decline. I didn't paint as much these last few years because I was busy spending more time with Pat," Frances said. "After 60 years of marriage, my husband passed away on March 17. 2020. It was St. Patrick's Day, which was so special because Patrick was his name. He was a wonderful husband."

Frances has led a life of passion in so many ways. As a wife of a pastor and a mother of three children, she has always put God and her family first. Remarkably, she also made time to use her extraordinary talents to create beauty. "I wasn't born a talented artist," she explained. "I learned to be an artist." Recently, Frances has begun to paint again and do other crafting projects. Perhaps she had to learn how to be an artisan, but her innate imagination and ingenuity most certainly allowed those art lessons to blossom into a life filled with beautiful art. NOW



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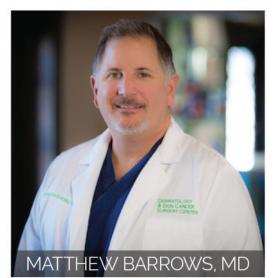
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BusinessNOW Arabella of Red Oak Senior Living

— By Susan Simmons

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Arabella of Red Oak is a senior living community with lifestyle choices for everyone 55 years and older. From the Independent Living option, to the Assisted-Living option, and the Memory Care option, they have the ideal place to get the most out of one's retirement and golden years.

The Independent Living option at Arabella of Red Oak is for those who want to enjoy their retirement in a resort-style environment without the responsibilities of maintaining a home. These are beautiful, fully appointed residences with services that allow you the time you need to do the things you truly love.



Weekly housekeeping, trash disposal, dining on demand with chef-prepared meals, laundry, landscaping and a maintenance-free abode are only a few of the amenities enjoyed by the residents in their Independent Living community.

For those who need some support, the **Assisted Living** community offers a robust activities program, along with passionate care services. The Assisted-Living option empowers residents to enjoy every moment of life. The focus is to customize the residents care, so everyone receives the precise balance between care and independence that they want and need. A full-time nurse, medication management, housekeeping, laundry service, scheduled transportation service, on-site physical therapy, and asneeded, personalized assistance with bathing, dressing, grooming, transferring and incontinence are only some of the services offered at Arabella's Assisted-Living community. Simply knowing that the loving and dedicated staff are available 24/7 gives residents and their families peace of mind and freedom from worry.

Memory Care in The Cottage at Arabella of Red Oak is designed to provide the good life in increments of the present moment for Alzheimer's and dementia care residents - moments filled with happiness, kindness, purposefulness and laughter, the kind of small, pleasurable moments that make life worth living. The number of rooms available in The Cottage is low, and the staff per resident ratios are high, so residents receive the warmest, most attentive and compassionate care possible. The Cottage has a home-like ambiance, which enables residents to feel like they matter and are important to their caring, close-knit community. A specifically designed program for the Memory Care Cottage is called My Legacy. This program addresses one of the greatest challenges facing those affected by memory loss - an increased lack of involvement in daily activities. This program promotes engagement, participation and connectivity in the everyday living of memory care residents.

Arabella of Red Oak puts the living in senior living with its signature Passion Program. Passion is what drives them to serve seniors with a higher level of care and the best quality of life possible. The My Wellness program ensures the residents and their families can assess an Electronic Medication Administration Record at all times. The My Food program at Arabella of Red Oak is about much more than just nutrition. Food is experienced on many levels, from upscale, passion-filled meals to themed dinners, birthday meals, weekly chef features and community signature dishes. At Arabella, the My Activities program celebrates stories, memories and milestones, while exceeding daily care expectations for health and wellness needs through activities that are stimulating, engaging and entertaining.

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Zoomed In: Harmony Cornwell By Susan Simmons

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At 15 years old, Sherri Blanchard attended a French immersion program located in the French city of Tours, which is recognized internationally as a city of gastronomy. "The cafeteria served horse every Tuesday and Thursday. It's very much like eating venison, but I couldn't help thinking about the poor horse," Sherri shared.

As an adult, Sherri has lived in many different cities all across the United States. During that time, she created a compilation of cultural recipes that she picked up here and there along the way. Those recipes make up three cookbooks she made for her family. "I always say, 'It is not what the food is, but how it is prepared. Baked, boiled, fried, sautéed, mashed, cubed or spiralized, food is fun, and if it is prepared right, it is yummy!"

Pad Thai

- 2 jumbo eggs
 2 Tbsp. oil (divided use)
 1 lb. small egg noodles
 1 Tbsp. light brown sugar
 3 Tbsp. soy sauce
 1 Tbsp. fish sauce
 1 Tbsp. Sriracha Chili Sauce
- I Tbsp. lime juice
 I Tbsp. minced garlic
 I Tbsp. Laura Scudder Peanut Butter
 1/2 cup chicken broth
 1/2 cup carrots, grated
 4 large green onions, coarsely chopped
 2 cups bean sprouts
 1/2 cup peanuts, chopped
 1/2 cup cilantro, chopped

I. Scramble the eggs in 1 Tbsp. of the oil to the soft stage; set aside.

Cook the egg noodles; drain and set aside.
 Combine the light brown sugar, soy sauce, fish sauce, Sriracha, lime juice, minced gadie, nearnut butter and chickan brath. Mix

garlic, peanut butter and chicken broth. Mix thoroughly; set aside.

4. Sauté the carrots in the remaining oil. Add the green onions; sauté 1 minute.

Add the bean sprouts; sauté 1 more minute.
 Add the soft-scrambled eggs, noodles and sauce. Simmer for 5 minutes, or until most of the liquid is absorbed.

7 Serve with peanuts and chopped cilantro, if desired.

Savory Carrot Potage

- 1/2 red onion, diced
 2 Tbsp. butter
 1 lb. carrots, diced
 3 medium potatoes, diced
 1 14-oz. can beef broth
- 1/2 can water

1/2 Tbsp. Better than Bouillon (roast beef flavored) Dash of thyme Salt, to taste Pepper, to taste

I. Cook the onions in the butter until transparent.

 Add all the remaining ingredients; cook for 45 minutes at a gentle boil until tender.
 Puree the contents of the pot with an upright blender or immersion blender until smooth.

Pizza Dough

Makes 1 14-inch, thick-crust or 2 12-inch, thin-crust pizzas.

2 cups all-purpose unbleached flour, plus a little more for kneading
1/2 cup whole wheat flour
1/2 cup cornmeal
1/2 tsp. salt
1 cup water (warmed to 120-130 F)
2 Tbsp. olive oil
2 tsp. sugar

I. Stir the dry ingredients together in a large bowl; set aside.

 Mix together the hot water, oil and sugar in a measuring cup; let sit for 5 minutes.
 Combine the wet ingredients into the dry

ingredients. Blend and knead until smooth. **4.** Let rest 30 minutes in a warm area of the kitchen.

5. Preheat the oven and pizza stone, if using, for 1 hour at 450 F. If using pans, grease the pans; sprinkle with cornmeal.

6. Divide the dough. Knead the dough until smooth with no lumps.

7 Roll the dough to the shape of your pan or pizza stone; push it to the edges, leaving the dimples in the dough.

 Place Provolone cheese on the crust. Add your favorite brand of tomato sauce.
 Top with vegetables and meats of

your choice.

10. Bake for 10-20 minutes, or until the crust is crisp. Baste the edges with olive oil when you remove the pizza from oven. Note: Dough will keep in the freezer up to a month. Just divide the recipe into 2 flat, 6-inch rounds, and secure it in plastic wrap. Thaw before using.

Romanian Cabbage Rolls

Romanian Cabbage Rolls are called sarmale de varza.

- I large head cabbage
- I cup sweet white onion, diced
- 1 Tbsp. oil
- I lb. ground pork, cooked and drained (or regular sausage, but not sage)

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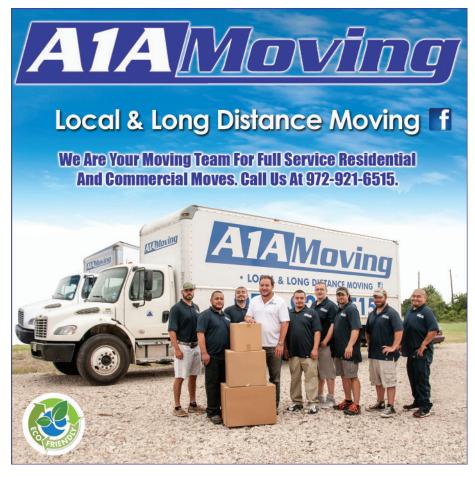


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- I lb. ground beef, cooked and drained
- I cup rice, cooked (premium sweet rice by Koda Farms)
- l tsp. salt
- 1/2 tsp. sweet Hungarian paprika
- 1/2 tsp. dill weed, plus more for garnish 3 eggs
- I jar sauerkraut, drained and rinsed (not the sweet or Bavarian kind) I cup Black Forest Ham, diced
- (divided use)
- 2 cans diced tomatoes

Sour cream, to taste, for garnish

I. Remove the core from the cabbage; place

- the cabbage into boiling water for 5-7 minutes. **2.** Drain the cabbage, saving the water; let cool.
- **3.** Carefully remove each leaf; set each aside in a colander to drain.
- 4. Sauté the onion in the oil until translucent.5. Cook the ground pork and ground

beef; drain.

6. Combine the onions, pork, beef and the next 5 ingredients.

7 Cut out the thick vein from the bottom of each cabbage leaf, making a V-shaped cut.
8. Place about 1/4 cup of the meat mixture on a cabbage leaf; overlap the cut ends of the leaf; fold in the sides.

9. Beginning from the cut end, roll up.



Repeat until all mixture is used.

10. For assembly: Spread sauerkraut over the bottom of a 9x13-inch baking pan or Dutch oven.

11. Top with the cabbage rolls. Add another layer of sauerkraut.

12. Sprinkle with diced ham, reserving 1/4 cup for topping.

13. Top with tomatoes, including their liquid; pour enough cabbage liquid to cover.

14. Top with remaining diced ham. Bake 2 hours at 215 F.

15. Serve with white wine and offer sour cream and dill weed as garnishes.

To search for more great recipes from any of the

9 NOW Magazines

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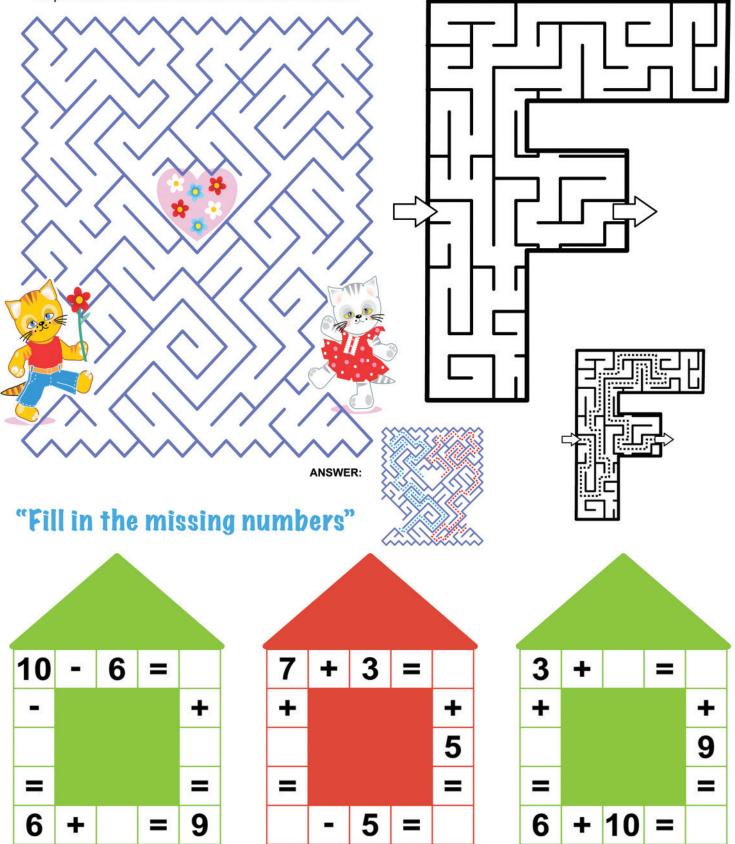
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Kids' Fun Page

Help friends to meet in the middle of the Valentine maze.

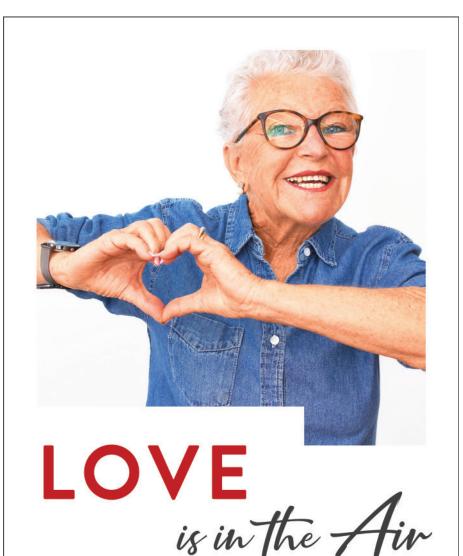


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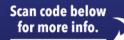
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Crossword Puzzle

1	2	3	4	5			6	7	8	9
10					11		12			
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		29								
30	31				32		33	34	35	36
37					38					
39						40				

Solutions on page 44

Across

- 1 "I'll eat --- if I'm wrong!"
- 6 "Shane" star Alan ----
- 10 Eccentric old fellow
- 12 Type of race car
- 13 Cloak mental confusion
- 14 Franklin flew one in a storm
- 15 Alleviates
- 17 Big Blue
- 20 Rely on
- 23 Drain by percolation
- 25 Commodious
- 26 Food company in Battle Creek, MI
- 28 Panthers and Rams group
- 29 Ocean capsized this small boat
- 30 Hammer god
- 32 Reply to "Have a good day!"
- 37 After stating your intentions, --- the -
- 38 Oil-rich former Portuguese African colony
- 39 "I guess the joke's ---- "
- 40 Dumps

Crosswordsite.com Ltd

- Down
- 1 Studio with lion logo
- 2 Assenting vote
- 3 Coop layer
- 4 Antiviral drug
- 5 Marathon TV program
 - 6 In this manner
 - 7 "Mother's Day" actress Jennifer ----
 - 8 One of Rachel Carson's targets, now banned
 - 9 Coloring material
- 11 Raise
- 16 "Go get him ----!" (Shakespeare, Macbeth)
- 17 Class
- 18 Social gathering
- 19 --- X, assassinated activist
- 21 Global financial body
 - 22 Largest US city
 - 24 "2001: A Space Odyssey" author
 - 27 Painter of "La Maja Vestida"
- 30 Snake eyes
- 31 Chinese dynasty at the time of Christ
- 33 "Gross!"
- 34 End of a golf club
- 35 Former
- 36 Western Hemisphere political forum

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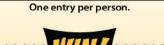


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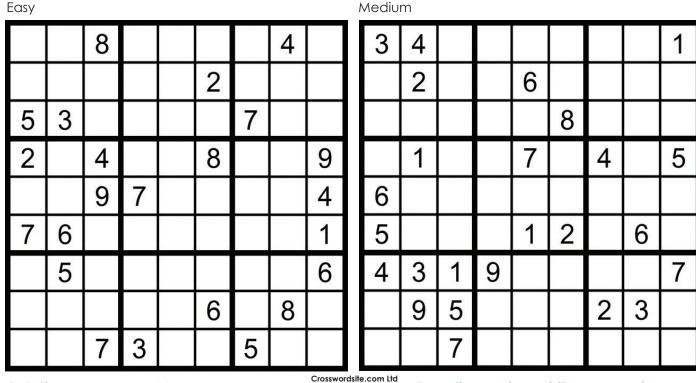
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Sudoku Puzzle

Medium



Solutions on page 44

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Crossword -Sudoku Solutions

¹ M	² Y	°Н	⁴ A	⁵ T			⁶ L	⁷ A	⁸ D	⁹ D
¹⁰ G	E	E	Z	Е	¹¹ R		¹²	Ν	D	Y
¹³ M	A	N	Т	L	Е		¹⁴ K	T	Т	Е
				15 E	A	¹⁶ S	E	S		
¹⁷	¹⁸ B	¹⁹ M		²⁰ T	R	U	S	Т	²¹	22 N
²³ L	Е	A	²⁴ C	н		25 R	0	0	М	Y
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		29 C	А	Ν	0	Е				
³⁰ T	³¹ H	0	R		³² Y	0	³³ U	³⁴ T	³⁵ O	³⁶ 0
³⁷ W	A	L	к		³⁸ A	Ν	G	0	L	A
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Easy

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7	6	5	4	9	3	8	2	1
8	5	1	2	4	7	9	3	6
9	2	3	1	5	6	4	8	7
6	4	7	3	8	9	5	1	2

Medium

3	4	8	2	5	7	6	9	1
1	2	9	3	6	4	5	7	8
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9	1	2	6	7	3	4	8	5
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8	9	5	7	4	1	2	3	6
2	6	7	8	3	5	9	1	4



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