

NOVEMBER 2019

PECAN GROVE

monthly

HAPPY
RECIPES FOR YOUR HOLIDAY FEASTS
Thanksgiving

PLUS CEP students
earn excellent
marks (and gold medals)
at competition



A publication of the

Fort Bend  Herald
AND TEXAS COASTER

The RICHMOND TEXAS

Bucket List

SEE AN OUTDOOR FILM AT MOVIES ON MORTON.

Enjoy an outdoor movie on the First Friday of the month while taking in the backdrop of historic Morton Street.

HEAR LIVE MUSIC

Experience a live show at the Lone Star Saloon or during a festival at the beautiful Wessendorff Park.

EAT A ONE-OF-A-KIND MEAL

Experience a one-of-a-kind meal at local favorites including Sandy McGee's, Larry's Original Mexican Restaurant, Trough Juice Bar, Joseph's Coffee Shop, Buena Vista, Unwine'd Wine & Cheese Lounge, Blockhouse Coffee and Kitchen, or a farm-to-table dinner at The Guild.

SHOP LOCAL

Visit local boutiques and shops including Dapple Grey Co. Boutique, Treasure Hunters, 310 Gallery, Backwater Boutique, Rustic Closet, The Kombucha Company, Mercy Goods, Jay-Wood Trading Co., Studio of Richmond, and Vintage Hope.

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We are looking for fresh story ideas and enjoy publishing your articles in the Pecan Grove Monthly. If you have a story idea or photo to publish please send your information to mgriffin@fbherald.com with "Pecan Grove Monthly" in the subject line.

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KEEPING A TRADITION ALIVE

Calvary thespians excel at competition

by MARQUITA GRIFFIN | mgriffin@fbherald.com

Following the state thespian competition last November, Calvary Episcopal Preparatory School in Richmond furthered a tradition at the 2019 International Thespian Festival. Five Calvary students earned top honors for their performances competing against 3,500 other students at the competition, which was held in Nebraska. "Going to Nationals is not an easy feat and having this powerhouse junior troupe is amazing," said Calvary's theatre teacher Paula Smith.

Smith's perspective on her students' recent performances at the International Thespian Festival is quite clear: "Every Calvary student had show-stopping performances," she said. "The talent and the willingness to do the work of our junior and senior troupes is evident in their consistent yearly accomplishments. Calvary students know that effort equals reward."

"We compete against statewide private and public schools and shine," she added proudly.

And one could expect Smith, and the entire Calvary family, would be proud considering the June competition marked the third consecutive year that Calvary Episcopal Preparatory students qualified for the International Thespian Festival.

Calvary's Headmaster Malcolm Smith believes the arts "are critical to the well-rounded development of the whole child," and the recent recognition at the International Thespian Festival, he said, further proves this point.

"To perform at the level that it takes to qualify for the International Thespian Festival is quite an accomplishment," he said. "Most large schools do not have a student who qualifies. For our small school to send five students is amazing and such a tribute to the dedication of our teachers and students."

A NATIONAL-WINNING DUET

Brother and sister Paul and Rachel Lazarou were the school's most notable performers at the international competition, as both of them earned their second national gold medals for their duet rendition of *Picture Show*, from the musical "Parade."

Paul was named the solo national winner in 2017, with his little sister following suit in 2018 when she was named the solo national winner.

"Performing together was nerve-racking considering we practiced at home together and had to rely on each other," Rachel said. "We were both happy that we were able to do the duet on Paul's last year of thespians. Neither of us would have done a duet with anyone else, and to experience this together as brother and sister makes it feel even more like a win."

Rachel has been in theatre for a decade and her brother has been performing in the art for eight years. And their time as thespians has taught them plenty, especially at competition which provides insightful criticism from judges and other thespians.

One of the most important lessons, however, was learning to separate the roles that their theatre teacher, Smith, plays in their life. Smith is not only their instructor, but their grandmother as well.

“[That] has always been hard on Paul and I,” Rachel said.

But despite the challenges of the art — which both say “allows you to express yourself without judgment and is such a positive environment” — Paul and Rachel stressed there is plenty of joy connected to theatre as well.

“I most enjoy the positivity, the way you get to express yourself and the support you get from your fellow actors and actresses,” Rachel said.

For Paul, the “idea of putting [himself] into a character and being the character,” is what he finds appealing.

“I don’t have to react how I would normally and instead react by impulse based on how that character would react,” he explained.

Rachel said she has her eyes on her school’s next musical “The Little Mermaid, Jr.” and one-act play, and of course continuing her work as a thespian. Paul is now concentrating on what lies before him as a student at Kinder High School for the Visual and Performing Arts.

Looking back, the siblings said they could never have guessed their “theatre careers would bring [them] to such an accomplishment.”

“We are grateful and thankful for all of our opportunities,” they said.

‘EARNING EXCELLENT RATINGS’

Smith said prior to performing at the Texas State Festival — which is the qualifying competition for the International Thespian Festival — her students compete in a campus-wide competition where the six top performances are chosen. Schools are only allowed to enter into six categories at competition, Smith explained.

Those chosen students then go on to work with Smith in a one-to-one in preparation effort.



From left: Paul Lazarou, Rachel Lazarou, Kenzi Patton, Emily Mandery and Reese McBride.

“The Texas State Festival was absolutely amazing [and] there were a number of exciting workshops,” said Kenzi Patton of Richmond. “And the international festival had so many talented people. I saw some great shows and had an amazing first time at the festival. I did get nervous because the person who went before me was amazing.”

Patton, who performed *Ring of Keys* from the musical “Fun Home,” received an excellent rating for her performance. The Calvary student, who said she enjoys “the feeling of being nervous and then doing well,” has found her niche in being onstage, telling a story through her emotions.

“I’m hoping to qualify again this year, have a lot of fun, and to learn as much as I possibly can,” she said.

Fellow Calvary student Emily Mandery agrees. The fun times spent with friends is the major perk of theatre, she added.

At the time of the interview, Mandery said she was particularly looking forward to costuming and competing at the Texas State Thespian Festival.

This competition serves as the qualifier for the June 2020 International

Thespian Festival that will be held in Indiana.

Mandery, a Richmond resident who has been in theatre eight years, earned an excellent rating for her performance of *Good Morning Baltimore* at the 2019 International Thespian Festival.

“It was my first time to compete and I learned it is so less scary than I thought,” she said.

LEARNING CONFIDENCE

Reese McBride admits that he never truly believed he was, or could be, a talented actor. Unlike a traditional theatre student, McBride never



Kenzi Patton (left) as Ethel Offelmier in Calvary’s production of the “Music Man Jr.”



Irene Farris and Emily Mandery in Calvary’s production of “Beauty and the Beast Jr.”

took an acting or singing class in his former years. It wasn't until he was 13 years old, and he "was thrown" into the lead role of a school musical, that McBride took his first bite of the elective. "As the quiet kid, who know one really knew about, it was incredibly daunting," said McBride, a recent graduate of Calvary Episcopal Preparatory School in Richmond.

Over the years, however, McBride ultimately became aware of his abilities.

"I learned to trust my instincts and that I have more talent than I give myself credit for," he said. "Being so well received on a national level gave me confidence and made me realize what I am capable of."

In his senior year at Calvary, McBride competed at the International Thespian Festival for the first time, and earned an excellent rating for performing two monologues: *Laughing Wild*, by Christopher Durang and *Oh Dad, Poor Dad, Mama's Hung You in the Closet and I'm Feeling So Sad*, by Arthur Kopit.

"I have gone the last seven years without a single true acting or singing class and have been performing with lead roles in my school, and on a state and national level, purely off of my own instinct and the suggestions from my amazing director," McBride said.

While competing at the international festival was a first for McBride, he also competed in three Texas State Thespian Festivals prior to graduating.

"Ultimately the most valuable thing I gained from these past few trips to the thespian conventions was confidence in myself," he said. "Although I'm no longer a high school student, I plan on returning to my old school to assist my former director in directing the school's annual musical, which is the most exciting theater related event in my life."



Rachel Lazarou as Mrs. Paroo and Paul Lazarou, Harold Hill in Calvary's production of the "Music Man Jr."



Reese McBride as Beast and Skylar Latham as Belle in Calvary's production of "Beauty and the Beast Jr."



Reese McBride, as Mayor Shinn with Ali McCroskey, as Eulalie Mackecknie Shinn, in Calvary's production of the "Music Man Jr."



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- Pecan Grove resident



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giving Thanks



*Carolyn Hancock, 76,
of Richmond*

Your fondest

Thanksgiving Day

memory: “About 15 or 16 years ago, when the grandkids 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,
of Richmond*

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, of Richmond

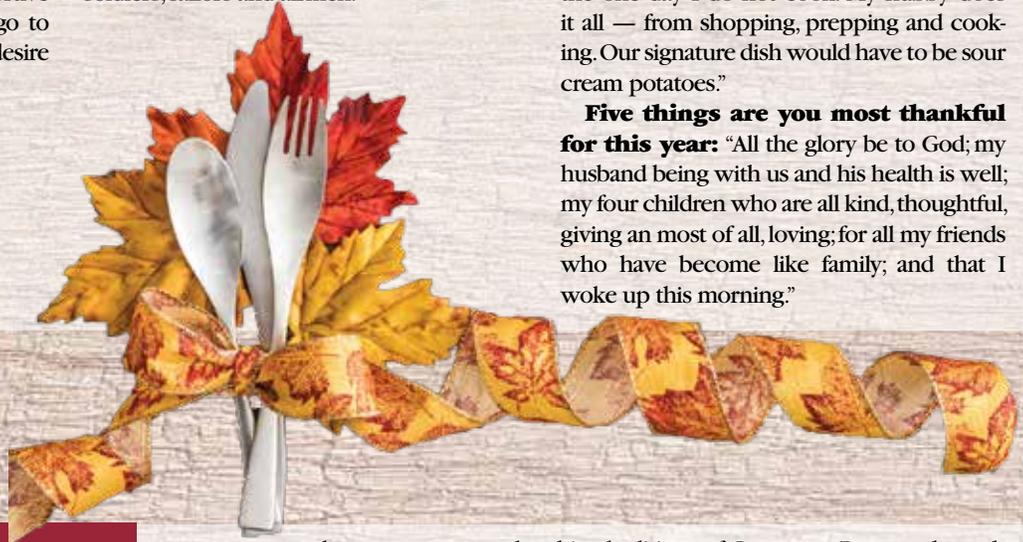
What the Thanksgiving holiday means to you: “It’s a time to reflect and count our blessings form all that has be done in the year.”

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

Shop Smart For The Holidays

Before you make an expensive purchase, you want to make sure you’re getting the best “bang” for your buck. Whether you’re shopping for kitchen appliances, home-entertainment systems, smart phones, or cars, you can make smarter purchases by doing a little research before-hand.

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main dishes



The Perfectly Brined Turkey

Prep: 30min
Cook: 4h
Ready In: 17h

INGREDIENTS

- 1 (18 pound) whole turkey, neck and giblets removed
- 2 cups kosher salt
- 1/2 cup butter, melted
- 2 large onions, peeled and chopped
- 4 carrots, peeled and chopped
- 4 stalks celery, chopped
- 2 sprigs fresh thyme
- 1 bay leaf
- 1 cup dry white wine

DIRECTIONS

1 Rub the turkey inside and out with the kosher salt. Place the bird in a large stock pot, and cover with cold water. Place in the refrigerator, and allow the turkey to soak in the salt and water mixture 12 hours, or overnight.

2 Preheat oven to 350 degrees F (175 degrees C). Thoroughly rinse the turkey, and discard the brine mixture.

3 Brush the turkey with 1/2 the melted butter. Place breast side down on a roasting rack in a shallow roasting pan. Stuff the turkey cavity with 1 onion, 1/2 the carrots, 1/2 the celery, 1 sprig of thyme, and the bay leaf. Scatter the remaining vegetables and thyme around the bottom of the roasting pan, and cover with the white wine.

4 Roast uncovered 3 1/2 to 4 hours in the preheated oven, until the internal temperature of the thigh reaches 180 degrees F (85 degrees C). Carefully turn the turkey breast side up about 2/3 through the roasting time, and brush with the remaining butter. Allow the bird to stand about 30 minutes before carving.

Try This TURKEY BRINE

Cook: 5min
Ready In: 17h

INGREDIENTS

- 1 gallon water
- 4 quarts chicken broth
- 1 1/2 cups kosher salt
- 2Tbs minced garlic
- 2Tbs dried rosemary
- 2Tbs dried minced onion
- 2Tbs dried basil
- 2Tbs dried savory
- 2Tbs dried marjoram
- 2Tbs dried thyme
- 2Tbs dried tarragon
- 1Tbs dried oregano
- 1Tbs ground black pepper
- 1Tbs coriander seeds
- 2 gallons ice, divided, or more as needed
- 1 (20 pound) whole turkey, neck and giblets removed

DIRECTIONS

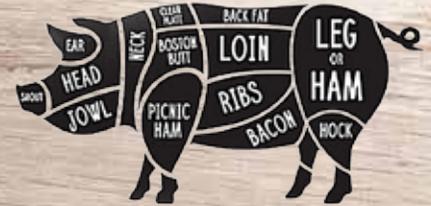
1 Mix water, chicken broth, and salt together in a 5-gallon bucket with lid until salt dissolves. Add garlic, rosemary, onion, basil, savory, marjoram, thyme, tarragon, oregano, pepper, and coriander and mix well. Stir 2 cups ice into brine.

2 Place turkey into brine, filling cavity with brine. Add enough ice to bucket to cover turkey. Secure lid on bucket. Swish bucket from side-to-side to chill water. Refrigerate turkey and bucket, refilling with ice every 2 hours as needed, 12 to 24 hours.

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

4 Remove turkey from brine and pat dry. Discard brine. Place turkey on a rack inside a roasting pan.

5 Bake turkey in the preheated oven, basting every 30 to 40 minutes, until no longer pink at the bone and the juices run clear, 5 to 6 1/2 hours. An instant-read thermometer inserted into the thickest part of the thigh should read 165 degrees F (74 degrees C). Remove the turkey from the oven, cover with a doubled sheet of aluminum foil, and allow to rest 5 to 10 minutes before slicing.



The Hoisin And Ginger Spareribs

INGREDIENTS

- 2 racks (6 lb.) pork spareribs
- 1/2 cup hoisin sauce
- 1/3 cup cane vinegar
- 1/3 cup packed dark brown sugar
- 1/3 cup soy sauce
- 3 tbs. sesame oil
- 10 cloves garlic, peeled
- 3 jalapeño peppers, chopped
- 1 medium red bell pepper, chopped
- 1 small white onion, chopped
- 1 (6"-piece) ginger, peeled and sliced
- 1 (28-oz.) can whole peeled tomatoes, drained
- 1 (6-oz.) can tomato paste
- Kosher salt, to taste

DIRECTIONS

1 Place ribs in a 9" x 13" baking dish. Purée hoisin, vinegar, sugar, soy sauce, oil, garlic, jalapeños, peppers, onions, ginger, tomatoes, paste, and salt in a blender until smooth. Pour 4 cups sauce over ribs; cover with plastic wrap and refrigerate overnight. Reserve remaining sauce.

2 Heat a charcoal grill or set a gas grill to high; bank coals or turn burner off on one side. **3.** Simmer remaining sauce in a 2-qt. saucepan until reduced by a third, 8-10 minutes. Grill ribs and, using a brush, baste with reserved sauce, turning as needed until charred in spots and tender. If outside starts to burn before ribs are fully cooked, move ribs to cooler section of the grill until done. Rest ribs 20 minutes; slice into individual ribs.



The Creamy Tomato Tuna Penne Pasta

Prep: 15 m
Cook: 15 m
Ready In: 30 m

INGREDIENTS

- 6 2/3 ounces tuna packed in olive oil
- 3 cloves garlic, crushed
- 1 teaspoon anchovy paste
- 1 pinch dried oregano
- 1 pinch red pepper flakes, or more as needed
- 3 cups cream of tomato soup, not from concentrate
- 1/2 cup water
- 14 1/2 ounces dry penne pasta
- 2/3 cup finely grated Parmigiano-Reggiano cheese
- 1 tablespoon minced fresh tarragon
- salt and freshly ground black pepper to taste
- 1 pinch red pepper flakes, for garnish
- 1/4 cup finely grated Parmigiano-Reggiano cheese

DIRECTIONS

- 1 Combine tuna and olive oil, garlic, anchovy paste, oregano, and red pepper flakes in a large saucepan over medium-low heat. Stir and cook for 1 minute once oil begins to sizzle.
- 2 Stir in cream of tomato soup and water. Increase heat to medium and simmer for about 10 minutes.
- 4 Fill a large pot with lightly salted water and bring to a boil. Stir in penne, and return to a boil. Cook pasta uncovered, stirring occasionally, until just slightly undercooked, about 11 minutes; drain.
- 5 Stir cooked pasta into soup mixture; stir in 2/3 cup Parmigiano-Reggiano cheese, and tarragon. Cover and cook for 2 minutes.
- 6 Season with salt and black pepper to taste. Cover and cook for an additional minute.
- 7 Garnish with additional Parmigiano-Reggiano cheese and red pepper flakes.



The Honey-Poppy Seed Cornish Hens

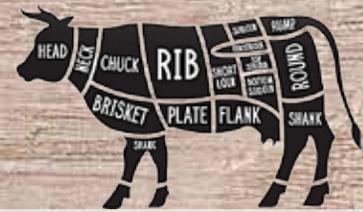
Prep: 15m
Cook: 1h
Ready in: 1h 45m

INGREDIENTS

- 2 Rock Cornish hens
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1/3 cup honey
- 1 tablespoon poppy seeds
- 1 1/2 teaspoons mustard powder
- 3/4 teaspoon ground ginger

DIRECTIONS

- 1 Preheat oven to 350 degrees F (175 degrees C). Spray rack of shallow roasting pan with non-stick spray.
- 2 Cut each hen in half; place skin side down in roasting pan. Sprinkle with salt and pepper.
- 3 Whisk together the honey, poppy seeds, mustard and ginger. Brush over both sides of the hens.
- 4 Roast uncovered for 1 hour turning once.



The Best Beef Brisket

Prep: 10m
Cook: 4h
Ready In: 4h 10m

INGREDIENTS

- 1 (3 pound) beef brisket, trimmed of fat
- 1 medium onion, thinly sliced
- salt and pepper to taste
- 1 (12 fluid ounce) can beer
- 1 (12 ounce) bottle tomato-based chili sauce
- 3/4 cup packed brown sugar

DIRECTIONS

- 1 Preheat the oven to 325 degrees F (165 degrees C).
- 2 Season the brisket on all sides with salt and pepper, and place in a glass baking dish. Cover with a layer of sliced onions. In a medium bowl, mix together the beer, chili sauce, and brown sugar. Pour over the roast. Cover the dish tightly with aluminum foil.
- 3 Bake for 3 hours in the preheated oven. Remove the aluminum foil, and bake for an additional 30 minutes. Let the brisket rest and cool slightly before slicing and returning to the dish. Reheat in the oven with the sauce spooned over the sliced meat.

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side dishes

The Celery Stuffing

Prep: 30 m
Cook: 10 m
Ready In: 40 m

INGREDIENTS

- 1/2 cup butter
- 1/2 cup minced onion
- 2 cups diced celery, with leaves
- 3 cups chicken broth
- 4 quarts bread cubes
- 3 eggs, beaten
- 1 tablespoon salt
- 1 teaspoon ground black pepper
- 1/4 teaspoon sage
- 1 pinch dried thyme
- 1 pinch dried marjoram

DIRECTIONS

1 Melt butter in saucepan. Saute onion in melted butter until soft, but not brown. Add celery and stir well. Add 2 cups chicken

broth. Bring to a boil. Cover and simmer for 10 minutes.

2 Place bread cubes into large mixing bowl. Add eggs, salt, pepper, sage, thyme, and marjoram. Add onion-celery mixture; combine thoroughly. If still too dry, add more chicken broth. Makes enough to stuff a 10 to 15 pound turkey.

The Macaroni and Cheese with Caramelized Onions and Bacon

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

INGREDIENTS

- 1 (16 ounce) package elbow macaroni
- 1/4 cup butter
- 1/2 cup sour cream
- 1 egg, beaten
- 2 tablespoons cream cheese, softened
- 4 cups grated Asiago cheese
- 4 cups grated Vermont Cheddar cheese
- 4 slices bacon
- 2 tablespoons butter
- 1 large onion, sliced thin
- 4 cloves garlic, minced
- 1/8 teaspoon brown sugar
- 1/4 cup chopped fresh parsley
- 1/4 cup panko bread crumbs
- 2 tablespoons butter
- 5 tablespoons all-purpose flour
- 3 cups milk
- 1/2 teaspoon ground mustard
- 1/2 teaspoon paprika
- 1/4 teaspoon salt
- 1/2 teaspoon pepper
- 1 tablespoon hot pepper sauce

DIRECTIONS

1 Bring a large pot of lightly salted water to a boil, add macaroni and cook for 8 minutes (noodles will still be slightly hard). Drain noodles and transfer to a large bowl with 1/4 cup of butter and toss to coat. Whisk together the sour cream, egg, and

cream cheese; add to the pasta and mix well. Stir in 3 cups of grated Asiago and 3 cups of grated Cheddar cheese, reserving the remaining 2 cups of cheese for the topping.

2 Place the bacon in a large, deep skillet, and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes. Drain the bacon slices on a paper towel-lined plate and chop into small pieces.

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

4 Stir 2 tablespoons butter, the onion, and garlic into the bacon drippings in the pan and cook and stir for 2 minutes. Reduce the heat to medium-low, and add the brown sugar. Cook, stirring occasionally, for 10 to 15 minutes until the onions are very soft and golden brown. Mix the cooked bacon, parsley, and panko breadcrumbs into the onions, transfer mixture to a small bowl and set aside.

5 Return the skillet to the heat and melt remaining 2 tablespoons butter over medium-low heat. Whisk in the flour, and stir until the mixture becomes paste-like and light golden brown, about 5 minutes. Gradually whisk the milk into the flour mixture and bring to a simmer over medium heat. Cook and stir until the mixture is smooth and thickened. Stir in the ground mustard, paprika, salt, pepper, and hot sauce. Remove sauce from heat and let cool for five minutes.

6 Pour the sauce over the macaroni mixture, stirring well. Transfer to a greased 9x13 inch pan and sprinkle with the remaining 2 cups of Cheddar cheese. Top cheese with the onion breadcrumb mixture.

7 Bake in preheated oven until bubbling, hot and golden brown on top, about 30 minutes.

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Corn Casserole

Prep: 5m
Cook: 45m
Ready In: 50m

INGREDIENTS

- 1/2 cup butter, melted
- 2 eggs, beaten
- 1 (8.5 ounce) package dry corn bread mix
- 1 (15 ounce) can whole kernel corn, drained
- 1 (14.75 ounce) can creamed corn
- 1 cup sour cream

DIRECTIONS

- 1 Preheat oven to 350 degrees F (175 degrees C), and lightly grease a 9x9 inch baking dish.
- 2 In a medium bowl, combine butter, eggs, corn bread mix, whole and creamed corn and sour cream. Spoon mixture into prepared dish.
- 3 Bake for 45 minutes in the preheated oven, or until the top is golden brown.

The Rich Mashed Potatoes

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

INGREDIENTS

- 5 pounds red potatoes, peeled and quartered
- 1 cup heavy cream
- 1/2 cup butter
- salt and pepper to taste

DIRECTIONS

Place potatoes in a large pot with enough water to cover. Bring to a boil, and cook until fork tender, about 20 minutes. Drain, add butter, and mash using a potato masher, ricer or mixer. Gradually beat in the heavy cream. Serve hot.

The Squash Rolls

Prep: 30 m
Cook: 45 m
Ready In: 2 h 45 m

INGREDIENTS

- 1 1/2 cups cubed winter squash
- 1 cup scalded milk
- 2 (.25 ounce) packages active dry yeast
- 1/2 cup warm water (110 degrees F/45 degrees C)
- 6 cups all-purpose flour
- 1/2 cup white sugar
- 2 teaspoons salt
- 1/2 cup shortening

DIRECTIONS

- 1 Preheat oven to 400 degrees F (200 degrees C). In a small saucepan, cover squash cubes with water. Bring to a boil and cook until tender, about 15 minutes. Drain, cool and mash.
- 2 In a small bowl, dissolve yeast in warm water. In a large bowl, combine 5 cups flour, sugar and salt. Stir in the yeast mixture, shortening, squash and milk. Mix well. Stir in the remaining flour, 1/2 cup at a time, beating well after each addition. When the dough has pulled together, turn it out onto a lightly floured surface and knead until smooth and supple, about 8 minutes. Lightly oil a large bowl, place the dough in the bowl and turn to coat with oil. Cover with a damp cloth and let rise in a warm place until doubled in volume, about 1 hour.
- 3 Divide the dough into twelve equal pieces and form into rounds. Place the rounds in a lightly greased 13x9 inch baking pan. Cover with a damp cloth and let rise until doubled in volume, about 30 minutes.
- 4 Bake at 400 degrees F (200 degrees C) for 10 to 15 minutes or until golden brown.

The Greek Green Beans

Prep: 20 m
Cook: 55 m
Ready In: 1 h 15 m

INGREDIENTS

- 3/4 cup olive oil
- 2 cups chopped onions
- 1 clove garlic, minced
- 2 pounds fresh green beans, rinsed and trimmed
- 3 large tomatoes, diced
- 2 teaspoons sugar
- salt to taste

DIRECTIONS

- 1 Heat the olive oil in a large skillet over medium heat. Cook and stir the onions and garlic in the skillet until tender.
- 2 Mix the green beans, tomatoes, sugar, and salt into the skillet. Reduce heat to low, and continue cooking 45 minutes, or until beans are soft.

The Easy Corn Pudding

INGREDIENTS

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

DIRECTIONS

- 1 Preheat oven to 350 degrees F (175 degrees C). Put butter in 2 quart casserole dish, place in oven until melted.
- 2 Remove casserole dish and add creamed corn, kernel corn, corn muffin mix and sour cream. Mix well, bake uncovered approximately 30 minutes.

Need more sides?
See pages 20 & 21!



Turkey terms

What do all the labels mean?

Many turkeys carry labels like “all-natural,” “free-range,” and “organic.” Still other specialty turkeys don’t fall into neat categories but are distinguished by brand. Here’s your decoder ring for what all those terms mean.

Fresh: A turkey may be labeled “fresh” only if it has never been chilled below 26°F. (Turkey meat, according to the National Turkey Federation, doesn’t freeze at 32°F, but at a temperature closer to 26°F.)

Frozen: Turkeys chilled below 0°F must be labeled “frozen.” Or, if they’re sold already defrosted, you may see “previously frozen” on the label. Most turkey producers agree that freezing adversely affects the texture and taste of the meat.

Hard-chilled or not previously frozen: Turkeys that have been chilled below 26°F, but not below 0°F can’t be labeled fresh, but they don’t have to be labeled frozen either. If a turkey isn’t labeled as either fresh or frozen, it’s most likely in this category. This type of bird may also be identified as “hard-chilled” or “not previously frozen.”

Organic: The USDA’s National Organic Program requires that turkeys labeled as “organic” be certified by a USDA-accredited certifying agency. A certified organic turkey will have been raised on 100% organic feed, given access to the outdoors, and will never have received antibiotics. The use of hormones in the raising of all poultry is prohibited, certified organic or not.

Kosher: A kosher label may only be used on poultry that has been processed under rabbinical supervision. The turkeys are grain-fed with no antibiotics and are allowed to roam freely. In addition to being individually processed and inspected, kosher turkeys are soaked in a salt brine, which gives them their distinctive savory character (so don’t choose a kosher turkey if you’re planning to brine it yourself).

Self-basting: A self-basting turkey has been injected with or marinated in a solution of fat and broth or water, plus spices, flavor enhancers, and other “approved substances.”

Free-range: By USDA definition, “free-range” simply means that the birds have access to the outdoors. But what really affects the quality of the meat is how crowded the birds are, not whether they can go outdoors. Some of the best turkeys are therefore not technically free-range, simply because the uncaged birds don’t roam outdoors.

Premium brands: Premium-brand turkeys are an increasingly important market for holiday birds. Companies like Murray’s, Bell & Evans, Jaidl, Maple Lawn Farms, Koch’s, Willie Bird, Eberly’s, Empire Kosher, Diestel, and others sell turkeys based on their reputation. Most of these producers claim that the difference between their turkeys and others lies in the quality of the feed their birds get. Most often, there are no animal byproducts in the feed and usually no antibiotics. Most of these birds are raised without being caged. The lack of animal fat in their diet and the fact that the birds can move around freely mean that the turkeys grow more slowly than factory-raised birds, so the meat has a chance to develop a richer flavor and denser texture.

Natural: The term “natural” simply means “no artificial ingredient or color added, and minimally processed.” The term makes no reference to the way the turkey was raised.

Heritage breed: Over 99 percent of the turkeys sold in supermarkets are a single breed: the Broad-Breasted White. But some small farmers focus on raising other breeds that have otherwise been edged out of the market. Some of the more common heritage breeds include the Narragansett, the Bourbon Red, and the Jersey Buff. Heritage breed turkeys tend to have darker, more flavorful meat and less breast meat than supermarket turkeys, and are generally available directly from the farmer or through other local sources. For more information, see the Heritage Turkey Foundation.

The Breakdown of marinade, rub & glaze

So you want to make sure your Thanksgiving meats have all the flavor and punch your guest deserve, but the problem is, you do not know what to use — marinades, rubs or glazes? To help you decide, here's a breakdown of the differences between these flavor-enhancing methods:

RUBS

A rub is all about flavor and nothing else. It's used to enhance the flavor of the meat and poultry you're grilling. A spice or herb mixture is rubbed over the meat, usually just prior to grilling. There are two different kinds of rubs:

- A dry rub is a combination of herbs and spices that are mixed together and then rubbed over the meat. A dry rub develops a crust on the meat during cooking, sealing in the moisture.

- A wet rub, or sometimes referred to as a spice paste, starts the same way as a dry rub but has the addition of a liquid such as water, oil, fruit juice or yogurt, to create a thick paste which is then rubbed on the meat.

Mexican-inspired rubs may include chili powder, cumin, oregano and red pepper flakes, as well as minced garlic and cilantro. A good rub imbues a flavor of sweet, smoky and spicy flavors into the meat without changing too much of the texture.

WHERE IT WORKS: Rubs are delicious over most cuts of meat, such as chops, steaks and loins. On the vegetarian side of foods, a rub won't be very effective over vegetables and fruits (as the spices won't stick to the surface), but it could be great over tempeh, tofu and seitan. With all rubs, allow the spices to sit for about 30 minutes.

Marinades

The main difference between a marinade and a rub, is that a marinade has two purposes. The first is to tenderize the meat, and the second is to add flavor. Marinades are used especially when using inferior cuts of meat.

A marinade is made up of several components including oil which is used to help keep the meat moist, an acid liquid such as vinegar or citrus juice to help tenderize, as well as herbs and spices for flavoring. A marinade should include something savory (usually soy sauce), something pungent (usually garlic or onions), something spicy (hot peppers or cayenne) and your main flavors of the dish (Italian seasonings, fresh herbs, Asian spices, etc.).

For the meat to be tenderized, it is usually marinated between 1 hour and 48 hours prior to cooking.

WHERE IT WORKS: Marinades are best when used in foods

that can absorb the flavors over time, or in those cuts of meat that are cheaper and tougher and can benefit from a bit of softening. Beef stew meat, tofu kebabs, fish fillets, jumbo portabellas and sliced eggplant are all delicious with a good marinating.

Glazes

A glaze is a thick, sugar-based solution, usually applied at the end of cooking to create a sweet flavored crust. Often sweet and spicy by nature, common glazes include barbecue sauces, honey sauces and fruit sauces. Make a glaze with fruit jams and jellies, whisked into a small amount of oil, water and seasonings like brown sugar, cayenne and dried herbs.

Apple butter, pineapple juice, honey, fig jam and strawberry jelly are all common bases for a sweet, delectable glaze. Whatever your mix, aim to get your glaze the consistency of barbecue sauce, and slather it over your grilled entrée every now and again as it cooks

WHERE IT WORKS: The glaze works best over thicker cuts of meat and chunky tofu-based dishes, such as pork tenderloin, pork chops, tofu burgers and ribs.

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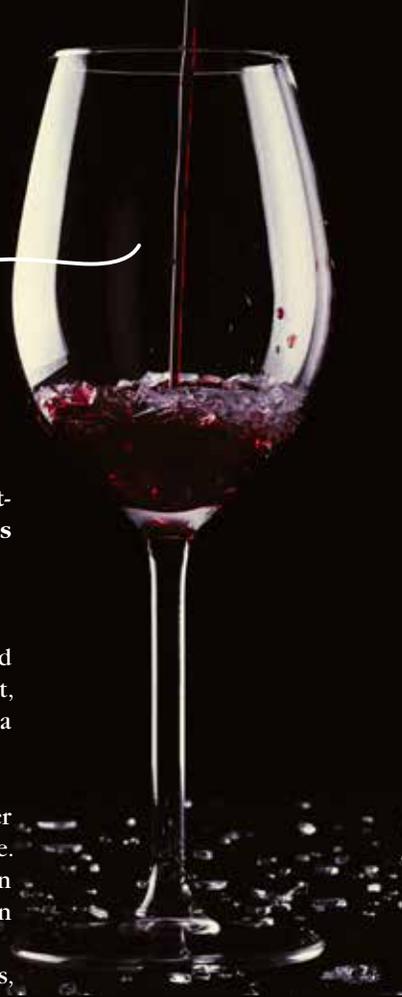


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Pairing your Thanksgiving eats with the right drinks



Although 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 hand-in-hand, and Chianti is a great wine to pair with spaghetti and meatballs. Chianti has a bold flavor, and the Food Network notes it has enough acidity to stand up to all the tomatoes and meat in spaghetti and meatballs.

- **Indian cuisine:** Fans of Indian cuisine no doubt like 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.

- **Lamb:** Red meat and red wine go great together, but different types of red meat pair better with different types of wine. Lamb and Bordeaux go great together because lamb has a gamey flavor that requires a rich, bold wine. Bordeaux fits that bill, allowing the rich, fatty lamb meat to absorb its tannins.

Match your food to your favorite brews

The 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.

Thanksgiving day movies

Top Picks for

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.



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The Easy Slow Cooker Stuffing

Prep: 25 m
Cook: 8 h 55 m
Ready In: 9 h 20 m

INGREDIENTS

- 1 cup butter or margarine
- 2 cups chopped onion
- 2 cups chopped celery
- 1/4 cup chopped fresh parsley
- 12 ounces sliced mushrooms
- 12 cups dry bread cubes
- 1 teaspoon poultry seasoning
- 1 1/2 teaspoons dried sage
- 1 teaspoon dried thyme
- 1/2 teaspoon dried marjoram
- 1 1/2 teaspoons salt
- 1/2 tsp ground black pepper
- 4 1/2 cups chicken broth, or as needed
- 2 eggs, beaten

DIRECTIONS

1 Melt butter or margarine in a skillet over medium heat. Cook onion, celery, mushroom, and parsley in butter, stirring frequently.

2 Spoon cooked vegetables over bread cubes in a very large mixing bowl. Season with poultry seasoning, sage, thyme, marjoram, and salt and pepper. Pour in enough broth to moisten, and mix in eggs. Transfer mixture to slow cooker, and cover.

3 Cook on High for 45 minutes, then reduce heat to Low, and cook for 4 to 8 hours.

The Fried Mac and Cheese Balls

Prep: 40 m
Cook: 30 m
Ready In: 7 h 10 m

INGREDIENTS

- 1 (7.25 oz) package macaroni and cheese mix
- 2 tablespoons butter
- 1/4 cup milk
- 1 cup shredded Cheddar cheese
- 3/4 cup pimento cheese spread
- 1 cup shredded Italian cheese blend
- 2 cups Italian seasoned bread crumbs
- 1/2 teaspoon paprika
- 1/2 teaspoon chili powder
- 1/2 tsp ground black pepper
- 1/2 teaspoon white sugar
- 1/4 teaspoon salt
- 1 pinch cayenne pepper, or to taste
- 4 eggs
- 3 tablespoons milk
- 4 cups peanut oil for frying, or as needed

DIRECTIONS

1 Fill a pot with lightly salted water and bring to a rolling boil over high heat. Stir in the macaroni, and return to a boil. Cook, uncovered, stirring occasionally, until the macaroni is cooked through but still firm to the bite, about 7 minutes. Drain. Stir in the 2 tablespoons butter, the 1/4 cup milk, and the cheese packet from the package.

2 While the macaroni is still hot, stir in the Cheddar cheese, pimento cheese spread, and Italian cheese blend, and continue to stir until melted. Place the macaroni and cheese mixture in a container and refrigerate until firm, about 4 hours.

3 Line a baking sheet with parchment paper. Remove the macaroni mixture from the refrigerator, and, using a cookie scoop, scoop into balls. Place mac balls on the prepared baking sheet and freeze for at least 2 hours.

4 Heat oil in a deep fryer or large saucepan to 350

degrees F (175 degrees C).

5 Whisk the bread crumbs with the paprika, chili powder, black pepper, sugar, and cayenne in a shallow dish; set aside. Beat the eggs with the 3 tablespoons milk in a small bowl. Remove the mac balls from the freezer, coat in the egg wash, and then dredge in breading.

6 Fry the mac balls in small batches until golden brown, 3 to 5 minutes. Drain briefly on a paper towel-lined plate; serve hot.

The Sweet Cream Corn

Prep: 5m
Cook: 10 m
Ready In: 15m

INGREDIENTS

- 2 (10 ounce) packages frozen corn kernels, thawed
- 1 cup heavy cream
- 1 teaspoon salt
- 2 Tbs granulated sugar
- 1/4 tsp freshly ground black pepper
- 2 tablespoons butter
- 1 cup whole milk
- 2 tablespoons all-purpose flour
- 1/4 cup freshly grated Parmesan cheese

DIRECTIONS

1 In a skillet over medium heat, combine the corn, cream, salt, sugar, pepper and butter. Whisk together the milk and flour, and stir into the corn mixture.

2 Cook stirring over medium heat until the mixture is thickened, and corn is cooked through.

3 Remove from heat, and stir in the Parmesan cheese until melted. Serve hot.



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The Southern Candied 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
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- 1 tablespoon vanilla extract

salt to taste

DIRECTIONS

1 Peel the sweet potatoes and cut them into slices.

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

3 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.

Spicy & Sweet Green Beans

Prep: 15 m

Cook: 10 m

Ready In: 25 m

INGREDIENTS

- 3/4 pound fresh green beans, trimmed
- 2 tablespoons soy sauce
- 1 clove garlic, minced
- 1 teaspoon garlic chili sauce
- 1 teaspoon honey
- 2 teaspoons canola oil

DIRECTIONS

1 Arrange a steamer basket in a pot over boiling water, and steam the green beans 3 to 4 minutes.

2 In a bowl, mix the soy sauce, garlic, garlic chili sauce, and honey.

3 Heat the canola oil in a skillet over medium heat. Add the green beans, and fry for 3 to 5 minutes. Pour in the soy sauce mixture. Continue cooking and stirring 2 minutes, or until the liquid is nearly evaporated. Serve immediately.

The Squash Casserole

Prep: 15 m

Cook: 40 m

Ready In: 55 m

INGREDIENTS

- 2 teaspoons vegetable oil
- 3 crookneck yellow squash, diced
- 1/2 sweet yellow onion, diced
- 2 Tbs water, or as needed
- 1 (10.75 ounce) can condensed cream of chicken soup
- 1 (8 oz) container sour cream
- 1/2 cup shredded Cheddar cheese (optional)

cheese (optional)

- 1/2 (6 ounce) box dry bread stuffing mix

DIRECTIONS

1 Preheat oven to 350 degrees F (175 degrees C). Grease a baking dish.

2 Heat oil in a skillet over medium heat; cook and stir squash and onion until tender; 8 to 10 minutes. Add water and simmer to soften squash, 2 to 4 minutes. Stir cream of chicken soup, sour cream, and Cheddar cheese into squash mixture; mix well.

3 Transfer squash mixture to the prepared baking dish; top with stuffing mix.

4 Bake in the preheated oven until cheese is bubbling and stuffing is browned, about 30 minutes.

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—Advertorial—

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

by MARQUITA GRIFFIN | mgriffin@fbherald.com



Witty signs — like *Sip happens* 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 Southern-style food, popular tunes by live bands or just a relaxing, but fun, atmosphere for a casual outing with the entire family.

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.

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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

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2019

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TUESDAY, NOVEMBER 19TH
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THURSDAY, NOVEMBER 21ST
5:30-8:30 PM

★ Cookies with Santa

SATURDAY, DECEMBER 7TH
10:00 AM-1:00 PM

Go to hmns.org/sugarland for event details and tickets.
the Houston Museum of natural science
at Sugar Land

Personality types to be discussed Pecan Grove Woman's Club meeting

by **LINDA PEASLEY**

The November meeting of the Pecan Grove Women's Club will be held on Tuesday, Nov. 12 at Pecan Grove Plantation Country Club. A country club membership is not necessary to visit or join.

We welcome all women who enjoy laughter and good conversation. Join us at 9:30 a.m. for coffee and visiting. The program will start at 10 a.m. Stephanie M. Tamborello will discuss the 16 personality types that shape how people perceive the world around them and influence decision making. She is originally from New York City and has been involved in ministry and education in one form or another for more than 40 years and presents workshops and retreats on personal

growth and development.

She is a trained Challenge Course (ropes course) facilitator and administrator of the Meyers Briggs Personality Inventory (MBTI); and a graduate of the Fort Bend County Leadership Program for Non Profit Excellence.

After the program please join us for lunch by contacting Kay McNinch at 281-238-4002 (kkmcninch@yahoo.com) or Linda Saad at 281-342-8575 or lindasaad@gmail.com to make reservations. The program is free and the cost for lunch is \$15. Cash only please.

Program: Lone historic Texas sugarhouse found near Arcola

Fort 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 Enforcement Academy, 1521 Eugene Heimann Circle in Richmond.

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.

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 last remaining antebellum sugar purgery in Texas, and perhaps in the U.S.

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

The 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."

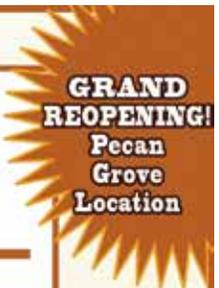


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A 'SUPERCALIFRAGILISTICEXPIALIDOCIOUS' EXPERIENCE DISNEY AND CAMERON MACKINTOSH'S 'MARY POPPINS JR' OPENS THIS MONTH



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.



Mack Farrar, 14

Inspiration 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 Supercalifragilisticexpealidocious for the longest time!" said Pecan Grove resident Mack Farrar, a 14-year-old 9th grader at Travis High School who has been in four previous Inspiration Stage shows. He 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 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.; and Sunday, Nov. 10, 3:30 p.m.

CHILDREN'S OPERA STREGA NONA OPENS AT LOCAL LIBRARIES

Fort 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.





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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).

THE 4TH ANNUAL PECAN HARVEST FESTIVAL

The 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.pecan-harvest-festival-tx.com.

THE HOLIDAY EXPRESS & FRIENDS' BOOK SALE

Fort 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 Market by 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).

FRIDAY FILM SERIES

The University Branch Library is hosting its Friday Film Series this month with the following selections, each one shown from 1 - 3 p.m. in Meeting Room 1:

November 1

Released in 2006, this movie comedy stars Will Ferrell as Harold Crick, an I.R.S. agent who questions his sanity when he begins hearing an unseen novelist narrating his life as part of her newest book. The narrator is extraordinarily accurate, so when the chapter of the end of his life begins to unfold, Harold must find the author of the story and convince her to change the ending before it's too late. This movie is rated PG-13.

November 8

Released in 1949, this romantic musical-comedy film stars Gene Kelly, Frank Sinatra, and Jules Munshin as three sailors with a 24-hour pass for shore leave in New York City, determined to find love and

adventure. One spends the day looking for "Miss Turnstiles of the Month," another is high jacked by a female cab driver, and the third finds himself an object of interest of a gorgeous anthropologist. Based on a hit Broadway musical of the same name, this film adaptation won an Academy Award for Best Music/Scoring of a Musical Picture. This movie is not rated.

November 22

This war drama is an adaptation of Robert M. Edsel's biography about seven art historians, museum directors and curators who form a World War II platoon tasked by President Franklin D. Roosevelt to go behind enemy lines in Germany to rescue artistic masterpieces from Nazi thieves. With the German army under orders to destroy the art if the Reich fell, the unlikely platoon is in a race against time to avoid the destruction of 1,000 years of mankind's greatest achievements in art and culture. This movie is rated PG-13.

FORT BEND ART CENTER IS AN 'INCREDIBLE PLACE'

Two 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.



An advertisement for The Legacy at Long Meadow. The background is a warm, golden-brown color with a faint image of an elderly woman and a man. The text is overlaid on the image. At the top, it says 'THE LEGACY' in large, white, serif letters. Below that, it says 'AT LONG MEADOW' in smaller, white, serif letters. Underneath, it says 'Concierge Senior Living' in a cursive font, followed by 'Assisted Living & Memory Care' in a smaller, sans-serif font. At the bottom, it says '10403 MASON RD • LEGACYATLONGMEADOW.COM' in a bold, sans-serif font. There is a decorative graphic of an oak leaf and acorn in the center of the text.

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LCISD School Health Advisory Council recognizes wellness campus award recipients



From left are Kathryn Kaminski, LCISD Board of Trustees member; Brenda Thompson, SHAC Vice-Chair; Hope Frohbieter, SHAC Chair and Velasquez Elementary PTO President; Jon Maxwell, LCISD Executive Director of Student Programs; Marie Annexy, Nurse, Williams Elementary; Deborah Nesbitt, Physical Ed Teacher, Campbell Elementary; Tracy Boss, Assistant Principal, Reading Junior High; and Nicole Nelson, LCISD Athletic Director.

Congratulations to those campuses that received the first LCISD School Health Advisory Council Recognized Wellness Campus Awards. Campuses receiving the award for the 2018-2019 school year include: Campbell Elementary, Velasquez Elementary, Williams Elementary and Reading Junior High School.

This collaborative effort between the Lamar Consolidated ISD School Health Advisory Council (SHAC) and the Lamar Consolidated CISD Athletics Department recognizes campuses for their health and wellness initiatives completed throughout the school year.

In order to receive this recognition, schools must complete five of the eight criteria, three of which are mandatory: 1) Have a Campus Wellness Committee; 2) Host a Health/Wellness Event; 3) Hold a Campus-wide Physical Activity; 4) Offer Tobacco Prevention Programs; 5) Incorporate Nutrition and Physical Activity in Core Classes; 6) Implement a Stress Prevention Program; 7) Offer NonFood Rewards; 8) Offer a Staff Wellness Program. The first three on the list are mandatory.

To those unfamiliar with the SHAC, it is a state mandated advisory council appointed by the school board that works with

the district to help school communities support good health and academic achievement. It is made up of parents, community members, students, and school staff working together to improve the health of all students and families through coordinated school health programs.

Research shows that healthy children do better in school — from attendance and behavior to academics and overall performance.

Throughout the year, the SHAC will address topics related to health education, nutrition environment and services, employee wellness, social and emotional school climate, physical environment, health services, counseling, psychological and social services, family/community involvement, family engagement, physical education and physical activity.

Campus Wellness Award Applications for the 2019-2020 school year will be available soon and distributed to each campus principal and campus wellness coordinator.

For more information about the SHAC, please visit <http://www.lcisid.org/departments/athletics/s-h-a-c>, follow them on Facebook at <https://www.facebook.com/lcisidshac> or email lcisidshac@gmail.com.



TSTC is creating environmental superheroes to save the planet

by **AMANDA SOTELO**

Saving the planet is a top priority on the agendas of many, and the first step at being part of this green movement can be taken at Texas State Technical College.

Environmental Technology is one of the newest programs to be added at the college campus in Fort Bend County, with its first cohort graduating this December.

Environmental Technology instructor Yvette Vaughan said she is excited to be coming up on such a huge milestone knowing that there is a positive job outlook for the program's graduates.

"There are over 600 environmental technician jobs available for our students to apply for within the Houston area," she said. "Our program is fairly new and growing, and it is giving students the technical skills needed to make them marketable among employers."

Environmental Technology is a 20-month or five-semester program, and students will graduate with an Associate of Applied Science Degree in Environmental Compliance — Specialization with additional certifications available.

In 20 months, students will learn the skills needed to comply with Environmental Protection Agency, Department of Transportation and Texas Commission on Environmental Quality regulations, which means that students will be able to generate, identify, transport, treat, remediate and dispose of hazardous waste properly.

In addition, students will also gain knowledge and skills in areas such as environmental sampling plans, storm water pollution prevention plans, sampling techniques, environment management systems, hazardous incident command systems, toxicological effects of chemicals, and pollution prevention.

"The skills our students learn prepare them to enter the workforce with a 'leg up' on the competition," said Vaughan. "Employers are excited to hire our graduates because it reduces the cost of training for their company."

The training in Environmental Technology is primarily hands-on, and to ensure that students master each skill, the program and its labs are equipped with industry-standard equipment.

Students use an array of sampling equipment and gear that they will see and use when they enter the workforce. They also complete mock hazardous material spill scenarios that allow them to wear personal protection equipment, and get to complete sampling surveys of groundwater wells that were recently donated and installed on campus by CRG Texas Environmental Services Inc.

"This recent donation and the equipment our students have access to equip our students with the skills needed to solve the environmental problems around us," said Vaughan. "This provides our students with the best educational experience possible."

According to the U.S. Bureau of Labor Statistics, Texas is second in employing the highest number of environmental technicians, with a median wage of \$47,000 a year.

This means graduates of the Environmental Technology

program, according to Vaughan, have the opportunity to find work as environmental field technicians; environmental, health and safety specialists; environmental specialists, coordinators and managers; gas technicians; wastewater/water operators; and environmental consultants.

TSTC program faculty and staff are working closely with local companies that include CRG Texas Environmental Services Inc., NTG Environmental and NSSI to provide internships and entry-level positions for its students and graduates.

Environmental Technology is also offered at TSTC's Waco campus.

For more information on the program, visit tstc.edu/programs/EnvironmentalTechnology.



TSTC Environmental Technology students take water samples to complete a class assignment.



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HOUSTON METHODIST SUGAR LAND HOSPITAL

—Surviving the holidays grief support group—

Houston 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,

son, 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 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 offered, 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](https://www.facebook.com/methodistsugarland) for the latest news, events and information.

Taking the mystery out of diabetes

A Diabetes Conference will be presented by Texas A&M AgriLife 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, 1111 Collins 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

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Expanded Infusion Center for chemotherapy patients opens

Houston 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 oncology 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 on-site through the lunch hour.

"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 autoimmune 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



Members of the Houston Methodist Sugar Land Hospital Infusion Center team: From left, Krystle Sanchez, PCA; Daniela Suarez, BSN, RN, OCN; Amy Sebastian-Deutsch, DNP, APRN, CNS, AOCNS, Director, Oncology & Infusion Services; Carmen Withers, BSN, RN; Joan Burnham, MSN, RN, OCN, RN-BC, Oncology Nurse Navigator; Jamie Ureste, BSN, RN, OCN, Charge Nurse, Infusion Services.

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 dietitians 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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NOVEMBER

November 2

FBC DA's Office Fun Run

The FBC District Attorney's Office and Fort Bend CVRT will host 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.

Family History Research: Historic Newspapers

Daniel Sample will demonstrate how to find and use historical newspapers at the George Memorial Library from 10 - 11 a.m. in the Computer Lab. Registration is required.

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 Facebook.

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.

Frosty's 2019

The 15th Annual Frosty's Market will be held from 10 a.m. - 4 p.m. at Frost Elementary, 3306 Skinner

Lane in Richmond.

Fashion Photography Workshop
Bryan Bankston will demonstrate how common household items can be used to achieve professional studio lighting and imaginative backdrops or sets at the George Memorial Library at 1 p.m. in the Meeting Room. This workshop is suitable for adults and teens aged 14 and up.

November 3

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 Insperty 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

Golf Tournament

Calvary Episcopal Preparatory will host its 14th Annual Golf Tournament from 9 a.m. - 2:30 p.m. at the Pecan Grove Plantation Country Club. Visit www.ces-richmond.org.

Come 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 5

Connections: Meet Someone New

Meet new people and make new friends at this casual, come-and-go social hour at the George Memorial Library in Room 2A at 7 p.m., Nov. 5 and 10 a.m. in Nov. 21. Enjoy music while getting to know one another over a game of cards, chess,

checkers, or other board games the library has on hand.

November 6

Volunteer Orientation

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

Intro to Canva: Holiday Edition

Canva is a free, online graphic-design tool which provides access to millions of photographs, graphics and fonts. Learn how this tool at the University Branch Library at 2 p.m. in the Computer Lab. This class will focus on holiday greeting cards, invitations, and family newsletters to send out for the holiday season. Those attending this class should have a working email address to create an account with Canva. Registration is required.

Let's Learn Origami!

Learn how to make an elegant decoration or gift from a simple piece of paper from 5:30 - 7 p.m. in Room 2C of the George Memorial Library. Library staff will demonstrate how to create a dragon and a butterfly by simply folding and twisting paper into whimsical shapes.

November 7

Story Spinners Writing Club

For National Novel-Writing Month in November, the Story Spinners Writing Club will meet Nov. 7, 12, and 21 from 5:30 - 8 p.m. in Room 2C of the George Memorial Library to assist aspiring novelists who want to participate in this novel-writing initiative. Recommended for writers of all genres and experience levels aged 14 and up, this monthly group normally meets on the third Thursday of every month. The themes for each week are as follows: Nov. 7: "Dialogue"; Nov. 14: "Weaving Multiple Story Lines"; and Nov. 21 - "Immersive World Building."

November 8

Facts About Funeral Planning

Waymond Westley will provide an overview of the funeral pre-planning process at 10:30 a.m. in 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 Fort Bend County Bar Association will host its Holiday Hoe-Down from 6 - 10 p.m. at the Sugar Creek Country Club. Country-Western themed evening.

November 9

Junk Hippy

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.

LCHS Class of 1989

The 1989 graduating class of Lamar Consolidated High School will hold its 30th reunion from 6:30 - 10:30 p.m. at Braman Winery in Richmond. Visit www.greetingsisland.com.

November 10

ToyRaiser

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 11

VETERANS DAY

November 15

Senior Series: Social Gathering

The Senior Living Series will wrap up the year with an Open House reception with refreshments and door prizes at 10:30 a.m. in Meeting Room 1 of the University Branch Library.

Black Tie Gala

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

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

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.

Culinary Book Club

This month's theme for the University Branch Library's Culinary Book Club is "Fair Food." Cooking enthusiasts of all ages and experience levels — from beginners to advanced — are invited to join in this monthly potluck and recipe exchange at 1:30 p.m. in Meeting Room 1. Meets on the third Wednesday of every month; different cooking genres are explored each month.

Open-Mic Night

The George Memorial Library will hold its Open-Mic Night from 6 - 8:30 p.m. in the Meeting Room. Performances are limited to five minutes or less, and they must not contain any profanity or other insensitive topics. This event is for adults and teens aged 14 and above. Registration required to perform only.

November 21

Folded-Book Hearts

University Branch Library staff will demonstrate how to take an old book and make words and images by folding the pages at 7 p.m. in Meeting Room 2. No cutting, gluing, or special equipment is needed for this simple craft project. The project is a fun way to re-use old books and give them a new purpose.

November 22

Holiday Market

Riverstone will hold its Holiday Market from 5 - 9 p.m. at its neighborhood club. Visit @RiverstoneCommunity on Facebook.



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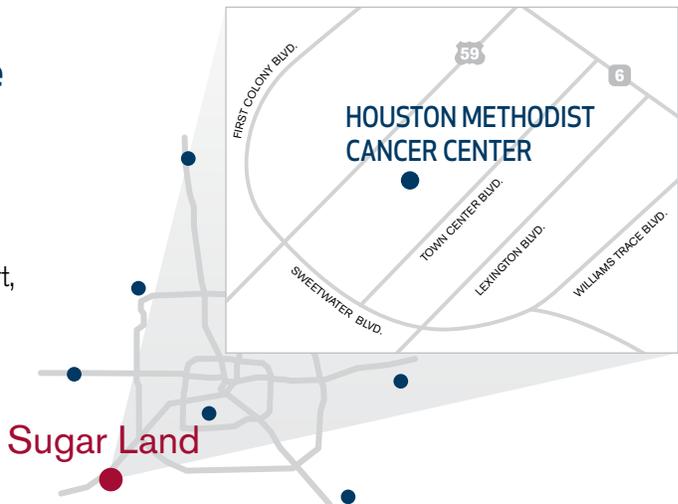


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