

# Vail a winter wonderland

It's time for another page from the family travelogue. My husband, Michael and I recently enjoyed a trip of a lifetime to Vail, Colorado, enjoying the lovely mountain scenery, unique town with friendly residents and lots of snow.

Since Vail is a ski town, our daughter Emily, her husband Davey and a friend chose to ski and snowboard, while we toured the village with our 2-year-old grandson, Behr. Upon arrival we were told they just received 11 inches of fresh snow, making ski conditions perfect, and blanketing the mountains.

Vail is home to 5,305 permanent residents, plus another 5,000 part-time residents with vacation properties. Their purpose is to make the visitors feel welcome and to make the visit as pleasant as possible. We experienced some firsts in Vail, one seeing heated driveways and streets. Never thought about how convenient it would be for the snow and ice to almost disappear upon landing on the surface, making it much easier to clear for passage. Of course they are prepared for huge amounts of snow, with snow plows, blowers and brushes cleaning the streets. We also got to ride a snowmobile through the mountains, with help from a local guide. It was awesome!

The town provides free bus service to everyone, which was especially helpful to us because we didn't have a car. The bus was filled with skiers each day, going to and from their various desti-

## AFTERTHOUGHTS



**MARGARET HOBBS**  
nations. Vail was founded in 1962 as a ski resort and has become one of the favorite ski destinations in the world.

The flights into Vail were uneventful, with little Behr amusing everyone with the excitement of his first flight, but the return home was a different story.

With a big storm coming across the country, bringing more snow and frigid temperatures, we had to do some strategic planning to get home. We made it to the very small airport in Vail, to be told there would be delays. This went on all day, making our stay in the airport seven hours. Seven hours with a 2-year-old is an experience in itself, but he handled it like a trooper. I can't say the same for my "grumpy" old man!

We did get out of Vail that night, making it to Denver in more snow and ice about midnight. After four hours sleep, we were able to get a flight to Chicago, with a connection to Nashville. Yeah, I was so happy to see Nashville.

So, after 30 hours of traveling and three flights, we were able to get to Music City, and then on to McMinnville. We loved Vail, and the majestic snowy mountains, but for our next vacation we will be seeking warm, white sand beaches.



PRESSURE COOKER CORN CHOWDER

# Beat winter blues with a little help from vitamin D

**FAMILY FEATURES** – Staying indoors and wrapping up in a blanket is one way to avoid winter's frigid weather, but less exposure to the sun can also put you at risk of a vitamin D deficiency. Milk is the primary source of vitamin D in the American diet, according to research published in the FASEB Journal, making it a great choice on dark winter days.

An 8-ounce glass of milk provides 30 percent of the daily value of vitamin D, so just three cups of milk each day will provide 90 percent of your body's recommended daily requirements. Milk is also an easy way to get other essential nutrients like B vitamins for energy, high-quality protein for lean muscle and vitamin A for a healthy immune system.

When you need a quick way to warm up on a cold

day, try this creamy chicken corn chowder recipe that can be made with a pressure cooker. Cooked with wholesome ingredients like milk, chicken and potatoes and topped with bacon and green onions, it's an easy and delicious addition to your weekly meal rotation. For more recipes to warm up your winter, visit [milklife.com](http://milklife.com).

## PRESSURE COOKER CORN CHOWDER

- 6 slices (6 ounces each) thick-cut bacon, chopped
- 1 small yellow onion, diced
- 3 cloves garlic, minced
- 1 pound boneless skinless chicken breast, diced
- 1 bag (16 ounces, about 3 1/3 cups) frozen corn kernels
- 4 cups chicken broth
- 1 pound unpeeled or peeled Yukon Gold

potatoes, cut into 1/4-1/2-inch chunks

1/2 teaspoon kosher salt, plus additional, to taste

1/2 teaspoon coarsely ground black pepper, plus additional, to taste

2 tablespoons cornstarch

1 1/2 cups fat-free milk

2-3 green onions, sliced (optional)

1 tablespoon heavy cream or half-and-half (optional)

Heat large skillet over medium-high heat. Add chopped bacon and cook until crispy. Using a slotted spoon, transfer cooked bacon to paper towel-lined plate and pour off all but 1 tablespoon bacon fat.

Return skillet to stove. Add onion and garlic; saute 2 minutes, stirring frequently. Add diced chicken and frozen corn;

saute for an additional 3 minutes, stirring often.

Remove skillet from heat and transfer contents to pressure cooker. Add chicken broth, potatoes, salt and pepper. Close and seal pressure cooker, making sure the vent is in the sealed position. Cook on high 8 minutes.


While the chowder cooks, make a slurry by whisking cornstarch (or flour) into milk. Set aside.

When done, remove pressure cooker from heat. Allow pressure to release on its own or carefully quick-release pressure after a few minutes. Stir in the cornstarch-milk slurry. Cover and allow chowder to thicken for 10-15 minutes before serving.

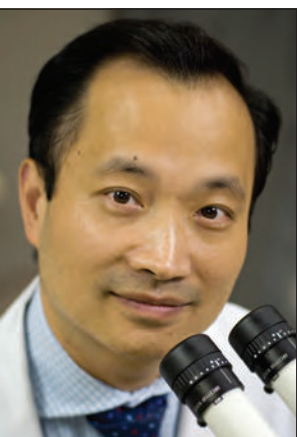
Portion soup into bowls and generously top with bacon. Garnish with green onion and cream or half-and-half, if desired. Season with additional salt and pepper, to taste.

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**Friday, February 23**  
**12:30pm**



A Harvard and MIT graduate, Dr. Wang is a cataract and LASIK eye surgeon and holds a doctorate degree in laser physics. We at Covenant are honored to host his presentation, "From darkness to sight: God's not dead - faith and science: friends or foes?" As a teenager, Ming fought valiantly to escape one of history's darkest eras- China's Cultural Revolution-during which millions of innocent youth were deported to remote areas to face a life sentence of poverty and hard labor. Through his own tenacity and his parents' tireless efforts to provide a chance of freedom for their son, Ming eventually made his way to America with \$50 in his pocket and an American dream in his heart. After graduating magna cum laude from Harvard and MIT, embracing his Christian faith, Dr. Wang tackled one of the most important questions of our time- Are faith and science friends or foes? - which led to his invention of a breakthrough biotechnology to restore sight. Join us to hear Dr. Wang describe his 16-year journey with faith and science.



**1079 Country Club Drive**  
**McMinnville, TN 37110**  
**Covenantacademylions.org**

**Dr. Ming Wang**

## WHO'S NEW

### BABY BOY

Alton Lawrence Neal was born Jan. 18 at Southern TN Regional weighing 7 pounds, 8 ounces. He is the son of Macie Amos and Anthony Neal.

His grandparents are Ron and Darlene Amos of Tullahoma, Angelia Worley of Estill Springs, and Terry Neal of McMinnville.



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