



The Bell Tower Bulletin

Embroidery: Busy Hands and Nimble Fingers
By Peggy Nesbit

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For the past 16 years, Stitches Magazine has been sponsoring February as the International Embroidery Month and it seemed a good chance to brag just a little!

I think I was given my first embroidery hoop and card of needles when I was about six or seven-years-old. This might seem like a pretty young age to teach a child how to work with a sharp little needle and a pair of scissors but I saw all the women in my family doing needlework and I wanted to try too. (Plus it was something that wasn't different for a left-hander or a right-hander!) I learned to first cross stitch on imprinted cotton cloth—no counting that way—and the first piece I remember actually finishing was a small bib with a lamb and flowers sewn rather messily across the yellow background cloth. I still have it too.

Embroidery usually falls within two general types: free embroidery in which the designs are applied regardless to the weave of the underlying fabric and counted-thread embroidery which is done on canvas or specially woven cloth which allows even stitches, such as the aida cloth, used for counted cross stitch. Free embroidery is what I was doing above on regular cotton fabric like handkerchiefs and pillow cases. The second type includes not just counted cross-stitch but also needlepoint, also called canvas work because the color pattern is usually printed on the foundation fabric and the stitches completely cover it.

In recent years, most of the embroidery I have done is needlepoint with wool yarn or embroidery floss. Some of the projects I have done are quite large and elaborate. I frame most of my work simply because of the amount of time and effort I put into them. It keeps my hands busy and my arthritic fingers flexible—excellent work to do in front of the TV but not very good for reading books! I have this piece here at work if anyone would like to see it!



The Bell Tower Bulletin

Staff Council Notes By Peggy Nesbit

The Executive Committee of Staff Council held its monthly meeting on November 8, 2006 and there was a quorum present. The minutes from the October meeting were approved with corrections.

- Benefits Coordinator Denise Wilson presented to the committee the plans for the Health Insurance Review & Wellness Committee (HIRWC). Human Resources is planning open sessions to discuss the plan and is asking staff to participate.
- The Staff Council Leadership Committee met the previous week and discussed the Staff Performance Policy.
- Rep. Kelly Meyer was appointed the committee chair of the Sunshine Fund Committee.
- Rep. Elaine Colvin reported that she had received no responses from an email she had sent out concerning the REACH Award.
- Representatives were asked to come up with ideas on how to renew interest in the circulation of the fish since movement on the fish has slowed considerably.
- Representatives discussed the distribution of hard copies of the *Bell Tower Bulletin* and suggested that anyone interested in receiving a hard copy should contact the newsletter staff.
- The committee discussed a proposal to have unused staff development funds roll over from year to year. Also Kelly Meyer has a question concerning the reimbursement of hotel stays and Vice Pres. Peggy Betts will forward her the policy and procedures concerning the staff development funds.
- Vice Pres. Peggy Betts discussed the Enrichment Plans from Miami University and Columbus State Community College. It was suggested that an enrichment plan should be added to the Staff Council planning matrix to ensure that the proposal get addressed on this campus.

The next meeting of the Executive Committee will be February 14, 2007 in room AT108 from noon to 1:30 pm (subject to change.) Please contact your representative with any questions or concerns.

Vision 2015 Employee Engagement Sessions

The Vision 2015 Office and the Institutional Effectiveness and Planning Office invite all College employees to attend one or more Vision 2015 employee engagement sessions. The purpose of these sessions is to educate employees about the Vision 2015 process and results as well as seek feedback and input on the new vision statement and strategic initiatives. At least six sessions will be held for each priority in an attempt to give everyone the chance to attend a discussion of each priority. The six strategic priorities proposed by the Vision Council are as follows:

#1 - Raise the Community's Participation and Attainment in Higher Education

#2 - Prepare Globally-Competent Talent to Compete in the Innovation Economy

#3 - Accelerate Business and Job Growth to Enhance Regional Competitiveness

#4 - Connect Lorain County with Regional Priorities and Partners

#5 - Serve as a Catalyst for Enhance Community Life

#6 - Build the College's Resource Capacity

All the sessions will be held in the Spitzer Conference Center room 211 and refreshments will be provided. Morning sessions will include a continental breakfast, boxed lunches will be served for noon sessions, and light snacks for the late afternoon sessions will be provided.

A calendar of the sessions are available on the website. Space is limited to 15 seats per session and **registration is required**. Please register online at <http://vision2015.lorainccc.edu/vision/> or contact Andrea Lyndes at extension 4770.

WEAREMERGING...

Soon ITMS and ISS will merge into one department and to start the process of merging the **HELP DESK will be moving to AT 119**. Our "double-doors" officially open on **Monday, February 5th**.

On January 31st the HELP DESK will be shutting down at 9:30p.m. to prepare for the move. The physical move will take place over February 1st and 2nd. During this time, the HELP DESK will be unavailable for walk-in requests/laptop set-ups. However, the HELP DESK will still be taking all calls and emails, including ITMS Equipment Distribution (location of equipment pick-up and return will still remain in LR 213.) We are sorry for any inconvenience this may cause.

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Computer Tips
By Diane Nott

Slide Hunting: Simplified

Here's the situation: You're in the middle of your PowerPoint presentation and suddenly, there's a question regarding a different slide.

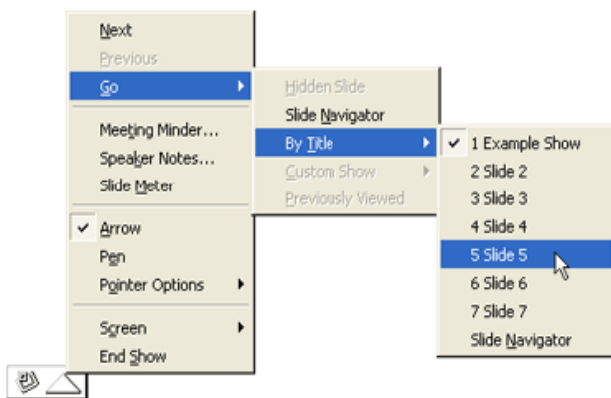
Of course, it's not a question about the previous or the next slide. As luck would have it, you've got to go "hunting" for the right slide. So, now what?

Fortunately, while there are a lot of ways you could get to your new destination, there's a couple that can provide minimal disruption to your presentation. (Can't you just picture a presentation where someone goes back into the program and you see the slide sorter, the toolbars, the menus and all? Don't let that happen to you!)

Let's take a look at one of those "minimally disruptive" methods.

Next time you need to jump out of presentation sequence, **turn on the presentation menu**. (The "a" key will do this for you, as well as, moving your mouse pointer across the screen).

In the menu, you're looking for the **Go** submenu, **By Title** choice. This will bring up a list of all slide titles in the presentation.



Pick the title of the one you need and zip! You're instantly in the location of your choice, minus the usual disruptive search for the "right" slide!

Source: worldstart.com

Dear Reader:
By Peggy Nesbit

Blood Price and Blood Trail by Tanya Huff

I've loved vampire books and movies since I sat up and watched the original *Dracula* with Bela Lugosi on Big Chuck and Hoolihan on Friday nights while in junior high. Since then I've read Anne Rice (loved her) and Christine Feehan's Carpathian series (pretty good) and Laurell K. Hamilton's Anita Blake series (a disappointment really after the first few novels).

But between Anne Rice and the current spate of vampire novels, there was another female vampire author who I feel set the stage for the others, especially Hamilton. Canadian author Tanya Huff began her vampire series, all the novels begin with the word blood, in 1991 and created a vampire as charismatic as Rice's Lestat and one who definitely inspired Hamilton's Jean-Claude.

At the beginning of the first novel, *Blood Price*, heroine Victory Nelson is an ex-Toronto police detective who is slowly going blind from Retinitis Pigmentosa. She now works as a private detective and becomes involved with a brutal subway murder that looks like a vampire attack. This draws the attention of real vampire Henry Fitzroy, the illegitimate son of King Henry VIII, who knows it can't be a vampire and wants to protect himself and way of life (as a historical romance writer!!) He and Vicky along with her ex-partner and lover Mike Celluci work to find the killer as the "thing" continues to terrorize Toronto. In the second novel, *Blood Trail*, Henry brings Vicky into a private investigation of a series of shootings of werewolves who live on a farm in London, Ontario.

Vicky is the kind of protagonist who has a chip on her shoulder and a smart mouth. She is bitter about going blind (she has no night vision while Henry can only go out in the dark!) and she has control issues with both Henry and Mike. The early Anita Blake could be Vicky's little sister. The only thing that is a bit disconcerting about the Huff books is the quick transitions and while there is an erotic undercurrent underlying the novels, there isn't the blatant wild sex of Hamilton's later novels.

All in all, I would recommend this series of six novels (*Blood Price*, *Blood Trail*, *Blood Lines*, *Blood Pact*, *Blood Debt* and *Blood Bank*) if you like vampires and other demons, ghouls, etc., etc.

Grade: A-

Vampire Writer Trivia: Anne Rice's birth name was Howard Allen after her father. When she went to kindergarten she told the nuns her name was Anne and it stuck!

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QUICK MOVIE REVIEW

by Barb Armstrong

Apocalypto: This was a classic story of a big society, the Mayan Culture, reaching that point of corruption where they start to decline (like Rome). The film was brutally violent with multiple slayings, beatings, slavery, and almost every other atrocity known to man; but the story is simple (good versus evil), is packed with action from beginning to end, and has the audience cheering for the underdog. In this case the underdog is an unsophisticated people living life far away from the big corrupt city of the Mayan Empire, where beheadings and human sacrifice have become daily entertainment. The cast is virtually unknown - Rudy Youngblood plays the main character, Jaguar Paw; and Dalia Hernandez plays his pregnant wife, Seven. The movie is in a Mayan dialect with English subtitles and has won the BAFTA Award (Best Film Not in the English Language). Director Mel Gibson has managed to create another epic story like *Braveheart* when he directed this movie.

Recommendation: This film was not in the theaters a long time, so I would either rent it (but subtitles are hard to read on televisions) or wait for it to come to some art theater, such as the Stocker Film Series.

Dreamgirls: This is an entertaining movie about three girls who want to make it big in the world of pop singing. Set during the racial upheaval of the 1960's, the girls, Deena Jones (Beyoncé), Lorrell Robinson (Anika Noni Rose), and Effie White (Jennifer Hudson from *American Idol*), start out as background singers for James "Thunder" Early (Eddie Murphy). Curtis (Jamie Foxx), their money-hungry but clever manager, carefully introduces the trio to some all-white night clubs in Miami, where they quickly become a success. Tension and jealousy results when Effie is pulled off as lead singer for the good of the group. Never fear, because the movie ends happily and the audience gets to enjoy a lot of singing along the way. Based on a Broadway musical, it's one movie worth seeing and is probably on its way to an Academy Award. Eddie Murphy surprises everyone by doing his own singing--quite well, I might add.

The Pursuit of Happyness: Based on a true "rags to riches" story, this movie is about Chris Gardner (Will Smith) who invested his life savings in what was, at the time, a little known machine to measure bone density. The market is not open to this machine in the 1980's and he signs up for a training program as a stock broker. The problem is that the training does not pay a salary and as a consequence he is forced into bankruptcy, trying to keep

up with the expenses of rent and food. His wife leaves him and he loses his apartment; he and his son are forced to sleep in homeless shelters, his car, and in bus terminals. The movie is depressing at times, but since it is a true "happily ever after" story, the audience is assured of a good outcome. By the way, Will Smith's real-life son, Jaden Smith, plays Christopher, the son of Chris Gardner. I liked this movie a lot, because it was based on a true story and it also showed one man's determination to reach his goal. By the way, Chris Gardner is a millionaire today.

Washington's Birthday vs. President's Day

By Peggy Nesbit



Presidents' Day is the common name for the federal holiday officially called Washington's Birthday. What is so interesting about this holiday (which has now degenerated into a reason for shopping and sales) is that it was originally given the name of Washington's Birthday by the US government in 1880 for the District of

Columbia and then expanded to include all federal offices in 1885. Who knew that the holiday was so old?

Prior to 1971, the holiday was celebrated on Washington's actual birth date of February 22. In 1971, the government changed the holiday to always fall on the third Monday in February. The date was changed under the Uniform Monday Holiday Bill of 1968—who knew there had been such a thing just to promote business (shopping)?

Also, each state can designate its own holiday and its name. About a dozen states changed the name to Presidents' Day to honor all presidents. (You may remember that Lincoln's birthday also falls in February on the 12th.) Alabama calls the holiday Washington and Jefferson Day even though Jefferson's birthday is April. And Arkansas calls it "George Washington's Birthday and Daisy Gatson Bates Day." Who the heck is Daisy Gatson Bates?

So despite what all the ads say, the government is giving its workers off Washington's Birthday. But according to the State of Ohio's website, the state does call it Presidents Day (<http://acc.ohio.gov/holidays.html>). Ohio must be one of the ones who changed the name—or maybe they just didn't realize the official federal name is Washington's Birthday. Does it really matter when everyone knows it as Presidents' Day and goes shopping?

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Bell Tower Question of the Month January 2007

submitted by Diane Nott

Do you own a classic car, if so what kind (year, make, model)?

1998 BMW Z3 that the original James Bond used in a film. -*Helen Green, adjunct faculty*

75 Plymouth Trail Duster, 4-wheel drive. It is the same as a Dodge Ram, but made by Plymouth. It has never been exposed to salt, I bought it in Arizona 4 years ago and park it all winter. I think I could drive over the PS building with it. -*Terry Green, Science & Math*

1973 Chevrolet Corvette. 1969 Plymouth Barracuda-Sara Sharick

Not yet. The Mazda Miata came out in model year 1990. I've got one so it will be a few years yet until it is "collectable."-*Jeff Koleno, Academic Foundations*

I drive a 1981 DeLorean. The body is really stainless steel and the doors really go up.- *Mike Substelny, Engineering Technologies*

1963 Olds 98 Holiday Sport Sedan and 1951 Dodge Meadowbrook -*Bob Doering, Adjunct Instructor, Enrollment Services and Engineering Technologies*



Actually, I own several.
* 1933 Chevy Coupe <it was a hard top - it has been converted into a convertible and painted canary yellow>

* 1963 Chevy Impala SS

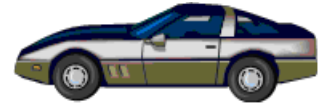
* 1984 Monte Carlo SS

-*Mary Szabados, President's Office*

I'm not sure my 1983 Pontiac Firebird (TransAm) would qualify as "classic" but it is my fun car and I do take it out of the garage occasionally in good weather (it has never been in road salt). This was my son's car in 1985 while stationed in the Marine Corp in Hawaii. When he returned to NC for duty, the car was shipped to Virginia in 1989 and I bought it from him at that time. I have owned it ever since. One more model year and it will be 25 years old. -*Elsa Walker, Administrative Services/Treasurer*

I have a 1974 Mustang II. That my grandfather and I restored for my 16th birthday. -*Carrie Smith*

I don't, unless you call a Chevy Cavalier a classic! But I do know someone who is selling a 1968 Corvette - 35,000 mi - super, super, mint condition for \$15,000 if anyone wants an awesome classic - have them call me. Marci :)
-*Marci Field, Employment and Career Services*



My husband and I own a red 1970 Chevrolet Monte Carlo. You can check it out at www.wenjo.com. Click on LCCC Family Fest Car Show. We are in the second set of pictures. -*Debi Polonkay, Science & Math*

A 1959 MGA -*Becky Schlather, Allied Health & Nursing*

No, but maybe if my husband can hold onto his well-worn 1991 Shadow for another nine years . . . -*Marge Rozmarynowycz, IS&S*

I own a 1985 Porsche 944, color red and in excellent shape. -*Joe McKinney, IS&S*

1977 MG and 1991 Mazda Miata. -*Penny Lotko, ITMS*

My husband and I own a 1972 Ford Mustang-Sprint Edition. -*Kelly Bowers, HRD/SkillsMax Dept*

In 2004 I bought a 1981 Jeep CJ-7 with 3900 miles on the odometer. The car had been in a garage for 21 years. I bought it from the 2nd owner and had to replace the tires, which were dry rotted, and various other pieces and parts which had deteriorated over the years. There was a mouse nest in one side of the carburetor. It is finally running great and now has 17000 miles on it. The original spare tire from 1981 is still mounted on the back of the vehicle. It has never been on the ground. The CJ-7 was only made from 1976 to 1986 and was replaced by the Jeep Wrangler. My Jeep is considered a classic because it is 25 years old and it is no longer made. -

James Alexander, Campus Security



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Tea Time
by Barb Armstrong

Did you know that on any given day half the American population drink tea? Tea is the only beverage commonly served hot or cold for any occasion. The most popular teas consumed in America are Black Tea (85%) and Green Tea (12.5%). A small percentage of American tea drinkers drink Oolong Tea.

All varieties of tea with the exception of herbal teas come from the same plant, *Camellia sinensis*, which is grown in mountainous countries, such as Argentina, Brazil, China, India, and Sri Lanka, to name a few. Differences among the types of teas result from the various degrees of processing and the level of oxidization in which the leaves undergo chemical reactions. This in turn produces the different tastes and color changes of the varieties of teas. The drink of "hot tea" was discovered nearly 5000 years ago, when as legend goes, some tea leaves accidentally landed in the Chinese Emperor Shen-Nung's pot of boiling water. It was an instant success and has lasted ever since.

January is National Hot Tea Month and with all the health benefits of tea, it's no wonder that over 127 million Americans are drinking tea daily. Tea boosts metabolism and aids in weight loss by helping to burn carbohydrates and fats. Studies suggest that tea can also contribute to heart health by improving blood vessel function and controlling blood clotting, thus supporting healthy blood flow and circulation. This, in turn, can reduce the risk of heart attacks and strokes. Women who drink tea were found to have higher bone mineral density measurements than non-tea drinkers. Another study suggests that tea drinkers have a reduced risk of colon cancer.

Whatever your reason for drinking tea, when prepared in the home, it is one of the most economical beverages available, costing, on the average, around 3 cents per cup. With so many varieties to choose from, try a cup of tea this month, instead of a soft drink. You may be pleasantly surprised.

Schedule of Spring Break Events

Monday, April 9 - We start our Journey In California

Wednesday, April 11 - We cruise on through Arizona

Friday, April 13 - We end our journey in Texas . . . until next year.

Watch for the next Bell Tower Bulletin for more info....

LCCC STAFF COUNCIL SPRING BREAK

"If you ever plan to motor west
Travel my way, take the highway that's the best Get
your kicks
on Route 66.

Winding from Chicago to L.A.
More than 2,000 miles all the way
Get your kicks
on Route 66.

Through St. Louie, Joplin, Missouri
Oklahoma City looks mighty pretty.
Get your kicks
on Route 66.

See Amarillo, Gallup, New Mexico
Flagstaff, Arizona, don't forget Winona
Get your kicks
on Route 66.

Visit Kingman, Barstow, San Bernardino.
Santa Rosa, Tijeras, Manuelito
Get your kicks
on Route 66.

Get hip to this timely tip
We start with a California trip
Get your kicks
on Route 66."

YOU GUESSED IT!

This year's Spring Break THEME will be "**Get Your Kicks on Route 66**"

Can you guess who sang this song.....Look for the answer somewhere within this *Bell Tower Bulletin*.

**The Staff Council Spring
Break Committee is
looking for (vinyl)
records, old road maps,
Matchbox-style toy cars.
Contact Kelly Meyer
x7180 to make a
donation or for more
info.**

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Wacky WeView

by Paul and Barb

Here's a restaurant we have overlooked in our Wacky articles (mainly because one person in our group did not want to go there). Here is what we found on our recent visit to The Cracker Barrel on Rt. 254 near the entrance to I90.

Paul: Do we have to go here. It's not a "guy" type of restaurant.

Barb: I thought any type of restaurant where they serve food is a "guy" type of restaurant.

Paul: I never make it past the gift shop ... I always balk and run.

Barb: Just look straight ahead and follow me. I have tremendous willpower when it comes to stuff on sale in a restaurant.

Paul: (Yeah. Right! Look in your office.)

Barb: See you did good! Um, you can open your eyes now. We're at the table.

Paul: BANG! SMACK! (What did you just say?)

Barb: Oops! Too late now.

Paul: Don't they have rocking chairs - like they have outside for sale - for the oldsters (us) to sit on?

Barb: I beg your pardon! Watch who you're calling an oldster!

Paul: I guess I'm walking back.

Barb: Let's order so we can tell our one reader what is on the menu.

Paul: They have all kinds of homestyle cookin' like Chicken n' Dumplings; Chicken Fried Chicken; Farm Raised Catfish; Country Fried Steak; Bowl of Turnip Greens (yum yum); Breaded Fried Okra. This is just getting better every minute. Fried Apples; Fried Applesauce; Fried Mashed Potatoes; Fried Macaroni n' Cheese.....

Barb: I get the picture, it's not low fat.

Paul: Okay, so what's Miss Weight Watcher gonna have?

Barb: Well, there is a small section of salads on the menu. I guess I'll have a salad. Are you surprised?

Paul: If you didn't order a salad, I'd be surprised.

Barb: Did you notice all the cutesy, kitcheny, antiquey things they have hanging on the walls?

Paul: I thought for a minute I was in my garage.

Hey! I thought this was a non-smoking restaurant.

Barb: Huh? Oh! That's a fire in the fireplace that you smell and see. They must have the damper closed.

How's your fish fry?

Paul: Mmmmmmm! Mmmmmmmmmmm!
Mmmmmmmmmmm!

Barb: It's that good?

Paul: No, I was just trying to see if I could hear myself with all the noise in here.

Barb: What did you say?

Paul: (Never mind) When we're done, I want to look at all the "junk" in the gift shop. Maybe I can find some bargains.

Barb: I thought you didn't want to get caught up in that trap. If you stay close to me, I'll lead you out past all the temptation, the same way I got you into the restaurant.

Paul: But they have all the Christmas stuff on sale - cheap.

Barb: Okay. We'll just look for a short time.

(after lunch)

Paul: The only thing I saw that I really want are some Moon Pies.

Barb: What the heck are moon pies?

Paul: They're these cookie sandwiches covered in chocolate and they..... where'd you go?

Barb: Look over here! They have singing Santas and Reindeers at 60% off! They have Christmas ornaments for half price! They have kitchen towels that match my decor! They have John Deere toy tractors for my grandsons! Wow! What bargains!

Paul: I thought you were Miss Willpower? Do you need a shopping cart?

Barb: And someone else's credit card.

"(Get Your Kicks On) Route 66" is an American popular song, composed in 1946 by Bobby Troup and first recorded that same year by Nat King Cole.

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The Recipe File



Submitted by Christine Pesch

Blueberry French Toast

- 12 slices day-old bread, cut into 1-inch cubes
- 2 8-ounce packages cream cheese, cut into 1-inch cubes
- 2 cups fresh blueberries, divided
- 12 eggs, beaten
- 2 cups milk
- 1 teaspoon vanilla extract
- 1/3 cup maple syrup
- 1 cup white sugar
- 2 tablespoons cornstarch
- 1 cup water
- 1 tablespoon butter

Lightly grease a 9x13-inch baking dish. Arrange half the bread cubes in the dish, and top with cream cheese cubes. Sprinkle 1 cup blueberries over the cream cheese, and top with remaining bread cubes. In a large bowl, mix the eggs, milk, vanilla extract, and syrup. Pour over the bread cubes. Cover and refrigerate overnight.

Remove the bread cube mixture from the refrigerator about 30 minutes before baking. Preheat the oven to 350 degrees F. Cover and bake 30 minutes. Uncover and continue baking 25 to 30 minutes, until center is firm and surface is lightly browned.

In a medium saucepan, mix the sugar, cornstarch, and water. Bring to a boil. Stirring constantly, cook 3 to 4 minutes. Mix in the remaining 1 cup blueberries. Reduce heat, and simmer 10 minutes until the blueberries burst. Stir in the butter and pour over the baked French toast.

Spinach and Sun-Dried Tomato Lasagna

- 1 16-ounce package lasagna noodles
- 1 1/2 tablespoons olive oil
- 1 onion, chopped
- 1 carrot, finely chopped
- 1 stalk celery, finely chopped
- 3/4 pound mushrooms, chopped
- 2 cloves garlic, minced
- 1/2 cup dry white wine
- 1 28-ounce can diced tomatoes with juice
- 2 sun-dried tomatoes, chopped
- 1 teaspoon dried thyme
- salt to taste
- ground black pepper to taste
- 1/3 cup all-purpose flour

- 3 cups heavy whipping cream
- 1/4 teaspoon ground nutmeg
- 1 pinch salt
- 8 cups spinach, rinsed
- 1 cup grated Parmesan cheese

Cook lasagna in boiling salted water in a large pot until *al dente*. Drain. Meanwhile, heat 1/2 tablespoon of olive oil in a pot over medium heat. Add the chopped onion, celery, and carrots, stir and cook until onions have softened. Add mushrooms and garlic and continue to cook until the mushrooms have released their liquid, 2-3 minutes. Add wine and cook until most of the liquid has evaporated. Stir in chopped tomatoes including liquid, sun-dried tomatoes, and thyme. Bring to a simmer, reduce heat to low and simmer until thick. Season with salt and pepper.

To make the white sauce, heat remaining oil in a heavy pan over low heat. Add flour, whisk constantly until the flour begins to turn a light brown. Remove pan from heat and whisk in cream. Season with nutmeg and a pinch of salt. Remove from heat and set aside.

To assemble, spread 1/2 cup of the mushroom sauce in the bottom of a casserole dish, add one layer of noodles, then another 1/2 cup of mushroom sauce. Arrange a single layer of the fresh spinach leaves over the sauce and drizzle them with 1/3 cup of the white sauce. Sprinkle 2 tablespoons of the grated Parmesan cheese over the spinach and top with another layer of the noodles. Repeat 5 times. In a preheated 375-degree F oven, bake for 40 minutes. Let stand for 10 to 15 minutes. Serve warm.

Potato Soup

- 2 cups water
- 2 cups peeled and cubed red potatoes
- 3 tablespoons melted butter
- 1 small onion, chopped
- 3 tablespoons all-purpose flour
- salt and pepper to taste
- 3 cups milk
- 1/2 teaspoon white sugar
- 1 cup shredded Cheddar cheese
- [optional: 1 cup diced ham]

Using a medium-sized stock pot, bring water to a boil, add potatoes, and cook until tender. Drain, reserving 1 cup liquid. Stir in butter, onion and flour. Season with salt and pepper. Gradually stir in potatoes, reserved liquid, milk, sugar, cheese, [and ham]. Simmer for 30 minutes, stirring frequently.