



JANUARY 2019

Wild Rice Stuffed Cornish Hens Recipe

This impressive-looking entree is great for the holidays and for other “company’s coming” occasions. The savory rice stuffing goes wonderfully with the moist golden hens and sweet apricot glaze.



Prep Time: 45 minutes
Bake Time: 1 hour, 5 minutes
Yield: 6 servings

Ingredients

- 5½ c. water, divided
- 2 tsp. chicken bouillon granules
- 1½ tsp. salt
- ¾ c. uncooked wild rice
- 1½ c. uncooked long-grain rice
- 1 lb. bulk pork sausage
- 1½ c. chopped celery
- ¾ c. chopped onion
- 6 Cornish game hens (20–24 oz. each)
- 1 jar (12 oz.) apricot preserves

Directions

1. In a large saucepan, bring 5 cups water, bouillon, and salt to a boil. Add wild rice. Reduce heat; cover and simmer for 20 minutes. Add long grain rice; cover and simmer 25–30 minutes longer or until rice is tender and water is absorbed.
2. Meanwhile, in a large skillet, cook the sausage, celery, and onion over medium heat until meat is no longer pink and vegetables are tender; drain. Stir in rice mixture. Spoon about ¾ cup stuffing into each hen.
3. Place remaining stuffing in a greased 2-qt. baking dish; cover and set aside. Place hens breast side up on a rack in shallow baking pan; tie drumsticks together. Bake uncovered at 350°F for 40 minutes.
4. In a small saucepan, bring preserves and remaining water to a boil. Pour over hens. Bake 25–35 minutes longer or until a thermometer reads 180°F for hens and 165°F for stuffing, basting occasionally. Place baking dish of stuffing in the oven for the last 35–40 minutes of hens’ baking time.

www.tasteofhome.com/recipes/wild-rice-stuffed-cornish-hens

“This is a wonderful day.
I’ve never seen this one before.”

—MAYA ANGELOU

New Year’s Resolution Thoughts for 2019

Every January, we make pie-in-the-sky goals for the new year ahead... only to give up come February!

Popular New Year’s resolutions include losing weight, getting in shape, quitting smoking or drinking alcohol, eating healthy, getting out of debt, and getting organized. We’ve all made (and quit) such resolutions in the past. Setting goals and deadlines can help keep us focused and active, but it’s easy to go overboard by setting grandiose, unrealistic goals.

Perhaps we’ve been going about it all wrong. Here’s why:

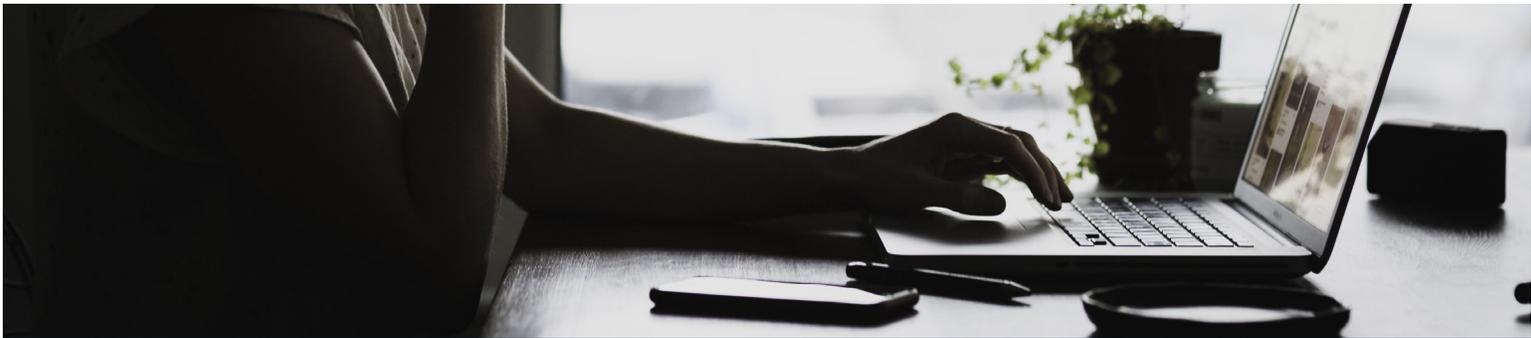
- Our goals are often unrealistic (therefore impossible to attain)
- We set too many goals for ourselves all at once
- We attempt to go “cold turkey” on our old habits
- We fail to realize that new habits take time to develop
- We view January 1st as our only start date instead of realizing that every single day offers us a new beginning

Here are some new ways to approach New Year’s resolutions—ones that are achievable, forgiving, open-ended, and realistic.

1. **Start Small:** Instead of vowing to lose 50 pounds, commit to being more active each day. If your daily exercise is usually minimal, start with a walk around the block. The next day, add a few steps or do a few sit-ups. The goal is to build up a new habit little by little until it becomes second nature. It’s best to focus on one new habit at a time.
2. **Forgive yourself:** When you experience setbacks (and you will), don’t spend unnecessary energy dwelling on them. Beating yourself up for your perceived failures will not help you succeed. Pick yourself up, dust yourself off, and get back on the proverbial horse.
3. **Be consistent:** A new habit can take ample time to cultivate, so missing a day or two isn’t likely to throw off your mojo. However, if you begin a new exercise program, and then stop for a few days, it does tend to feel much more difficult to start up again.
4. **Celebrate small wins:** When you complete that first walk around the block, give yourself a high-five! The next time you do it, reward yourself with a candle-lit bubble bath. After ten walks around the block, treat yourself to a new pair of walking shoes. Just be sure not to reward yourself with a twinkie if your goal is to get in shape!
5. **Remember your reasons:** When resolving to make a change, it’s important to remember why. If your goal is to lose weight, your reasons may include being more comfortable, having more energy to spend with loved ones, or resolving health issues.
6. **Start over (every day):** Rather than viewing resolutions as a yearly occurrence, imagine that each day is January 1st. Each day is a new beginning towards the better life you imagine living.

www.unclutteredsimplicity.com/new-years-resolution-ideas





SHADY LADY

Originally posted by Fidelity National Financial on November 2018.
The names of the individuals featured in this story have been changed from the original article by FNF:

<http://fraudinsights.fnf.com/vol13iss11/article2.htm>

On February 9, 2017, an office in Las Vegas closed the purchase of a property. Twelve days later, the bank that wired the funds to close tried to recall the wire for some unknown reason. The receiving bank notified our escrow branch of the attempted recall. The escrow branch called the sending bank to tell them the transaction had already closed and the funds had been disbursed.

The bank teller the escrow branch representative spoke to indicated the account holder was an elderly gentleman who came in to authorize the wire and was with a lady that appeared to be his girlfriend. She said he executed the wire authorization.

Fast forward to July 26, 2018 (more than a year after the closing), our offices received a heart wrenching letter from the third-party depositor that read, in part, as follows:

To whom this may concern:

I am a World War II veteran. I was born December 16, 1920.

I would like to report and make notice to something that happened to me.

There is a lady I met at Costco® last year. Shady Lady is her name. She approached me and we started a friendship. My wife had just passed. She told me that she was a nurse/caretaker. So, I hired her thinking she would cook, clean and help with the necessities of my house. Well the rest of the story is a total nightmare.

I was too embarrassed to tell my son and his wife, or a niece that lives out of state, but I did break down and told a neighbor that I've known for over ten years.

Shady Lady no longer lives in Las Vegas. All the charges that she has for fraud are showing as a Georgia resident. She has taken knowledge of all my accounts; investment funds; pass codes and social security number.

These are the following acts she has committed against me:

1. *Wrote a check for \$3,000 for the earnest money deposit on the house.*
2. *Transferred \$341,319.86 from my family money market account. She had the funds wired out and transferred to a broker where she purchased a house in Las Vegas. Then she flipped it by selling it in less than a month and then ran off to Georgia with the proceeds.*
3. *My 2006 Dodge Ram® truck that was paid in full with 14,000 miles she went into my file cabinet where I kept*

the registration papers and my pink slip and took over my trust. She had her son come by the house one day with the keys and just took my truck. He lives in San Diego. I was too shocked and frightened to stop him. As of today, I have registered a report with the police department for the stolen truck.

4. *She opened a Citibank® Costco credit card in my name and charges were continuing until I notified Citibank that I did not open the account nor have I made the purchases resulting in over \$7,000 in charges.*
5. *Shady Lady opened a Home Depot® Project loan under my name in Georgia. She had some work done on her house and charged it to the card in my name. I am in the process of contacting Home Depot to let them know the account was not opened by me.*
6. *Shady Lady used my name to get internet service through Cox® Communications.*
7. *Shady Lady used my name to get cellular service, a new iPad® and iPhone® through AT&T®.*

He sent copies of the same letter to the Attorney General, all three credit bureaus and the Social Security Administration. We received a copy of the letter as well, because we closed on the home purchase mentioned in the letter.

The escrow officer reviewed the file and found third-party deposit instructions executed by the depositor. She reached out to him after receiving the letter to see if he was making a claim. He was not. He wanted everyone involved to know Shady Lady was a crook so they would not continue to do business with her. He told our offices there was an ongoing law enforcement investigation of her criminal acts.

MORAL OF THE STORY

If you have elderly relatives or neighbors make them aware of the possibility of being scammed. Stay in touch with them in case they are ever duped into giving their life savings over to a complete stranger.



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