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November 2019









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FULSHEAR LIVING

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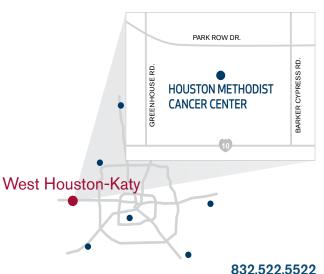
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Satisfaction & Inspiration Paul Sanchez reflects on mural project at Adams Junior High and his fine art works by MARQUITA GRIFFIN | mgriffin@fbherald.com



aul Sanchez rarely has a day off, in fact over the past few months the artist has painted 20-plus murals. But Sanchez doesn't complain. Considering he's been drawing since he was four years old, Sanchez, sees his work as more than his livelihood; it's a fulfilling labor of his life. "I have always loved art and have always loved producing art," he said. "Just the passion alone keeps me going."

In September Sanchez, who owns Simply Artistic, Inc. in Rosenberg, completed five murals at Adam Junior High School in Fulshear, which was a project that holds a particular satisfaction for him.

"It feels great to have my work viewed by many for generations to come," he explained. "But what brings me more joy than that is providing artwork in places where kids roam."

The murals took six days to complete, with a couple of murals being completed on the weekend with no one around, "except a couple construction workers," Sanchez said. But the mural in the athletics corridor was completed while students walked the halls, and that, Sanchez said, is always heartening.

"It never fails - the kids will watch in awe and ask many questions, [and are] intrigued enough that on some occasions, kids will come up to me on the following days and show me what they 'drew last night' after watching me," he said.

"Inspiring kids is incredibly satisfying. You can almost feel their excitement."

Sanchez was contracted for the Adams Junior High mural project through a company that seeks commercial muralists to provide large-scale mural services nationwide. Although Sanchez has a talent for creating art, the design for the junior high's murals was planned with images developed by the school's architectural design team that Sanchez executed exactly.

"I just so happen to fit all criteria and am one of very few companies nationwide that have this niche and have the expertise to not only provide commercial mural services, but have extensive experience coordinating efforts with all parties involved: architects, general contractors and third party providers," he said.

The murals he painted for Adams Junior High are located in the fine arts corridor, the athletics corridor and the three smaller text murals are located in the school's gymnasium.

The junior high mural project was the last of 26 murals Sanchez had on his order list, which included a school in Dallas, a few in the Spring and Woodlands area, with the remaining in Katy and Fulshear.

"Most were done at the very end of the summer but some went into the start of the school year," he said.

At the time of the interview, Sanchez was set to paint murals at Williams Elementary School in Richmond, Holy Rosary Catholic School in Rosenberg and Lemm Elementary School in Spring, Texas.

A VARIETY OF WORKS

While Sanchez remains "extremely busy" with commercial murals — his work can be seen at such places like international airports and

even the Hard Rock Hotel & Casino in Vegas — he also provides fine art services and creates his own works for sale.

"I select images, draw them and then make fine art prints of the original. I also frame the original and sell that at art shows and online," he said.

While his mural works are always for commercial business, Sanchez said his fine arts work "is for anybody and everybody." The works he creates are usually for art show sales that he feels will market well and appeal to the general public.

Additionally he provides airbrushed window artwork, which is typically seasonal or holiday projects. Once the season or holiday ends, however, he removes the art.

"On occasion, but not that often, I provide permanent window artwork," he added.







Follow Paul Sanchez

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Sanchez also creates work from himself, although such projects are rare, like his "9/11 Memorial Wooden Shelf," which is a project that has been on his mind for years.

"I'm always too busy to get it started," he said. "I do not put it 'into production' as I normally would, because it is for myself. I served in the US Army and have always been very patriotic."

He hoped this year he would complete the piece before Sept. 11, but due to his workload he was unable to. His motivation behind the piece was to show his "support of our men and women in uniform."

"It will give me pleasure and a sense of pride to have that piece of furniture in my art gallery once completed," he said.

EMBRACING CHALLENGES

Sanchez, who enjoys challenging himself, is currently working an extensive Noah's Ark pencil illustration. This project, he said, "is likely to be the largest pencil drawing of Noah's Ark ever created."

"For now, I have it sized at 85 inches wide by 45 inches high and estimate that it will take me about 1,500 hours to complete."

To date he's only about 30 hours into the work.

"If I find that one exists that is larger, I am prepared to make a second continued panel of the same size so that the finished size is 170 inches wide by 45 inches high."

He suspects it will take him the rest of 2019 and most of 2020 to complete it.

And just like any artist, Sanchez has favorite subject and medium. For him, it's African wildlife in pencil.

"Since I was probably four years old, I have been infatuated with African wildlife, and since I have a deep passion for drawing, there is nothing like drawing these animals in pencil," he said.

"I could spend the rest of my life doing that, even if it were just for me."





Story Ideas?

Contact Marquita Griffin at mgriffin@fbherald.com with Fulshear Living in the subject line, to have your community news and/or photos featured in a future edition.



Paul Sanchez's 2019 Works:

- Holy Rosary Catholic School and Church in Rosenberg, TX
- All Star Storage in Richmond, TX
- The Barn Door in Downtown Rosenberg, TX
- Maxwell's Meat Market in Eagle Lake, TX
- Ridley Apartment Homes in Houston, TX
- Sam Houston MSTC High School in Houston, TX
- Hildebrandt Intermediate School in Spring, TX
- Springwoods Village Middle School in Spring, TX
- Valley Ridge Elementary School in Lewisville, TX
- Roberts Middle School in Fulshear, TX





—Advertorial—

SCOTTY'S SALOON at OTP A down-home chic menu and venue

by MARQUITA GRIFFIN | mgriffin@fbherald.com

itty signs — like *Sip bappens* and *Love the wine you're with* — hang in the quaint barn-turned-venue on Agnes Street. Behind the venue's bar is the family-like staff, whose voices ring out kindly when greeting incoming customers. But it isn't typical customer service they offer, but rather a genuine connection as they joke with patrons who discuss their workdays while ordering a beer and dinner.

Although there's enough sitting available for hundreds of customers, an impressively large stage for live bands and half-a-dozen flat screen televisions hanging on the walls, there's a relaxingly familiar feeling in this place.

That's just how it is at Scotty's Saloon at The Old Trading Post in Booth, Texas.

Across from the property where the venue sits, just beyond a little creek, horses graze and trot around in a fenced-in field. The parking lot is covered in gravel and outside the open-air venue are picnic tables and even games like a corn hole, Jenga and Connect Four for children to play with.

Open Wednesday through Sunday from 3 p.m. to 2 a.m., the rustic bar, restaurant and live music venue is quickly becoming the choice destination for people in need of a belly full of scratch-made Southernstyle food, popular tunes by live bands or just a relaxing, but fun, atmosphere for a casual outing with the entire family.

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And among the alluring aroma of those Southern eats — like crawfish, burgers, fried boudin balls, tacos and wings — is a historic energy coursing throughout the property.

"We *are* in barn," said a chuckling Scott Mueller, who owns Scotty's Saloon with his wife Dina. "I mean, the hayloft is still upstairs."

Scotty's Saloon sits on soil saturated with history, said Dina, explaining that Booth was founded in the 1890s by wealthy landowner Freeman Irby Booth on land granted to Henry Jones, who was part of Stephen EAustin's Texas colony.

In 1948, Freeman's daughter-in-law, Agnes, turned the family home into the Old Trading Post where she sold goods and started serving barbecue to more than a thousand people every Saturday until she passed away in 1981.

After Ms. Agnes passed, the Old Trading Post went through a few stages of change — at one point running as Ms. Margie's Cafe & Ms. Agnes Trading Post offering the community music, food and fun — until Dec. 7, 2018 when Scott and Dina opened it as Scotty's Saloon at the OTP and kept the tradition going.

No matter how the purposed change, the foundation of The Old Trading Post never transformed, Scott noted, as he offers a tour of the property showing off the original barbecue pit and the holes in walls where the beer spigots used to be.

The history, Scott said, makes him "respect those who built this place."

"And we have not taken away from the historical value here," he stressed. "We were adamant to do nothing that would comprise its historical significance."

Scotty's Saloon pays homage to the Old Trading Post's history by offering a social experience that anyone — man, woman or child — can enjoy.

Just as Mrs.Agnes entertained and served barbecue to folks starting in the 40s, Scotty's Saloon offers patrons the same kind of hospitality but with a modern twist.

The entertainment includes sports watch parties, karaoke nights and holiday themed events, like the 80s Halloween Party in October. The menu is a short, but solid collection of homemade comfort foods. And the bands who come to liven up the night, draw in patrons from all corners of the county.

Plus the Muellers are in the process of converting one of the buildings on the property — the former General Store — into an intimate steakhouse.

Earlier this year Scotty's Saloon also hosted a its first Texas Crawfish Boil and Music Festival, benefiting the Child Advocates of Fort Bend and Lunches of Love. It's an event the Muellers hope to continue every year.

"Anything we can do for charity we'll do it," Dina said, adding that the saloon also hosted a Bikes & Bugs fundraiser benefiting the Epilepsy Foundation Texas and Texas Adaptive Aquatics. "I really wish we could do more but we will definitely do what we can."

It's just one demonstration of Scott and Dina's desire to serve the community. Not just an excellent menu and venue, but destination that makes folks proud.

"We want this to be the place where everyone comes to feel safe, eat good and have a really good time," they said.

ONLY AT SCOTTY'S SALOON

- Karaoke Nights on Fridays
- Sunday Funday, featuring dueling pianos and zydeco
- 200-inch TV on the main stage for playoff games
- Live bands every Saturday
- Wine & Whiskey Wednesdays (1/2 off wine and whiskey)
- A Chef's Special Ribeye Dinner on Wednesdays and Thursdays
- COMING SOON: Scotty's Steakhouse An intimate and elegant 8-tabletop steakhouse that will be open from 7 p.m. to 10 p.m. Friday & Saturday RSVP only.











Scotty's Saloon at OTP

Continued on page 20

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Bucek won top honors in turkey show

ulshear High School sophomore Reaghan Bucek has never tried her hand at showing turkeys before.

So the 15-year-old was stunned when her gobbler was named grand champion Sept. 26 at the 2019 Fort Bend County Fair.

"I was completely surprised," she said after the show. "I don't really know why I won." $\,$

She won, said judge Dale Hyatt, because her prize-winning bird had the best breast meat of all 17 turkeys entered in competition. Bucek also showed two lambs in the show.



Photo by Scott Reese Willey | Fulshear High School sophomore Reaghan Bucek, 15, exhibited the grand champion turkey at the 2019 Fort Bend County Fair. Terry High School sophomore McKensie Salinas, 15, raised the reserve champion gobbler for the second year in a row.



www.scottyssaloon.com



Carolyn Hancock, 76

Your fondest Thanksgiving Day memory: "About 15 or 16 years ago, when the grankids were still kids, I had several short Christmas trees set up, ready for them to decorate when they got to the house. Tiny hands, little decorations and huge, fun, mega memories."

Your signature dish: "Pecan pie flavored with amaretto, topped with Bluebell vanilla."

Five things you are most thankful for this year: "For the family that doesn't mind the travel to get together; that my age is no longer thought of as ancient; the constant love of my ever funny and supportive husband; the decision I made years ago to become an artist; and the ability and desire to still keep learning."

Isabella, 9, & Matthew Phelps, 8

What the Thanksgiving holiday means to you: "Giving thanks for what you have and spending time with family."

Your fondest Thanksgiving Day memory: "When I won the wishing bone contest."

Your funniest Thanksgiving memory: "When we were both pulling the wishing bone and it was so greasy that both of our hands slipped and the bone went flying."

Your signature dish: "Mom makes cornbread dressing and we help."

Five things are you most thankful for this year: "Family trips, our parents taking care of us, having clean water, the soldiers, sailors and airmen."

Cyndia Rodriguez

What the Thanksgiving holiday means to you: "It's a time to reflect and count our blessings form all that has be done in the year."

Your fondest Thanksgiving Day memory: "The Thanksgiving my husband said the prayers before our feast. It was very emotional. He almost lost his life to a heart attack a few months before. All of our children and myself were incredibly grateful that our Lord show mercy and placed His healing hands on my "Bunny" aka husband."

Your funniest Thanksgiving memory: "The time Miranda said she was ready for her glass of wine. She was 3 years old at that time. We gave sparkling white grape juice."

Your signature dish: "Thanksgiving is the one day I do not cook. My hubby does it all — from shopping, prepping and cooking. Our signature dish would have to be sour cream potatoes."

Five things are you most thankful for this year: "All the glory be to God; my husband being with us and his health is well; my four children who are all kind, thoughtful, giving an most of all, loving; for all my friends who have become like family; and that I woke up this morning."

IMPORTANT DATES

- Thursday, Nov. 28: Thanksgiving
- Friday Nov. 29: Black Friday
- Tuesday, Dec. 3: Giving Tuesday

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- 4. Scroll down to "Magazine and Newspaper Full-Text Databases from EBSCO." To limit your search to "Consumer Reports," enter that title in the Publication line, & put the subject of your search in the Search line at the top.

main dishes



The Apple-Stuffed Turkey

Prep: 20 min Cook:3h 30min Ready In: 4h 10min

INGREDIENTS

- 1 (12 pound) whole turkey, neck and giblets removed
- 1/2 cup butter, cubed
- 2 apples, cored and halved
- 1 tablespoon garlic powder
- salt and pepper to taste
- 2/3 (750 milliliter) bottle Champagne

DIRECTIONS

Preheat oven to 350 degrees F (175 degrees C).

2 Rinse turkey, and pat dry. Gently loosen turkey breast skin, and insert pieces of

butter
between
the skin and breast. Place
apples inside the turkey's cavity.
Sprinkle with garlic powder, salt, and
pepper. Place turkey in a roasting bag,
and pour Champagne over the inside and
outside of the bird. Close bag, and place

Bake turkey 3 to 3 1/2 hours in the preheated oven, or until the internal temperature is 180 degrees F (85 degrees C) when measured in the meatiest part of the thigh. Remove turkey from bag, and let stand for at least 20 minutes before carving.

turkey in a roasting pan.



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The Smooth Bourbon Ham

Prep: 35 m Cook: 2 h 45 m Ready In: 3 h 35 m

INGREDIENTS

- 1 (8 1/2 pound) cooked bonein ham (shank end)
- 40 whole cloves
- 1 cup firmly packed brown sugar
- 1/4 cup bourbon whiskey
- 1 1/2 teaspoons freshly ground black pepper

DIRECTIONS

Preheat oven to 325 degrees F (165 degrees C).

2Remove skin and excess fat from ham, leaving a fat layer about 1/4-inch thick. Score ham in a diamond pattern with a sharp knife. Push cloves into the center of the scored diamond shapes. Place ham with cut side down into a roasting pan.

Bake ham in the preheated oven until an instant-read meat thermometer inserted into the thickest part of the meat, not touching bone, reads 125 degrees F (52 degrees C), about 2 hours.

Combine brown sugar, whiskey, and black pepper in a bowl until glaze is smooth.

5 Raise oven temperature to 375 degrees F (190 degrees

Baste ham with 1/3 the whiskey glaze. Return to oven and bake until internal temperature reaches 140 degrees F (60 degrees C), basting ham with whiskey glaze every 10 minutes. Cover ham loosely with a tent of aluminum foil if ham browns too quickly.

Let ham rest for 15 minutes before carving.



The Cranberry Stuffed Hen : The C

Prep: 25 m Cook: 1 h 40 m Ready In: 2 h 15 m

INGREDIENTS

Stuffing:

- 2 cups 1/2-inch bread cubes (such as walnut bread)
- 3 tablespoons butter
- 1/4 cup minced shallots
- 2Tbs chopped green onions
- salt and freshly ground black pepper to taste
- 1/4 cup dried cranberries
- 1 cup chicken broth
- 1 Tbs chopped fresh thyme
- · 1 tsp minced fresh rosemary
- 1/4 teaspoon dried sage
- 1 pinch cayenne pepper
- 1 large egg, beaten
- 3 tablespoons olive oil, divided, or as needed
- 3 sprigs fresh thyme, or to taste
- 3 sprig fresh rosemary, or to taste
- 2 Cornish game hens Sauce:
- 2/3 cup chicken broth
- 1/4 cup fresh cranberries
- 2 tablespoons maple syrup

DIRECTIONS

1 Preheat oven 250 degrees F (120 degrees C). Spread bread cubes in a single layer on a baking sheet.

2 Toast bread in the preheated oven until golden, crispy, and completely dry, 20 to 40 minutes. Transfer bread to a large bowl.

Melt butter in a large skillet over medium heat. Cook and stir shallots and green onions with a pinch of salt in hot butter until shallots are translucent and soft, 3 to 4 minutes. Add dried cranberries to shallots; cook and stir until cranberries are warmed through, 2 to 3 minutes.

Pour chicken broth into skillet; bring broth mixture to a simmer and pour mixture over dried bread cubes. Stir until liquid is absorbed. Season with chopped thyme, minced rosemary, sage, cayenne pepper, salt, and black pepper. Mix beaten egg into bread mixture, cover the bowl with plastic wrap, and let stuffing sit until liquid is absorbed, 10 to 15 minutes.

5 Preheat oven to 400 degrees F (200 degrees C).

Orizzle the bottom of a roasting pan with 2 tablespoons oil and lay thyme sprigs and rosemary

The Cingery Fish Kabobs

INGREDIENTS

- 2 cups pineapple juice
- 1 tablespoon cornstarch
- 2 tablespoons light soy sauce (50% less sodium)
- 1 1/2 Tbs white vinegar
- 2 garlic cloves, crushed
- 3 Tbs minced fresh ginger
- 1 1/4 pounds raw firm fish, such as salmon, tuna or halibut, cut in chunks
- 4 cups fresh pineapple in large chunks (or substitute canned pineapple chunks)
- 1 large red onion, cut in wedges

DIRECTIONS

1 In a small saucepan, dissolve cornstarch in pineapple juice. Add soy sauce, vinegar, garlic and ginger. Simmer until slightly thickened, about 7 minutes. Let cool. Add fish and pineapple to sauce and marinate in the refrigerator for 30 minutes.

Thread fish, pineapple and onion on skewers. Place on a hot grill (or under a broiler) until fish is done to your liking.

Serve with rice. Heat marinade and use as a sauce over fish and rice.

Rosemary Dijon Prime Rib

Prep: 15m Cook: 2hr Ready In: 2hr 25m

INGREDIENTS

- 1 (5 pound) prime rib roast
- · 3 cloves garlic, thinly sliced
- kosher salt to taste
- 1/2 cup Dijon mustard, or to taste
- 3 sprigs fresh rosemary, leaves stripped, or more to taste

DIRECTIONS

Preheat an oven to 450 degrees F (230 degrees C).

2 Slice small cuts along the Outside edges of the roast; fill cuts with garlic slices. Generously salt the entire roast. Spread a thin layer of Dijon mustard over the entire roast; generously sprinkle mustard layer with rosemary leaves. Place roast, bone sidedown, in a baking dish.

Bake in the preheated oven for 30 minutes. Reduce oven temperature to 350 degrees F (175 degrees C). Place a meat thermometer in the thickest part of the meat not touching the bone. Cook to your desired degree of doneness, or an internal temperature of at least 145 degrees F (65 degrees C) for medium, about 1 1/2 hours. Remove from the oven, cover with a doubled sheet of aluminum foil, and allow to rest in a warm area 10 to 15 minutes before slicing.

sprigs on the bottom of the pan.

Generously season each hen cavity with salt. Stuff each hen with about 1/2 the breadcranberry mixture. Tie legs together and set into prepared roasting pan on top of thyme and rosemary sprigs. Brush hens with remaining olive oil and season with salt and black pepper.

Osen until no longer pink at the bone and the juices run clear, about 1 hour. An instant-read thermometer inserted into the thickest part of the thigh, near the bone should read 165 degrees F (74 degrees C). Remove hens to a platter, tent loosely with aluminum foil, and let rest for 10 minutes.

Place roasting pan over medium-high heat. Stir chicken broth, fresh cranberries, and maple syrup into the pan and bring to a boil while scraping the browned bits of food off of the bottom of the pan with a wooden spoon. Cook and stir until sauce reduces and thickens, 1 to 3 minutes. Spoon sauce over stuffed hens.



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-side dishes

Traditional Holiday Dressing

Prep: 20m Cook: 2h Ready In: 2h 45m

INGREDIENTS

- 1 (7.5 ounce) package dry cornbread mix
- 1 cup butter
- · 2 onions, chopped
- 1 green bell pepper, chopped
- 6 stalks celery, chopped
- · 1 pound pork sausage
- 16 slices white bread
- •2 teaspoons dried sage
- 1 teaspoon dried thyme
- 1 teaspoon poultry seasoning
- 1 teaspoon salt
- 1/2 tsp ground black pepper
- 1/2 cup chopped fresh parsley
- 2 eggs
- 4 cups chicken stock

DIRECTIONS

1 Prepare corn bread as directed on package. Cool, and crumble.

2Melt butter in a large skillet over medium heat. Cook onions, bell pepper, and celery in butter until tender, but not brown. In another pan, cook sausage over medium-high heat until evenly browned.

Place corn bread and bread slices in a food processor. Pulse until they turn into a crumbly mixture. Transfer mixture to a large bowl. Season with sage, thyme, poultry seasoning, salt, and pepper. Mix in chopped parsley, cooked vegetables, and sausage with drippings. Stir in eggs and chicken stock. This mixture should be a bit mushy. Transfer to a greased 9x13 inch pan.

Bake at 325 degrees F (165 degrees C) for 1 hour.

The Lobster Macaroni and Cheese

Prep: 30 m Cook: 30 m Ready In: 1 h

INGREDIENTS

- · 2 teaspoons vegetable oil
- 2 lobster tails, split in halflengthwise and deveined
- 2 tablespoons butter
- 1 1/2 Tbs all-purpose flour
- 1 1/2 cups cold milk
- 1/4 teaspoon paprika
- 1 pinch ground nutmeg
- 1 pinch cayenne pepper, or to taste
- 1/2 teaspoon salt, or to taste
- 3 drops Worcestershire sauce, or to taste
- 4 ounces grated sharp white Cheddar cheese
- 1 ounce grated Gruyere cheese
- 1 cup elbow macaroni, or more to taste
- 1/2 tsp fresh thyme leaves *Crumbs*:
- 3 Tbs panko bread crumbs
- 1 tablespoon melted butter
- 2Tbs grated Parmesan cheese

DIRECTIONS

Preheat oven to 400 degrees F (200 degrees C). Butter 2 gratin dishes.

2Heat oil in a skillet over high heat. Cook lobster tails in skillet until slightly golden and about halfway cooked-through, about 2 minutes per side. Transfer tails to a plate to rest. When cool enough to handle, remove lobster meat from shells and chop meat. Reserve shells.

Melt 2 tablespoons butter in the same skillet over medium heat. Whisk in flour; cook and stir until a paste forms and flour taste cooks off, 1 to 2 minutes. Add cold milk to flour mixture; whisk until completely incorporated. Bring to a simmer; reduce heat to low, and stir in paprika, nutmeg, and cayenne pepper. Cook, stirring occasionally, until thick, 3 to 4

minutes. Season sauce with salt.

4Stir Cheddar cheese and Gruyere cheese into milk mixture until cheese is melted. Remove from heat and stir Worcestershire sauce into cheese sauce

5 Bring a large pot of water with reserved lobster tails and a pinch of salt to a boil. Cook elbow macaroni in the boiling water, stirring occasionally, until cooked through but firm to the bite, about 8 minutes. Remove and discard lobster shells, drain pasta.

Stir macaroni into cheese sauce with thyme leaves. Divide macaroni mixture between the 2 prepared gratin dishes. Top macaroni with chopped lobster meat, poking meat down into macaroni mixture with a fork.

7Stir bread crumbs and melted butter together in a bowl. Add Parmesan cheese and stir. Top each gratin dish with bread crumb mixture.

Bake in the preheated oven until golden and bubbly, 15 to 20 minutes.



The Easy Corn Pudding

INGREDIENTS

- 1 (15 ounce) can creamed corn
- 1 (15.25 ounce) can whole kernel corn
- 1/4 pound butter, softened
- 1 (8.5 ounce) package corn bread mix
- 1 (8 ounce) container sour cream (optional)

DIRECTIONS

Preheat oven to 350 degrees F (175 degrees C). Put butter in 2 quart casserole dish, place in oven until melted.

Remove casserole dish and 2add creamed corn, kernel corn, corn muffin mix and sour cream. Mix well, bake uncovered approximately 30 minutes.

The Southern Candica Sweet Potatoes

Prep: 20 m Cook: 1 h Ready In: 1 h 20 m

INGREDIENTS

- 6 large sweet potatoes
- 1/2 cup butter
- 2 cups white sugar
- 1teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- 1 tablespoon vanilla extract
- salt to taste

DIRECTIONS

Peel the sweet potatoes and cut them into slices.

2 Melt the butter in a heavy skillet and add the sliced sweet potatoes.

Mix the sugar, cinnamon, nutmeg and salt. Cover the sweet potatoes with sugar mixture and stir. 4. Cover skillet, reduce heat to low and cook for about 1 hour or until potatoes are "candied". They should be tender but a little hard around the edges. Also the sauce will turn dark. You will need to stir occasionally during the cooking. Stir in the vanilla just before serving. Serve hot.

The Roasted Butternut Squash

Prep: 15 m Cook: 25 m Ready In: 40 m

INGREDIENTS

- 1 butternut squash peeled, seeded, and cut into 1-inch cubes
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- salt and ground black pepper to taste

DIRECTIONS

Preheat oven to 400 degrees F (200 degrees C).

2 Toss butternut squash with olive oil and garlic in a large bowl. Season with salt and black pepper. Arrange coated squash on a baking sheet.

Roast in the preheated oven until squash is tender and lightly browned, 25 to 30 minutes.

The Green Been Casserole

Prep: 10 m Cook: 15 m Ready In: 25 m

INGREDIENTS

- 2 (14.5 ounce) cans green beans, drained
- 1 (10.75 ounce) can condensed cream of mushroom soup
- 1 (6 ounce) can French fried onions
- 1 cup shredded Cheddar cheese

DIRECTIONS

Preheat oven to 350 degrees F (175 degrees C).

Place green beans and soup in a large microwave-safe bowl. Mix well and heat in the microwave on HIGH until warm (3 to 5 minutes). Stir in 1/2 cup of cheese and heat mixture for another 2 to 3 minutes. Transfer green bean mixture to a casserole dish and sprinkle with French fried onions and remaining cheese.

Bake in a preheated 350 degrees F (175 degrees C) oven until the cheese melts and the onions just begin to brown.

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Pairing your Thanksgiving eats with

the right drinks

lthough the star of Thanksgiving is often considered the turkey, wine is its best supporting actor, but the question is this: which wines to go with the variety of tastes, textures and aromas that present themselves on Thanksgiving Day?

Which Wine?

Pairing wines with your favorite foods can be intimidating. Professional and amateur sommeliers might know just the bottle to pair with that sizzling steak, but weekend warriors might not be so confident. The Food Network offers the following pairing tips to people looking for the right bottle to go with some popular foods.

- Steak: Cabernet Sauvignon is a red wine that's high in tannins. Novice wine drinkers might wonder why certain wines dye their mouth after drinking, and that's because of tannins. Steak softens the impact of tannins because of its fat content, making this an ideal pairing.
- · Spaghetti and meatballs: Italian food and wine go to all the tomatoes and meat in spaghetti and meatballs.

spicy foods, but that doesn't mean they wouldn't also enjoy some temporary relief from their fiery favorites. Rieslings, which tend to be low in alcohol content, are sweet white wines that can be just the thing to complement all that spiciness. The Food Network notes that high-alcohol wines might make spicy Indian food feel even spicier, so if Riesling isn't your ideal wine, at least opt for another wine with a low ABV.

· Salmon: Seafood fans who love salmon might like it even more if they pair it with Pinot Noir. While many types of fish are best paired with white wine and Pinot Noir is a red, this pairing actually works well because the salmon stands up to the wine's bold flavor.



Match your food to your favorite brews

he rise of craft and home brewing has created more beer flavor profiles than ever before. In fact, there's likely a beer for everyone, whether you're a novice or connoisseur.

While wine will always have its enthusiasts, beer is fast on its heels as a popular mealtime beverage. Much in the way wines are paired with certain foods, it has become the natural course of action to pair certain foods with particular styles of beer.

Although each person has his or her preferences, here is a brief listing of generalized pairings, courtesy of the Brewer's Association and CraftBeer.com.

- American Amber Lager: Creamy risotto, wild rice, polenta
- American Pale Ale: Game birds, such as duck and quail
- Belgian-style Dubbel: Pork chops, sausage, tenderloin
- Belgian-style Flanders: Grilled ribeye, root vegetables
- Blonde Ale: Chicken, salads, salmon, nutty cheese
- · Dark Lager: Barbecue, sausage, roasted meat
- · Hefeweizen: Weisswurst, seafood, sushi

- Imperial Stout: Smoked goose, foie gras, strong cheeses
- IPA: Spicy foods, curries
- · Porter: Roasted or smoked foods, blackened fish

The Brewer's Association recommends matching delicate dishes with delicate beers and strong dishes with assertive beers. Commonalities, like aromas and sub-flavors, also work together. A beer with roasted notes may pair well with chocolate, for example. Opposites also attract, in that a spicy food may taste best when paired with a sweet beer.

Pairing might once have been limited to matching wines with certain foods. But the booming craft beer business has popularized pairing flavorful beers with foods to make meals even tastier.

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thanksgiving day movies

Charlie Brown Thanksgiving (1973)

Peppermint Patty invites herself and her friends over to Charlie Brown's for Thanksgiving, and with Linus, Snoopy, and Woodstock, he attempts to throw together a Thanksgiving dinner.

Planes Trains & Automobiles (1987)

A man must struggle to travel home for Thanksgiving with an obnoxious slob of a shower curtain ring salesman as his only companion.

Dutch (1991)

To get to know his girlfriend's son, a working-class good guy volunteers to pick him up from a prep school - only to learn that her son isn't the nicest kid.

Pieces of April (1993)

A wayward daughter invites her dying mother and the rest of her estranged family to her apartment for Thanksgiving dinner.

Grumpy Old Men (1993)

Two curmudgeonly neighbors who have been at each other's throats for years. The rivalry of the former friends intensifies when Ariel comes along and provides a love interest for both of them.

Son-In-Law (1993)

Having gotten a taste of college life, a drastically changed farm girl returns home for Thanksgiving break with her best friend, a flamboyant party animal who is clearly a fish out of water in a small farm town.

Home for the Holidays (1995)

After losing her job, making out with her soon-to-be former boss and finding out that her daughter plans to spend Thanksgiving with her boyfriend, Claudia Larson faces spending the holiday with her family.

A Winnie the Pooh Thanksgiving (1998)

Pooh and his friends learning the true meaning of Thanksgiving. It was nominated for Primetime Emmy for Outstanding Children's Program.

What's Cooking? (2000)

In LA's Fairfax district, where ethnic groups abound, four households celebrate Thanksgiving amidst family tensions.

Autumn in New York (2000)

A romantic drama film following a successful middle-aged restaurateur and womanizer who falls in love with a sweet young woman who is terminally ill.

Monster-in-Law (2005)

Charlotte is smitten when she meets Dr. Kevin Fields. So when Kevin pops the question after they start dating, Charlotte happily accepts. But she soon realizes that Kevin's mom, Viola, is not quite thrilled to have a new family member.

The Blind Side (2009)

The story of Michael Oher, a homeless and traumatized boy who became an All American football player and first round NFL draft pick with the help of a caring woman and her family.

Free Birds (2013)

Two turkeys from opposite sides of the tracks must put aside their differences and team up to travel back in time to change the course of history - and get turkey off the holiday menu for good.

Lion (2016)

Based on the true story of Saroo Brierley, who went on a journey to find his mom and brother in India after being separated from them at five years old.

Texana Trot returns to Jordan Ranch Nov. 16

he race is on to help children and adults autism during the 2019 Texana Trot 5K Fun Run at Jordan Ranch on Saturday, Nov. 16.

The race starts at 8 a.m. at The Shed, 30757 Jordan Crossing Boulevard, and winds through the Fulshear community. It will be followed by a carnival celebrating Texana's 20th birthday.

All proceeds benefit Texana Center's Forward Together in Fulshear capital campaign.

For more information, visit www.jordanranchtexas.com.



Program: Lone historic Texas sugarhouse found near Arcola

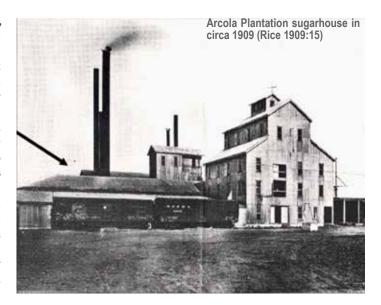
ort Bend County's long and rich history of sugar production, with an emphasis on antebellum sugarhouses, will be the topic of the next Fort Bend County Historical Commission program. Archaeologist and historian Joanne Ryan is scheduled to present at 3 p.m. at the Nov. 19 meeting of the commission, which is free and open to the public. The meeting will be held at the Gus George Law

Of special interest is the Waters-House Sugarhouse, which operated on the Arcola Plantation in eastern Fort Bend County between 1849 and 1913. Substantial parts of the structures remain. According to Ryan, no archaeological excavations have yet been conducted at this site and it is now threatened by development.

Enforcement Academy, 1521 Eugene Heimann Circle in Richmond.

Although more than 1,500 sugarhouses were built in Texas and Louisiana before the Civil War, portions of only three antebellum sugarhouses remain substantially intact: the Arcola sugarhouse and two in Louisiana's Rapides and Iberia parishes.

The Fort Bend County Historical Commission is a volunteers-only department of Fort Bend County government. Members are appointed by County Commissioners Court.



Literacy Council of Fort Bend County announces board additions

he Literacy Council of Fort Bend County has added three board members for a three-year term: Qaisar Imam, Stacy Bynes and Ann Kingrey.

Qaisar Imam

Qaisar "Q" Imam, has served a multitude of Fortune 500 clients



during his career as a Senior Manager at IBM. Prior to IBM, Mr. Imam served as a project manager with PriceWaterhouseCoopers consulting for Public Utility and Healthcare.

In his current capacity as an Independent

Consultant, he is currently working closely with Fort Bend County to help establish the healthcare industry as the next economic driver in the county.

He is also a co-founder of Villa Di Maria Montessori school in Sugar Land. He believes in community service as evidenced by his involvement with the Exchange Club of Fort Bend County, Asian Pacific Islander Affairs, the Fort Bend Rainbow Room, the Islamic Arts Society of Houston, Toys for Tots/Santa's Exchange, American Cancer Society, Hope for Three, and the Fort Bend Independent School District.

He and Bushra Cheema have been married 26 years, and they have three children.



Stacy Bynes

Bynes is a native Texan and long-time Sugar Land resident who has devoted herself to serving our community. Her deep passion for volunteerism includes serving in many volunteer leadership roles for the Fort Bend Independent School District.

She also volunteered for local organizations including fundraising for The Sugar Land Heritage Foundation and Grant A Starr Family Fun Run and Co-Leader for Girl Scout Troop 3519. She is a past Board President and

record-breaking Gala Co-chair for the Fort Bend Education Foundation and is a Lifetime Member of the Houston Livestock Show and Rodeo.

Professionally, Stacy has an extensive background in local, regional and national Business Development, Management, Marketing, and Sales with Page Parkes Corporation, KHOU-TV, Southern Living Magazine, TIRR Foundation and Welcome Wagon.

She is a former board member and current Director of Membership and Marketing for the Fort Bend Chamber of Commerce. Stacy is a graduate of Sam Houston State University.

She and her husband Spencer have been married for nearly 25 years and have two daughters.



Ann Kingrey

Kingrey, BSN, RN, IBCLC is the nurse navigator for women's services and pelvic floor at Memorial Hermann Hospital Sugar Land. Originally from North Carolina, Ann has been a resident of Richmond, Texas since 2007 after moving from Louisiana. Ann is married to Bill and they have two sons — Will who is a Texas Tech graduate and works in Houston, and Beau who is a senior at Texas A&M.

She is also on the boards of the Fort Bend Junior Service League Sustainers, the Fort Bend Aggie Mom's Club, the Sigma Chi Mom's Club, and Sigma Theta Tau, nursing honor society at the University of Houston, Sugar Land campus. Ann is a member of Faith United Methodist Church in Richmond.

She enjoys cooking and entertaining (especially during crawfish season), the beach and University of North Carolina basketball.

"The Literacy Council of for Bend County is very fortunate to have such dedicated and experienced leadership on the Board of Directors," said Kelli Metzenthin, Executive Director. "We are looking forward to the future with talented leadership to guide us."

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Children's Opera Strega Hona opens at local libraries

ort Bend County Libraries' Bob Lutts Fulshear/Simonton Branch Library will present a performance by Houston Grand Opera's "Opera to Go!" of Strega Nona, on Monday, Nov. 25, at 1 p.m., in the Meeting Room of the library, located at 8100 FM 359 South in Fulshear.

The performance will be repeated at the University Branch Library later that day, beginning at 4 p.m., in Meeting Room 1 of the library, located at 14010 University Blvd in Sugar Land, on the UH campus.

Based on a children's book by Tomi DePaola, this family-friendly light opera, sung entirely in English, is about a woman named Strega Nona who has a magical touch with food. Her helper, Big Anthony, is tempted to try his own hand at magic when Strega Nona leaves town. Can he resist the temptation? This story is a great way to learn about the importance of paying attention and respecting other people's property.

The program is presented with the generous support of the Friends of the Library organizations that support these branches. Proceeds from the Friends of the Library book sales and annual membership dues help to underwrite the costs of special programming and various cultural events at the libraries.

A free hand-stamp, available starting one hour prior to the performance, is required for admission at the Bob Lutts Fulshear/Simonton Branch Library.



Since space is limited at the Bob Lutts Fulshear/Simonton Branch Library, children should be in grades 2 through 8 to attend. The performance at the University Branch Library is open to families with children of all ages.

The performance is free and open to the public. For more information, see the Fort Bend County Libraries website (www. fortbend.lib.tx.us), or call the Bob Lutts Fulshear/Simonton Branch Library (281-633-4675), the University Branch Library (281-633-5100), or the library's Communications Office (281-633-4734).

A 'Supercalifragilistic expialidocious' experience Disney and Cameron Mackintosh's 'Mary Poppins JR' opens this month

nspiration Stage will present Disney and Cameron Mackintosh's "Mary Poppins JR" at the historic Sugar Land Auditorium, 226 Lakeview Dr., with eight shows over two weekends, Nov. 1-10.

Based on one of the most popular Disney movies of all time and the Broadway musical that played for over 2,500 performances and received multiple Olivier and Tony Awards nominations, "Mary Poppins JR" is an enchanting mixture of irresistible story, unforgettable songs and breathtaking dance numbers.

The jack-of-all trades, Bert, introduces us to England in 1910 and the troubled Banks family. Young Jane and Michael have sent many a nanny packing before Mary Poppins arrives on their doorstep. Using a combination of magic and common sense, she must teach the family members how to value each other again. Mary Poppins takes the children on many magical and memorable adventures, but Jane and Michael aren't the only ones upon whom she has a profound effect.

The main roles of Mary Poppins, Bert, Jane and Michael have been double-cast in this talented group of 45 talented youth, ages 8 to 17.

"Mary Poppins is an all-time classic, and one of my favorite Dick Van Dyke films. In fact, my go-to karaoke song was Supercalifragilistic expealidocious for the longest time," said Mack Farrar, 14, who will play the role of Messenger and is part of the Ensemble. "In this show, we're able to bring a certain presence to the stage that makes people nostalgic and I guarantee we will make the audience feel like children again."

Inspiration Stage will take Mary Poppins JR to the 2020 Junior Theatre Festival in Atlanta, Jan. 17-19. The cast will perform a 15-minute



Photo by Mandy Seymore-Sensat | Mary Poppins will be played in half of the shows by 16-year-old Madison Willett, a junior at Incarnate Word Academy.

cut of the show for adjudication by industry professionals. They will also attend advanced workshops and presentations and performances by Broadway and other industry professionals.

For "Mary Poppins JR" tickets visit inspirationstage.com. Showtimes are Friday, Nov. 1, 7:30 p.m.; Saturday, Nov. 2, 3:30 p.m. and 7:30 p.m.; Sunday, Nov. 3, 3:30 p.m.; Friday, Nov. 8, 7:30 p.m.; Saturday, Nov. 9, 3:30 p.m. and 7:30 p.m.; amd Sunday, Nov. 10, 3:30 p.m.

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The 4th Annual Pecan Harvest Festival

he annual Pecan Harvest Festival returns Nov. 24 from 11 a.m. to 6 p.m. in Downtown Richmond. This free event will feature a plethora of activities that begin at Richmond City Hall as well as along Morton Street, Preston Street and at Wessendorff and Decker Parks. Such activities include live music, a beer

garden, car show, bake contest, kids zone, hay ride, food trucks, a City Hall farmer's market, agricultural exhibition and, of course, a county pecan show. For more information visit www.pecanharvest-festival-tx.com.

The Holiday Express & Friends' Book Sale

ort Bend County Libraries will kick off the holiday season with a special Holiday Express event at George Memorial Library in Richmond on Saturday, Nov. 16, between 9 a.m. and 2 p.m.

Sponsored by the Friends of the George Memorial Library, this family holiday event features live entertainment for children, a Holiday Market, and a Friends of the Library Book Sale and quilt raffle.

At 10 a.m., children will be treated to a special "Winter Celebrations" show by the energetic duo of Lisa Jastram and Mick Corley with Oasis for Children. The musical performance highlights winter holiday traditions from around the world. With festive song and dance, Jastram and Corley will open packages from different countries representing cultural festivals and celebrations such as Diwali, Hanukkah, Christmas, Santa Lucia, New Year's Day, and more. Countries highlighted in the program will include India, Germany, Sweden, Mexico, and Japan. The performance will take place in the Meeting Room.

Handmade holiday crafts and book-art creations will be available for sale in the Holiday Marketby the Friends of the George Memorial Library throughout the event.

Raffle tickets for a handmade quilt, created by Lillian Shaver, will be available during the event. The quilt, titled "Love Your Library," will be on display in the lobby of the library throughout the month of

November. Raffle tickets are \$1 each or six for \$5, and they may be purchased at the library beginning November 1 through December 7, when the winning ticket will be drawn at the library's Winter Fest. Participants do not need to be present to win.

Proceeds from the Holiday Market, Book Sale, and quilt raffle, go toward helping the Friends of the Library continue to advocate for the libraries and underwrite the costs of special programming and various cultural events that are enjoyed by children, adults, and families at the library throughout the year. The Friends of the Library also provide needed funds for materials, equipment, and beautification projects not funded by the library's budget.

Families and individuals who enjoy the programs and events at the libraries are encouraged to become a Friend of the Library to help ensure that these activities will continue to be available to the public. There are numerous ways to support the library, including volunteering with ongoing book sales or simply paying annual membership dues. Membership forms for the Friends of the Library will be available.

For more information, see the Fort Bend County Libraries website (www.fortbend.lib.tx.us), or call George Memorial Library (281-342-4455) or the library system's Communications Office (281-633-4734).

Fort Bend Art Center is an incredible place

wo years ago the Fort Bend community received a bit of a gem when the vision of local artists transformed into a reality.

With assistance from realtor Jennifer Hartmann — who approached the Art League of Fort Bend about a building for lease in Historic Downtown Rosenberg owned by Bill Butler — the league acquired a location, now known as the Fort Bend Art Center, to spotlight a variety of shows and events.

Some of those popular events were a joint effort with Attack Poverty, "Hot Summers Cool Nights" with live music under the big tent, and delicious wine tasting during the Stomp in downtown Rosenberg.

The Fort Bend Art Center is located at 2012 Avenue G in Rosenberg. Opened in November 2017, the art center is run by the Art League of Fort Bend, a non-profit 501c3 that is dedicated to encouraging artistic development and cultivating an appreciation for the arts through education, exhibitions and community outreach.

The Fort Bend Art Center creates an ideal and charming place for local artists of all types to meet, create and share ideas. The center's galleries display art for sale and offers studio space. Additionally, classes for adults and children are available in the large classroom.

"I wouldn't be painting today if not for this incredible place," said Babs Wilson, a longtime member. From paintings, photographs, fused glass, and ceramics to stained glass, sculptures, jewelry and textiles, the centers offers a variety of art for viewing and for sale.

The center, which has a gift shop, also provides free appointments with experts for people who need help figuring out how to incorporate certain styles, colors and art into their homes.

Visitors can watch for special events, artist's openings, receptions, judged shows and more, all open to the public at no charge.

The gallery space is also available for meetings, receptions or parties.

The Fort Bend Art Center is open Tuesday through Saturday from 10 a.m. to 5 p.m. and 1 p.m. to 5 p.m. on Sunday. For more information call 832-945-2882, visit www.artleaguefortbend.org or follow The Fort Bend Art Center on Facebook.



HOUSTON METHODIST SUGAR LAND HOSPITAL

—Surviving the holidays grief support group—



ouston Methodist Sugar Land Hospital is offering a support group for Fort Bend and surrounding area residents who are coping with the loss of a loved one during the holidays. The support group titled "Grief's Journey: Surviving the Holidays" is designed to help participants learn about grief and how to navigate the rituals and expectations of the holidays while experiencing a powerful impact of loss. Facilitated by the Department of Spiritual Care and Values Integration, this group is open to people of all faiths and provides a safe, welcoming environment where individuals can find support and share experiences.

The support group is scheduled from 5:30 to 7 p.m. on Tuesday, Nov. 12 in the hospital's Brazos Pavilion Conference Room B. Dinner will be provided with an RSVP.

"Learning about grief – and hearing from others' experiences – can be a valuable part of healing for many people," said'Tim Madison, director of spiritual care and values integration at Houston Methodist Sugar Land. "Too often, people try to get past the loss of a loved one without fully exploring their feelings or understanding how grief can affect them both emotionally and even physically. This session gives participants the opportunity to interact with others who have been through similar experiences and who share many of the

Taking the mystery out of diabetes

Diabetes Conference will be presented by Texas A&M Agrillife Extension Service, Fort Bend County, Mamie George Community Center, UT Physicians and Oak Bend Medical Center. The Conference will be held Nov. 5, 2019 from 1-4 p.m. at Mamie George Community Center, 1111Collins Road, Richmond.

Topics include Diabetes 101, New Diabetes Medications and Diabetes and Heart Disease. The conference will conclude with a demonstration of healthy recipes.

Dianne Gertson, County Family & Consumer Sciences Extension agent, said diabetes is an issue, not only in Texas, but across the country.

"The purpose of the conference is to encourage, educate, and enlighten individuals about the disease," she said. "Although there is no cure at this time, diabetes can be managed with diligence and consistency in making wise food choices, taking prescribed medications, participating in some sort of physical activity, and monitoring blood glucose."

Free health screenings will be available from noon to 1 p.m..

There is no cost for the Conference. Conference materials, snacks, goody bags and door prizes will be provided to the first 50 participants.

To register or for more information, contact Victoria at the Fort Bend County AgriLife Extension Office at 281-342-3034 or Victoria. zwahr@ag.tamu.edu

same emotions."

"Our goal is to provide an avenue for comfort and healing, recognizing that each person is different and has different needs," said Madison. "The support group can be beneficial to anyone who has lost a loved one – whether it was a recent loss or even one many years ago."

To reserve a spot, or to learn more about other support groups of fered, contact the hospital's Department of Spiritual Care and Values Integration at 281.274.7164.

To learn more about Houston Methodist Sugar Land Hospital, visit houstonmethodist.org/sugarland or our Facebook page at fb.com/methodistsugarland for the latest news, events and information.

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Expanded Infusion Center for chemotherapy patients opens

ouston Methodist Cancer Center at Sugar Land recently expanded and upgraded its Infusion Center to better serve patients undergoing chemotherapy.

The new 7,450-square-foot Infusion Center – located on the second floor of the Houston Methodist Cancer Center at Sugar Land – is nearly twice the size of the old facility. It features 20 private rooms and a fast-track area with two chairs for patients who need a port flush or other quick procedure. An expanded on-site on-cology pharmacy will enable the center to provide much-needed treatments in a timely manner.

In addition, the Infusion Center offers a range of customized services and amenities to provide a supportive, caring environment, including music therapy, pet therapy, specialized, technology to prevent hair loss, beverages, light snacks and even full meals for patients who must remain onsite through the lunch hour.



specialized, technology to prevent hair loss, beverages, light snacks and even full meals for

"The opening of the expanded Infusion Center is a major benefit for our patients, both in terms of ease of scheduling and in comfort and convenience," said Amy Sebastian-Deutsch, director of oncology and infusion therapy services. "Patients undergoing chemotherapy spend a lot of time here, so we've eliminated as many of the hassles and stresses of treatment as possible by creating an Infusion Center that provides a warm and welcoming environment. The new center also frees up chairs at our IV Therapy Center for patients who are undergoing infusion therapy for non-cancer treatments such as auto-immune disorders."

The hospital enlisted help from current chemotherapy patients in elements of the center's design.

"For some patients, an infusion session can be as long as six hours, which means a lot of sitting," said Sebastian-Deutsch. "So we conducted a 'chair fair' and allowed patients to try out a variety of designs from different manufacturers, to help us select the most comfortable model."

The Infusion Center also expanded its staff to ensure better communication with patients. A majority of the Infusion Center nurses are oncology certified.

"Our staff understands the challenges that chemotherapy patients face, and they are experienced at providing compassion and support," Sebastian-Deutsch said. "These patients become like family to us and we want to make certain they are receiving the best possible care."

Houston Methodist Cancer Center at Sugar Land is the only comprehensive cancer center in Fort Bend to earn accreditation from the American College of Surgeons Commission on Cancer. In addition to providing the full suite of oncology services and a slate of active clinical trials, the center offers a number of programs designed to help patients manage the emotional, social, physical and spiritual demands of a cancer diagnosis, including:

- A robust survivorship program that offers support groups and a variety of therapeutic classes, including music therapy, drama therapy, yoga and massage.
- A financial navigator who helps find grants, co-pay assistance and other financial support for patients who receive infusion treatments.
- Oncology nurse navigators who provide emotional support, education about diagnosis and treatments, help in expediting appointments, and assistance with connections to community resources.
- Specially trained oncology support personnel, including dieticians and chaplains, to ensure that patients are meeting their nutritional and spiritual needs.

"As our oncology program has grown over the years, the number of patients receiving infusion therapy has grown, as well," said Sebastian-Deutsch. "Today, we are conducting more than 400 individual treatment sessions each month. Now, we have the space and chairs we need to continue to grow our program and better serve the community."

To learn more about Houston Methodist Cancer Center at Sugar Land, visit houstonmethodist.org/cancer-sl or houstonmethodist.org/sugarland. Houston Methodist Cancer Center at Sugar Land welcomes all local cancer survivors and caregivers to participate in the survivorship series, including free monthly music therapy, yoga and drama therapy classes designed to promote healing, discussion and camaraderie among local survivors. For more information or to register, visit houstonmethodist.org/events and search for survivorship, or call 281-274-7500.



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If you are interested in advertising in the Fulshear Living Monthly, please call the Katy Times at 281-391-3141 or the Herald at 281-342-4474 for rates, information and deadlines.



November 1

VIVA! Dia de los Muertos

Nahrep Katy West will hold its 2nd Annual dia de los Muertos Celebration at La Finca Mexican Restaurant from 5 - 9 p.m. Visit eventbrite.com.

November 2

FBC DA's Office Fun Run

The FBC District Attorney's Office and Fort BEnd CVRT will hosts its 5K fun run to raise funds for agencies that support victims of violent crimes. The beginning and finishing line will be at the Fort Bend County Justice Center. Event is from 7 - 10 a.m. Visit eventbrite.com.

Fulshear Farmer's Market

Everything made by these local farmers, ranchers, bakers and makers is made, grown or produced within a 200-mile radius of Fulshear. The market is open from 9 a.m. - 1 p.m. at Forever Fulshear, 9035 Bois D'Arc Lane at FM 1093 in Fulshear on Nov.2. 9. 16. 23 and 30.

2019 Walk of Love & 5K Fun Run

This 9th annual walk, hosted by Lunches of Love, will be held at 10 a.m. at Travis Park, 3004 Ave. N in Rosenberg. Visit @Lunchesoflove on Faceboook.

Seabourne Nature Fest

The 8th Annual Seabourne Nature Fest will feature multiple activities — bee keepers, petting zoo, face painting, guided park tours, food trucks, children's crafts and prairie hayrides, for the entire family from 10 a.m. to 4 p.m. Admission is free.

Pedego Electric Bike Foodie Tour

The Fulshear Pedego Electric Bike Foodie Tour lasts from 1 -3:30 p.m. on Nov. 2, 9, 16, 23 and 30. Visit @PedegoWestHouston on Facebook.

November 3

A Texans vs. Jaguars watch party will be held at Italian Maid Cafe at Cross Creek Ranch with a buffet style breakfast and bottomless mimosas from 8:30 a.m. to noon. breakfast buffet: \$10; bottomless mimosas: \$10; kids 10 years or younger: \$6.50.

The BIG Taste of Fort Bend

The Big Brothers Big Sisters of Fort Bend County will host The BIG Taste of Fort Bend from 4 - 7 p.m. at Insperity Club at Constellation Field, 1 Stadium Drive in Sugar Land. Visit www.bbbstx.org.

Black Velvet Live

Black Velvet will perform live at Scotty's Saloon at OTP from 2 - 6 p.m at 114 Agnes Road in Richmond.

November 4

ome Write-In: National Novel-Writing Month

Fort Bend County Libraries encourages writers to join in this coast-to-coast annual writing challenge at the George Memorial Library Nov. 4, 18 and 25 from 5:30 - 8:30 p.m. in Room 2C. The initiative challenges participants to work toward a goal of writing 50,000 words toward a novel during the month of November. The library will host weekly "write-ins" and encourage aspiring novelists to complete their goals for the "NaNoWriMo" writers' event. Writers will have a dedicated room

with free WiFi, plenty of power outlets, coffee and encouragement.

November 6

Reigning Strength Therapeutic Horsemanship will host a volunteer orientation from 10 a.m. - noon at its facility, 7126 FM 359 in Richmond.

Geeks Who Drink

The Growler Spot in Fulshear will hosts its Geeks Who Drink Trivia nights from 7-9 p.m. Nov. 6, 13, 20 and 27.

November 8

Facts About Funeral Planning

Waymond Westley will provide an overview of the funeral pre-planning process at 10:30 a.m. in

FFATURED EVENT:

12th Annual Home for the Holidays

More than 175 vendors will be featured at the 12th Annual Home for the Holidays Christmas Market at the Merrell Center in Katy scheduled for Nov. 22 - 24. Hours are Friday, 10 a.m. - 8 p.m.; Saturday, 10 a.m. - 6 p.m.; and Sunday, 11 a.m. - 4 p.m. General admission is \$6. Visit @homefortheholidaysgiftmarkets on Facebook for more details.



Meeting Room 1 of the University Branch Library. He will explain the costs associated with a funeral. Learn how pre-planning funeral arrangements can save surviving family members with difficult decisions and unnecessary costs.

Holiday Hoe-Down

The Firt Bend County Bar Association will hots its Holiday Hoe-Down from 6 - 10 p.m. at the Sugar Creek Country Club. Country-Western themed evening.

Music Bingo

Italian Maid Cafe at Cross Creek Ranch in Fulshear will host Music Bingo at 7 p.m. Nov.8, 15, 22 and 29. Visit eventbrite.com.

November 9

Junky Hippy, with more than 200 vendors, will be

at the Fort Bend County Fairgrounds from 9 a.m. to 5 p.m. Visit www. junkhippy.com.

Meet the Artists

The 310 Gallery in Richmond will host its Meet the Artists event from 4 - 7 p.m. at 310 Morton Street in Richmond. Visit 310 Gallery on Facebook.

Diwali Party 2019

The Cross Creek Ranch Indian Association will host its Diwali party at Randolph Elementary in Fulshear from 5:30 - 9:30 p.m.

November 10

Code Name: Joy for Kids will host a toy drive and fundraiser from noon to 4 p.m. at the Fort Bend County Fairgrounds in Building C. The event will benefit Children of Fallen Heroes. Games, music, moonwalk, local vendors, silent auction, car show and raffle will be featured. Visit Code Name: Joy for Kids on Facebook.

November 13

The Fulshear Katy Area Chamber monthly membership meeting will be held at 7:30 a.m. at Parkway Fellowship 27043 FM 1093 in Richmond.

FOH Open Meeting

Huggins Elementary parents are welcomed to the school's cafeteria at 8 a.m. on the second Wednesday of every month to chat with Principal Cunningham and hear from the Friends of Huggins open meeting to learn about school updates and volunteer opportunities.

November 15

Forever Families, Inc. will host its Black Tie Gala in recognition of National Adoption Awareness Month from 6 - 10 p.m. at Safari Texas Ranch.

Winter Masquerade

The Central Fort Bend Chamber will host its annual gala and awards celebration from 6:30 - 10 p.m. at Safari Texas Ranch in the Infinity Ballroom. Visit cfbca.wliinc18.com.

Friendsgiving Trivia

Italian Maid Cafe at Cross Creek Ranch in Fulshear will host a Friendsgiving Trivia from 7 - 9 p.m. For tickets and reservations visit friendsgiving-imc.eventbrite.com.

November 19 2019 National Brahman Show

The ABBA will be celebrating their 95th anniversary at the 2019 National Brahman Show being held at the Fort Bend County Fairgrounds from 6 a.m. Nov. 19 - 6 p.m., Nov. 23. Visit nationalbrahmanshow.com Fulshear Katy Area Chamber Training Fulshear Katy Area Chamber Training Tuesday will be held at 11 a.m. at Spring Creek BBQ, 26802 FM 1093 in Richmond.

November 20 **Community Health Screening**

Life Line Screening will provide a free health screening for one day at the Rosenberg Civic Center, 3825 Hwy. 36. The screenings offer a 5 test package to thoroughly check you for risk of stroke, cardiovascular disease and other chronic conditions. For more information call 800-690-6495 or visit www.lifelinescreening.com/ communitycircle. Pre-registration is required.

November 23 Crochet Workshop: Tips &

The Bob Lutts Fulshear/Simonton Branch Library staff member Marie Picon will demonstrate multiple unconventional techniques for enhancing their crochet work from 9:30 a.m. - 12:30 p.m. in the Meeting Room. A working knowledge of basic crochet stitches will be helpful. Reservations are required.





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