



From Debbie's kitchen to yours

Debbie Coleman lives in Salem with her husband Mel, who is CEO of North Arkansas Electric, and her dog Sadie. Their oldest son Nicholas and his wife Leah, live in Little Rock. The other son Tanner is a sophomore at William Woods University in Missouri. Debbie loves children and has been involved in child care for the past 23 years. Her favorite sports are water skiing and snow skiing. Her favorite food is anything chocolate, Um!

DO AHEAD EGG AND SAUSAGE BAKE

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|---------------------------------------|--------------------------|
| 1 lb. pork sausage | 2 cups milk |
| 1 cup original Bisquick | 1 teaspoon dried oregano |
| 1 cup shredded cheddar cheese (4 oz.) | leaves |
| | 6 eggs, slightly beaten |

Grease 2 quart casserole. Cook sausage in skillet over medium heat, stirring occasionally, until no longer pink. Drain. Mix sausage and remaining ingredients. Pour into casserole. Cover and refrigerate at least 4 hours but no longer than 24 hours. Heat oven to 350 degrees. Bake uncovered about 1 hour or until knife inserted in center comes out clean. This is a perfect make ahead dish for a crowd. Serve with crispy hash brown potatoes and a platter of fruit.

BREAKFAST CASSEROLE

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| 1 can Pillsbury crescent rolls | Grated cheddar cheese |
| 1 lb. sausage | 5-6 eggs |
| 1/2 lb. frozen hash browns | 1/4 cup milk |

Press crescent rolls into a pizza pan, top with cooked sausage, hash browns and cheese. Pour egg and milk mixture over the top. Salt and pepper to taste. Bake at 350 degrees for 20 minutes. Great for Christmas morning.

PENNE PASTA WITH CHICKEN, MUSHROOMS AND ARTICHOKE HEARTS

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|--|--------------------------------------|
| 1 tablespoon olive oil | 1 can (14 oz.) diced tomatoes |
| 1/2 lb. boneless skinless chicken breasts cut crosswise into 1/4 inch slices | 1/2 cup canned chicken broth |
| 1 med. onion, thinly sliced and separated into rings | 1 clove garlic, pressed |
| 2 cups about (14 oz.) artichoke hearts, drained, rinsed and quartered | 1 teaspoon Italian seasoning |
| | Salt and pepper to taste |
| | 1/2 lb. penne pasta |
| | 1/2 cup finely chopped fresh parsley |

In a large pot bring to boil 3 quarts water for the pasta. In a large nonstick skillet, heat the oil over high heat; add chicken and sauté until cooked well and beginning to brown, about 3 minutes. Transfer to plate. Turn heat to medium, add onion and mushrooms to skillet and sauté until onion is soft and mushrooms are lightly browned about 5 minutes. Add artichoke hearts, undrained tomatoes, broth, garlic, Italian seasonings and salt and pepper; mix gently. Cover and bring to a simmer, reduce heat and simmer 10 minutes, stir occasionally. Return chicken to skillet and mix gently. Cover and simmer until chicken is hot, about 2 minutes. Meanwhile, cook penne pasta according to package directions until tender but still firm. Drain and return to pot or to a large bowl, add chicken mixture and parsley and toss.

WHITE ENCHILADAS

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|--------------------------------|------------------------------|
| 2 lbs. ground beef | 1 can cream of mushroom soup |
| 10 oz. picante sauce | 1 can cheddar cheese soup |
| 8-10 flour tortillas | 16 oz. sour cream |
| 2 cups shredded cheddar cheese | |

Brown ground beef, add picante sauce and let simmer. Fill flour tortillas with meat and shredded cheddar cheese. Roll them and place in pan. Mix together soups and sour cream in a saucepan. Heat on medium until it starts to bubble. Pour mixture over the tortillas. Sprinkle remaining shredded cheese on top. Place in oven and bake for 30 minutes at 300 degrees.

GOOEY BUTTER CAKE

Mix 1 box yellow cake mix, 1 egg, and 1 stick melted butter, pat in greased 10x13 inch pan. Mix 1 (8 oz.) softened cream cheese, 1 lb. powdered sugar and 2 eggs and pour over cake mixture. Bake at 350 degrees for 30 minutes. Sprinkle with 2 tablespoons powdered sugar.

PUMPKIN ROLL

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|------------------------------|--------------------------|
| 3 eggs, beaten for 5 minutes | 3/4 cup of flour |
| 1 cup sugar | 1/2 teaspoon of salt |
| 2/3 cup pumpkin | 2 teaspoons cinnamon |
| 1 teaspoon lemon juice | 1 teaspoon baking powder |

Mix sugar, pumpkin and lemon juice into beaten eggs until blended. Mix remaining ingredients together then fold into egg and pumpkin mixture. Bake in cookie sheet covered with greased wax paper at 375 degrees for 15 minutes. Flip onto dishtowel covered with powdered sugar, roll and fold in edge of towel. Cool. Unroll and spread with icing.

ICING

Blend 8 oz. cream cheese with 1 cup powdered sugar, 1/2 teaspoon vanilla and 4 tablespoons butter. Chill for 3 hours slice and serve. Fall favorite.

ITALIAN CREAM CAKE

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|-----------------------|----------------------|
| 1 box yellow cake mix | 1 cup chopped pecans |
| 1 cup coconut | 1 cup buttermilk |

Mix cake ingredients as directed then add coconut, pecans and buttermilk before baking. Makes two 8-inch round cakes.

ICING

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|---------------------------|------------------------|
| 1 8 oz. pkg. cream cheese | 1 tablespoon vanilla |
| 1 stick butter | 1/2 cup chopped pecans |
| 1 box powdered sugar | |

Mix above ingredients and spread evenly over cake.

DING-DONG CAKE

1 chocolate cake mix, prepared according to directions. Let cool.

FILLING

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|---------------------|---------------------|
| 4 tablespoons flour | 1 cup sugar |
| 1 cup milk | 2 teaspoons vanilla |
| 1/2 cup butter | Pinch of salt |
| 1/2 cup Crisco | |

Mix and cook flour and milk until thick. Let cool. Beat butter, Crisco and sugar 4 minutes, add the cooled filling mixture and beat another 4 minutes. Add vanilla and salt, blend until well mixed. Slice cake with a piece of thread through the middle to make 4 layers. Layer the cake and filling mixture. Frost cake with chocolate fudge frosting. *Frosting will spread easily if placed in microwave for a moment before spreading. Favorite birthday cake.

LOW CARB FAVORITES

CHEESECAKE

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|------------------------------------|--------------------------------------|
| 1 envelope Knox unflavored gelatin | 2 8 oz. pkgs. cream cheese, softened |
| 1/2 cup Splenda sweetener | 1/2 stick butter |
| 1 cup boiling water | 2 cups chopped pecans |

CRUST

Melt 1/2 stick butter, toss with chopped pecans and press into bottom of pan for crust. Mix gelatin with Splenda in small bowl, add boiling water and stir until dissolves. Beat cream cheese and vanilla in large bowl with mixer until smooth, slowly beat in gelatin mixture. Pour into prepared crust. Refrigerate until firm about 3 hours. Garnish with fresh strawberries.

THREE LAYER DESERT

First layer: melt 1 stick butter, add 2 cups chopped pecans and press into 10x13 inch pan. Second layer: mix 2 pkgs. sugar-free chocolate instant pudding with half and half instead of milk. Third layer: mix one 8 oz. pkg. cream cheese and 2 cups cool whip; spread on pudding mixture. Top with Cool Whip and chopped pecans.

reacts badly to sunscreen, try one with different chemicals. Not all sunscreens contain the same ingredients.

Those containing zinc oxide or titanium dioxide tend to be the more effective at blocking UV rays.

How to apply

To maximize protection:

- **Prepare in advance** – Apply sunscreen about 30 minutes before going out. Use it even on cloudy or hazy days. UV rays can penetrate cloud cover.

- **Cover all exposed areas** – Don't forget your nose, lips, ears, feet, hands, bald spots, the back of your neck and the part in your hair. Also apply to areas under bathing suit straps, necklaces, bracelets and sunglasses. Be careful when applying sunscreen around eyes.

- **Apply thickly and thoroughly** – Most people use sunscreen too sparingly. A liberal application is 1 ounce – the amount in a shot glass – to cover all exposed skin.

- **Reapply regularly** – To maximize protection, reapply your sunscreen every two hours. Heavy perspiration, water and towel drying can remove the protective layer, even from waterproof sunscreens.

- **Use with other protective measures** – Limit your time in the sun between 10 a.m. and 4 p.m. Seek shade whenever possible. Wear a wide-brimmed hat and clothing made of tightly woven fabrics.

Sunscreen and DEET

If you're outdoors for long periods, you may wish to use both sunscreen and an insect repellent. Many repellents contain DEET, a chemical that provides added protection against mosquitoes, which can carry encephalitis and West Nile virus.

The best strategy is to apply sunscreen 30 minutes before going outside, then apply insect repellent immediately before heading outside. Apply sunscreen liberally, but apply DEET products sparingly. For this reason, it's better to use separate products rather than a combination product.

Read and follow all directions and precautions on the insect repellent label.

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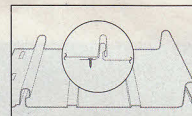
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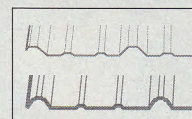
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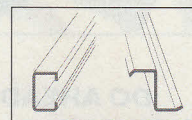
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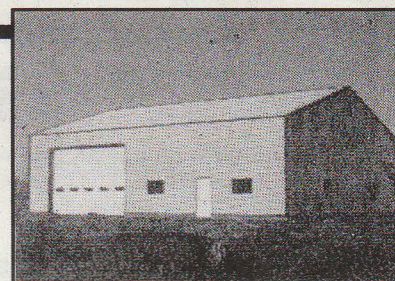
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