

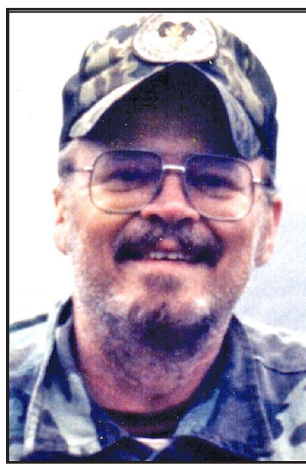
Lexington native among those inducted to the Mississippi Outdoor Hall of Fame

Six renowned outdoor enthusiasts have been inducted to the Mississippi Outdoor Hall of Fame. The 2018 inductees represent the fourth class of Mississippians who will be recognized and celebrated within the Mississippi Outdoor Hall of Fame exhibit, part of the Mississippi Wildlife Heritage Museum in Leland, Mississippi.

The 2018 list of Hall of Fame inductees include: Billy Ellis of Lexington, Albert Paul of Collinsville, Rabbit Rogers and the late Jane Rogers, both of Jackson, Mike Stewart of Oxford, and Bobby Woods of Glen Allan. They will be officially inducted on Friday, June 1 at the Mississippi Wildlife Heritage Museum in Leland.

Billy Ellis is one of the premiere bowhunters in the country and has been at the forefront of promoting the sport of bowhunting for over 50 years. He served as a National Trust Officer for the prestigious Pope & Young Club for over 25 years, during which time he helped raise over a million dollars for the organization. The Physically Challenged Bowhunters of America organization was spearheaded by Ellis and founded as a national program to help disabled persons realize the therapeutic value of bowhunting. Ellis has also authored a book, *Hunter to the Dawn*.

Albert Paul is best known as one of the premiere turkey call makers in the world. He worked 30 years practicing and developing his craft before he ever sold or



BILLY ELLIS

marketed his turkey calls. His handcrafted calls are cherished by hunters and collectors throughout the world. In 2017, the Outdoor Channel named his Zebra-wood double-side box call as one of the five best turkey calls ever. Operating under the brand Paul's Calls, his turkey calls are made from several different grades that use various woods and can also feature inlays, checked sides, a signature and original painted artwork of a longbeard's head.

Jane and Rabbit Rogers, longtime crappie fishing partners, were the most successful crappie tournament fishing team in the state. Over the years, they dedicated their lives to promoting the sport of crappie fishing and competed in tournaments all over the South. Rabbit served many years as President of the Magnolia Crappie Club.

Mike Stewart is the founder and President of Wildrose Kennels in Oxford, Mississippi, the largest breeder and

trainer of imported British Labrador Retrievers in North America. Mike and his dogs have appeared in over 75 national television programs on hunting and training gun dogs. He developed the unique, positive, training methodology, "The Wildrose Way," which is being recognized across the country.

Bobby Woods is one of the most dedicated outdoorsmen and accomplished bowhunters the state of Mississippi ever produced. Bobby was named Mississippi's top deer hunter in 1996. He won the prestigious Bowhunter of the Year trophy four times.

According to Billy Johnson, Director of the Mississippi Wildlife Heritage Museum and Outdoor Hall of Fame, each of the honorees will be in Leland for their induction ceremony.

"To celebrate the accomplishments of these hunting and fishing legends, and the first anniversary of the Wildlife Heritage Museum, we invite everyone to come to the Museum on Friday, June 1, between 2:00 and 5:00 p.m. to meet the new class and visit with some members of previous classes."

Admission fees to the Museum for the Friday event will be waived for any guests wanting to visit the facility and meet the inductees. Regular hours and admission prices will resume on Saturday, June 2.

For more information about the Mississippi Wildlife Heritage Museum and Outdoor Hall of Fame, call 662-686-7085.

ent you. There's no doubt the older we get the more introspective we become. I somehow think men are particularly this way; at times to a fault. Thinking is good, but it shouldn't replace conversation - only add to it. And for me, the river gives me the perfect environment for both.

Maybe you are neither the lake nor the river type. Perhaps your activities take you in other directions. And perhaps they are so involved that you rarely have time to think about anything, much less something of substance. These are fine, but don't let them keep you from dealing with the weightier matters of life. Just because we ignore them, doesn't mean they will go away.

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USM degrees conferred to county students

The University of Southern Mississippi held spring commencement exercises May 11 and 12 at Reed Green Coliseum on its Hattiesburg campus and at the Mississipp-



Some people are born with a silver spoon in their mouth. I was not. I was born with something better, an heirloom cast iron skillet. Cooking with cast iron is a joy. A properly seasoned cast iron pan can be used for anything from sautéing and frying to baking and camp cooking. It conducts heat beautifully and nothing sticks to that shiny black surface. Continue to care for it the way your grandmother did and a cast iron skillet will last forever, I guess.

Over the last 30 years, or so, non-stick skillets seem to have taken the place of cast iron in most homes. And with this invasion come reports of the effects of non-stick coating on the environment and our health. It's time to bring cast iron back to our kitchens. Cast iron is a chemical free alternative to non-stick cookware.

Cooking with cast iron can be a healthier way to cook. A properly seasoned cast iron skillet will cook food crispy with a minimum of oil. Cast iron cookware can also leach some iron into your food; good to know since so many American women are iron deficient. And don't forget, since cast iron is so heavy, you can skip going to the gym when you cook with it!

What says breakfast better than a cast iron skillet full of bacon? Perhaps a cast iron skillet full of gravy? Or a cast iron griddle full of biscuits? You get the point; breakfast is not breakfast without cast iron.

Shake things up at breakfast with this German style apple pancake for two. Part omelet, part pancake and part upside down cake, this is definitely a speedy recipe for a special breakfast. Served fruit side up, caramelized



Part omelet, part pancake, part upside cake, whatever you call it, this Apple Pancake is sure to shake things up at breakfast. (Photo by May Vokaty)

pi Coast Coliseum in Biloxi, respectively.

Southern Miss President Rodney D. Bennett conferred undergraduate, graduate and specialist's degrees at each ceremony.

Southern Miss graduates from Holmes County include:

apples and sugar sink down into a warm, creamy custard-like pancake. A sprinkle of powdered sugar would be welcome, but not necessary. The only thing this pancake needs is a nice cup of coffee.

Corn bread and cast iron go together better than pigs and mud. Americans have been making cornbread since the Europeans arrived, with their cast iron skillets.

Cornbread recipes have not changed much over the years, although regional tastes and ingredients do influence the recipes.

This is my Aunt Jo's recipe for Mexican cornbread. With its can of creamed corn and cheddar cheese, I daresay there is not much authentically Mexican about this cornbread, with the exception of the jalapenos, and the cornmeal.

I have fond memories of eating this cornbread at family reunions and on holidays.

She always cooked it in a square cast iron skillet and served it cut into tiny squares. The crust was deeply browned and the inside was soft and almost quiche-like; tiny bits of green jalapeno just waiting to scorch your tongue, again and again.

I have her recipe and while I don't have her skillet, I have a pretty good one, but no matter how I try, I can't match her cornbread. This is her recipe, just as she shared it with me. Serve it as an appetizer or compliment to chili or red beans or paired with a black bean salad for a complete vegetarian meal. I don't think you'll be disappointed in this cornbread, as long as you cook it in a cast iron skillet!

So there you have it, cast iron is healthier to cook with; properly maintained, it provides a chemical free

non-stick surface. It is inexpensive and almost indestructible not to mention it is the sentimental favorite of my kitchen. Since the heart of the home is the kitchen, the arteries that keep the heart alive must be cast iron, so re-establish relations with your cast iron today.

Apple Pancake

Yield: 2 servings
1 well-seasoned 6" cast iron skillet
½ stick of butter
1 apple, peeled, cored and coarsely chopped
2 Tablespoons sugar
½ teaspoon ground cinnamon
¼ cup milk
1 large egg, lightly beaten
¼ cup all-purpose flour
Pinch of salt

Preheat the oven to 425°F. Place the cast iron skillet over low heat; add the butter and allow to slowly melt, but not brown. Toss the apples, sugar and cinnamon together in a mixing bowl. Set aside. Pour the milk in a 2 cup measuring cup. When the butter has melted, pour half into the milk and whisk well. Return the skillet with the remaining butter to the stove top.

Add the apples and any loose sugar to the hot butter in the skillet. Cook the apples over medium-low heat, stirring frequently, until softened and the sugar and butter begin to brown (about 5-7 minutes). While the apples are heating, whisk the egg into the milk mixture. Add the flour and salt, then whisk until combined, a few lumps are OK. Pour the batter over the apples in the skillet.

Move to the hot oven and bake until the pancake puffs up and gets golden on top, about 10 minutes. Enjoy straight from the skillet or invert onto a serving plate.

Aunt Jo's

Mexican Cornbread

Yield: 8 servings
1 well-seasoned 10" cast iron skillet
2 Tablespoons bacon drippings or vegetable oil
1 cup plain yellow corn meal
½ teaspoon salt
½ teaspoon soda
1 cup buttermilk
2 eggs
1 cup cream corn
½ lb. sharp cheddar, grated
1 medium onion, chopped fine
3 jalapeno peppers, chopped fine

Preheat oven to 400°F. Add the fat to the cast iron skillet and heat on the stove until hot, but not smoking. Mix the dry ingredients; then mix the wet ingredients. Pour all together and stir until just mixed. Pour into skillet and put into a 400°F oven for 30 minutes. This will probably stick and fall apart. You can use self-rising corn meal and skip the salt and soda.

May Killebrew Vokaty is a Holmes County native and an award winning food columnist who writes for The Voice of Blythewood and Fairfield County in South Carolina.



The older I get, the more I enjoy the small rivers around my area. I used to be the lake type. I used to look forward to the sport, and even the competition of fishing. That

competition was not necessarily with other boats, but it was as much with me. It seemed each time I went fishing the score was zero to zero and each fish I caught or didn't catch moved the score in one direction or another. I loved it, but it seems now that I didn't appreciate it as much as I should have. Don't get me wrong, my most memorable trips are still the ones where I caught the most fish; except perhaps for those where thunder and lightning were involved. But for the most part the lake has provided some great memories. And I hope it has more to give.

The river however, is another species. It calls for one to be good at multitasking. If you spend too much time

thinking about catching a fish, you will soon be going through some rough water sideways, and then upside down.

Old Man River, over the years, has collected from me, many anchors, a slew of baits, and a few expensive rods and reels. And rarely does he give any back. I can remember a few years ago, at nine-o'clock in the morning, having to dive in to retrieve another anchor that had come untied (it seems I lose about 3 of these each year). The river does however provide plenty of sights that do serve to feed the imagination. It's commonplace to see deer wading out into the more shallow areas and turkey flying from one side to the other, and the ducks gathered into small pools.

The river is a kaleidoscope of nature; each turn provides a different view; each view a different perspective, and each perspective a differ-