

LASAR Announces Upcoming Training

As March 2019 approaches (is it just me or is 2019 zooming by at break-neck speed?), LASAR continues its spring training push for members and other first responder units.

On Feb. 2, LASAR conducted bloodborne pathogens annual certification training required by OSHA. The main focus of the training, according to instructor and LASAR member Roger Iburg, is to inform all first responders of the protections needed to be in place before coming in contact with blood or other potentially infectious fluids or tissues. Another training session will be planned for later in the year.

Upcoming training during the next quarter includes the following and anyone wishing to sign-up should contact LASAR.

- Saturday, Feb. 23 at 8 a.m.: Dive Team and Tinder training, Instructors Steve Duckworth and John Wade

- Saturday, March 16, 8 a.m.: Traffic Incident Management System (TIMS) training, Instructors Frank Brandenburg, Kevin Brandenburg and Ray Hogans

- Saturday, March 23, 8 a.m.: EMS cruise briefing conducted by Ray Hogans. This briefing is for all participants including family members attending the Emergency Medical Support cruise in April.

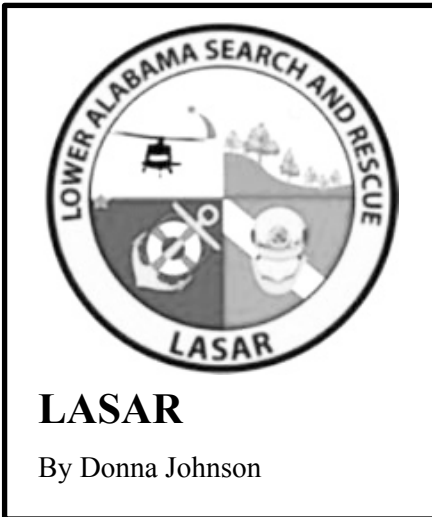
- Saturday, March 23, 9 a.m.: Command operations bus setup and equipment review, Instructors John Crispin, Letty Rodriguez and Ray Hogans

- Saturday, April 6, 8 a.m.:

International Trauma Life Support (ITLS) training, Instructor Ray Hogans

- Saturday, April 20, 8 a.m.: Boat safety and boat operations, Instructor Mike Kovacs

- April 29: EMS cruise will depart from the Port of Mobile on the Carnival Cruise Ship Fantasy for a five-day cruise.



LASAR

By Donna Johnson

This event is hosted by LASAR and is open to all medical, rescue, firefighting and EMS personnel. Training courses will be held on all 'at sea' days. This is a perfect way to get your professional continuing education credits while enjoying the cruise with family and friends. Registration information can be requested by emailing Ray Hogans at boots1@gulftel.com

Anyone interested in joining LASAR, please attend one of our monthly meetings on the second Monday of each month at 7 p.m. at LASAR headquarters, 34247 West Barclay Avenue in Lillian.



Roger Iburg instructs Bloodborne Pathogens training for LASAR members.



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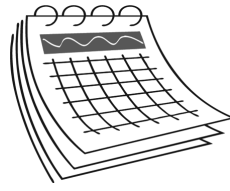
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Community Bulletin Board



- March 2, 9, 16 & 23 - Optimist Club of Perdido Bay Saturday breakfast and meeting, 8 a.m. at Lillian Community Club
- March 2, 5, 9, 12, 16, 19, 23 & 26 - Alcoholics Anonymous meeting, every Saturday and Tuesday at 7 p.m., Lillian United Methodist Church
- March 5 & 19 - Garden volunteers meeting for walking trail gardens clean up, 9-11 a.m., Lillian Recreational Park
- March 5, 12, 19 & 26 - Weight Watchers meets every Tuesday, 4:30-5:30 p.m. at Lillian United Methodist Church
- March 5 & 19 - Lillian Masonic Lodge 925 meetings first and third Tuesday of each month, 6:30 p.m. Contact Joe Taylor at 251-962-4301 or Jim Covert at 251-962-7354
- March 7 - Lillian Recreational Park meets the first Thursday of the month, 6:30 p.m. at park conference room
- March 8 - Homestead Extension Renewal assistance, 9 a.m. to 1 p.m., LCC
- March 9 - Ash Wednesday Services, 2 and 6:30 p.m., Lillian United Methodist Church
- March 10 - Perdido Bay Power Squadron boating knowledge and safety course, 9 a.m. to 5 p.m., Lillian Recreation Park, see details on Page 2
- March 11 - Lillian Civic and Legislative Committee meeting on second Monday of each month, 8:30 a.m., open to public
- March 11 - LASAR meeting, 7 p.m. second Monday of each month, Barclay Street
- March 14 - Gulf Coast Classic Car Club meeting, 6 p.m. second Thursday of each month, Gulf Bowl Bowling Alley, 2881 S. Juniper Street, Foley
- March 15 - Gulf Coast Classic Car Club "Cruisin," 5-8:30 p.m. third Friday of each month, Sonic, Foley
- March 16 - Market in the Park, 9 a.m. to 1 p.m., Lillian Recreational Park
- March 17 - Sunday Night Songfest, 6 p.m., third Sunday of each month, Bayside Baptist Church
- March 18 - Lillian Bicentennial Committee meeting, 9 a.m., Lillian Recreational Park meeting room
- March 18 - Lillian Women's Club meets the third Tuesday of the month Sept. through May, 11:30 a.m., Lillian Community Club
- March 18 - American Legion Post 48 meeting, 7 p.m. third Monday of each month, Lillian Community Club
- March 23 - Lillian Volunteer Fire Department Open House, 10 a.m. to 2 p.m., Station 1, 12655 Santa Piedro Street
- March 24 - American Legion Post 48 ham dinner, 11 a.m. to 1 p.m., Lillian Community Club dining hall
- March 28, 29, 30 - Trash and Treasure Sale, 8 a.m., Lillian United Methodist Church
- March 30 - 15th Annual BBQ and Car Show, car show, 8 a.m. to 4 p.m., BBQ starts at 10:30 a.m., Plant Sale from 9 to 11 a.m., Lillian United Methodist Church

There is a community calendar available to help you plan without competing with another event. Check with Sandy at the Lillian Community Club. 251-962-3366 from 9-11 a.m. Monday-Friday

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Put Together a Professional Team to Help You Reach Your Goals

As you work toward achieving your goals in life, you will need to make moves that contain financial, tax and legal elements, so you may want to get some help – from more than one source.

Specifically, you might want to put together a team comprised of your financial advisor, your CPA or other tax professional, and your attorney. Together, this team can help you with many types of financial/tax/legal connections.

For starters, you may decide to sell some investments and use the proceeds to buy others that may be more appropriate. If you sell some investments you've held for a year or less and realize a capital gain on the sale, the gain generally will be considered short-term and be taxed at your ordinary income tax rate. But if you've held the investments for more than a year before selling, your gain will likely be considered long-term and taxed at the lower, long-term capital gains rate, which can be 0%, 15% or 20%, or a combination of those rates.

On the other hand, if you sell an investment and realize a capital loss, you may be able to apply the loss to offset

gains realized by selling other, more profitable investments and also potentially offset some of your ordinary income. So, as you can see, the questions potentially raised by investment sales – "Should I sell?" "If so, when?" "If I take some losses, how much will they benefit me at tax time?" – may also be of importance to your tax advisor, who will need to account for sales in your overall tax picture. As such, it's a good idea for your tax and financial advisors to communicate.

Your tax and financial advisors also may want to be in touch on other issues, such as your contributions to a retirement plan. For example, if you are self-employed or own a small business, and you contribute to a SEP-IRA – which is funded with pre-tax dollars, so the more you contribute, the lower your taxable income – your financial advisor can report to your tax advisor (with your permission) how much you've contributed at given points in a year, and your tax advisor can then let you know how much more you might need to add to move into a



Financial Focus

By Jason M. Kozon of Edward Jones

lower tax bracket, or at least avoid being bumped up to a higher one. Your financial advisor will be the one to recommend the investments you use to fund your SEP-IRA.

Your financial advisor can also help you choose the investment or insurance vehicles that can fund an estate-planning arrangement, such as an irrevocable living trust. But to establish that trust in the first place, and to make sure it conforms to all applicable laws, you will want to work with an attorney experienced in planning estates. Your tax professional may also need to be brought in.

So, do what you can to open these lines of communication – because you'll be one who ultimately benefits from this teamwork.

• This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.

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Time to Check Trees for Weevil Damage

We are now in South Alabama's sweet spot – weather wise. That briefest of moments between the cold winter months and the boiling heat of summer. We have only moments; we must be ready to mobilize as the barometer rises. One of the outdoor items that should be on our to do list is to check our trees. Did any of the winter storms half-break a limb? Is anything leaning precariously? Do our palmetto bushes or trees look seedy?

North America's largest weevil is the palmetto weevil, *Rhynchophorus cruentatus*. It can be found throughout Florida, following the Gulf Coast across Alabama as far west as southern Texas. Fossil records suggest that the palmetto weevil was present in Florida during the Pleistocene era about 1 million years ago.

The palmetto weevil has spread as far north as South Carolina. About 97,000 species of weevils are known. Weevils are certain beetles, namely the ones belonging to the superfamily Curculionoidea. The Curculionidae are the family of the "true" weevils (or "snout beetles"). They are one of the largest animal families, with 6,800 genera (which is the plural form of genus, don't cha know?) and 83,000+ species described worldwide.

Palmetto weevils are large; they range in size from .75 to 1.25 inches long. The adults are black and red spotted or all black. They can resemble a dark colored beetle, but they can be easily identified as a weevil due to

their protruding snout called a "rostrum." The rostrum, in biology, refers to a stiff, beak-like projection from the head of an insect, crustacean (like a shrimp) or cetacean (like a dolphin). The narwhal, which is a cetacean, possesses a large rostrum in the form of a tusk from the front of their head. These modified mouthparts are used for feeding and to prepare holes in host plant material in which eggs are laid.

Adult males can be distinguished from adult females by the surface of the rostrum. The rostra of males are relatively straight and covered with tiny bumps while females have a ventrally bowed, tapering and smooth rostrum.

Palmetto weevil adults have wings, fly actively and are most noticeable in late spring and early summer. When not flying in search of a host palm, adults hide between the leaf bases and stems of healthy palms presumably to conserve water within their bodies.

Palmetto weevils start their life as eggs laid in the leaves or damaged



Know Your Critters

By Celeste Hadley-Champion

areas of a host tree. Any stress factors such as drought, excessive moisture, cold damage, lightning strikes, fire and nutrient deficiencies can cause palms to be at risk. After the mating process, the female deposits her eggs at the base of the stressed palm. In about three days, the eggs will hatch.

The legless larvae, or grubs, are fat, yellowish and can weigh up to .25 ounces. Their prominent head is dark brown and very hard. They have large mandibles. Mature larvae can be quite large, about the size of your thumb. The larvae of palm weevils are considered a delicacy in other countries. Fried weevil on a stick, anyone?

The larvae grow by moulting, which means to shed the outer layer of skin. With each successive moult, their bodies and their appetites grow. In their final stage, the mature larvae move from deep within the tree to the outer area and spin cocoons around themselves. Weevils emerge from the cocoons after several weeks to mate. The entire cycle takes about 12 weeks.

It is the appetite of the immature grub stage that kills the palm. This pest has a taste primarily for the cabbage palm. The palmetto weevil will also infest saw palmettos, Canary Island date palms, Washington palms, royal palms, and some coconut palms.

The palmetto weevil is generally lethal to cabbage palms and there is, as yet, no effective treatment that can save the tree. Affected trees should be cut down.

By the time palmetto weevil damage is noticed, it is generally too late to save the tree. Damage is first evident in the wilting and dying of younger leaves. As the weevils work inside the tree, the entire crown may weaken and fall over. For healthy palms, it is essential to keep the trees in good condition and, above all, to avoid wounds as these attract weevils. Great care should be taken with lawnmowers and other gardening implements to avoid damaging trees.

• Do you know which bug does amazing motorcycle stunts?
Evel palm weevil.



Alabama Tax Provisions Information

It's time to tell you about some Alabama tax provisions for 2018. Given some of the tax changes at the federal level, I think the Alabama Department of Revenue might actually be our friend.

Let me back that up by saying that Alabama did not remove all of those miscellaneous deductions that went away until 2026. You can still take some employee expenses not reimbursed by your employer: union dues, small tools, uniform maintenance, travel, transportation or meal expenses for your job. Also, there are those other expenses like tax preparation fees, safe deposit rental, certain legal and accounting fees, IRA custodial fees, and financial management or advisory fees that are still deductible.

Alabama also allows us to deduct casualty losses due to theft, vandalism, fire, storm and car, boat and other accidents or similar causes. Of course, these losses are still limited to amounts over 10 percent of your Adjusted Gross Income (AGI) less \$100. Remember at the federal level, in order to claim a loss in 2018, it had to occur in a federally-declared disaster area.

Our "friend" also allows you to deduct expenses to retrofit/upgrade your home to resist wind or flood damage. You may deduct from gross income the lesser of 50 percent of the cost or \$3,000 to retrofit or upgrade your home. You must have a certification as prescribed under Chapter 31D, Title 27, Code of Alabama 1975 or the Alabama Residential and Energy Codes Board.

Remember the deposits to a catastrophe savings account if you are uninsured or underinsured for a specific loss. You may deduct from Alabama gross income the amount of your deposits for the year. The deduction is \$2,000 if your insurance deductible is equal to or less than \$1,000. If the deductible is greater than \$1,000, the amount of your deduction from your Alabama gross income is the lesser of \$15,000 or twice the amount of the insurance deductible.

If you choose not to obtain insurance for a specific loss, then the deduction is the lesser of \$250,000 or the value of your legal residence. If you have a mortgage on your property, your mortgager will not allow you to self-insure.

Now to other changes. Alabama

residents may deduct from gross income deposits made to a Health Savings Account (HSA). The HSA contributions are defined as contributions made to a HSA up to the maximum amount allowed



Let's Talk Taxes
By Carol Kovacs
CPA, EA

pursuant to 26 USC §223. Any contributions made to a HSA using pre-tax dollars are not deductible.

We have a new Form 40EZ – a simplified Individual Income Tax return that can only be electronically filed. Visit the updated website at www.revenue.alabama.gov and click on the link for "My Alabama Taxes" to file.

Of course Alabama, like the IRS and all the states, are encouraging electronic filing of your tax return. It is safer and less prone to error than when state employees have to enter your tax information into the computing system.

My Alabama Taxes (MAT) allows you to electronically file your tax return free of charge, check the status of your refund, pay your taxes and print copies of letters and tax returns associated with your accounts.

The website has downloadable forms, fill-in-forms, instructions and the most accurate up-to-date information available. It also hosts links to PC on-line filing providers supporting the federal/state electronic filing program.

Lastly, you can now complain to the state about your tax preparer. The form is AL-14157. You probably will not get anywhere if you complain about the price you were charged. But if you believe that you have been the victim of a fraud or other misbehavior, it's important that you report bad tax preparers to keep the profession professional.

I hope this information has been helpful. If you have any specific questions or areas of interest you would like addressed in future columns (leave out your personal information), my email is carolpkovacs@aol.com. Use "Let's Talk Taxes" as the subject. Happy tax season!

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Lillian Perdido Bay Library Corner

By Sally McKinney

Wow! You guys are terrific. The 2019 Lillian Perdido Bay Library membership request cards barely hit the mailboxes and we had gotten lots of responses.

We really appreciate your help in making our library the biggest little library in the area.

If you haven't made your donation, there is plenty of time. Some of our fans add a little extra to the pot. We thank you for that extra support.

Let me explain a little bit about how our library works.

With your donation of \$10 for an individual or \$15 for a family, the library is able to pay the bills, electric, trash, sewer, maintenance and office supplies.

We are able to keep up with technology, provide computers, printers, copiers and faxes, as well as software so you may access our collection online. There are no paid employees; we're all volunteers.

That computer program also allows you to go online to see what is on our shelves.

What? You didn't know you could do that? Just go to <http://lpblal.booksys.net/opac/lillian/>, type in the title of the book and if we have it, you'll know it.

We may have what you are looking for in hard back, large print, paperback, movie CD or audio book or almost all of the above.

Here's something else you may not know. It doesn't cost one penny to get a library card.

You just stop in, provide some information and in a few minutes you are good to go to search the shelves for your favorite author.

We also provide other services. You may make copies or fax; only a donation is requested.

This time of the year we have tax forms, the good old 1040 and a variety of supplemental forms like Capital Gains and Donations. We have an instruction book, too, but I'm afraid that has to stay in the library. You are welcome to sit and peruse and make copies of needed

information, just not the whole book because it is really big.

Our five computers are a real asset to those who don't have internet service or whose computer or printer has decided to give up the ghost just when you really need it. Or just come on in and read the news online, check your email and reserve a spot on a plane or cruise ship.

In addition to fiction, our shelves hold a variety of non-fiction books, DIY, cooking, World War II, Civil War, religion, you name it. If you like biographies, you'll find a variety. Check out our classics section. You might want to reread some of those titles you were forced to endure in school.

Our donation table is full, so we're not taking any book donations right now.

We will let you know when the pile is depleted and we will again be accepting books.

Thank you for your understanding.

So that's what our library is all about, providing a service to the community. Come on in and check it out.



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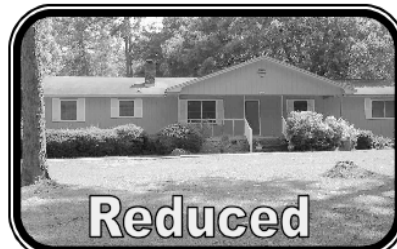
34496 Barclay Ave, Lillian, AL 2/2, \$125,000 MLS 277380



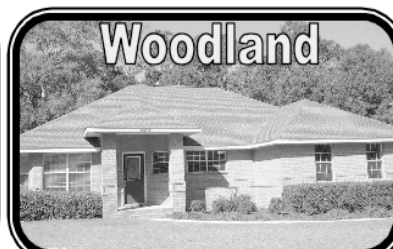
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Love in the Air at Optimist Dinner, Dance

By Sally McKinney

The Optimist Club of Perdido Bay celebrated Valentine's Day with a special dinner and dance in the Lillian Community Club. The event featured a surf and turf dinner, dancing, fun and fellowship.

The club is dedicated to "Bringing Out the Best in Kids" by providing dozens of programs for children as well as donations to local organizations that provide services to children and families.

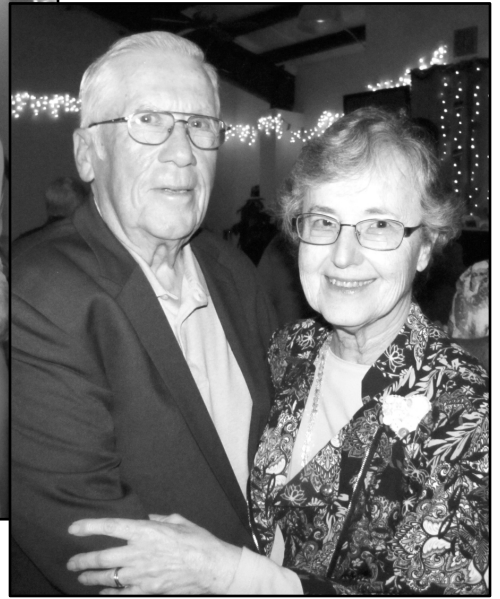
The club meets at 8 a.m. every Saturday in the LCC.

The day begins with the famous Optimist Club breakfast, a short meeting to update members on upcoming programs and projects and a program featuring speakers with information pertinent to life in the Lillian community.

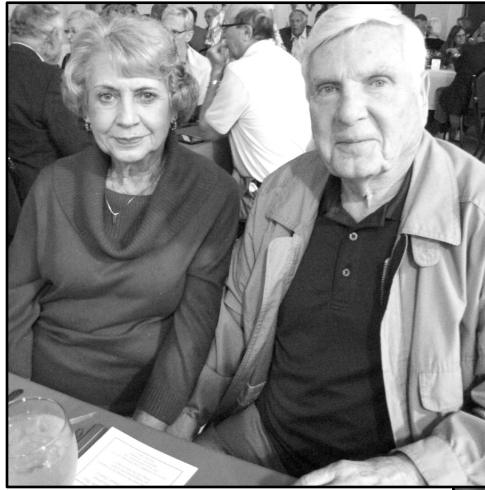
Guests are always welcome to come to hear what the group is planning and how they may help in the club's mission.



Dan and Carolyn Armstrong



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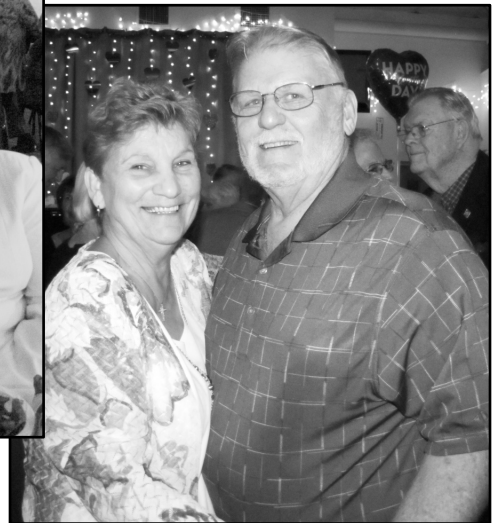
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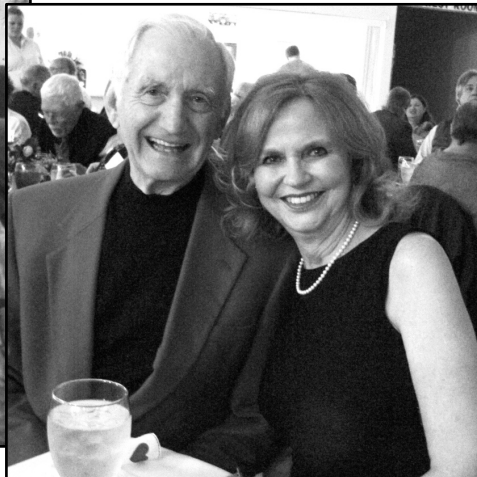
Frances and Jerry Garner



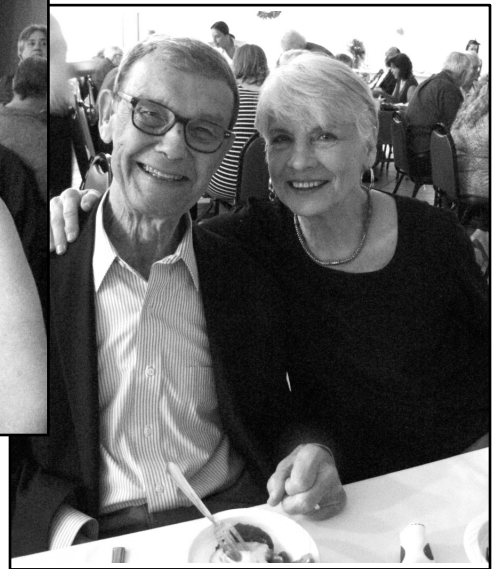
Jean and Dennis Courtney



Jim and Priscilla Westgate



Nelson and Becky Beech



Andy and Sondra Wilkinson



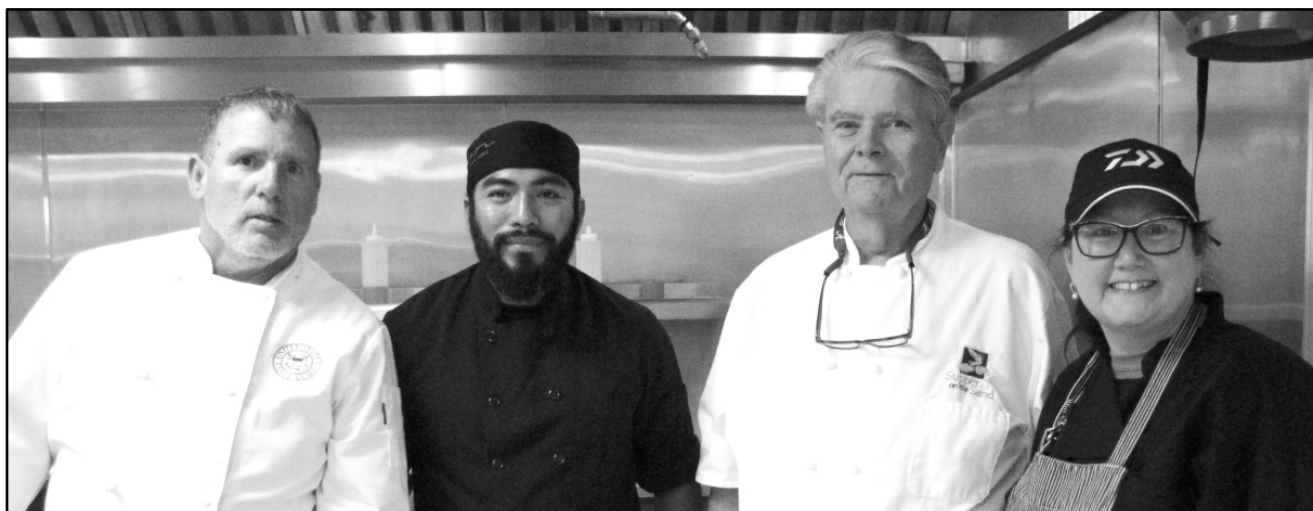
Betty Bovat and Wade Dorman



John and Joyce Poehlein



Terry and Dave Danson



Preparing the meal were, from left, Kip Thomason, Louis Goxcon, Dan Armstrong and Tess Helton.



Kay and Gordon Lett

The Camden Cam

Humming softly, I watch my sweet four-month-old grandson's dark blue eyes flicker closed. This is just about the sweetest sight. Whoa! What am I seeing? There's movement just below his crib mattress. The hair on the back of my neck stands-up. Oh brother, I know those eyes.

"Keelyn! What are you doing?" I whisper loudly, hoping not to jar the baby awake. "Are you trying to give me a heart attack?"

"Mom, I thought I heard a voice. I wanted to see if he was asleep yet," she says with a huge grin. "I had to crawl on the floor because if he sees me he'll start crying again."

I watch her gently place the pacifier back in Camden's mouth and tiptoe out of the room.

I have to admit, after this last grandchild was born, it's killing me to live 3,000 miles away. Frankly, I think I was driving my daughter nuts asking for daily videos of that precious baby crying, sleeping or just breathing, because out of the blue I received a link to click on called 'the Camden Cam.'

The Camden Cam is in real-time, called livestreaming. It's so cool! Twenty-four hours a day I can take a peek at Camden. I can watch him in his bed, his swing or this jumping thing. Not only that, I can actually talk to him through the Camden Cam. Also, as the livestream runs, it captures a 30 second video if he starts to cry or make a lot of noise.

The part I like is that I can look back at those captured moments and see what I may have missed, or how awful he slept the night before, without asking my daughter why she's so cranky and yawning during our daily phone chats.

From 3,000 miles away I was in heaven the first time I got to see Camden lying in his bed watching his mobile spin. It blew my mind.

I squealed when I saw him waving his arms and kicking his legs as only little ones can do. I hit the microphone and whispered, "Hey baby." He stopped. I watch his blue eyes move around.

I continued to talk and he figured out that my voice is coming from the camera above his crib.

Smart boy! He stared right at it. As I



Spilling Coffee with Pam

By Pamela Vanden Bos

conversed with Camden he begins to fall asleep and I began to hum. That's when I spot my nut-bag daughter crawling on her hands and knees, just below his eyesight. Talk about creepy!

I guess it was creepy for both of us because she was unaware that I'd be able to talk through the Camden Cam. Surprise, surprise. Gramma Pamma is in the house.

Anyway, after the second week I slowed down checking the Camden Cam during the day, however every morning I'd check to see how Camden was sleeping, as my daughter continued to be exhausted. The video captured nighttime moments verified that the little stinker is still keeping her up all night.

Then one afternoon Keelyn asked me if I saw her on camera last night. Shoot, come to think of it, I forgot to check this morning.


Nervously giggling, my daughter explained that she had just stepped into the shower when Camden started fussing. "I ran to put his pacifier back in his mouth when I remembered the camera. I freaked out and pulled the stupid plug as fast as I could." And then she quickly added, "And don't go looking for it." I assured her I didn't plan to.

Then last Friday my daughter went to bed early with a major lack of sleep headache.

Still concerned the next morning, I wondered just how bad the little tyke had been.

Sipping my morning coffee I pull up the previous night's captured moments and saw that the baby was crying in several thirty-second videos. Yikes.


I click on one. Wow, Camden is having a fit at two in the morning. Coming out of the dark I could see someone stumbling towards the baby. I gasped, spilling my coffee, and slamming my eyes shut. It wasn't my daughter. It was my son-in-law. And well, lets just say, he doesn't wear pajamas.



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Lillian Recreational Park News

By Monica Leonard

Did you know the Lillian Recreational Park has a new website? Check us out at www.LillianRecreationalPark.org. The website includes information on upcoming events, as well as general information about the park.

In a sure sign that spring is on its way, our first Market in the Park will be on Saturday, March 16, from 9 a.m. to 1 p.m. It's a great place to find those creative craft items and that early spring produce you've been looking for, so be sure to mark your calendar.

We also invite all crafts and produce vendors to participate. If you have a business or if you represent a nonprofit, we would love to have you join us. For a vendor application and a copy of our guidelines, visit our website or contact Monica Leonard at 703-622-0055 or leonard.m02@outlook.com.

Vendor booths are \$5 each and space is limited. The deadline for vendor registration is March 11.

By the way, beginning with this month's Market in the Park, the park will be accepting used computers and electronics for recycling. Bring your old electronics (no TVs) and let us recycle them for you.

Another harbinger of spring approaching is all the work that has been done on our baseball and softball fields. All the fields are now being used either for practice or for games. The Elberta Warriors home games are listed on our Facebook page and website as well as here in The Lillian newspaper.

It's so exciting to have all this activity. We thank the parents,

coaches and all the volunteers who have been working diligently to prepare and maintain the fields.

Our triangle garden is being transformed into the Alabama Garden featuring our state flower, the camellia, along with historical markers in honor of Alabama's Bicentennial. The markers will be installed later this spring.

We also hosted a gardening day with the Girl Scouts. We painted and planted clay pots, gave some butter beans a start, and you may even see some random sunflowers purposely crop up in various locations this spring.

Spring is a great time to play pickleball, too! The basketball/pickleball court resurfacing will begin this month, weather permitting. Visit our website to learn about our pickleball community challenge. This is your opportunity to help us continue to provide a safe place to play basketball and pickleball.

As we've been planning the park's spring activities, our walking group has suggested that a Tai Chi class would be a welcome addition. We are looking into the feasibility of that, dance and/or yoga. Do you know of any potential teachers (or are you one)? If so, we'd love to hear from you.

Finally, as we welcome spring, we continue to look for volunteers to help us improve our amenities and programs. If you would like to help, please contact us. No matter what your interest or the amount of time you have to offer, we can use your help.

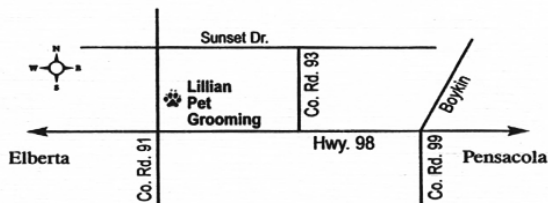


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Bo Lewis has a daughter, Kendall "Turtle", who plays softball on the Warriors team at Elberta High School. As a volunteer, he has been working on various projects at Lillian Recreational Park to help the team. The Warriors are using the park's fields as their home fields until new ones are ready at the school.

Swing into Spring

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INGREDIENTS

- 1 slab spareribs (4-5 lbs)
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon cinnamon
- 1/2 teaspoon black pepper

RUB

- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- 1 tablespoon chili powder
- 1 tablespoon dried oregano
- 1 tablespoon plus 1 teaspoon kosher salt

BBQ PINEAPPLE GLAZE:

- 1 teaspoon olive oil
- 1/2 onion, finely chopped
- 1/4 teaspoon kosher salt
- 18 oz bottled barbecue sauce
- 20 oz canned crushed pineapple, with juice
- 1/8 cup molasses

DIRECTIONS Combine all of the rub ingredients together in a small bowl. Remove membrane from the back side of the spare ribs using a paper towel. Rinse and pat dry. Pour rub on the ribs, ensuring both sides are fully coated. Marinate in the refrigerator up to 24 hours. Either grill using indirect heat or cook in the oven at 250 degrees for 4-5 hours. Brush glaze on the ribs in the last 15 minutes of cooking. Meat will be pulling away from the bone and tender to the touch when ready to eat. BBQ Pineapple Glaze: Heat olive oil in a saucepan over medium heat. Add onion and salt. Cook for 10 minutes. Add BBQ sauce, pineapple and molasses. Stir and bring to a simmer over medium high heat. Reduce heat to medium low and cook for 15 minutes.

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