

DWIGHT THE WINE DOCTOR

By Dwight Casimere

The (Olive) Hills are alive, with the sound of The Doobies!

“Our 2006 Silver Label Cabernet is aged in French Oak for one year,” Bruce Cohn, owner of Sonoma County’s B. R. Cohn Winery of Glenn Ellen, California said proudly. “And the wine sells for only \$17.99. You won’t find too many winemakers who make cabernet at that price who use French Oak!”

Cohn was pouring his 2006 Silver Label Cab and the more expensive 2006 Sonoma Valley Olive Hill Estate Vineyards Cabernet Sauvignon to a small, but enthusiastic gathering of wine aficionados at Binny’s South Loop location in Chicago. The informal tasting was part of his national tour to introduce consumers to the label that has become a staple in many fine restaurants.

“All of the great steak houses have my wine,” he said while posing for a photographer. “Morton’s, Gibson’s, The Palm. Jerry Kleiner loves my wines and has them in all of his restaurants, including Carnivale, Gioco and Via Ventuno, the old Room 21.

What makes my wines unique is that I’m trying to show that



Cabernet can be well balanced and drinkable now as well as something that can age gracefully for years to come. So many wines are either or. They may have great aging potential, but they’re nothing you can bring to the table now. My winemaker, Tom Montgomery, is a master as crafting wines that are drinkable now, but have that aging potential.”

Tom Montgomery brings curriculum vitae to his current position as winemaker to B.R. Cohn that would be the envy of anyone in the wine business. Having

grown up in the rich agricultural basin of central California, he earned his degree in enology from Cal State University. He then spent five years in the Napa Valley where he worked for the original Napa Cellars. He then moved to San Luis Obispo where he served in the dual roles of winemaker and vineyard manager. He then returned to Napa, first to Cosentino winery and then, in 1997, to Conn Creek for six vintages, where he

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COMFORT FOODS With a Kick!



Monterey Chicken Tortilla Casserole

Prep: 10 minutes
Cook: 40 minutes
Makes: 4

- 1 cup coarsely crumbled tortilla chips
- 2 cups cubed cooked chicken OR cooked turkey
- 1 can (about 15 ounces) cream-style whole kernel corn

- 3/4 cup Pace Picante sauce
- 1/2 cup sliced pitted ripe olives
- 1/2 cup shredded cheddar cheese
- Chopped green pepper OR red pepper
- Tortilla chips

1. Layer crumbled chips, chicken, corn and picante sauce in 1-quart casserole. Top with olives and cheese.

2. Bake at 350°F for 40 minutes or until hot. Top with peppers. Serve with chips.

2-Step Beef Taco Joes

Prep: 5 minutes
Cook: 10 minutes
Makes: 8

- 1 pound ground beef
- 1 can (10 3/4 ounces) Condensed Tomato soup (Regular OR 25% Less Sodium)
- 1 cup Thick & Chunky salsa
- 1/2 cup shredded cheddar cheese
- 8 Sandwich rolls, any variety

1. Brown ground beef in skillet. Pour off fat.

2. Add soup and salsa. Heat through. Top with cheese. Serve on rolls.



Dining Out

By Dwight Casimere - The Times Weekly



Eating the rainbow, a nutritious and delicious way to go

When you sit down to eat a meal, is it colorful? If it is not, you may be lacking some important nutrients. It turns out that eating a variety of naturally colorful foods is ideal. The American Dietetic Association (ADA) reports that research indicates that foods rich in color and flavor have more phytochemicals, or plant compounds, which are believed to aid in disease prevention and maintenance of a healthy body.

The ADA recommends eating an array of foods of many different colors, such as following those of the rainbow. Colorful meals usually appeal more to the senses and are visually inviting, which can create a more pleasurable dining experience.

Focus on trying to integrate many colors into the dishes you prepare each day, trying to plan for a variety of color. Including the various colors is important, as each brings its own bevy of nutrition to the table. To eat the rainbow each day, or foods that help to create the image of one, keep these colors and foods in mind:

Red foods are high in the antioxidant lycopene, which helps protect from some cancers, and helps prevent sun damage. Red foods include tomatoes, cherries, red bell pepper, watermelon, strawberries, pomegranates, and red potatoes.

Orange foods are high in vitamin C, provide anti-inflammatory properties, and help prevent cancer. Good sources of orange foods include carrots, sweet potatoes, pumpkins, cantaloupe, oranges, and orange bell pepper.

Yellow foods are high in carotenoids, which help to decrease inflammation in the joints, as well as prevent cancer and aid in good vision. Sources include yellow bell pepper, corn, pineapple, yellow squash, and apricots.

Green foods offer an abundance of vitamins and antioxidants. Options include avocado, broccoli, asparagus, spinach, zucchini, romaine lettuce, green peas, and green grapes.

Blue and purple foods are high in antioxidants and are good for memory and cardiovascular health. Ideal selections include eggplant, blueberries, prunes, plums, beets, and blackberries.

White foods can help prevent cancer and heart disease, and include such options as onions, mushrooms, garlic, and cauliflower.

These foods can easily be added into your daily meals as side dishes, chopped and added to sauces, casseroles, stir fry, and soups, or even used in preparing baked goods, such as pumpkin spice muffins.

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SENIOR SPOTLIGHT

Help preserve vision against cataracts

Did you know that cataracts are the leading cause of vision loss among adults 55 and older? In fact, more than half the people over age 65 have some form of cataract development. A cataract is a clouding of the lens in the eye, the part of the eye that focuses light and produces clear images. Inside of the eye, the lens is contained in a sealed bag or capsule. As old cells die they become trapped within the capsule. Over time, more cells die and accumulate, causing the lens to cloud, making images look blurred or fuzzy. For most people, cataracts are a natural result of aging. But, eye injuries, certain medications, UV exposure and diseases such as diabetes and alcoholism have also been known to cause cataracts.



than 90 percent of the people who have cataract surgery regain useful vision.

"Unfortunately, there are age-related eye diseases for which there are no cures that cause severe vision loss and blindness, like glaucoma or diabetic eye disease," said Hugh R. Parry, president and CEO of Prevent Blindness America. "The good news is that cataract can be effectively treated and vision restored by an eye surgeon (ophthalmologist). We encourage everyone to educate themselves about what they can do to help prevent cataract as well as visit an eye care professional to see which treatment is right for

them."

In honor of "Cataract Awareness Month," taking place in August, EyeCare America and Prevent Blindness America are encouraging people to make their vision health a priority. Prevent Blindness America offers the public free educational information on cataracts in both English and Spanish through its toll free number, (800) 331-2020, or Web site at preventblindness.org. The non-profit organization also offers information on Medicare benefits in relation to cataract surgery and care as well as a guide on what patients can expect if surgery is required.

For a Seniors EyeCare Program referral, those interested may call the toll-free help line 1.800.222.EYES (3937). The Seniors EyeCare Program help line operates 24 hours a day, every day, year-round. The Seniors EyeCare Program is co-sponsored by the Knights Templar Eye Foundation, Inc. and Alcon.

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like roofline arching over the windows to the C-pillars. They do but there's a price. The bottom of the EX's rear doors wrap around the wheel well. In other words, those doors are not as wide as they appear and it's a bit of a squeeze for an adult to get into the back seat.

Still, once I got back there I was surprised to see a coat rack pull out

from the drivers head rest. It's yet another nice touch. There was also a lane departure warning system as well as a lane departure prevention system.

The prevention system will "assist the driver by using gentle control (generating part of the necessary yaw movement), using the VDC's brake actuator to control the brake pressure of each

individual wheel to generate the intended movement." In other words, the system will help bring the EX back into the proper lane. Indeed, my Infiniti EX was very impressive. Prices started at \$37,400 for the AWD Journey model. Add on options and the sticker on my test vehicle was \$45,285.

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produced the landmark Bordeaux blend 'Anthology' which garnered numerous awards and critical acclaim. After earning his MBA, he came to B.R. Cohn with the goal of creating consistent high quality Cabernet Sauvignon. Just one taste of the magnificent Olive Hill Estate Cabernet brings to mind the words "Mission Accomplished!"



The Doobies Brothers

Bruce Cohn is no slouch in the wine background department either. He brings 35 years of wine country wisdom to his role as proprietor of the B.R. Cohn Winery, founded in 1984 in the heart of Sonoma Valley.

estate's 140-year-old Picholine olive trees, which were imported from France. He also produces premium handcrafted vinegars and a line of gourmet culinary items.

In addition to overseeing day-to-day operations at the winery, Cohn has also established B.R. Cohn Olive Oil Company, producing extra virgin olive oils from the

Cohn also possesses another asset that is unique among all winery owners, he has for years guided the ascendancy of one of the most successful popular music groups of all time, The Doobie Brothers. Cohn continues to fuel

his passion for music through his work with the multi-platinum band. They've even made their way onto a B.R. Cohn wine label, the Doobie Red Series, with proceeds benefiting the National Veterans Foundation. In fact, The Doobie Brothers will be performing at the winery Saturday, October 3, on a bill with Pablo Cruise and Little Feat (am I getting a flashback to old Fillmore Street days in San Francisco?), with proceeds benefiting the Veterans Foundation and various children's charities. For more information, visit www.brcohn.com.

Check out Dwight the wine Doctor's blog and see his travels at www.dwightthewinedoctor.blogspot.com.

Petition to remove pastors, Christian programming from television

Pastors and other Christian programs are being threatened by a group who wants to be removed from television pastors like Joel Osteen, Joyce Meyer, Charles Stanley, David Jeremiah just to name a few.



By ORA HALLOWAY
THE CHURCH LADY

An organization has been granted a Federal Hearing on the same subject by the Federal Communications Commission (FCC) in Washington, D.C. Their petition, Number 2493, would ultimately pave the way to stop the reading of the gospel of our Lord and Savior, on the airwaves of America. They got 287,000 signatures to back their stand!



If this attempt is successful, all worship services broadcast on the radio or by television will be stopped. This group is also campaigning to remove all Christmas programs and Christmas carols from public schools! You as a Christian can help!

Don't take this lightly. We ignored one lady once and lost prayer in our schools and in offices across the nation. Please stand up for your religious freedom and let your voice be heard. Together we can make a difference in our country while creating an opportunity for the lost to know the Lord.

We are praying for at least 1 million signatures. This would defeat their effort and show that there are many Christians alive, well and concerned about our country. As Christians, we must unite on this.

Yes, add my name to the list to keep pastors and church programs on the airwaves.

Email your name and family members names to Lisa Norman at electricello@hotmail.com

LABOR DAY WEEKEND GOSPEL FEST 2009 SEPTEMBER 4TH - SEPTEMBER 6TH



THE HARVEY BROOKS FOUNDATION INVITES LOCAL VENDORS TO JOIN US AGAIN THIS YEAR AS WE CELEBRATE WITH THE COMMUNITY.

VENDOR BOOTHS ARE NOW AVAILABLE AND FILLING FAST! SPACE FOR THE ENTIRE WEEKEND IS \$150 OR SATURDAY ONLY IS \$75.

DEADLINE TO RESERVE SPACE IS FRIDAY, AUGUST 14TH.

PLEASE CONTACT SHIRLEY HATTEN AT (815) 722-2570 OR LIZ TORAN AT 708-638-2061 WITH QUESTIONS OR TO RESERVE YOUR SPACE TODAY!

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| Sunday Morning Prayer | 6:00 a.m. |
| Sunday School | 9:30 a.m. |
| Worship Service | 11:30 a.m. |
| Evening Service | 5:00 p.m. |



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| Daily Prayer 12:00 p.m. / Tuesday Evenings Prayer | 7:00 p.m. |
| Midwest Apostolic Bible College Classes / Tuesday | 6:00 p.m. |
| Bible Study & Children's Bible Study / Thursday | 7:00 p.m. |

SPANISH SERVICE BEGINS NOV. 9TH AT 10:30 A.M