



Boswell Regional Center Bulletin

March 2013

A Publication for Employees, Family and Friends of BRC

Dreams Became Reality!

Inside this issue:

Front Page: The Baileys

Spotlight on Will Beeson 2

IDD Awareness Month 3

IDD Day at the Capital 4

Good Friday Service 4

Employees of the Year 5

Employee Recognitions 6

Pastor's Corner 7

St. Patrick's Day 7

Boswell Reaches Out 8

Boswell Welcomes 9

Senior Prom 10

A Look Around Boswell 11

Friends & Family Update 12

Prostate Detection 13

Think Recovery 14

Friends & Family App. 16

The publication of the BRC Bulletin is made possible by the contributions of our dedicated and talented employees. The articles and pictures were written, taken and formatted by BRC employees. Their contributions are greatly appreciated! We sincerely hope that you enjoy this edition of the Boswell Regional Center Bulletin, March 2013 Issue.



The Baileys sit together enjoying one another's company

The Baileys are back together! It's been about 35 years since the six Bailey siblings have all lived together.

Starting on March 18, 1995, one by one, the Baileys took up residence in different programs at Boswell Regional Center. Now they are all back together again, living in the Pine Grove area.

In two homes, one for the sisters and one for the brothers, the Baileys live side by side, part of four community homes just outside Magee.

Planning began around a year ago and culminated in a massive effort, which included staff from just about every department on campus, community services, and outside agencies like the Division of Medicaid, the ARC, and Region 8 participating in Bridge to Independence. Trucks, vans, and cars rolled out, and with many hands helping, the six siblings and six other residents were moved from campus and other Simpson County community housing on March 19 and March 20, 2013 – just after Ed's eighteenth anniversary.

For all, this has been a dream come true! For the Baileys, however, this is also a very momentous and poignant time as well.

Moving boxes still needed to be unpacked when the six gathered together, sitting at the dining table en-mass, grins lighting up for all to see. At first, they all just sat together, but it didn't take long for that to change. It seems that sibling bantering and badgering knows no age limit. Once the pictures were snapped, the siblings started ribbing and joking with each other. Generally, it was time for them just to be together.

While each is now enjoying greater independence, for which they (and staff) have all labored long and hard, they are also rebuilding their family circle. According to the Baileys, some of their future plans include family dinners, cook-outs, and maybe even a backyard garden. No matter what though, the Baileys are able to reconnect with each other – making many dreams reality.

Can't you just imagine the good nights being said at Pine Grove? Good night, Ed ... Emma ... Tim ... Jearlean ... Dorothy ... Willie

Spotlight on: Will Beeson



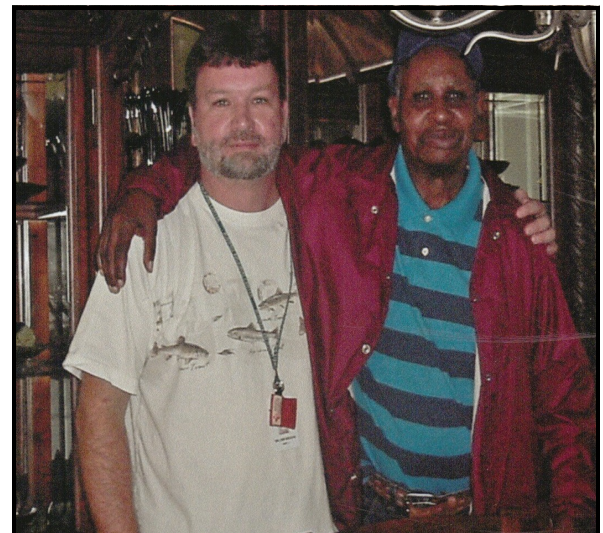
Will Beeson grew up working in his uncle's saw mill near Brookhaven. At age 17, he joined the Army Reserve and attended basic training at Fort Jackson, SC. He later served in the Mississippi National Guard before joining the Air Force in 1986. While serving 4 years as an F-16 crew chief, Will graduated from the Community College of the Air Force and earned his aircraft machinist's license. In 1992, he returned home and began attending classes at Co-Lin's Wesson campus. After graduation he moved to Hattiesburg and began volunteering at the ARC. This experience led him to pursue a career working with individuals with intellectual disabilities. In 1998, he graduated from USM with a BS in Special Education.

Will began his teaching career at Elaine Wynn Elementary in Las Vegas, NV. After a couple of years he returned to Mississippi once again and began teaching at East Side High School in Cleveland. While on a hunting trip with an old college friend, he discovered BRC. He began working as a QMRP on the second floor of the Jaquith Building in 2002.

Three years later, he joined the Education Department and worked with Mrs. Janet Gibson to create the LIFE Center. During his tenure at the LIFE Center, Will, Sharon Barnes and Shirley Harper created many of the campus events we know today. The annual Awards Program, Lester Evans Award, Hurricane Football Team, Boswell Employee Soft Tournament and the Fall Ball are all remnants of his early days at the LIFE Center.

Will returned to second floor as the Unit Administrator in 2008. Blessed with a resourceful and energetic staff, Unit 2 overcame many challenges and reached goals once thought unattainable. Within two years the use of full-floor restraint had decreased to the point that it was no longer needed. Will stated, "This is a testament to the resolve and hard work of my direct care staff and team members. Still, it's something I'm proud to have been part of."

In December 2011, he graduated the Certified Public Mangers Program. "I'm so grateful for all the opportunities that BRC has given me. I can't imagine a better place to practice my profession." Will currently serves as the Administrator of the new Short-Term Stabilization Program. "Once again I've been tasked with leading an exceptional group of employees. I have every confidence that we will continue to be successful in meeting the needs of our individuals and fulfilling the mission of this historic facility."



IDD Awareness Month



Magee Mayor Jimmy Clyde is pictured signing a proclamation designating the month of March as Intellectual/Developmental Disabilities Awareness Month. Also pictured is Boswell Regional Center Director, Steven Allen (left) and S.Allen (right), who receives services.

March is observed as Intellectual and Development Disabilities (IDD) Awareness Month. The month of March is set aside each year in an effort to raise public awareness of Mississippians with disabilities. One of the events was that the city of Magee joined forces with Boswell to increase awareness in the community through a proclamation signed by Mayor Jimmy Clyde on March 6th. This is an annual event which recognizes IDD Awareness in the month of March. Also, the annual Day at the Capitol is set aside for March 27th. Facilities and organizations that serve individuals with disabilities erect displays in the rotunda of the Capitol in Jackson and speak with legislators regarding programs and services provided to Mississippians with disabilities.

Boswell Regional Center is one of five regional programs in the state established to serve those with intellectual and developmental disabilities. Boswell Regional Center operates under the Mississippi Department of Mental Health, which provides a continuum of care and services for thousands of Mississippians with intellectual and developmental disabilities.

The center's main program is located off Highway 49 in Magee, Mississippi. Other facilities operated by Boswell are located in Mendenhall, Brookhaven, Wesson, and Hazlehurst.

The State of Mississippi founded Boswell Regional Center in July 1976 on the grounds of what was formerly known as the Mississippi State Tuberculosis Sanatorium. For decades, the Sanatorium served as a treatment center for those with tuberculosis.

Since its inception over 35 years ago, Boswell Regional Center has grown from providing services for 35 individuals with intellectual and developmental disabilities at the main campus to serving over 350 clients in communities in five locations. Boswell Regional Center has experienced numerous changes over the years, but one thing has remained the same: the center's dedication to providing the most comprehensive care for those with intellectual and developmental disabilities while at the same time helping them achieve the most independent, productive and satisfying lives possible in the setting they choose. Boswell Regional Center is under the leadership of Steven Allen, BRC Director.

IDD Day at the Capital

The Mississippi Department of Mental Health celebrated March as Intellectual and Developmental Disabilities (IDD) Awareness Month at the annual “IDD Day at the Capitol.” This event took place on March 27 from 1:30 – 3:30 p.m. at the State Capitol. The goal of this annual event is to increase the public’s knowledge and awareness of individuals with Intellectual and Developmental Disabilities and how they participate and contribute to their communities.

“I encourage all Mississippians to learn more about intellectual and developmental disabilities,” said Ed LeGrand, DMH Executive Director.

“Intellectual and developmental disabilities cover a broad range of often misunderstood characteristics. An intellectual disability is characterized by limitations in intellectual functioning and difficulties in a variety of everyday social and practical skills. A developmental disability is attributed to a cognitive or physical impairment that results in limitations in areas such as self-care, language, and mobility. More than 41,000 fellow Mississippians are affected by intellectual and developmental disabilities.”

Several staff members from Boswell Regional Center were in attendance, including Boswell Director Steven Allen, and Sheri Allen and Dovie Hall from Boswell Community Services.



Boswell Director, Steven Allen and Senator Haskins Montgomery at the IDD Day at the Capital



Sheri Allen(l) and Dovie Hall(r) of Boswell Community Services, stand with Representative Greg Haney

Good Friday Service



Assistant Director Cindy Womack



Senior group, Happiness Is, from Raleigh



Bro. Bill Blair and Bro. Rudy Jackson

Boswell staff and individuals participated in a Good Friday Service held at the Auditorium this past Friday. The program began with Bro. Bobby Hamilton opening with an invocation, followed by Mrs. Cindy Womack, Assistant Director, welcoming everyone. A senior church group from First Baptist Church of Raleigh, Happiness Is, was also invited to take part in this special event! What an enjoyment to sit and listen to this group of devoted seniors. Our individuals were also given the time to read some scripture as they always enjoy doing. Bro. Rudy Jackson, BRC Chaplin, prepared and brought the message. Our ears continued to hear the wonderful sounds of special music as Tasiha Turnage and Amber Craft, BRC employees, both delighted us with special songs of their own. Everyone enjoyed the time of spiritual growth and fellowship. Bro. Bill Blair closed with the benediction.

Employees of the Year



Pictured are honorees from the Employee of the Year Banquet held at Boswell Regional Center. Pictured from left: Debra Johnson of Wesson, ICF/MR Employee of the Year; Steven Allen, BRC Director; Shirley Warren of Magee, Residential Living first shift Employee of the Year and overall winner of the Residential Living Employee of the Year; Linda Dennis of Magee, overall winner of the Employee of the Year and IDD Employee of the Year; and Cindy Womack, BRC Assistant Director.



Shirley Warren, first shift Residential Living Employee of the year; Phyllis Duckworth, second shift Residential Living Employee of the year; Angie Davis, third shift Residential Living Employee of the Year; and Steven Allen, Director of BRC.

Pictured above are the lovely decorations done by Beth Luper that helped to make the Employee of the Year Banquet a success.

Employee Recognitions



On the left is Direct Care Employee of the Month Lynn Williams. On the right is Support Staff Employee of the Month Jennifer Kittrell.

Michelle Harper was the recipient of the 2012 Tracey Dampier Award.



Boswell Regional Center employees receive Governor's Service Awards in recognition of a total of 40 years of state service. They were recognized for the dedication to BRC at the February directors meeting. Pictured are Steve Evans (10 years), Johnnie Clark (10 Years), Mae Griffith (10 years), Calvert Sims, Jr. (10 Years), and Linda Kelly (10 years).

Pastor's Corner

Years ago, there was a bag lady in New York City who attended a preaching service at a Manhattan Rescue Mission. Afterwards in the line to receive soup, she mentioned to the preacher she was now ready to give her life to Jesus. She said, "I never knew until today that my name is in the Bible." The preacher smiled and said, "What's your name?" She said, "Edith. My name is Edith. And my name is in the Bible." The preacher said, "I'm sorry ma'am, but you must be mistaken. The name Edith never appears in the Bible." She said, "Oh yes it does. You read it a few minutes ago!" He opened his Bible, and she pointed her dirty finger to Luke 15:2. The preacher had been using the King James Version, and it says, "This man receiveth sinners and eateth with them." She said, "There it is! Jesus receiveth sinners and Edith with them!" And indeed, the good news is Jesus does receive sinners, and Edith, and David, and Jane, and Mary, and John and anyone else who comes to Him!

Jesus said in John 6:37 "All the Father giveth me shall come to me; and him that cometh to me I will in no wise cast out." What a wonderful promise we find in the Word of God that no matter who you are, what you've done, what your past holds, there is grace and forgiveness in Christ.

Have a blessed day in the Lord,
Bro Rudy



Bro. Rudy Jackson, BRC
chaplain

St. Patrick's Day



The St. Patrick's Day Party was held on Thursday, March 14, 2013, in the Big Kitchen. The St. Patty's party was put on by the Recreation Department; however, there were volunteers from several departments that joined in and helped make this a success. There was a process that began weeks before the party and included planning for the food, decorations, and the ordering of the snacks. As one team, this was accomplished.

This was a time of fellowship and fun for the individuals that we serve. There was music for dancing, which is always enjoyed. The snacks provided by Nutritional Services consisted of Reuben rolls, cheese tater tots, cupcakes, and green punch. The individuals had their pictures taken in front of the St. Patrick's backdrop that was constructed by maintenance.

As you can see, it takes a campus-wide effort to put events such as this on for our individuals. There were many departments involved who assisted in making this night successful and, most of all, fun for our individuals.

Pictured on the left: Randy Robertson prepares ahead of time for the St. Paddy's Day party!

Boswell Reaches out to DMH Family



On Monday, March 18, a hail storm brushed across Mississippi leaving 65 vehicles at Mississippi State Hospital unusable. Boswell is a sister facility to Mississippi State Hospital, so just as sister would do - help was on the way! Boswell delivered 11 of our vehicles to them bright and early Tuesday morning. When working for a mental health program, one soon learns that TEAM WORK is a must! It takes all of us to make it through any type of disaster or problem. As many people that work for Boswell will say, "We are all like one big family." It has not been determined how long Mississippi State Hospital will need to use our vehicles, but we know they would return the favor should we be in need of assistance in any area. Mississippi State Hospital also suffered damage to campus buildings. Nobody was injured in the hailstorm. Thanks to the guys in the picture above for delivering the vehicles.



"We are all like one big family."

Pictured on the left and right are some of the results of the hail storm in the Smith county area. In the counties where there was much damage, the hailstones reached the size of golf balls or larger.



BRC Welcomes a Cool "Dood"



Meet Donna Vella, Boswell's new canine resident. She is a Labradoodle that has made BRC's State Farm Apartments her new home. Her prior residence was at Barksdale Labradoodles before she was given to Boswell. Read on to learn more information about Barksdale Labradoodles and the Labradoodle (Dood) breed.

Barksdale mission: Our mission with Barksdale Labradoodles is to share this great breed through a controlled breeding program, selectively placing the Doods, providing pet therapy, placing canine service Labradoodles, and enjoying our special friends!

Labradoodle History

The Labradoodle is a cross between a Labrador Retriever and a Poodle. In 1989 the Guide Dog Association of Australia set out to produce a non-shedding dog suitable for service training. The driving force behind this program and the goal was to produce a non-shedding guide dog by using a Labrador Retriever and a Standard Poodle. The result of this cross produced intelligent, easily trainable puppies that were the beginning of the Labradoodle as we now know it.

These wonderful critters that we call Australian Labradoodles being part Labrador (playful, loyal) and part Poodle (brainy and low shedding) make wonderful pets and special companions. Barksdale is specializing in Australian Labradoodles that are multi-generational. Temperament, health, and allergy friendly, non-shedding coats are the priorities we will always strive for in our Doodles.

**Allen and Jacqueline Gordy
Barksdale Labradoodles - Al & Jacqueline Gordy
Magee, Mississippi 39111 -
Rising Fawn, Georgia 30738 (Located on Lookout
Mountain's Canyon Ridge outside Chattanooga, Tennessee)
PH. 601-849-5026 FAX 419-730-8596**



Donna Vella's new home is at State Farm Apartments.



Donna Vella gets to know BRC director Steven Allen



Jason Holloway, Community Rec., will be in charge of Donna Vella.



The second annual Prime Timers Senior Prom was held on March 21, 2013, at the Magee Civic Center. Individuals from Pine Lake Geriatric, Wesson Geriatric Group Home, and Prime Timers were given the opportunity to attend. Teal blue, purple, and lime green balloon arches decorated the dance floor and created a festive atmosphere. Greg Barnes was the D.J. for the evening and, as expected, did a fabulous job playing popular dance tunes of today and of years past. This year's prom king was Mr. R. Reed from community Prime Timers. Ms. Gloria Haynes from Pine Lake Geriatric was crowned the prom queen. Nutritional Services provided a variety of refreshments that everyone enjoyed. Each individual that attended received a long stemmed scented rose as a keepsake. A fun time was had by all!

Thanks to all who helped make the night a success.

The Seniors of Pine Lake Geriatric and Prime Timers put on their dancing shoes and danced the night away!



Prom Queen Ms. Gloria Haynes and Prom King Mr. R. Reed

Wrinkles merely indicate where the smiles have been ~ Mark Twain



A Look Around Boswell



Infection Control/Employee Health Nurse, Bathsheba Barnes-Dampeer, shops for new uniforms.



Boswell staff at the Brookhaven campus had their turn at an Employee Spa Day



Local law enforcement was invited to a Lunch and Learn presentation to hear the direction we are heading at Boswell Regional Center. There were presenters that spoke on The Community Services Programs, the location of each site, the different characteristics and diagnoses of Mental Disorders in persons with Intellectual disabilities and finally what our Crisis Intervention Team has to offer.



This sign proudly hangs on the wall at Boswell Industries in downtown Magee

Mission Statement

Boswell Regional Center offers specialized program options to Mississippians with Intellectual and Developmental Disabilities. These programs are designed to identify the necessary supports for successful community transition. With collaboration between the individual, family, and community, dreams can become reality.

BOSWELL
REGIONAL CENTER
Where Dreams Can Become Reality

Friends and Family Update

We are really off to a good start, thanks to the direction provided by Director of Boswell Regional Center, Steven Allen. At the beginning of 2013, Boswell's Friends and Family Association underwent an overhaul of its organizational structure in order to enhance overall effectiveness and functionality. The organization now functions under the auspices of a newly installed Board of Directors totally committed to providing maximum laser-sharp support and assistance to individuals, family and staff located across the state.

The newly appointed Board Members (the Board) are as follows: Eisenhower Durr (President), Kathy Pittman (VP), Lou Robison, Barbara Banes, Jeff Martin, Sue Honea, Rachael Manning, Matt Nalker and Steven Allen.

In February, several of us attended a luncheon at Galloway Methodist Church, located near the Capitol Building in Jackson, MS. At the luncheon, we had the opportunity to meet, mix and chat with several lawmakers as well as other state employees from other programs in the Southern District of Mississippi region. Our goal was to enlighten lawmakers on the importance of the services provided and the continued need of positions and vehicles at all of our programs.

Recently, the Board participated in a tour of several of the numerous facilities owned, operated, rented or managed by Boswell Regional Center, both on and off campus. Needless to say, all of us were overjoyed at the scope and comprehensiveness of the existing and pending projects underway to allow more flexibility for current residents who choose to move into community living settings.

In closing, the Board and I want to thank each of you for all of your past, present and future assistance. We look forward to serving you in the future.

By Rev. Eisenhower Durr

The Friends and Family Board Members participated in a tour of several of the numerous facilities owned, operated, rented or managed by Boswell Regional Center





**American
Cancer
Society®**

Recommendations for Prostate Cancer Early Detection

The American Cancer Society (ACS) recommends that men have a chance to make an informed decision with their health care provider about whether to be screened for prostate cancer. The decision should be made after getting information about the uncertainties, risks, and potential benefits of prostate cancer screening. Men should not be screened unless they have received this information.

The discussion about screening should take place at age 50 for men who are at average risk of prostate cancer and are expected to live at least 10 more years. This discussion should take place starting at age 45 for men at high risk of developing prostate cancer. This includes African Americans and men who have a first-degree relative (father, brother, or son) diagnosed with prostate cancer at an early age (younger than age 65).

This discussion should take place at age 40 for men at even higher risk (those with more than one first-degree relative who had prostate cancer at an early age).

After this discussion, those men who want to be screened should be tested with the prostate-specific antigen (PSA) blood test. The digital rectal exam (DRE) may also be done as a part of screening. If, after this discussion, a man is unable to decide if testing is right for him, the screening decision can be made by the health care provider, who should take into account the patient's general health preferences and values.

Assuming no prostate cancer is found as a result of screening, the time between future screenings depends on the results of the PSA blood test: Men who choose to be tested who have a PSA of less than 2.5 ng/ml, may only need to be retested every 2 years. Screening should be done yearly for men whose PSA level is 2.5 ng/ml or higher.

Because prostate cancer often grows slowly, men without symptoms of prostate cancer who do not have a 10-year life expectancy should not be offered testing since they are not likely to benefit. Overall health status, and not age alone, is important when making decisions about screening.

Even after a decision about testing has been made, the discussion about the pros and cons of testing should be repeated as new information about the benefits and risks of testing becomes available. Further discussions are also needed to take into account changes in the patient's health, values, and preferences.



Respect



Think Recovery is a collaboration effort between the Mississippi Peer Support Specialist Network and the Mississippi Department of Mental Health.

Community, systems, and societal acceptance and appreciation of consumers—including protecting their rights and eliminating discrimination and stigma—are crucial in achieving recovery. Self-acceptance and regaining belief in one's self are particularly vital. Respect ensures the inclusion and full participation of consumers in all aspects of their lives.

RECOVERY: A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.



Success Stories



Think Recovery is a collaboration effort between the Mississippi Peer Support Specialist Network and the Mississippi Department of Mental Health.

Life is filled with so many daily stressors especially when you have a child with mental health disorders or behavioral challenges. Most people believe that mental health disorders are rare and happen to someone else, but I can stand before you and say that mental health does not discriminate. It can happen to anyone. In fact, it happened to both of my sons. My sons, ages 11 and 18, were both diagnosed with some severe emotional, physical, and mental health disorders.

My journey as a parent has been both challenging and rewarding whether at home or at school. Every day I was receiving phone calls from my son's teacher telling me that I needed to come to the school to pick him up because she couldn't teach him. He would come home everyday feeling sick and depressed because of what he had endured at school during the day. Due to the demands of attending to my son's needs, I eventually lost my job in 2009. I was devastated and angry. But I knew it was God's way of showing me that my children needed me more.

I was tired of fighting a battle with the school and teachers that I thought I couldn't win. I wasn't going to give up but at the same time I didn't know what else to do until someone referred me to MS Families as Allies for Children's Mental Health. I met with an advocate who began to advocate for my son. She went to several meetings with me at the school and we were finally getting somewhere. Sooner rather than later, an Individualized Educational Plan and a Functional Behavioral Assessment were established and put in place for my youngest child. He was at serious risk of failing. As a parent, I had to educate the teachers about my children's disorders as well as provide school staff with information, knowledge, and brochures.

I realized just how important my sons and their mental health were and still are to me. What has helped me with my transition is that I never went into denial about their diagnoses. I accepted it and said "It is what it is." Now, what was I going to do to help them was my next question. Today both of my sons are doing well. My 11 year old ended his 5th grade with an overall B average in all of his classes. He has even earned a 1st degree Black Belt in karate. He plays football where he holds four different positions as running back, wide receiver, safety and quarterback. My oldest son plays basketball. He played in the band for seven years. He even earned a 3rd degree black belt in karate and became an instructor. He passed all of his classes and graduated in May 2012 with a high school diploma. He is attending Holmes Community College majoring in Drafting & Design Technology.

It is very important for parents to educate themselves for the benefit of not only their children, but others as well. When we advocate, we empower ourselves to gain what is best for the little voices that can't be heard. After all, children and youth are people too, no matter what mental health disorders or behavioral challenges they may have. They just want to be loved and accepted for who they are and not for what they have.

~Tara Manning

RECOVERY: A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.

Boswell Regional Center's Friends & Family Association is a non profit all volunteer organization that works to ensure **Boswell** individuals are valued and loved.

All monies received from memberships are donated to the organization to purchase items for the individuals served by **Boswell Regional Center**.

Donations

Donations may be made in memory or honor of a loved one:

In Memory In Honor of

By: _____

Acknowledgement should be sent to the following:

Name: _____

Address: _____

State: _____ Zip Code: _____

Phone: () _____

Email: _____

Purpose

- To promote and support the individuals of Boswell Regional Center
- To foster the development of programs on their behalf
- To recognize and reward the efforts of employees of Boswell Regional Center
- To raise and receive funds for the accomplishment of the above purposes.

Fundraisers

Some examples of fundraisers that have been held on campus are:

- **Scrub sales**
- **Jewelry sales**
- **Book Fairs**
- **RADA knives**
- **Donut sales**
- **T-shirt sales**
- **Breakfasts**



Friends & Family Association



How to become a member...

Membership Information

Indicate at right which type of membership you wish by placing a check mark in the appropriate box.

Name: _____

Address: _____

City: _____

State: _____ Zip Code: _____

Phone: () _____

Email: _____

Please make your check payable to:
 Friends & Family Association
 P.O. Box 128
 Magee, MS 39111

Annual Membership Fees

- | | | | |
|--------------------------|----------|-------|--|
| <input type="checkbox"/> | Single | \$5 | Membership Card |
| <input type="checkbox"/> | Bronze | \$25 | Membership plaque designating level of giving
Name on all Friends and Family publications |
| <input type="checkbox"/> | Silver | \$50 | Membership plaque designating level of giving
Name on all Friends & Family publications
Name on all Friends & Family sponsored events |
| <input type="checkbox"/> | Gold | \$100 | Membership plaque designating level of giving
Name on all Friends & Family publications
Name on all Friends & Family sponsored events
Recognition in each issue of the Bulletin newsletter |
| <input type="checkbox"/> | Platinum | \$500 | Membership plaque designating level of giving
Name on all Friends & Family publications
Name on all Friends & Family sponsored events
Recognition in each issue of the Bulletin newsletter
Publicity in local media
Boswell 35th Anniversary cookbook |