



LNO

At Soccer Taco (Downtown)

February 16

7:00pm

Please RSVP Carissa Reed or

Julianna Richman



UTRA Members at Janie's house in December

Thank you to Janie Mobley for hosting the 2009 Ornament Exchange at her beautiful home.

Visit us at www.UTRA.org for more updates



Ladies Night Out

Our last LNO was at PF Changs, who wouldn't want to eat some yummy Moo Goo Gai Pan or Great Wall of Chocolate?! If you didn't make it, you missed out on plenty of laughs and great conversation as usual.

Next LNO out @ Soccer Taco (downtown), February 16th @ 7pm.

**If anyone has any future LNO ideas please feel free to share them with Carissa or Julianna.

Special Events

"The greatest healing therapy is friendship and love."

Hubert H. Humphrey

Our most recent event was our Annual Ornament Exchange on December 10th. We give a special shout out to Janie Mobley for taking on the task of hosting this year's event, she was an amazing hostess. Everyone's appetizers and desserts were so delicious, so please feel free to email me your recipes, so I can make sure to include those in the newsletter!

We are already looking forward to our next special events get together at Easter.

Care and Concern Corner

New Expectant Moms



Congratulations to the following families

- ~ Joe and Janie Mobley: Janie will be getting induced Thursday February 4th and will welcome their 2nd baby girl! I'm sure big sister Louisa can't wait.
- ~ Jeremy and Robin Mahlow: are also expecting another new addition later this year.
- ~ Matt and Ashely Kimball: are going to become first time parents this late Summer.

**If you are aware of a UTRA member or their family that has a C & C need please contact Janie at 865-696-5145.

Playgroup Calendar

February 5 - 10:30 AM

East Tennessee Discover Center

516 North Beaman Street, Knoxville, TN 37914

(Located in Chilhowhee Park)

February 12 - 11:00 AM

West Town Mall Play Area

7600 Kingston Pike

February 19 - 11:00 AM

Chuck E Cheese

8225 Kingston Pike



February 26 - 11:00 AM

Tataru's

11207 Outlet Drive

675-5988

March 5 - 11:00 AM

Oak Ridge Children's Museum

461 West Outer Drive, Oak Ridge, TN 37838

***If you are interested in hosting a playgroup at your house or you have any special ideas, please feel free to contact Tara McIlrath, Playgroup Chair at 865-357-0763



Member Spotlight

Tara McIlrath.....Coming soon!

Creative Corner

Mexican Steak and Beans

Submitted by: Jennifer Ollis

Ingredients:

- 1 1/2 pounds beef flat iron steak
- 1 10-ounce can chopped tomatoes
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1 teaspoon dried oregano, crushed
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

Red pepper flakes to taste 15-ounce can black beans, rinsed and drained

- 2 small green, red and/or yellow sweet peppers, cut into strips (optional)
- 3 cups hot cooked rice
- Optional-crumbled queso fresco cheese

To Prepare:

1. Trim fat from meat. Place meat in a 3 1/2 to 4 quart slow cooker.
2. In a bowl stir together undrained tomatoes, onion, garlic, dried oregano, chili powder, cumin, salt and black pepper. Pour over meat.
3. Cover and cook on low-heat setting for 7 to 9 yours or on high-setting for 3 1/2 to 4 1/2 hours.
4. Turn to high-heat setting and add sweet pepper strips and pinto beans.
5. Cover and cook for 30 minutes more.
6. Remove meat; cool slightly. Shred or thinly slice meat across the grain.
7. To serve, spoon rice into soup bowls; arrange meat on rice; spoon bean mixture over meat. If desired, sprinkle with cheese.

Word to the Wise Vinyl Lettering

By Julianna Richman

I design and create vinyl lettering for home and holiday decor. You can put vinyl on wood, glass, and mirror, even your walls. I love to make things for kids' rooms and for some reason love to make things for Halloween. I have over 7000 fonts and many different shapes and images as well to choose from. I have 15 colors of vinyl to choose from and lots of designs. You can email me or check out my

blog: juliannarichman.blogspot.com for some ideas I have posted.



UTRA
5932 Cardan Drive
Knoxville, TN 37909



**RECIPIENT NAME
STREET ADDRESS
ADDRESS 2
CITY, ST ZIP CODE**