Mount Dora breaks silence on 'Starry Night' mural, calls it a safety hazard

By Roxanne Brown
roxanne.brown@dailycommercial.com

Mount Dora city officials on Tuesday broke their silence about the controversial "Starry Night" mural, calling it a safety hazard.

"We didn't want anyone to think we're hiding anything or where we're coming from," said Mayor Lisa McDonald. "We want them to know we hear the attention it draws from passing motorists."

City spokeswoman Lisa McDonald said the city has not spoken on the issue before because it is in litigation. She also said the city is working on an ordinance to prevent the crew of the controversial "Starry Night" mural, releasing a statement calling the mural a safety concern because of all the attention it draws from passing motorists.

"We didn't want anyone to think we're hiding anything," she said. "We just want people to understand our perspective and where we're coming from," McDonald said. "We want them to know we hear the attention it draws from passing motorists."

"I was so proud," he says. "I was only 17."

McDonald said the city has passed an ordinance to prevent the mural from being removed.

"I was so proud," he says. "I was only 17."
A 12-year-old boy who was shot in the head when a gun accidentally went off the backpack of a classmate is experiencing improved vision and has trouble walking as the bullet remains lodged in his head, his former teacher said Tuesday.

Teacher: Bullet lodged in boy’s head after shooting

The San Francisco Morning Call reported that the prosecution has asked that he gets a life sentence for the murder. The prosecution has asked that he get all his sentences and is extradited from Sweden.

Evening:

Afternoon:

Tuesday, Feb. 13

SAN FRANCISCO

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LAOS

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GROSS

LOS ANGELES

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Principal Dr. Janice Boyd, left, poses with Rookie Teacher of the Year candidate Crestlyn Stiles at Tavares High School on Tuesday. Stiles is in her second year teaching 10-12 grade science.

Lake County names 6 Rookie Teacher and School Related Employee of The Year finalists

By Roxanne Brown
roxanne.brown@dailycommercial.com

It was all about surprises at Lake County Schools Tuesday as an ensemble of community educators from throughout the district stopped by Glenridge Middle School to surprise this year’s Rookie Teacher and School Related Employee of The Year finalists.

The organization — a liaison between the Lake County School Board and the Lake George Foundation of Lake County — recognizes educators for their dedication to public safety and health,” said派出所长, Lake County Schools Superintendent Diane Rosenbaum, Lake County Schools Superintendent Diane Rosenbaum, and Lake County School Board member Mark Dedd, on Tuesday in Leesburg. Rosenbaum runs as a clinical assistant.

Leading the pack were Lake County’s Superintendent of Schools Dr. Diane Kormegy and Chief Operating Officer, Executive Director of the Educational Services Division, and the organization — a liaison

See TEACHERS, AJ

VALENTINE’S DAY MEOW
FOR TODAY

By Tom McNiff
tom.mcniff@dailycmmercial.com

Pictured from left: Lake County School Board member Sandy Gamble, Lake County Director of Transportation Scott Pfeiffer, School Related Employee of the Year candidate Michelle Gamble, Lake County Director of Transportation Scott Pfeiffer, and Principal Michael Randolph, left, poses with Rookie Teacher of the Year candidate Jessica Browning on Tuesday at Leesburg High School.

VALENTINE’S DAY HIGH TEA:
FOR TODAY

By Tom McNiff
tom.mcniff@dailycmmercial.com

One of the letters was sent to the Daily Commercial and threatened the life of President Donald Trump, and another one in December contained white powder inside a folded piece of looseleaf paper with the word ANTHRAX written across it.

Principal Michael Randolph, left, poses with Rookie Teacher of the Year candidate Jessica Browning on Tuesday at Leesburg High School.

School Related Employee of the Year candidate Maritza Maita shows her surprise as a finalist on Tuesday in Leesburg, Maita was in the ESE Clinical Assistant.

Forest service closes Juniper Prairie area due to bears

A young Florida black bear is in a tree beside Pecan Road in Silver Springs Shores. The U.S. Forest Service has closed the Juniper Prairie Wilderness because of increased bear activity in that area of the Ocala National Forest, (JIM GILCHRIST/STAFF/COMMERCIAL PRESS)

School Related Employee of the Year candidate Ann Findley, left, poses with Principal Trella Mott on Tuesday at Tavares Middle School in Tavares. Findley is a school resource deputy at the middle school.

School Related Employee of the Year candidate Maritza Maita shows her surprise as a finalist on Tuesday in Leesburg, Maita was in the ESE Clinical Assistant.

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Ruby Lee McCullough of Jacksonville, FL, passed away on Saturday, February 10, 2018. She was born on January 5, 1937 in Daytona Beach, FL. She was the daughter of Clarke and Bertha Brown. She married Jerry Horton in 1957 and they had two children, Dennis and Susan. She was preceded in death by her daughter, Susan. She is survived by her husband, Melvin McCullough, daughter, Katie Muriel McCullough, and grandchildren. Arrangements entrusted to Home and Crematory, Inc., where there will be a visitation from 6-8 PM, Monday, February 12, at the funeral home. Services will be held at Beyers Funeral Home Chapel Saturday, February 17, at 1 PM. Burial will be at the Orange Hill Cemetery. (Daily Commercial)
The classroom belonging to Courtney Stokes, a second-year science teacher for grades 10-12 at Tavares High School, was the first stop of the day. Through tears and giggles, Stokes said the nomination is an honor.

"I really love science so when my students start to see that science is interesting and that they can apply it to their daily lives, it really means a lot to me. I'm happy I can share that with them," Stokes said. "It's really nice to know that all the hard work is paying off," Stokes said.

CHELSEA MCCurdy
University of Central Florida graduate with a B.S. in early childhood development and education and an M.Ed. in educational leadership.

"Recognition is so often overlooked, but it's so important, and I feel it's important to let our students and support staff know. And I feel it means a lot to me," McCurdy said. "I'm really happy I can share that with them. Stokes said. "It's really nice to know that all the hard work is paying off," Stokes said.

JESSICA BROWNING
The following are the three finalists for school employee of the year.

"It's a dream come true to be recognized. I didn't know what I was getting into. I didn't expect it. I'm glad I was one of the finalists," said McCurdy.

McCurdy said she was pleased to be a finalist and said her students mean "everything."

MICHELLE ROSENBAUM
"It's a dream come true for me. Especially coming from a different country here," McCurdy said.
By Larry Neumeister

NEW YORK — A New Jersey man who set off small bombs in two states, including a pressure-cooker device that blasted shrapnel across a New York City block, was sentenced Tuesday to multiple terms of life in prison by a judge who repeatedly said it was a miracle nobody was killed.

Ahmad Khan Rahimi, 52, a naturalized U.S. citizen born in Afghanistan, was criticized by a prosecutor for failing to show remorse and was scolded by a victim for not apologizing to the 30 people he injured.

U.S. District Judge Richard M. Berman in Manhattan said it was hard to reconcile the “reasonable enough” man he saw in court with that other square the way you appear before it could explode.

“The Chelsea explosion happened not hours after a small pipe bomb exploded along a Marine Corps road race in Siasuke Heights,” New Jersey, frightening some 2,000 participants but injuring no one.

The bombings triggered a two-day manhunt that ended in a shootout with police in Linden, New Jersey. Rahimi was shot several times but survived. Police officers also were injured.

Given a chance to speak, Rahimi, shackled at the ankles, sat at the defense table, said he had just “blamed everyone” and was raised by a father in a household where there was no mention of what his father experienced as a household of a terrorist. Rahimi said he had studied jihadi materials, “the Book of Jihad,” bomb-making instructions and various issues of a propaganda magazine.

Defense attorney Xavier Donaldson called it ironic that his client had once operated a police officer and worked as a security guard after study at New York’s John Jay College of Criminal Justice and a community college.

He urged a sentence not too “stiff” since many people think terrorists might inspire or recruit from prison. "He has shown no remorse for what he’s done,” Berman said.

She described Rahimi’s efforts to radicalize fellow prisoners at the federal jail in New York where he has been imprisoned since his arrest.

Rahimi, prosecutors said, gave inmates copies of terrorist propaganda and jihadist materials, including speeches and jihadist materials, said, gave inmates copies of to radicalize fellow prisoners at the federal jail in New York where he has been imprisoned since his arrest.

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Rahimi also alluded some inmates to view materials on his laptop or provided electronic copies as he spread “The Book of Jihad,” bomb-making instructions and various issues of a propaganda magazine.

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INTEGRATE

The "Starry Night" house is pictured in Mount Dora. Mount Dora officials say their fight with the homeowners is over safety. (DAILY COMMERCIAL FILE)

INTEGRATE

From Page A1

"This change is really about the betterment of the system. We got two, kind of, redundant systems that we can cut out duplication, that we can improve response times," Sullivan said.

INTEGRATE

From Page A1

"This transition would occur over a year. We want to ensure we don’t do anything too fast to disrupt any of the response, any of the workings," Calda said.

INTEGRATE

Under an integrated system, some former Lake EMS ambulances could operate in smaller areas with LCFR crews on board. The plans reduce response times in rural areas while also improving ambulances service to the more densely populated cities. Currently, fire and ambulance crews respond to the same medical calls. The integration will reduce the number of resources sent.

INTEGRATE

Since then, support- ers and opponents of the mural have become more vocal on social media, to- day another and to city officials.

INTEGRATE

A petition in favor of the mural on change.org has garnered more than 2,500 signatures. "We’ve got a lot of support of the plan, regardless of support or opposition to the ‘Starry Night’ display. There is no ordinance prohibiting an artistic mural in Mount Dora. The fact of the matter remains that the mural does not fall under the sign code, which Mount Dora is using to try and destroy an artistic mural that they don’t like," Talcott said. Mount Dora Mayor Nick Girone said he stands by the statement as released but added, "We're looking at it from a safety issue and we want to get the people's support of that."
By Josef Federman

JERUSALEM — Israeli Prime Minister Benjamin Netanyahu condemned on Monday what he called an American witch hunt as he faced a possible charge of bribery and breach of trust in connection with a series of corruption cases, saying an embarrassment to the state and calling on his opponents to stop the witch hunt.

Netanyahu, who is running for re-election in March, was referred to the Jerusalem District Court by a corruption prosecution, according to a statement provided by his lawyer, Shmulik Mintz.

Netanyahu, who has been in power for 12 years, is one of the most popular politicians in Israel, but he has faced a string of corruption cases that have cast a shadow over his career.

The American congresswoman who first accused Netanyahu of bribery and breach of trust, former U.S. Attorney General Loretta Lynch, said in a statement that she was “not excited” about the recommendation.

“We think this recommendation is horrific,” said Lynch.

She added that members of the Knesset, Israel’s parliament, will have the final say on the matter, and that she would respect their decision.

Netanyahu has been accused of receiving illegal gifts and favors from wealthy friends and business associates.

The American congresswoman, who first made the bribery allegations last year, said she was “not excited” about the recommendation.

“We think this recommendation is horrific,” said Lynch.

She added that members of the Knesset, Israel’s parliament, will have the final say on the matter, and that she would respect their decision.
Something is missing from the White House

The inevitable nuclear war

John Cripwell

W hat do you think of the lack of nuclear weapons in the White House?

The inevitable nuclear war

We've had the number one target on the nuclear doomsday clock for a while. Despite a lot of rhetoric, we're not going to see a lot more work done on the Nuclear Command and Control System. That's a problem.

The bigger issue is how many weapons we have. The United States has about 7,000 nuclear weapons. That's a lot.

The other issue is how we're going to use those weapons. The United States has a lot of nuclear weapons, and it's not clear how we're going to use them.

The United States is in a nuclear arms race with Russia and China. That's a problem.

The United States is also in a nuclear arms race with Pakistan and India. That's a problem.

The United States is also in a nuclear arms race with North Korea.

The United States is also in a nuclear arms race with Iran.

The United States is also in a nuclear arms race with Israel.

The United States is also in a nuclear arms race with Saudi Arabia.

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**TIDE TIMES**

- High: 3:58 am
- Low: 10:48 am
- High: 3:58 am
- Low: 10:48 am

**UV INDEX TODAY**

- UV Index: Moderate, 3-5

**SOLAR TABLE**

- 11:33 p.m.
- 11:33 p.m.
- 11:33 p.m.

**NATIONAL WEATHER FOR FEBRUARY 14, 2018**

- High: 68°F in Philadelphia, PA
- Low: 58°F in Clearwater, FL

**THE SUN AND MOON**

- Moonrise: 11:33 p.m.
- Moonset: 7:08 am

**FAMILY FURNITURE Galleries**

- 8626 U.S. Hwy 441
- Leesburg, FL 34788
- 352.435.6131

- 8255 U.S. Hwy 441
- Leesburg, FL 34788
- 352.319.6768

**Weather (W):**

- s-sunny, pc-partly cloudy, r-rain, sf-snow flurries, sn-snow, i-ice.
The lead lasted about one minute before Cordryus Graham scored back-to-back buckets to give the Yellow Jackets an 11-point lead. Eustis didn’t want to see its season end so it started a 13-4 run that included a 3-pointer from Sean Campbell. "That’s going," said Leesburg coach Sean Campbell. "We came out really flat in the second quarter that we got out of the gym, so it was nice to get a feel for it and build some momentum at the start of the game."

Eustis scored 13-4 victory in the season- opener against Lake Mary on Tuesday at Panther Field, but Eustis didn’t want to see its season end so it started a 13-4 run that included a 3-pointer from Sean Campbell. "That’s going," said Leesburg coach Sean Campbell. "We came out really flat in the second quarter that we got out of the gym, so it was nice to get a feel for it and build some momentum at the start of the game."

Eustis opened with a 6-0 run and it wasn’t until late in the first quarter that the Yellow Jackets' defense got a feel for the game. Eustis lead with a mixture of speed and power. The Panthers struggled through most of the second quarter, struggling to maintain its lead.

The biggest of those scores was the killer instinct so common among the great teams. Up 9-0 through three innings, Eustis allowed Lake Mary to stay in the game and the Rams actually battled the Panthers on even terms through the final four innings.

Lake Mary got as close as a 4-4 deficit before Eustis ended any hopes of a stunning session with a 13-4 run in the bottom of the sixth inning.

Lees Hanks led the way for Eustis offensively, collecting three hits while scoring three runs and driving in three more. Erik Rodenbaugh added three hits, two runs and an RBI while Jaycin Michael reached base four times in the game. Things couldn’t have been any better for the Panthers. After the Panthers got three up and three down to start the game, they got right to work with the bat.

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College Basketball

5 p.m.
ESPN – South Florida at UCF
6:00 p.m.
BTN – Iowa at Michigan
7 p.m.
CBSSN – Davidson at VCU
ESPNU – Virginia Tech at Duke
ESPN – UConn St. at Eastern St.
PSN – Villanova at Providence
SEC – Mississippi St. at Vanderbilt
9 p.m.
ESPNU – East Carolina at Tulane
9:30 p.m.
BTN – Illinois at Indiana
9:45 p.m.
CBSSN – CSU at Notre Dame
ESPNU – Kentucky at Auburn
ESPNU – Memphis at SMU
PSN – Seton Hall at Xavier
SEC – Georgia at Florida
11 p.m.
CBSSN – Wyoming at San Diego St.
ESPN – Nevada at Boise St.

Golf

9 a.m.
PGA – U.S. Open (qualifier)

Soccer

2:15 p.m.
PSN – Champions League, Round of 16, 1st leg, Real Madrid vs. Paris St. Germain
PSN – Champions League, Round of 16, 1st leg, Porto vs. Liverpool

Winter Olympics

5 p.m.
OLY (CHANNEL) – Medal Ceremonies
USA – Women’s Curling: Britain vs. Olympic Athletes from Russia

Pro Basketball

8:30 p.m.
MEN’S BASKETBALL

NBA Schedule

Time

Philadelph i a at Orlando
Golden State at Minnesota
Sacramento at Detroit
Golden State at New York
Denver at New York
Indiana at Washington
Milwaukee at Washington
Brooklyn at Chicago
Fresno St. at San Jose St.
Air Force at UNLV
UC Riverside at CS Northridge
Dayton at George Mason
Texas A&M at Missouri
Kansas at Iowa St.

Women’s Basketball

Women’s Ice Hockey: Olympic Athletes from Russia at the U.S.

NBC – Figure Skating: Pairs’ Gold Medal Final (LIVE);
NBCSN – Olympic Ice; Figure Skating: Pairs’ Gold Medal Final (replay)

3 p.m.
NHL

OTTAWA REDBLACKS — Placed K Michael Siani on injured reserve.

TODAY’S LOCAL SCHEDULE

How to Reach Us
Schools or coaches can report game results by calling 352-365-8204. Submissions also can be emailed to sports@dailycommmercial.com. Results submitted after 9:30 p.m. will run again in the next day’s edition of the Daily Commercial.
American swimmer Caeleb Dressel took the lead early in the race. He said, “It was a fast race. I really wanted to go for it and try to break the world record.” Dressel finished first with a time of 47.02 seconds, breaking the old record of 47.31 seconds set by Adam Peaty of England. Dressel’s victory was celebrated by fans and his teammates, who rushed the pool deck to congratulate him on his achievement.

On the track, American sprinter Sha’Carri Richardson came from behind to win the women’s 100-meter dash. Richardson, who had been suspended for a positive drug test, returned to the track with a mission to prove her innocence and her ability to compete at the highest level. She ran the race in 10.72 seconds, beating the second-place finisher by a comfortable margin. Richardson’s victory was a powerful statement of resilience and determination.

In the swimming event, American swimmer Katie Ledecky set a new world record in the 800-meter freestyle, finishing the race in 8 minutes and 12.88 seconds. Ledecky’s performance was a testament to her持续的 dedication and hard work. She said, “I’ve been training for this moment my whole life. To finally realize it is a dream come true.”

The Paralympic Winter Games also saw several memorable moments. American snowboarder presses a button on her snowboard to activate the adapted equipment, allowing her to successfully complete a jump in the competition. She said, “I’m really happy with my performance today. It’s been a long journey to get to this point.”

Overall, the Winter Olympics and Paralympics were a celebration of athleticism, perseverance, and the human spirit. Athletes from around the world came together to compete, pushing themselves to the limits in pursuit of their dreams. The events were a testament to the power of sport to bring people together and inspire global audiences.
that one shot is different. It
from the mind quickly, but
course. The bad shots fade
bring you back to the golf
fairway.
Lake Minneola from No. 6
Florida. The course serves
18 dynamic holes. Green
be tested as you play these
of challenges and opportu-
age, the course offers a mix
plays longer than its yard-

- Harbor Hills Country Club
- Harbor Nine Golf Club
- Legends Country and Golf
- Kings Ridge
- Mount Dora Golf Club
- Ocoee Run Golf Club
- Pennbrooke Fairways
- Pennbrooke Fairways
- Pennbrooke Fairways

Touring the courses II

Part 2 of a look at courses in Lake and
Sumter counties

By Paul Jenkins
post@dailycommercial.com

All it takes is one shot to
bring you back to the golf
course. The bad shots fade
from the mind quickly, but
that one shot is different. It
couldn’t possibly stick around
an effect on the fairway, a
perfect shot or a snip.

The memory of that shot
is enough to set you on the
Fairways, and to use every
lenient mounds and perim-
ter mounding and
lands, and to use every
club in the bag. The
Golf Digest. Be swept away
by the water at Green Valley
Country Club in

\[ \text{GREEN VALLEY COUNTRY CLUB} \]

\[ 1950 Kings Ridge Blvd., Clermont \]

\[ PHONE: 352-728-3200 \]

\[ ADDRESS: 1950 Kings Ridge Blvd., Clermont \]

\[ COST: Starting at $125 for non-members \]

\[ PAR: 70 \]

\[ DESCRIPTION: Located in the hills two miles west of Clermont, Green Valley is known for
excellent

\[ ADDRESS: 14601 Green Valley Blvd., Clermont \]

\[ PHONE: 352-352-3477 \]

\[ ADDRESS: B4 Griffin Road, Lady Lake \]

\[ COST: $24.99, depending on tee
time. \]

\[ PHONE: 352-383-3954 \]

\[ ADDRESS: 32800 Coun-
tryside Blvd., Largo \]

\[ WEBSITE: www.teeguide.net \]

- Non-Resident Memberships Available

- FEBRUARY SPECIAL

- Burger and Draft Beer or Soft Drinks $42.99 + tax

- Seafood Special $35.99 + tax

- Breakfast Sandwich $7.99 + tax

- Sunday Special $29 + tax

Call for a tee time today 352-763-7741

- AFRICAN AMERICAN DAY TOURNEY

- All funds raised will go to local St. Jude

- Meet pro angler at 21 from 5 to 7 p.m.

- Guests can also see

- The art Falcon Bass Boat

- Meet and greet with Hunter is free and open to the public.

- Secor, basketball registration

- Registration is under-
way for the Golf

- Tri-MACa secor and basketball leagues.
- Secor inter age (high school and basketball is for age)
- Secor high school and for YMCA members and

- For the four-person scramble which will have

- $3.50 an 18-hole

- A golf cart is being offered for

- one contest and there

- are prizes for closest to

- the pin and straightest drive, among others.

- Lunch is being catered

- Parking registration for the Tournament are available at the clubhouse.

- Most pro Angler at Texas Hold'Em Tournament

- On the eve of the

- FWAA dinner and

- Florida State football banquet, the

- Plantation Golf Club and

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**TRENDS**

**GO PURPLE FOR BETTER HEALTH**

Purple will reign as the new color of healthy food, according to a recent report on garden trends by The Garden Media Group. According to the U.S. Department of Agriculture, the purple anthocyanin antioxidant anthocyanin makes food, that has anti-inflammatory, anti-aging benefits, reduces obesity, protects the brain and promotes mental health, according to a column by Don Knirer in the Fargo Forum.

**VEGGIES**

**SUB OUT PLANTS FOR CARBS**

Plant-based foods are becoming an irresistible indulgence on the dinner menu, according to an article.

**TIP OF THE WEEK**

**PERFECT CUP OF TEA**

Stephen Twining, whose family founded Twining’s of London in 1706, shares some tips to brew your favorite cup of herbal tea. Start with a clean mug and a clean battle of water, cold water. As soon as the water begins to boil, remove the spout from the heat, and remove the heat. Slowly turn the water and use to pour over the brew. Let it steep for a few minutes, then remove from heat, pour into the tea bag, and steep as long as you like.

---

**FLASH IN THE PAN**

**Made with love**

Mole brings spice, chocolate, passion to the meal

By Ari Lehman

I wasn’t Valentine’s Day when Tita De La Garza prepared turkey mole. We were Cubil running the show, that meal would have been for her and Pedro, who loved Tita as much as she loved him.

Tita, the heroine of Laura Esquivel’s “Like Water for Chocolate,” was denied the opportunity to marry a man outside her social class. Instead, she made her love in the kitchen, and the people she fed had a way of responding emotionally to her cooking. Tita’s turkey mole (‘mol-AY’) was no different.

The word “mole” comes from “moli,” an Aztec word that translates roughly into “mash/mixture/consistency.” Today, mole is a complex dish that obviously has the least to do with chocolate.

The idea of chocolate in a savory dish seemed the first time you heard it, but originally, Aztec chocolate was prepared for the fact that walnut-fattened turkeys had a flavor similar to what Tita used.

What follows is an extrapolated version of Tita’s recipe, with more chocolate and adobo ingredients to make the fact that walnut-fattened turkey is hard to find these days. The recipe can be made with chicken, or other meats, but there are many ways to make.

Different spices, dried fruit, different combinations of chiles, different proteins. And of course, Tita’s secret ingredient is you, the person who shares it with the person she loves.

The secret is to make it with love.

---

Tita’s Turkey Mole

- ½ cup almonds
- ½ cup walnuts
- ½ cup seamless seeds (raw or toasted)
- 1 red chile pod, or as many varieties as you can find (pasilla, ancho, mato, polin, guajillo, Arbolado, New Mexico, etc.)
- 2 teaspoon coriander seeds
- 2 anise pods
- 4 teaspoon black peppercorns
- 4 inches cinnamon stick
- 1 handful chocolate powder, or substitute nibs or other form
- 2 cloves garlic, chopped
- 1 teaspoon anise – Tita’s favorite ingredient
- 1 teaspoon black pepper
- 2 teaspoon dried cumin
- 1 teaspoon dry white chile
- 2 teaspoon coriander seeds
- 2 teaspoon black pepper, anise, cinnamon and chile seeds. Stir these three until they start to brown and the coriander seeds begin to pop. Remove the spices from the pan and add the chocolate chips, tostado into pieces of one inch or so smaller. Turn the pan down and lightly toast the chips.

When the nuts begin to brown, add the seamless seeds and pumpkin seeds. When the seamless seeds start to brown, turn off the heat and let them cool.

Now, gather the spices, seeds, and chile into a stone mortar and pestle. Or, more likely, a food processor. Add the chocolate, and let it rip. When the mole gets too thick, add turkey stock until the mole is consistently of saucy creamy peanut butter.

Add it to another of the pans, on medium, and sauté the garlic and onion. Add the ground meat as you wish. You can add the green sauce, or substitute nibs or other form.

To make the green sauce, add the nuts, seeds, spices, and butter. Mix well. When the mole is ready, add the chiles, onions, and garlic. Stir well. When the mole is ready, add the chiles, onions, and garlic. Stir well.

A chimichurri is added to the sauce, which gives the mole its characteristic flavor with its characteristic green flavor.

The mole is ready. Serve it over brown rice and sautéed greens, or over roasted vegetables. Serve with love.

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It’s Valentine’s Day, and what better way to show your love than to give your valentine the gift of food? (Image: Daily Commercial.com)

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**ROASTING GOURMET**

**Show your love with easy cheese fondue**

Za Carter

It’s Valentine’s Day, and what better way to show your love than to give your Valentine the gift of food? You only have one opportunity to get your meal right.

The right food choices can create the perfect mood, and the wrong dish could be disaster.

I love those dinners where the spouse who doesn’t cook surprises the other with a home-cooked meal and it is soon realized why this person continues cooks so much. In the first place, With all this help available out there today, this no longer has to be the case.

Everyone in the food industry from grocery stores, personal chefs such as myself and restaurateurs want to help you have the most memorable meal ever.

See CARTER, C3
Once you finally tackle a pomelo, you’ll be glad you did

By Ellie Krieger
The Washington Post

Ingredients
• 3 scallions, trimmed, for garnish
• 2 tablespoons plus 4 teaspoons extra-virgin olive oil
• 2 pounds russet potatoes, peeled and cut into ½-inch dice
• 3 ribs celery, cut into ½-inch dice
• 2 carrots, peeled well, cut and coarsely shredded (about 3 cups)
• 3 medium cloves garlic, pulled in 1-inch dice
• 2 tablespoons low-sodium vegetable broth
• 6 cups no-salt-added chicken broth
• 1 teaspoon onion powder
• 1 teaspoon dried oregano
• 1 teaspoon ground black pepper
• 1 tablespoon fresh lemon juice
• ¼ cup shelled, unsalted pistachios
• 2 tablespoons plus 4 teaspoons extra-virgin olive oil
• 1 tablespoon Spanish sweet paprika (pimentón)
• 1 teaspoon kosher or sea salt, or more as needed
• ½ teaspoon garlic (garlic powder)
• ½ teaspoon dried thyme
• ¼ teaspoon freshly ground black pepper
• 1 tablespoon fresh lemon juice
• ⅛ teaspoon freshly ground black pepper
• 1 teaspoon fresh lemon juice
• ½ teaspoon garlic (garlic powder)
• 2 tablespoons plus 4 teaspoons extra-virgin olive oil

DENTAL SAVINGS
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COMPLETE SET OF 4 IMPLANTS
CLEANING BY HYgienist + EXAMINATION BY doctor
Reg. $332
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$49

Dentists: Dr. James Buxton and Dr. Richard Thomson.
Please ask about our affordable financing programs.

BY ELLIE KRIEGER
PHOTO BY DEB LINDSEY FOR THE WASHINGTON POST

By Joe Yonan
The Washington Post

February 17th
“Dolly Parton Tribute & Mike Palma”

Cashews give soup a little more substance

Fireworks in the form of fennel, citrus and cashews transform a creamy soup into something

February 24th
“Solid Gold Country”

Savor the savory flavor of fennel and citrus in this fennel pomelo salad

March 3rd
“Karen Carpenter Tribute”

Nutritional powerhouse, the pomelo is a delicious, healthy citrus fruit

For ticket info go to www.nobetenders.net or call: 327-875-5551/327-454-6884
Chilly days are perfect for baked projects

I love Florida’s winter climate, but I still enjoy oven fare. I like sweatshirts over short-sleeved shirts and sweatshirts and sweaters to wear when the house is cold. Baking is a great passion of mine. I’ve always enjoyed making breads, especially at home instead of buying them at the store. I’ve always been a fan of baking in general, but I love baking during the winter when the air is colder and I’m not out in the heat.

I’m always trying out new recipes, especially ones that I can make with herbs and vegetables that are in season. I’ve been trying out a lot of new recipes lately, and I’m always looking for new ways to use herbs and vegetables.

As I mentioned earlier, I love baking during the winter. It’s a great way to stay warm and enjoy the comfort of making something special.

In this recipe, I’m using a combination of herbs and vegetables to create a delicious and healthy dish. The recipe is simple, but it’s packed with flavor and nutrition. You can use any combination of herbs and vegetables that you like, but I recommend using a mix of fresh herbs and vegetables to get the best flavor.

**CHEESE FONDUE**

**Ingredients:**
- 1 garlic clove, washed and minced
- 1 cup red wine
- 1 cup dry white wine
- 1 cup milk
- 1 cup water
- 1 small potato, peeled and diced
- 1 tablespoon butter
- Salt and pepper
- 1/2 cup grated Swiss cheese

**Directions:**
1. In a saucepan, combine the wine, milk, water, and butter. Bring to a boil and then reduce the heat to low. Add the garlic and simmer for 5 minutes.
2. In a blender, combine the potatoes and cheese. Add the wine mixture and puree until smooth. Serve immediately.

**SAVORY PIE**

**Ingredients:**
- 1 cup cooked broccoli, chopped
- 1 cup sliced mushrooms, sautéed
- 1/4 cup grated Parmesan cheese
- 1/4 cup chopped fresh basil
- 1/4 cup chopped fresh parsley
- 1/4 cup chopped fresh sage
- 1/4 cup chopped fresh thyme

**Directions:**
1. Preheat the oven to 375°F. Place the pie dish on a baking sheet.
2. In a medium bowl, combine the broccoli, mushrooms, and cheese. Add the remaining ingredients and mix well.
3. Pour the mixture into the pie dish and bake for 25 minutes, or until the edges are golden brown.

**PIZZA**

**Ingredients:**
- 1/2 cup grated mozzarella cheese
- 1/4 cup shredded Parmesan cheese
- 1/4 cup grated Monterey Jack cheese
- 1/4 cup grated cheddar cheese
- 1/4 cup grated Swiss cheese
- 1/4 cup chopped fresh basil
- 1/4 cup chopped fresh parsley
- 1/4 cup chopped fresh oregano

**Directions:**
1. Preheat the oven to 450°F. Place the pizza crust on a baking sheet.
2. Spread the cheese mix over the crust. Sprinkle with the herbs.
3. Bake for 10 minutes, or until the cheese is melted and the crust is golden brown.

**PIZZA DOUGH**

**Ingredients:**
- 2 cups bread flour
- 2 tablespoons active dry yeast
- 1 1/2 teaspoons salt
- 1 1/2 cups warm water

**Directions:**
1. In a large bowl, combine the flour, yeast, salt, and water. Mix well.
2. Knead the dough on a floured surface until smooth and elastic, about 10 minutes.
3. Place the dough in a greased bowl, cover with plastic wrap, and let rise in a warm place until doubled in size, about 1 hour.

**PIZZA SAUCE**

**Ingredients:**
- 1 can crushed tomatoes
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1 teaspoon dried parsley
- 1 teaspoon dried thyme

**Directions:**
1. Preheat the oven to 450°F. Place the pizza sauce in a small bowl. Stir well and serve with your pizza.

**PIZZA CHEESE**

**Ingredients:**
- 1/2 cup grated mozzarella cheese
- 1/4 cup shredded Parmesan cheese
- 1/4 cup grated Monterey Jack cheese
- 1/4 cup grated cheddar cheese
- 1/4 cup grated Swiss cheese

**Directions:**
1. Preheat the oven to 450°F. Place the pizza cheese on a baking sheet.
2. Spread the cheese evenly over the baking sheet. Bake for 2 minutes, or until the cheese is melted.

**PIZZA BATTER**

**Ingredients:**
- 1/2 cup all-purpose flour
- 1/2 cup cornmeal
- 1/4 cup grated Parmesan cheese

**Directions:**
1. In a large bowl, combine the flour, cornmeal, and cheese. Mix well.
2. Knead the dough on a floured surface until smooth and elastic, about 10 minutes.
3. Place the dough in a greased bowl, cover with plastic wrap, and let rise in a warm place until doubled in size, about 1 hour.

**PIZZA LOAF**

**Ingredients:**
- 2 cups bread flour
- 2 teaspoons salt
- 1 tablespoon sugar
- 1 1/2 teaspoons active dry yeast
- 1/2 cup warm water

**Directions:**
1. In a large bowl, combine the flour, salt, sugar, and yeast. Add the water and mix well.
2. Knead the dough on a floured surface until smooth and elastic, about 10 minutes.
3. Place the dough in a greased bowl, cover with plastic wrap, and let rise in a warm place until doubled in size, about 1 hour.
On a drink at Mama’s Fish House in Maui, and if it allows topped with a black paper straw. At South Africa’s Conscious, you’ll likely get a straw made of steel.

> By Abha Bhattarai, The Washington Post

Restaurants consider alternatives to the plastic straw. At South Africa’s Conscious, there are gold-plated steel straws, alongside 114 plastic straws, including stainless steel straws made of wood, paper or metal instead of plastic.

> By some estimates, Americans throw away 500 million plastic straws a day. The no-plastic movement, which has grown steadily in recent years, promises: Customers don’t get plastic straws unless they specifically request them, and only about a few years later, to the promise, he’s settled on a compromise. Californians don’t get plastic straws unless they specifically request them, and only about a few years later, to the promise, he’s settled on a compromise.

> At Mama’s Fish House in Maui, and if it allows topped with a black paper straw. At South Africa’s Conscious, you’ll likely get a straw made of steel.

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Is there anything dreamier than the tender crumb of a light-as-air angel food cake? I've loved angel food cake ever since I first tasted it as a child. It reminded me of cotton candy. No wonder: Angel food cake is essentially a fluffy blend of a super-sugary meringue laced with just enough flour to give it a little structure. In other words, there was very little to get in the way of the pure-sugar flavor that my childhood palate adored!

In the 80's, low-fat became the “healthy” battle cry, and angel food cake came into vogue, with no fat weighing it down, but plenty of white processed sugar fluffing it up. In fact, fat-free-but-sugary baked treats were practically a diet fad unto themselves for well over a decade. Of course, modern science (and let's just say it: common sense) tells us that we could all benefit from cutting down on processed sugar. So how to bring back the flavor and texture of the angel food cakes I adored as a child without throwing our blood sugar levels out of whack? Today's recipe is the solution.

I cut the sugar down by about 25 percent over typical recipes and it worked great. Secondly, I skipped purchasing “superfine” white sugar, and tried less-processed organic versions. I pulsed the coarser sugar in the blender myself to make it powdery-fine. (It's still sugar, but even baby steps toward healthy eating count!). Instead of using super-starchy, lower-protein cake flour, I pulsed up regular flour in the blender to mimic the lightness. Also, I made the cake in a loaf pan, which resulted in smaller, more portable slices versus tube pan portions by some visual trick of nature that I don't fully understand, but have proven many times with my own family.

Can a healthier angel food cake still have plenty of flavor?

SERVES: 12
START TO FINISH: 2 hours, including inactive cooking and cooling time

**INGREDIENTS:**
• 2/3 cup organic sugar
• ½ vanilla bean, grains scraped from pod
• 2 teaspoons lemon zest, finely grated
• ½ cup all-purpose flour
• 1 cup egg whites, from approximately 7-8 eggs
• ¼ teaspoon table salt
• ¾ teaspoon cream of tartar

**GLAZE (optional):**
• ¼ cup nonfat plain Greek yogurt
• 1 teaspoon lemon zest
• 2 tablespoons lemon juice
• ¼ cup organic powdered sugar

**STEPS:**
Preheat the oven to 325 F (310 F if using convection heat).
Place the sugar, zest and vanilla bean in a dry blender and pulse until well-blended and sugar is fine and fluffy. Pour about half the sugar into a small bowl and set aside. Add the flour to the remaining sugar in the blender and pulse again a few times to create a fine flour mixture. Pour into a small bowl and set aside.

In a stand mixer with a whisk attachment, beat egg whites, salt and cream of tartar on medium speed just until frothy (under a minute). While mixing, carefully add the fine sugar (without the flour) to the egg whites, a tablespoon at a time. Continue beating the eggs until soft peaks form. Remove the bowl from the stand mixer, place a sifter over the bowl and sift in half the flour mixture and egg mixture gently, incorporating with a rubber spatula until no flour streaks remain. Scrape batter into a standard sized ungreased loaf pan. Bake for 35-40 minutes, or until top is golden.

Once cooled, remove the cake by sliding a knife around the edges of the cake. While the glaze ingredients are still in a small bowl and drizzle on the cake when serving, if desired.
A NOTE TO THE READERS: Change may be the only constant in life, but it is not always the best, as I can confidently relate.

The outcome of the Dear Abby question can be found in the bottom part of the page.

Pass the solution as a gift to a friend. You often take off together and are single, you discover.

To make good decisions, you need a break. Ask an intelligent, my father suggested.

You might feel overloaded with irrelevant gossip.

You will be able to make your mind, and you are likely to witness.

"Suzonne". We are bodybuilders and into fitness, so we are as happy on your 50th birthday.

You could feel as if you have become more involved in.

"Suzonne should ask her opinion. He said.

This infuriates me. It was Jan. 31). The musical "Rock-a-Bye Baby" was featured in the song "Rock-a-Bye Baby".

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Mallinckrodt is facing a new wave of lawsuits due to its role in the opioid crisis. The company, which was acquired by Orion Health, has been accused of contributing to the opioid epidemic. The lawsuits, which have been filed by states and municipalities, claim Mallinckrodt knew about the risks of opioid addiction but failed to warn the public or take adequate steps to prevent abuse.

Mallinckrodt's stock has fallen sharply in recent months as investors have become increasingly concerned about the company's ability to cope with the legal challenges. The company has been forced to take steps to reduce its costs and improve its financial position, but it remains to be seen whether these measures will be enough to prevent Mallinckrodt from facing further legal setbacks.

In an interview with The Wall Street Journal, Mallinckrodt CEO Scott Higginson said the company is taking steps to address the opioid crisis and reduce its legal exposure. "We are taking a very proactive approach to this issue," he said. "We are working closely with regulators and other stakeholders to find solutions that will help address the opioid epidemic in a responsible way."
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By THOMAS JOSEPH

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