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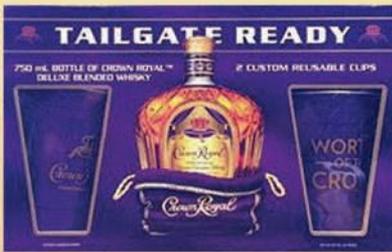
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ON THE COVER



People who visit the Kramer family are welcomed with nostalgic fall accents displayed throughout their home.

Photo by Amy Ramirez.

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Editor's Note

Hello, Fellow North Ellis County Residents!

When I flip my calendar to November, it always feels like the busy holiday season is right around the corner. The hot summer days are a distant memory, and the air has a distinctly seasonable fall chill. As Texans, we'll boldly pull on a pair of boots any day of the year, but in November, it just feels like boot weather is official.

November is also when families and friends gather and celebrate Thanksgiving. When colonists landed in the New World, things weren't easy. But in spite of the many difficulties they faced, they made a custom of setting aside one day to be grateful. Being grateful can promote feelings of kindness, empathy and unselfishness. There is much we could complain about, but gratitude is a feeling that really does nourish the soul.

Happy Thanksgiving!

Dianne

Dianne Reaux
North Ellis Co. NOW Editor
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ENJOYING THE

Golden Years

— By Dianne Reaux



In today's professional landscape, it isn't uncommon to see women leading successful businesses and organizations. Women have made significant strides in professional and corporate arenas, but it hasn't always been this way. Midge Douglas, and others like her, were pioneers as homemakers started learning how to balance the home and the workplace.

Midge is a longtime resident of North Ellis County. She was born and raised in Bristol and graduated from Ferris High School. She married, moved to Ferris and started her

professional career working for Sears. She also worked for Dallas County government. And although she worked outside the home for more than 40 years, she always found the time to give back.

"Now I feel like I'm in my 'golden years,'" she stated proudly, and her philosophy on life is simple. "I get up every morning and have breakfast, I do my Bible study, and I just thank the Lord for that day." Midge's faith has been an anchor in her life. "I depend on Him for everything. It's what I've always done, and He's blessed me immeasurably."

Midge recalled growing up in Bristol with fond memories. "I had one sister. She wasn't interested in extracurricular activities, but I wanted to do everything," she shared. "I was very active in school, I was more interested in fun than anything else," she admitted, with a twinkle in her eye. Midge was in the band,



“The Lord has blessed me with good health, and I will continue to give Him all the praise.”

played basketball, and she was a cheerleader. “And back then, if you didn’t get married right after high school, you were considered an old maid,” she explained.

Midge followed suit with what was customary for the time. But although she married at a young age, she believed it was important to be able to have a sense of professional independence, and her first job was with Sears. “I started working as a clerk/typist in the catalog order plant, and I worked for them for 27 years.” During that time, she was transferred to the Southwest Territorial office as senior executive secretary to the personnel director. When the office closed, she was in line to be the senior executive secretary to the vice president.

Although she had been with Sears for 27 years, she wasn’t ready to retire from the workforce permanently. “I wasn’t able

to work in an executive capacity for Sears because the office closed, but there was an opportunity for me in Dallas.” That’s when Midge started working for Dallas County Commissioner District IV. Her background was a perfect fit, and her administrative skills transferred seamlessly into her new role as an administrative assistant.

Midge started working for Commissioner Roy Orr, and when she retired 15 years later, she had been the office manager and administrative assistant for three commissioners during her career. She attributed her professional success to being a hard worker. Because she didn’t have a college education, she always felt the need to work harder to prove herself, but she learned one fundamental lesson about success early on. “I always tried to anticipate my boss’ needs,” she stated simply.

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Before Midge retired, she made a foray into the competitive world of Texas pageants. Yes, Midge entered the Ms. Texas Senior pageant! Her confidence and poise were a natural fit for the pageant arena. "It just seemed like something I would enjoy doing," she stated, "so I thought I'd give it a try." Pageant contestants epitomized senior women who embraced aging beautifully and gracefully, and it provided a platform to showcase their inner beauty and talent.

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and in 1996, she won third runner up. Her talent was playing the piano, something she did as a volunteer for many years playing at Highland Park Cafeteria.

“All of my family is musically inclined,” she shared. Midge’s grandfather played the accordion. Her father played the clarinet and the accordion, and her mother and sister sang. “I play piano by ear as well as read music,” she shared. “I started playing the piano for the church when I was 12 years old, and I don’t remember a time when I



wasn’t playing.” When Midge’s children were little, she organized a gospel singing group called The Echoes, and they went all over the Southwest singing gospel music. Midge also volunteered to play the piano for the homeless at the Dallas Life Foundation for 32 years.

Midge understood that many of the challenges faced by the homeless stem from issues with alcohol and drugs, which played a large part in her dedication to playing for them. “My father struggled with alcoholism for years,” she shared. Midge always felt like her father could have gotten help if her family had known about resources that might have been available. “But since I wasn’t able to help my father, I played for the clients at the Dallas Life Foundation — maybe it helped some of them in some small way.” Even after she no longer played



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for the homeless, she continued playing the piano and conducted sing-a-longs in retirement homes.

Although Midge retired, she still possessed the skills which made her such a valued employee, like having an eye for details, being organized and her ability to communicate effectively with people. She put her skills to use again, and in 2003, she organized the Dallas County Retirees Club. The organization provided a way for its members to stay in touch with each other, and to get and share information about their retirement benefits. She was the first president of the Sears retiree club, and served on the Dallas County Elections Advisory Council and Dallas County Benefits Committee.

Midge's children grew up and left the nest years ago, but she remembers working hard to raise and provide for them. Now, at the age of 80, she is enjoying her five grandchildren and seven great-grandchildren. She readily admits she's had a wonderful life. "I'm pleased with my life thus far," she shared. She knows that being a hardworking and dedicated employee is one reason she is able to enjoy this time in her life. But she is quick to credit her faith for sustaining her. "I want to give credit to the Lord," Midge said. "The Lord has blessed me with good health, and I will continue to give Him all the praise." **NOW**



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Beach Meets Harvest



*At Home With
Wes and Amber Kramer*



— By Sara Edgell

When it comes to home decor, the Kramer family uses their shared interests and loves to create a welcoming and relaxed living space. But, when it comes to the holidays, they mix up their decor by adding holiday-specific touches, which bring festive occasions like Halloween, Thanksgiving, Christmas and Valentine's Day to life. One could even say Wes, Amber and Logan are experts, especially when it comes to the fall holidays. Every season, they fill their home and yard with a variety of knickknacks, ornaments and trimmings to achieve the festive feel. However, they really go all out for Thanksgiving. From hay stacks and scarecrows to pumpkin spice scented candles and hand soap, the blended family of three, soon to be four, doesn't overlook a single detail in their decadent harvest arrangement.



The couple built the home and officially moved in March of 2014. Before selecting their beloved floor plan, they viewed and toured countless others. “When we saw this one, we immediately fell in love with it,” Amber said. With the plans in hand, they then set out in search of the perfect neighborhood. After visiting several in the area, they ultimately selected a developing subdivision in quiet, yet convenient, Ovilla. Wes and Amber wanted to be centrally located to city life and entertainment as well as their jobs. They also wanted the perks of country living including the laid-back and relaxing atmosphere, bright star-filled night skies and wide-open spaces, which are perfect for Logan to romp and play.

Building on the tranquil and calming vibe, the Kramers used a neutral color

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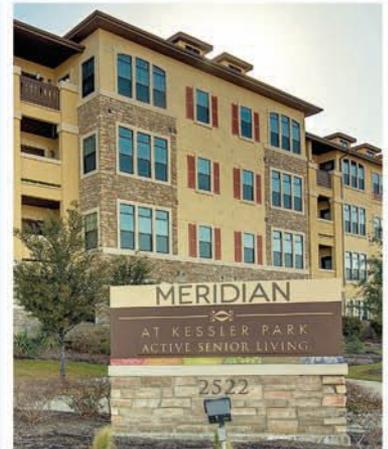
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as a strong, unifying element throughout their home. They also added a touch of the beach in every room. “We love the beach, so we wanted our home to reflect that environment. I also wanted every room to flow from one to the next, so having a theme for our overall decor was important to me,” Amber explained. Therefore, the walls throughout the home are a neutral, crisp gray and each room features a different pop of color along with repurposed, refinished

furniture that gives the home a modern, country-chic feel.

The guest room features a pairing of yellow and gray with chevron prints and owl accessories to achieve a trendy feel. Logan’s room is painted gray with pops of primary colors, complete with sports and history memorabilia for decor. The master bedroom features oversized gray-toned furniture and mementoes and keepsakes from Wes and Amber’s beach wedding in the Dominican Republic.

But as the leaves begin to change colors, Amber becomes reminiscent and nostalgic. That’s when the beach-inspired character of the home shifts, and fall inspiration begins to take over. For Amber and Wes, the holidays present precious opportunities for family gatherings. “I never truly realized just how busy adults are until I became one. The holidays are special because I know that’s the one time we will all be together,” she said. “It’s nice to stop and just be with family.”

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Decorating their home is a part of that. The Kramers spend several days unpacking and setting up their different trinkets and ornaments, and they visit nurseries and home decor stores to purchase plants, pumpkins and new items to add to the collection. “Growing up, my mother always decorated her home for each season and holiday, and I always looked forward to it because the decorations indicated the next holiday to come,” Amber said. “My mom instilled the fun and tradition of decorating in me, and now my son loves it, too.”

In the end, their efforts are worthwhile considering the arrangement looks effortless and quaint, adding a casual feel to the traditional scheme. Much of this is thanks to Logan. “He loves to decorate for Thanksgiving and Christmas. We let him take the lead and place things wherever he wants, really,” Amber smiled.

The Kramers take full advantage of the opportunity to share their love for seasonal decor by creating their own mini pumpkin patch complete with hay bales, pumpkins and scarecrows in the front yard. By not neglecting their outdoor space, they welcome the harvest wholeheartedly. They also share their tasteful design and love for celebrating the season with their neighbors, family and friends. “We take a lot of pride in our home and in traditions,” Wes said.

Pumpkins of various sizes line the steps leading through the lush, green grass to the handsome, oak front door of the Kramer home. The alcove welcomes family and friends with a hearty, natural fall-foliage wreath. Crossing the threshold into the home, guests are greeted with

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a pleasant aroma of Amber's favorite holiday candle. "The pumpkin candle *is* fall to me. It just smells so wonderful!" she smiled. The family carries the concept of bringing the outdoors inside with a gorgeous arrangement on their oversized, antique dining table, refinished by Amber's mother with a whitewashed, shabby-chic look. Apothecary jars of various heights are filled with elements of autumn including acorns, dried twigs and richly colored leaves, achieving a natural table scape.

Vibrant pops of color such as red, teal and yellow complement the natural gray, white and brown tones in the kitchen, adding a touch of personality to the space. The funky vintage pieces blend well with the fall accents added to the granite bar top. When Amber and Wes built the house, they were able to make several customizations to both the floor plan and features. One such modification was the bar island. "We didn't want the kitchen to be closed off, so we opted for an island bar rather than a dividing wall," Wes explained. "It really opened up the entire space."

The kitchen and dining nook are open to the living room, creating a rather spacious and multifunctional living area for the family. Admittedly, they spend much of their time together here. "Wes loves to cook, so while he prepares the evening meals, I help Logan with his homework at the bar," Amber added. They take pride in eating dinner together every night, and then relaxing on the couch to watch their favorite TV shows and movies.

The living room features a prominent fireplace and mantel with a portrait of Wes, Amber and Logan on the beach. This ties in the relaxed beach feel, despite the deep shades of orange, gold and brown reminiscent of the fall season. Paring pumpkins with the tide may not sound too plausible, but Amber and Wes feel that blending unique touches are what make their home their own.

The Kramers' stylish autumn decor makes a lasting impression by appealing to the sights, scents and sentimentality of the season, while combining them with simple, clean lines. The overall look is sophisticated and elegant, as well as welcoming and casual — perfect for making lots of festive family memories. **NOW**



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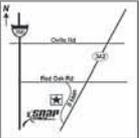


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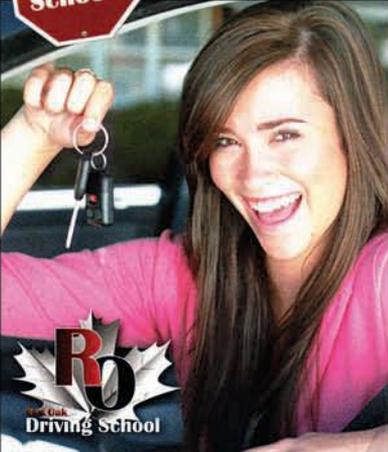



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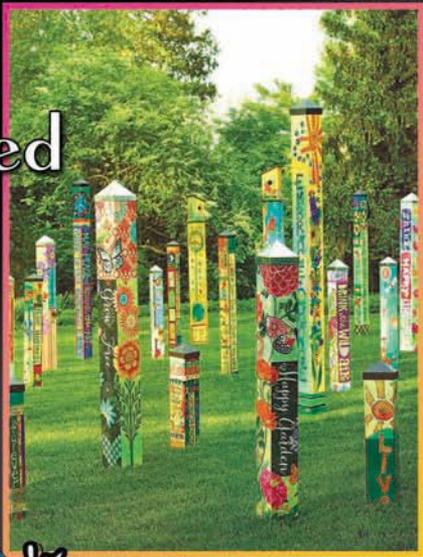
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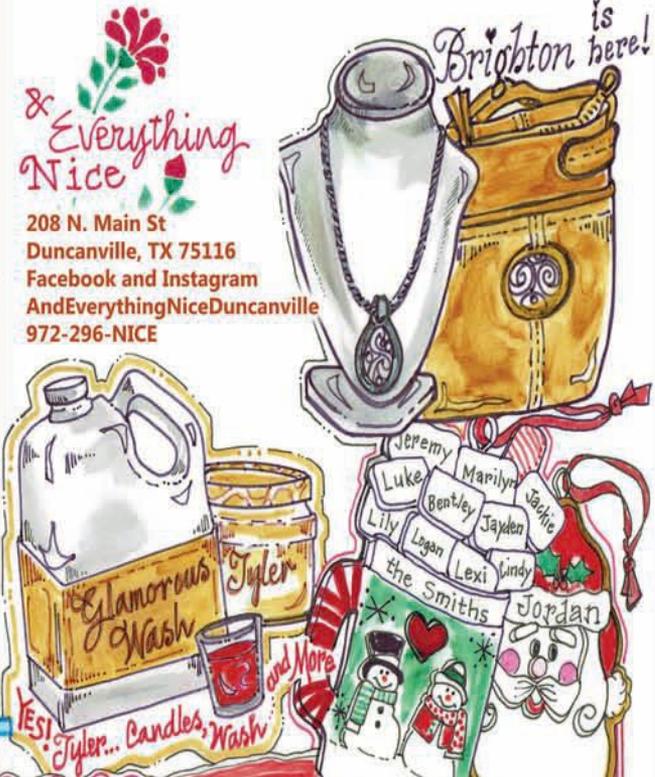


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Dealing With Problem Pets

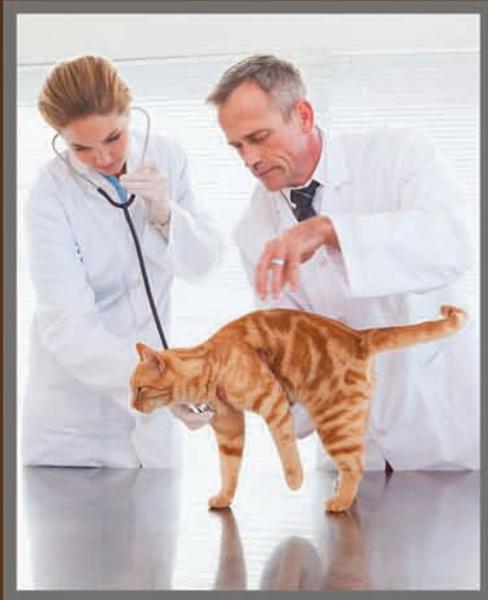
— By Melissa Rawlins

Whether dog or cat, a pet depends on its human for more than just food, water and love. They also require structure, which will prevent many problems faced by parents of four-legged children.

Even though different animals react differently to circumstances and training, common amongst both felines and canines are separation anxiety and food aggression. Both

problems inspire some very nasty behaviors that are enough to make you feel like withdrawing your love and, sometimes, your food! Instead, remember that vast resources are available to help resolve your pet problems and restore peace at home.

Veterinarians are a wealth of knowledge about your pet's health. Since your animal's behavior is often the vet's best clue to what's going on inside your pet's body, you'll find conversation



with your vet an informal source of pet training information. For instance, you will want to have your cat tested for a urinary tract infection if you notice them spraying urine. While there, your vet will discuss with you the fact that when cats spray urine, they are either marking territory or indicating stress.





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Your job is to manage your cat's behavior, since you can't train this instinctive reaction out of them. First, look for environmental triggers like your own schedule or other cats. Some cats are agitated by the slightest changes in routine. Many felines feud, and urine spraying is part of their arsenal. All you can do as a steward is keep the fighters separated. Most importantly, feed them in distinctly different locations where they cannot see each other.

Similar mitigation is necessary when dogs exhibit food aggression, which the American Society for the Prevention of Cruelty to Animals simply calls food guarding. Their research says that unless you fear your canine will bite you, you can employ desensitization and counter-conditioning techniques to change the way your dog feels about people approaching him when he has food. The ASPCA website warns never to punish or intimidate the dog that guards food. This could be dangerous and, possibly, derail the relationship you're building with your dog.

A variety of reasonable precautions ensure safety for people and other dogs. Simple procedures to prevent drama include:

- Leave dogs alone while they're eating.
- Feed dogs in a separate room, in a crate or behind a barrier.
- Provide dogs with adequate amounts of food so the canines feel less motivated to guard.
- Do not attempt to take away stolen or scavenged food from dogs.
- Cause the food-aggressive dog to realize that food is provided by you by placing



the food bowl at your feet or requiring the dog to eat directly from your hand.

One key to dwelling in a peaceful kingdom is empathy. According to Emily Gilliland, a young mother who has also trained her own cats and dogs for over six years, it makes all the difference when you understand how your animal is feeling about the task or behavior at hand. Commonly, cats jump up on counters and tables reserved for human use. Emily patiently uses a spray bottle of water or an air can to chase them off surfaces, and then sets it on the counter where the cat was. This teaches the cat they will not be comfortable where they once felt welcome.

Repetition is another key. "As a 2-year-old child, a dog has the ability to grasp simple commands only after many repetitions," Emily said. "They also can problem-solve simple tasks. Our communication is skewed, though. Animals can be misunderstood because they communicate not with words, but with subtle cues. Remembering this when training and behavior shaping can have a significant impact on the end result and reduce overall stress levels for all involved — canine and child included."

Emily experienced the joy of a strong trust and loving bond with all her animals after investing patience and energy. "Training my pets is beneficial to both my pets and me," she said. "They are expected to behave in a particular way, and they have learned to expect the same from me."

Whether taking in a new dog or changing your schedule, Emily suggests watching for symptoms of separation

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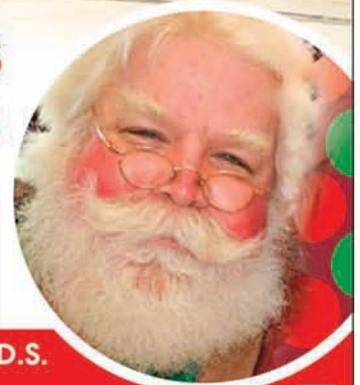
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anxiety that include, but are not limited to: excessive chewing, destruction of doors when keeping the dog inside, pacing, whining, barking and window surfing. There is a simple solution. Have the dog lie or sit in a room, and then leave, closing the door and waiting five seconds before returning. Repeat this procedure, stretching the wait time progressively to 10 seconds, then 45, then a minute-and-a-half and so on. "As you do this, the dog will start to realize you will come back," Emily said. "Adding in a treat or a little play time on your returns will certainly make this a positive experience in the dog's mind."

Promoting positive experiences is part of being what the American Kennel Club calls a responsible owner. Responsible owners have well-mannered dogs and cats. If you discern that you need a little help, you can find local clubs and classes for training your dog to be a good citizen. Visit www.akc.org/dog-owners/training/ or ask around at boarders and groomers in your community. Although it's rare to find professional cat trainers, there are excellent books on the topic available in bookstores, and tips abound online.

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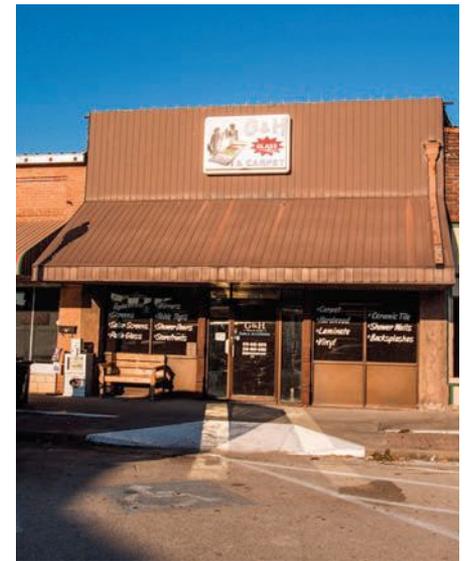


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Victor and Karen Garcia credit the longevity of their business to faith, excellent service and hard work.



Excellence Is the Standard

A chance encounter with a former boss gave Victor and Karen Garcia the opportunity to start their own business.

— By Dianne Reaux

Victor Garcia has always been a hard worker, and has never shied away from learning a new trade. That trait is, perhaps, one of the biggest reasons for the success of his family-owned business. “I started out doing glasswork, and specialized in all kinds of commercial and residential glass,” he shared. Victor had done glasswork for nine years, when the man he worked for retired. “When he closed his business, I was out of a job.”

After the glass business closed, Victor needed to work. “My brother was in the carpet installation business,” he explained, “so he suggested that I come and work with him.” Victor started laying carpet, which provided him with the opportunity to learn another valuable trade.

After laying carpet for seven years, Victor happened to run

into his former boss — the one who’d taught him the glass business. “He was selling his storefront property in Ferris,” Victor explained. “He asked me if I wanted to buy it, but my wife said we couldn’t afford it.” Fortunately, his former boss was persistent, and eventually, they struck a deal.

With their faith in God and that chance meeting, Victor and his wife, Karen, began their successful business, which they’ve now owned for more than 22 years. “We owe all of our success to Jesus Christ, our Lord and Savior,” Victor stated. In the beginning, Victor was prudent. “I didn’t quit my day job,” he said laughing.

Karen agreed. “It was a pretty scary time for us,” she admitted. “We didn’t have any business experience, so we took

things slowly.” Karen spent her days answering phones and taking orders.

“I was usually finished installing carpets for my employer by 2 o’clock in the afternoons,” Victor explained. “I would finish my work for them, leave, and then start working on completing my customer’s orders in the afternoons and on weekends.”

“We were busy,” Karen added, “but we had a lot of family help.” Her parents helped by watching the kids and doing anything else that needed to be done. Everyone worked together.

“We always stand behind our work — we want our customers to be satisfied.”

Now, G & H Glass & Carpet specializes in flooring and in glasswork. “We do everything,” Victor stated. “We install carpeting, ceramic tile, wood floors and laminates. We also do custom shower walls, install shower doors and bathroom shower pans.” Their glasswork includes: installing commercial storefronts, residential replacement windows, solar screens or just the glass pane.

“Combined with glasswork and flooring, I’ve been doing this for about 30 years, so there’s not a whole lot I don’t know about the business,” Victor stated. Victor’s role in the business is evolving yet again, as he has now become an advisor and consultant to their son, Matthew. Victor and Karen are slowly transitioning the family business over to him.

The next generation in the family is poised to help their business continue to grow. “Matthew is at the stage now where he’s learned more about the business than I ever knew at his age. He’s learning very quickly,” Victor stated proudly. G & H Glass & Carpet is known for excellent service, and Matthew is continuing to uphold the standard. “We always stand behind our work — we want our customers to be satisfied.” **NOW**

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The Red Oak Marching Band marches into fall during the Ovilla Heritage Day Parade.



The Puente Family enjoy Red Oak Founder's Day.



Coach Eric New, of the Red Oak 8 U Buccaneers, works with his players as they warm up before their game.



Bryan Keith, of Red Oak, gets a fresh cut by his barber, Enrique Gonzalez, owner of The Barbershop.



Game day is a family affair for Joe and Melissa Garza-Rideaux, Jaelah, Jayden and Janaya.



Ovilla Firefighters, Brad Moorhead and Jason Cates, enjoy a quick lunch.



Ovilla Christian School seniors cheer from their float in the Ovilla Heritage Day Parade.

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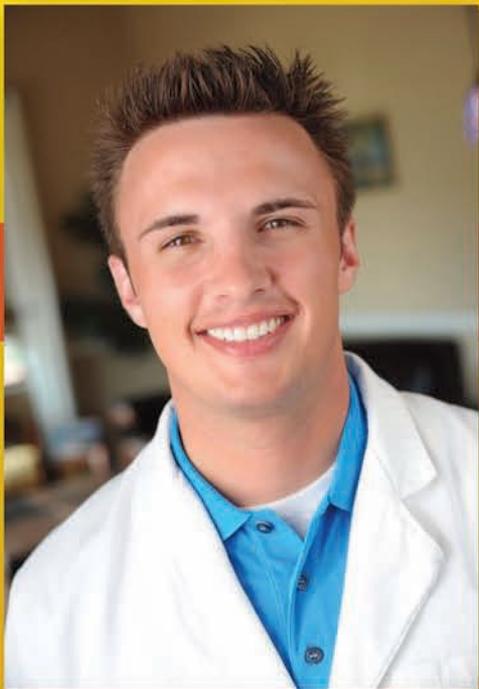
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A Belly Full

— By Betty Tryon, BSN

Your belly bulge may carry a huge price you hadn't counted on. There are two types of fat in the abdomen — subcutaneous and visceral. Subcutaneous fat lies directly underneath your skin. Visceral fat in the abdominal area lies underneath the muscles and wraps around your organs. They both carry a risk for your health, when in excessive amounts, toward the possible development of high blood pressure, heart disease, diabetes, cancer and other sundry illnesses. However, abdominal visceral fat can be far more dangerous.

An impressive study published in the *Journal of the American College of Cardiology* concluded that central obesity (beer belly) carried as great a risk to your health as smoking a pack of cigarettes a day or having an extremely high cholesterol level. The results qualified as being globally applicable, since the study was conducted in five separate studies around the world. There were 16,000 participants with coronary artery disease. Those with central obesity were more likely to die from the disease than those with a different pattern of fat distribution. Men had a higher risk of dying than women. Another startling conclusion is that this discovery pertains even to those who have normal weight and a small amount of belly fat.

Why does belly fat carry such a great risk? According to Dr. Francisco Lopez-Jimenez, the study's lead investigator and director of the Mayo Clinic's Cardiometabolic Program, "Visceral (belly) fat has been found to be more metabolically active. It produces more changes in cholesterol, blood pressure and blood sugar. However, people who have fat mostly in other locations in the body, specifically the legs and buttocks, don't show this increased risk."

There is a way to determine your risk by looking at your waist to hip ratio or WHR. Using the WHR you can determine whether or not you are more at risk for developing serious diseases. It's

all about the distribution of fat. You can calculate your WHR by first getting your waist size by measuring with a tape measure at the smallest point. Get your hip measurement by putting the tape measure around the widest part of the hips. Divide the waist circumference by the hip circumference.

Here are some of the indicators for your measurements:

Male: WHR close to 0.9 — Ideal. Very low health risk.

Female: WHR close to 0.7 — Ideal. Very low health risk.

Male: WHR 0.95 or less — Low health risk.

Female: WHR 0.90 or below — Low health risk.

Male: WHR 0.6 to 1.0 — Moderate health risk.

Female: WHR 0.81 to 0.85 — Moderate health risk.

Male: WHR 1-plus — High health risk.

Female: WHR 0.85-plus — High health risk.

The WHR is an indicator, not a certainty. However, it makes good health sense to take the WHR test. Armed with this knowledge, you can start working on being your best healthy self. **NOW**

Sources:

<http://health.usnews.com/health-news/family-health/womens-health/articles/2011/05/02/belly-fat-43-heart-disease-can-be-deadly-study>

<http://www.medicalnewstoday.com/articles/223919.php>

This article is for information only and does not constitute medical advice. Consult with your physician if you have questions regarding this topic.

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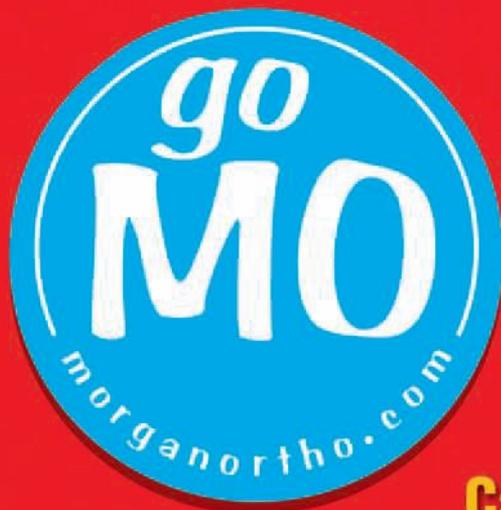
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The Heart of West Texas

Historic downtown Abilene sports surprisingly sophisticated western flair. From cattle auctions to BBQ, opera to ranching, Abilene has a bit of everything with a West Texas flavor. Founded in 1881 by the T&P Railway, Abilene has become the heart of West Texas.

Oil strikes and lucrative crops led to Abilene's success in the 1920s, when the Downtown District was constructed. Abilene Historic District preserves the architecture and cultural landscape created through civic progressiveness with strong western heritage in a family atmosphere. Relive Abilene's early days at Frontier Texas! via teepees, a buffalo stampede or an exploration of 1770-1880 countryside. Frontier Texas! presents first-person hologram narratives about the frontier with big-screen special effects.

The Historic Paramount Theatre opened in 1930. Now fully restored, the art deco movie theater shows classic films and hosts art films, plays and concerts year-round.

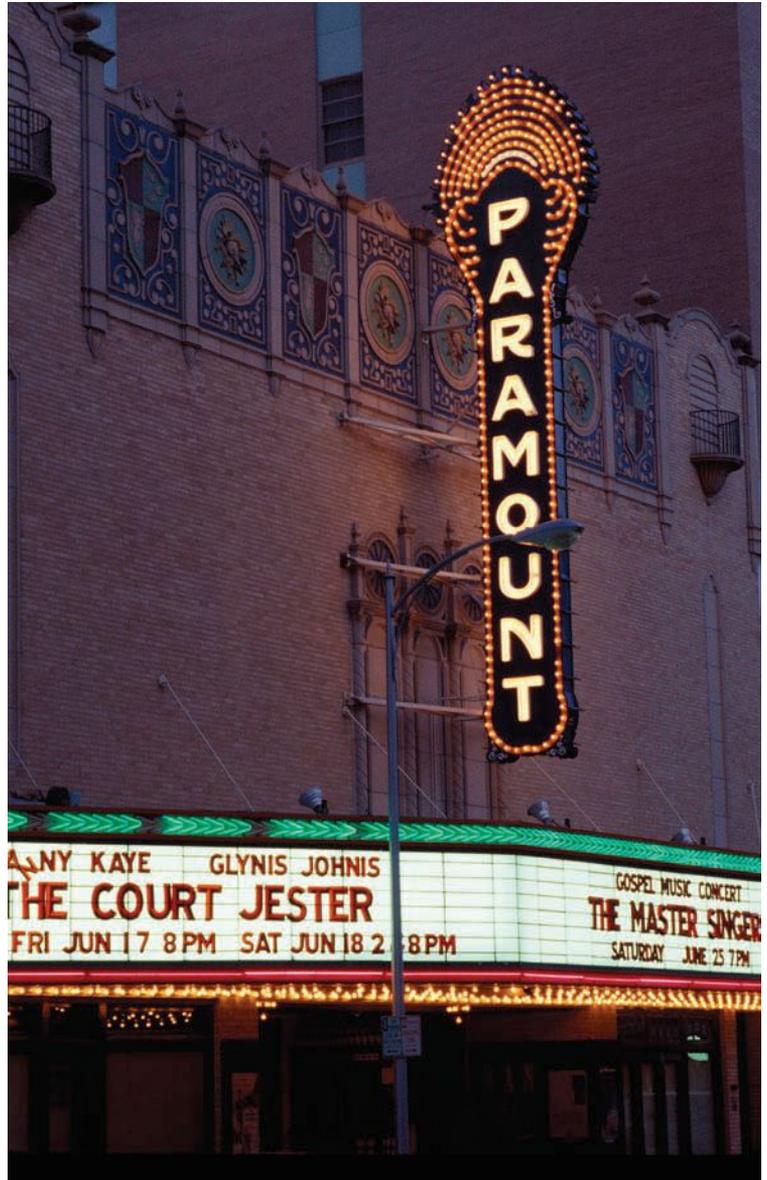
Housed in a beautifully restored 1909 hotel, the Grace Museum

consists of three museums. The Abilene Historical Museum, the interactive Children's Museum and the Art Museum. The Mallouf Boot Shop highlights the unique craft of custom cowboy boots.

The National Center for Children's Illustrated Literature is in the restored Rhodes Auto Building, with many well-known authors and illustrators, including William Steig, creator of *Shrek*, Stan, Jan and Michael Berenstain of the famous *Berenstain Bears* series and Leonard Marcus, of *Golden Legacy: Original Art from 65 Years of Golden Books*.

The Center for Contemporary Arts has four galleries with rotating exhibits and 10 studios showcasing the vision and work of artists. The center also coordinates monthly programs, such as ArtWalk.

The ruins of Fort Phantom Hill, built in 1851, still stand north of Abilene along the Texas Forts Trail. The fort, manned by Bluecoats of the U.S. cavalry and infantry, was part of a chain that protected frontiersmen and their families against Indian raids.



Although the fort burned, the stone commissary, a guardhouse, a powder magazine, numerous chimneys and foundations remain.

Camp Barkeley, which housed over 60,000 troops and POWs, and Abilene Army Air Base were located in Abilene during WWII. Dyess Air Force Base, which opened in 1956, houses the 7th Bomb Wing with two B-1 Lancer squadrons and the 317th Airlift Group with two C-130 squadrons. The 12th Armored Division Memorial Museum portrays the men who risked their lives for your future.

Abilene offers an assortment of fun-filled activities. PrimeTime Family Entertainment Center's 43,000-square-foot indoor facility features bowling, NASCAR simulators, laser tag, X-D theater, bumper cars, billiards and over 70 arcade games. Play Faire Park is considered an Abilene staple, offering affordable, family fun in a well-shaded, outdoor environment.

Each June, Abilene hosts the magical Children's Art and Literacy Festival (CALF), featuring illustrators, such as Dr. Seuss and Walter Wick. It's the only U.S. city displaying the entire Dr. Seuss Storybook

Garden Collection at Everman Park. Other children's places include the Abilene Zoo, Abilene Splash Park or Fort Imagination.

Abilene's proud heritage includes cattle, railroads and oil. Buffalo Gap Historic Village is filled with buildings and artifacts from West Texas, presenting the last 50 years of the Texas frontier (1875-1925) with exhibits, historic structures and living history.

For Texas-style excitement visit the annual spring Western Heritage Classic and Ranch Rodeo for a chuck-wagon cook-off, cowboy poetry, the largest bit-and-spur show, cowboys, dances and horse races. West Texas Fair and Rodeo features food, rides, exhibits and amusements. Abilene hosts numerous cutting horse and western equestrian events year-round at the Taylor County Expo Center.

Abilene has not lost its frontier soul. To discover yours, call the Abilene Convention and Visitors Bureau at (800) 727-7704 or visit www.abilenevisitors.com. **NOW**

Copy by Nanci Lyles. Photos by Steve Butman.

November 6, 7

Waxahachie's Old Fashioned Singing Project presents "Heaven's Front Porch": 8:00 p.m., **Friday**; 3:00 p.m., **Saturday**, Chautauqua Auditorium, Getzendaner Park, Waxahachie. Tickets will be available at the door. For more information, visit www.waxaofs.com.

November 7

2015 Community Service, Inc. 5K Run/Walk Fundraiser: 6:00 a.m., registration; 7:00 a.m., warm-up; 8:00 a.m., walk begins; Getzendaner Park, 400 S. Grand Ave. For more information on sponsorship and/or participation, call Marianne Mitchell at (903) 875-3731 or email mmitchell@csicorsicana.org.

November 13 — 15

Waxahachie WWII Weekend & Reenactment: downtown Waxahachie. The "big battle" reenactment will be at 3:00 p.m. on Saturday.

November 14

Ellis County Veteran's Appreciation Day: Waxahachie Civic Center.

November 19

Ellis County Amateur Radio Club: 7:30 p.m., Ellis County Sheriff's Office Training

Center, 2272 FM 878, Waxahachie. Everyone is welcome. For more information, visit www.wd5ddh.org or contact Sharon Wrobel, secretary and public information officer, at (972) 978-8256

November 20, 21

Habitat for Humanity Festival of Trees: 5:00-9:00 p.m., **Friday**; 9:00 a.m.-3:00 p.m.; **Saturday**, Waxahachie Bible Church, 621 N. Grand Ave. For more information, email elliscountyhfh@gmail.com.

December 1

Christmas Parade: 6:00-7:00 p.m., downtown Waxahachie.

Community Tree Lighting: 7:00-9:00 p.m., downtown Waxahachie on the lawn of the Courthouse.

December 4 — 6, 7 — 9, 11 — 13

Bethlehem Revisited: 6:00-9:00 p.m., 402 N. College St., directly behind Central Presbyterian Church.

December 5

Christmas on the Square: all day event, downtown Ferris. A live Nativity and Santa

are at the Pavilion for the children and photos, live and silent auctions are under the big white tent. The event is sponsored by the Ferris Area Business Association.

Christmas Parade: 11:00 a.m., downtown Ferris.

Ferris Tree Lighting: 6:00 p.m., on the square in downtown Ferris.

Christmas Market & Gift Show: 9:00-5:00 p.m., Waxahachie Civic Center. The event is sponsored by the Waxahachie Junior Service League.

December 5, 6

Santa Run: 8:30 a.m., registration begins; 10:00 a.m., 5K run begins with the 1-mile run/walk starting a few minutes later. Register or find out about volunteer opportunities by calling Jonathan McLaughlin at (972) 937-9622.

Submissions are welcome and published as space allows. Send your current event details to joanne.monroe@nowmagazines.com.



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In the Kitchen With Sue King Ballard

— By *Dianne Reaux*

When Sue King Ballard's children were little, they didn't like eating in the morning. "They wanted to eat later, but I wanted to feed them breakfast," she stated. One of her favorite morning dishes was "Sue Anne" Eggs. Growing up, Sue didn't like eggs, but her grandmother named the breakfast dish after her, and she got to help prepare it. "It's a favorite now, my grandchildren even request it!"

Sue, the owner of Kid's University, knows that breakfast can be a challenge. "Start children off with good nutrition," she stated. "Limit sweet foods and foods that are high in fat. It's easier to encourage healthy eating when they're little, than to reverse bad eating habits when they're older." **NOW**

"Sue Anne" Eggs (Poached Eggs on Toast)

Try naming this dish after your child!

- 2 slices bread
- 1 Tbsp. butter
- 2 eggs

1. Toast both slices of bread; after they have cooled, have your child tear the toast into bite-size pieces and place them in a bowl.
2. Put the butter on top of the toast.
3. Poach both eggs and place them on top of the toast and butter.
4. Stir toast, butter and eggs together and serve immediately.

Garlic Chicken

- 4 garlic cloves, minced
- 1 Tbsp. olive oil

- 4 Tbsp. brown sugar
- Additional herbs and spices, as desired, to individual tastes

- 4 boneless, skinless chicken breasts
- 1/8 tsp. salt
- 1/8 tsp. pepper

1. Preheat oven to 450 F. Line a 9x11-inch baking dish with aluminum foil. Lightly coat with cooking spray, or lightly brush with oil.
2. In a small sauté pan, sauté garlic with the olive oil until tender.
3. Remove pan from heat and stir in brown sugar. Add additional herbs and spices as desired.
4. Season chicken with salt and pepper.
5. Place breasts in prepared baking dish and cover with the garlic and brown sugar mixture.
6. Bake uncovered for 15-30 minutes, or until juices run clear. Exact cooking time will depend on the thickness of your chicken.

Easy Italian Chicken

- 6 boneless, skinless chicken breast halves
- 1 16-oz. bottle Italian-style salad dressing

1. Pour salad dressing into a large Ziploc plastic bag.
2. Add chicken breasts, seal bag and shake to coat. Place bag in refrigerator for at least 1 hour or overnight. (The longer you marinate, the more flavor the chicken will absorb.)
3. Preheat oven to 350 F. Remove chicken from bag, discarding remaining marinade. Bake at 350 F for 1 hour, or until chicken is cooked through and juices run clear.

Pepperoni Roll

- 1 loaf frozen bread dough, thawed
- 5 Tbsp. butter
- 1 tsp. garlic salt
- 1/4 tsp. oregano
- 1/2 tsp. parsley
- 1 cup sliced pepperoni
- 2 cups shredded mozzarella cheese

1. Preheat oven to 350 F.
2. Roll dough to approximately 15x10 inches.
3. Melt butter with garlic salt, oregano and parsley and spread on dough with a pastry brush. Reserve 2 Tbsp. of butter mixture to brush on finished bread.
4. Arrange pepperoni on buttered dough. Cover with cheese.
5. Roll up like a jelly roll and seal the edges. Bake for 45 minutes, or until done.
6. Brush with remaining butter mixture.

Toffee Popcorn

- 1 cup butter
- 1 cup sugar
- 2 Tbsp. water
- 1 Tbsp. light corn syrup
- 3-4 cups popped microwave popcorn

1. Melt the butter over low heat. Add sugar and bring to a full boil.
2. Add water and syrup, and heat to 270 F (soft crack stage).
3. Pour mixture over popcorn; let harden and break into pieces.

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