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Hickman County
Monday 12-12-14

Unbeatable Italian sweet treat

By JODIE C. MORGAN
eatinonthecheap.com

It doesn't matter how old you get, having dessert for breakfast always sounds like a great idea. Especially this time of year when the last slice of pumpkin pie is totally a balanced meal and the family weekend brunch most certainly includes a heaping pile of cinnamon rolls.

Cookies are a little harder to justify. I guess you could call it a "breakfast cookie" but they lack the social acceptance of more traditional breakfast sweets.

Enter the Italians.

Italians are geniuses. What other culture has come up with a way to make having cookies for breakfast not only acceptable but stylish? I can't think of one at the moment.

Italians were smart



Chocolate chip biscotti

enough to come up with biscotti (that means "twice baked"), which is basically a giant cookie loaf that is sliced and baked again until somewhat crunchy. They paired biscotti with coffee and instantly transformed the cookie into acceptable breakfast fare.

The even better thing about biscotti is that it makes excellent gifts!

Throw a few in a fancy tin with a coffee cup and you have yourself one extra special teacher/co-worker/neighbor gift.

Because nothing says "Christmas" like having cookies for breakfast.

Jodie Morgan's recipes may be found at eatinonthecheap.com. She lives in Centerville.

Chocolate Chip Biscotti

Makes 12-15 biscotti

½ cup (1 stick) softened butter
½ cup granulated sugar
¼ cup packed light brown sugar
2 large eggs
1 teaspoon vanilla extract

2 cups all purpose flour
1 ½ teaspoons baking powder
¼ teaspoon salt
1 cup semi-sweet chocolate chips

Preheat the oven to 350 degrees.

In a stand mixer, cream the butter and sugars together until light and fluffy. Add in the eggs and vanilla and beat until well incorporated.

In a small bowl, combine the flour, baking powder and salt, then gradually add that mixture to the egg mixture. Stir until just combined. Fold in the chocolate chips.

Turn the dough out onto a parchment lined baking sheet and shape into a 3" x 15" loaf (it should be somewhere around ¾" thick).

Bake at 350 for 25-30 minutes or until lightly browned. Remove from the oven and let cool for 30 minutes. Reduce the oven temperature to 325

For disabled, Pathfinder is topic Wed.

Tennessee Disability Pathfinder will bring disability related information and customized resource referral to the Lewis County Library in on Hohenwald at 10 a.m., Wednesday, December 14.

Information coordinator Karen Mevis will lead a 30-minute training presentation on the many facets of Tennessee Disability Pathfinder, and how to use it, followed by a question and answer time.

Pathfinder, a grant-funded program of the Vanderbilt Kennedy Center for Excellence in Developmental Disabilities, is a statewide program based in Nashville.

Following the group session, Mevis will meet with individuals and family members in confidential sessions to discuss their needs, and identify resources which may be helpful. Individuals and families may also have customized research done to help find what is available. Persons who don't have time to stay for an in-person consultation, can sign up for a phone call on another day.

For this pilot project, Pathfinder is reaching out to persons in several Middle Tennessee counties which were not represented in the thousands of Tennesseans who contacted Pathfinder last year.

Mevis entered the disability field as a parent of a child with severe disability. After her experience navigating healthcare and educational systems, and Partners in Policymaking training, she started a second career. For eight years at The Arc Tennessee, she supported families on two waiver programs. Since 2014, she has been fielding resource questions from English-speaking callers to Pathfinder's toll-free helpline.

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"I learned firsthand how hard it can be in Tennessee to find what you need for a child with a disability. I've been there," she said. "It became my passion and purpose to help others on similar paths."

EHHS concert Monday night

Choir and bands from East Hickman Middle and East Hickman High schools will present a Christmas concert on Monday, December 12 beginning at 7 p.m. in the high school auditorium.

Admission is free, though donations will be accepted.

Director Greg Gunther said light refreshments will be served after the concert.

Chocolate Chip Biscotti

Makes 12-15 biscotti

1/2 cup (1 stick) softened butter
1/2 cup granulated sugar
1/4 cup packed light brown sugar
2 large eggs
1 teaspoon vanilla extract

2 cups all purpose flour
1 1/2 teaspoons baking powder
1/4 teaspoon salt
1 cup semi-sweet chocolate chips

Preheat the oven to 350 degrees.

In a stand mixer, cream the butter and sugars together until light and fluffy. Add in the eggs and vanilla and beat until well incorporated.

In a small bowl, combine the flour, baking powder and salt, then gradually add that mixture to the egg mixture. Stir until just combined. Fold in the chocolate chips.

Turn the dough out onto a parchment lined baking sheet and shape into a 3" x 15" loaf (it should be somewhere around 3/4" thick).

Bake at 350 for 25-30 minutes or until lightly browned. Remove from the oven and let cool for 30 minutes. Reduce the oven temperature to 325 degrees.

Once cool, slice the biscotti into 1-inch (ish) pieces and return to the baking sheet, cut side up. Bake for an additional 10 minutes. Flip them over and then bake for another 10 minutes.

Let them cool completely, then store in an airtight container for up to 5 days.

sought on open records policy

licRecords.pdf. It should be sent to ts.open.records@

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The draft model policy

instructs government entities to indicate in their policies whether public records requests will be accepted by phone, fax, e-mail or through the web. This is not the only place where discretion to create rules is implied. The draft also instructs government entities to choose whether it will allow requesters to make copies of records with personal equipment, such as a

phone.

While the draft best-practice guidelines encourage custodians to produce records electronically "when feasible as a means of utilizing the most economical and efficient method of producing records," it also notes that a custodian is not obligated to provide the record in a format that could be manipulated, such as a data format.

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