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OCTOBER 2023



Texas Country Reporter
2023 Shopping Guide

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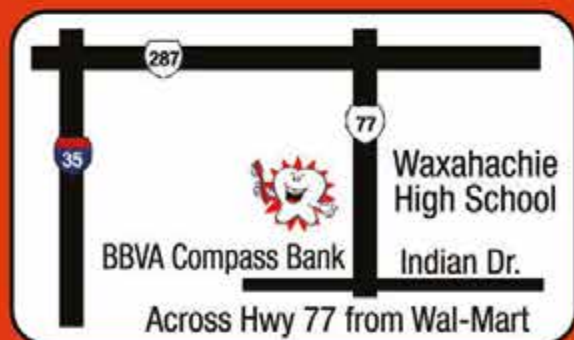
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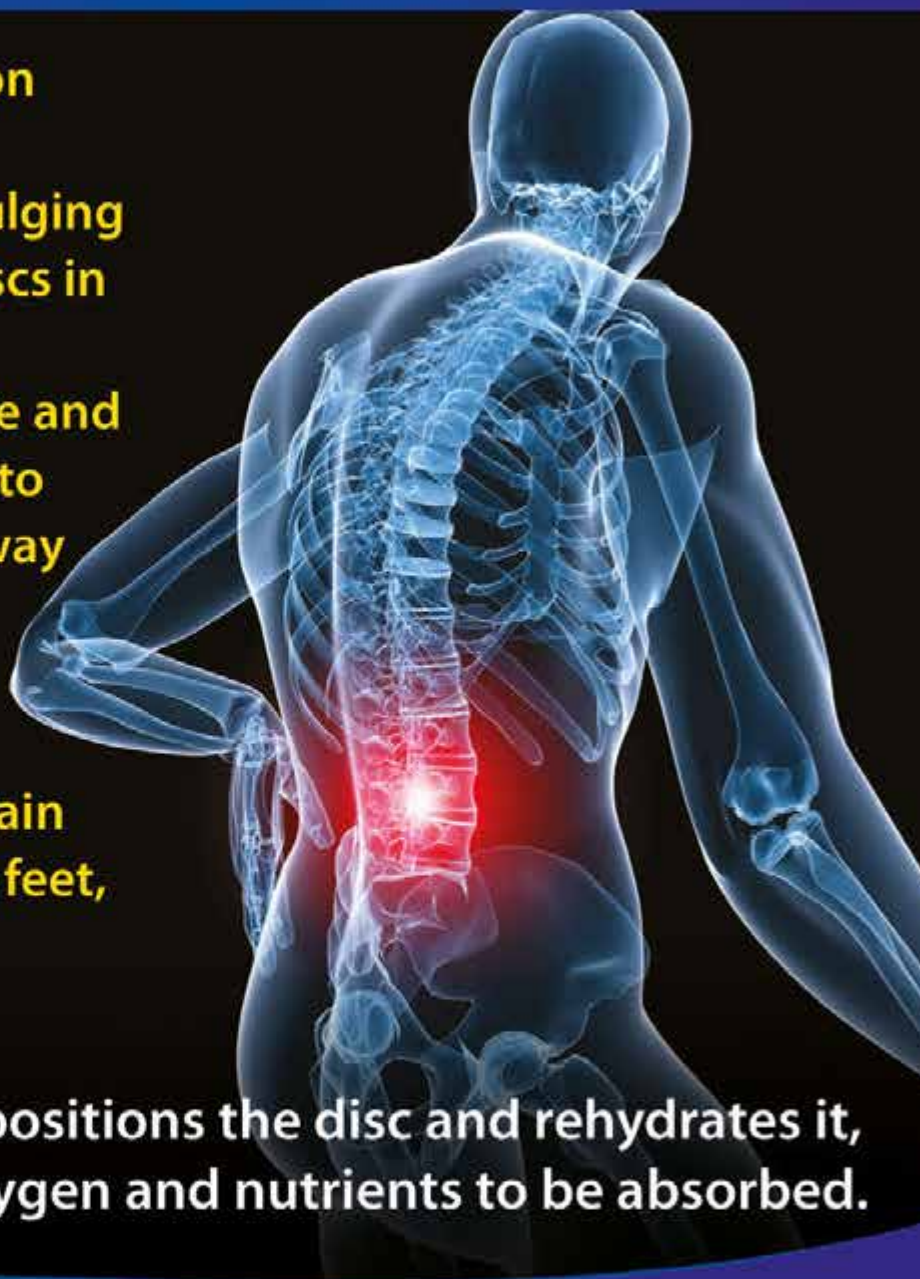
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ON THE COVER



Margaret Pinkerton bridges the past, present and future through dance.

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EDITOR'S NOTE

October is my favorite month ...

It's not really easy to say why. Normally, it's getting cooler, but it's almost never cold. That's nice. Still, we're likely to have a few days cool enough for flannel and sweaters. I like flannel and sweaters.

My birthday is in October, but growing up, I was sick for more than half of them. There's a mold that grows on the backs of fallen oak leaves that triggers my asthma.

We have a major holiday that I simply dislike. That's despite the fact that as a theater person and a fan of RenFaires, I love costumes and role playing.

I think part of it is the fall foods. I love pumpkin in pies, soups and side dishes. I enjoy apples, and the house being cool enough for baked goods. And I love all the warm spices — cinnamon, nutmeg, cloves, cardamom.

October is the awareness month for breast cancer, ADHD and depression. None of those are fun things, but they're all important to be aware of. My ADHD has been rather hard to ignore of late. And that often triggers a depressive episode. Those things are important, but they don't really make me *like* October.

I think the real reason must be the colors. I love the colors of the leaves and the fall flowers. The colors of the vegetables and the fruits. The color of the skies at sunset. (I don't do sunrises if I can help it!) The autumn is appealing. Maybe it's my melancholy nature that harmonizes with last hurrahs.

What's your favorite?



Adam

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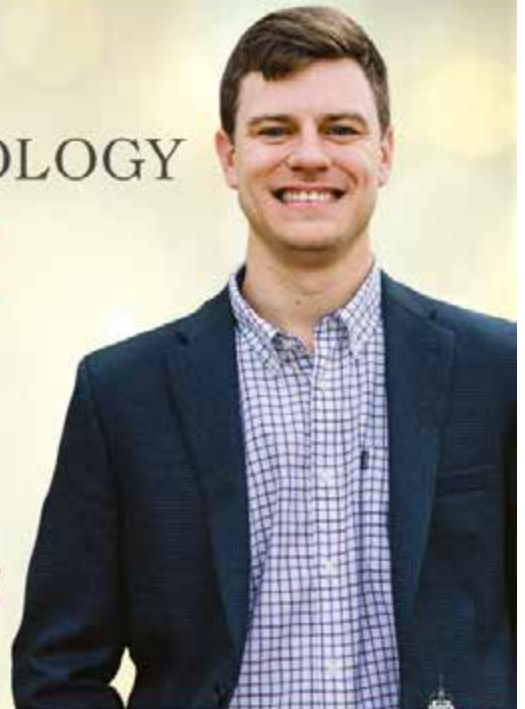
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Dancing Heritag

— By Adam Walker

Dance is a part of being human. We all dance, whether we do it well or not — even if it's just hopping up and down while waving our hands around and squealing or shouting. For Margaret Pinkerton, dance is much more than that. She has devoted years of practice to becoming a champion in Scottish dance.

"I'm Scottish on my dad's side," she explained. "I was always active. I had played soccer at the YMCA, and when I stopped doing that, my parents wanted to find another activity for me. I had done a summer of tap and ballet. And I tried Irish dance, but I didn't really like the costumes. We always went to the Scottish festivals and the Irish festivals around the area. So I had thought, for years, that I might like to try Scottish dance."

"Scottish dance is very traditional," her mother, Jamie, added. "It doesn't change from year to year. We wanted something athletic, but feminine, for Margaret. Dance was a good way to push her, athletically."

"When I first started, I knew this was definitely something I wanted to do. I threw my heart into it and learned as much as I could in that first four months. At my first competition, it was very competitive, but I learned a lot about who I was. It was a really good experience and motivated me to learn more. I worked my way up to premier level, where the judging is even more difficult. I made a lot of friends among the girls I compete against. We're very competitive on stage, but off stage, we're a very supportive community."





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Learning that I was good really motivated me to learn more.”

Margaret attends practices twice a week, one weekday and Saturdays, for a couple of hours each time. “I help teach the younger students, so I’m there for a long time. In my room, I have a practice space set up, so I practice a lot between classes. I usually practice at least one dance each day, and my teacher wants us to jump rope every day for stamina.”

Competing at the level where Margaret competes means a lot of travel. “There’s a workshop in Pennsylvania where all the big names teach. You can learn the championship steps there. Each year has a number of set steps that have to be included in your dances. They teach the technical aspects of the steps. It can be intense, but you are learning from longtime teachers and judges. I’ve been working my way up with the dance theory classes. I’ve completed my medal testing, which is what we call our dance theory tests, for eight levels now. I want to work my way up to teaching. Medal testing isn’t like competition. It’s more you going in and showing what you know and them helping you improve your technique. You have to dance the steps, and you have to show that you know the theory in a verbal dance vocabulary test.”

Margaret has been nominated to compete for the Sadie Simpson Highland Scholarship to further her dance education four times, and has competed three. And this year, she competed in the United States Inter-Regional National Competition, representing the Southwest Region, in Portland, Oregon, where she suffered an injury when she rolled her ankle. She was left in a boot for some time afterward, but that didn’t dim her enthusiasm for competing. “It’s very exhilarating. It definitely gets your blood

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flowing — and the adrenaline. When I'm performing, I can feel the energy of the crowd."

Scottish dancers compete in a number of traditional dances. The most famous is probably the Highland Fling. But they also compete in the sword dance known as the *Ghillie Callum* and the *Seann Triubhas* (pronounced shaw truce), as well as different reels chosen each year. "This year, we were doing the Strathspey and the Half Tulloch for our reels. The Highland Fling has 16 possible steps, but only six are used in any one dance. So as long as you're not competing at championships, where you have set steps you must do, there's a lot of freedom to pick steps within certain variations. But when everyone has to do the same steps, it's really easy to catch if you're off beat!"

Margaret remembers her first public performance. "I was at the State Fair of Texas. I had been practicing my dance for a month. I had been given my costume, but no one talked to me about how to put my hair up or anything. I learned how to put my hair up in a bun after that!" Costuming for Scottish dance follows two standards, one for the Highland dances and one for the National dances. "The Highland dances were originally exclusively danced by men, but now women dance them, too. They emphasize power and strength. The National dances are more flowing and graceful, but they're all fun."

Margaret just graduated from high school with a 4.0 GPA, and she has been accepted at St. Thomas Aquinas College in California, where she will be studying for a Bachelor of Liberal Arts. But first she has decided to take a gap year and work as an *au pair* in Paris. "I don't speak French yet, but I will be taking classes while I'm there. I've always wanted to travel, but I've never been to Europe before, so this will be an adventure!" **NOW**

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You've Earned It

— By Virginia Riddle



With 65 birthdays and more years of work behind them than in front, Baby Boomers and Gen Xers look forward to successful retirement years. An important ingredient is maintaining their health as economically as possible on fixed incomes. Whether shopping for a friend, relative or yourself, learning about Medicare and Medicare Advantage is critical to choosing the right plan.

Within six months of one's 65th birthday, and within annual open enrollment periods, it's advisable to shop and compare plans. Basic Medicare with supplemental gap insurance policies (A, B, C, D, F, G, K, L, M, N) was instituted in 1965. It pays for most hospitalization charges and other medical costs, but not all. Medicare recipients have the choice of gap insurance — some with high or low deductible choices — to help pay for charges Medicare doesn't cover.

Understanding the basic "Medicare Maze" might seem daunting, but it's only a start in making wise choices,

depending on personal health needs. Medicare Advantage plans offer an alternative to basic Medicare and fill needs much as the medigap plans do, but the "Advantage" plans are different. If choosing a Medicare Advantage plan, an enrollee doesn't deal directly with Medicare, except for paying monthly premiums for Part B and perhaps Part D, that pay some of what basic Medicare doesn't cover.

Medicare Advantage plans offered in most geographic areas take two forms: managed care plans and fee-for-service plans. Managed care plans charge a low or no monthly premium and small copays, but the plans limit enrollees' choices of doctors and other providers. These plans limit treatments and length of hospital stays. With fee-for-service plans, any doctor or provider can be used if they accept Medicare and the Medicare Advantage plan's restrictions and amount of payment. The enrollee can choose to pay the difference or select another provider.

Since Medicare Advantage plans are provided by private health insurance companies, enrollees must also evaluate the stability of possible choices and the geographic areas that each company chooses to cover. Whether the premiums and copays rise in price is another question to research. One's local State Insurance Assistance Program, Health Insurance Counseling and Advocacy Program or the www.medicare.gov

site can be accessed for these answers and comparative charts.

Some Medicare Advantage plans include the Medicare Part D prescription program, while other plans require enrollees to choose a separate stand-alone Part D plan. Compare the plans' approved drugs, copays and premium costs.

Is the Medicare Advantage managed plan a Health Maintenance Organization (HMO), a Preferred Provider Organization (PPO) or a Provider Sponsored Organization (PSO)? HMOs maintain a network of physicians and providers who must be used unless there's an emergency. Premium prices are usually the least expensive, but enrollees must make sure their hospitals, doctors and providers are "in network." A negative to these plans occurs when the in-network listings change, and enrollees must travel to in-network doctors close to their area.

PPOs work much like HMOs, but these plans offer a point-of-service option, which lessens the cost to enrollees if they use an in-network provider. PPOs tend to have higher premium costs, but many enrollees like the flexibility of choosing doctors.

Private fee-for-service Medicare Advantage plans often have a cap on the amount of out-of-pocket payments an enrollee must pay each year. However, these plans have strict rules for providers, aren't always accepted by providers and may charge for extra services and other costs.

Whatever the choice, remember it's sometimes difficult to change from basic Medicare with gap insurance to a Medicare Advantage plan and vice versa. It's best to make a wise choice, and review that choice annually. **NOW**

Sources:

1. www.medicare.gov.
2. Social Security, Medicare & Government Pensions. Matthews, Joseph L., NOLO, 2021.

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— By Angel Morris

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addressing chronic ear infections and sore throats, plus adenoid and tonsil removal,” Dr. Shellenberger noted.

Further services involve throat/voice conditions (hoarseness, strep throat, trouble swallowing and throat pain), plus head/neck conditions (thyroid issues, Parathyroid Disease, salivary gland infections, neck masses and head and neck cancers). Sleep conditions are also an area of expertise, from snoring to sleep apnea.

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Cross Timbers offers home sleep study opportunities, but also Inspire treatment, the insertion of a small, electronic device that keeps the airway open with a gentle pulse as you sleep. “It’s an advantageous alternative to CPAP for sleep apnea because it doesn’t require a mask, hose or oral appliance,” explained Dr. Shellenberger.

In addition, Cross Timbers offers cosmetic treatments of laser hair removal, skin rejuvenation, body contouring and hands-free body/face services. Minimally invasive treatments are cosmetic solutions that utilize various products to enhance the appearance and overall health of the skin.

Skin rejuvenation treatments are nonsurgical therapies using “cutting-edge technology and specialized techniques to boost the aesthetic of the skin.” Body contouring addresses anti-aging concerns on the face, neck and body through FaceTite, AccuTite, laser lipo with fat transfer, MyEllevate™ and NovaThreads.

Hands-free body and face treatments provide toning, reduce cellulite or treat signs of aging on the face. Their board-certified surgeons are pleased to offer Evoke and Evolve by InMode, two cutting-edge technologies for hands-free body and face contouring. With these revolutionary treatments, powerful energy is delivered to heat and reshape fat while tightening the skin.

Whether providing ENT or cosmetic treatments, Cross Timbers staffers emphasize treating patients as they would their own family. “We search for the most effective solutions and diagnoses for each patient to minimize cost and provide the best results. We believe our patients deserve a personalized experience. That’s why we listen, adapt and provide a friendly atmosphere that makes them feel at ease,” Dr. Shellenberger stated. “In every encounter, we strive to provide the best service and care possible.” **NOW**

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Zoomed In:
Myrtle “Fakey” Johnston

By Adam Walker

Myrtle “Fakey” Johnston earned her nickname when she was a little girl. She would fake being asleep so her father (who came from Denmark and founded Kristenstad near Glen Rose) would have to carry her to bed. When World War II came along, all four of her brothers enlisted, and her mother was in the USO. Fakey joined the Marines. “Female Marines only served stateside, except for the nurses,” she remembered. “That all changed later.” She got engaged to an enlisted man and had to get special permission to wear a wedding dress, since she was required to be in uniform. Soon after the wedding, he was deployed.

Fakey mothered four children and has 42 grand- and great-grandchildren. She’s taking turning 100 in stride. She declared, “It feels the same as being 89 or 90.”



Leah Lawless-Smith displays her paintings at Art on the Square.



The Snow family supports Chris on his U8 team, the FC Knights.



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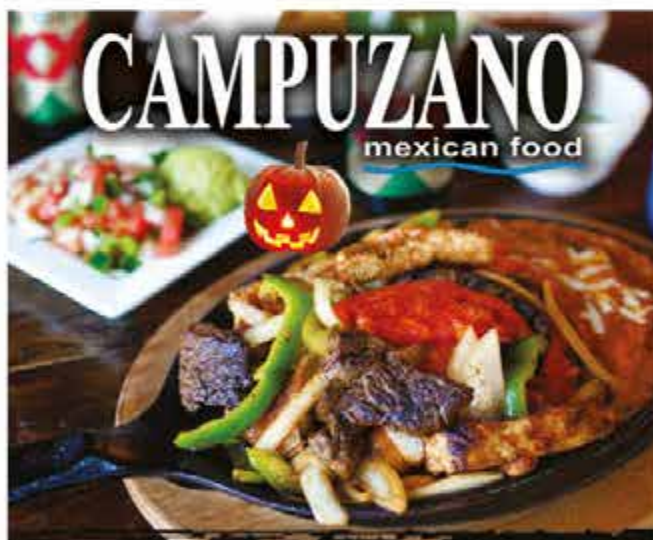
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CookingNOW

In the Kitchen With GEORGE BUNTING

— By Adam Walker



George Bunting started young. “Growing up, my mom was great at baking. I learned my foundation from her. I also watched chefs like Julia Child and Jacques Pépin, which is where my fascination with other cultures began. When I got out on my own, I began my lifelong journey of exploring and practicing. Food is one of the coolest ways to experience a culture without traveling. It’s also a cool bonding experience for my family. My wife, Lauren, and I have had countless nights cooking and laughing together, and now that our two oldest kids can cook with us, it’s become a family thing. I generally make a dish as it’s meant to be made to start, and then make tweaks to make it best for us.” **NOW**

Dad’s Autumn Spice Pound Cake

Cake:

1 cup butter, softened
2 cups brown sugar, packed
1 cup white sugar
6 large eggs, room temperature
8 oz. sour cream
3 cups all-purpose flour
1 tsp. baking powder

3 Tbsp. ground cinnamon
1 Tbsp. ground nutmeg
1/2 tsp. ground cloves
1/2 tsp. ground ginger

Drizzle:

1 stick butter
2 cups pure maple syrup
1/2 to 1 cup pecans, coarsely chopped

1. For cake: Preheat the oven to 325 F. Cream the butter and both sugars. Add the

eggs, one at a time, until well incorporated.

2. Add the sour cream; mix well.

3. Add the flour, baking powder and ground spices; mix until the batter is smooth and thick.

4. Pour the batter into a Bundt pan lined with parchment paper. Bake for approximately 75 minutes, then begin checking with a cake tester every 5 minutes until the cake tester has almost no batter or crumbs on it.

5. Remove from oven. Flip the cake out of the pan onto a cooling rack; cover with a tea towel for 1 hour.

6. For drizzle: In a saucepan on medium heat, melt the butter and syrup until it begins boiling. Add the pecans; reduce for a couple of minutes, until the drizzle coats the back of a spoon. Slice, drizzle and enjoy!

Emma’s Cinnamon Spice Cookies

1 1/2 cups, plus 1 Tbsp. white sugar, (divided use)
1 cup, plus 1/2 stick softened butter, (divided use)

- 1 large egg**
- 2 tsp. pure vanilla extract**
- 2 1/2 cups all-purpose flour**
- 1/2 tsp. baking soda**
- 1 Tbsp. ground cinnamon**
- 1/4 tsp. ground nutmeg**
- 1 Tbsp. brown sugar**
- 2 Tbsp. cinnamon**
- 1 cup pure maple syrup**

- 1.** Preheat the oven to 350 F
- 2.** Cream together 1 1/2 cups of sugar and 1 cup of butter. Add the egg and vanilla; combine until smooth.
- 3.** Add the next four ingredients; combine until well mixed. The dough will be crumbly.
- 4.** Refrigerate for 30 minutes. (Don't skip this step.) Roll the dough into 12-18 balls. The warmth from your hands will combine the dough.
- 5.** Combine the remaining white sugar, brown sugar and cinnamon. Roll the balls in the cinnamon-sugar mix.
- 6.** Bake for 10 minutes. Remove; let sit for 30 minutes.
- 7.** Melt the remaining butter and syrup together; drizzle over the cookies. Enjoy!

Bunting Family Apple Crumble Yumminess

- 6 large apples, cored and sliced**
- 3-4 Tbsp. honey**
- 1/3 cup white sugar**
- 1 Tbsp., plus 1-2 tsp. ground cinnamon, (divided use)**
- Butter, for sautéing**
- 3 cups quick oats, uncooked**
- 1 1/2 to 2 cups brown sugar**
- 1 stick butter, melted**
- Blue Bell Homemade Vanilla Ice Cream**

- 1.** Preheat the oven to 425 F
- 2.** Toss the sliced apples in the honey, white sugar and 1-2 tsp. of cinnamon.
- 3.** In a skillet with a small amount of butter, sauté the apples for approximately 2 minutes, until they are coated with the melted mixture. The apples should still be crisp.
- 4.** In a separate bowl, combine the oats, brown sugar, 1 Tbsp. of cinnamon and the melted butter until well combined.
- 5.** In a cast-iron skillet, add the apples; top with the oat mixture. Bake for approximately 30-45 minutes, until the oats are golden brown and the sauce is bubbling around the edges of the skillet. Serve in a bowl with some vanilla ice cream; enjoy!

Papa Georgio's Alfredo Pasta

- 1 500g pkg. high-quality fettuccine or spaghetti (De Cecco or La Molisana)**
- 2 Tbsp. butter, melted**
- 1/4 cup pasta water**

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Bunting Family Apple Crumble Yumminess

1 tsp. salt
1/2 tsp. pepper
Shredded cheese (your choice)

1. Cut the bell peppers in half; clean out the seeds and white part. Lightly coat the outside of the peppers with olive oil; set aside.
2. Sauté the onions and garlic until slightly brown. Add the turkey; cook until done. Combine with the cooked rice and remaining ingredients, except the shredded cheese.
3. Stuff the peppers tightly with the mixture; top with shredded cheese. Cook on 425 F for approximately 15 minutes. Enjoy!

2-3 cups fresh grated Parmigiana Reggiano

1. Boil the pasta according to the package instructions, until al dente.
2. Into a large skillet, add the cooked pasta, melted butter and pasta water. Swirl with tongs until well incorporated.
3. Add the cheese; mix until the sauce turns smooth and coats the pasta. Serve and enjoy!
4. *Variation:* Add real bacon bits and shrimp or chicken for next level yumminess.

Lauren's Stuffed Peppers

4 bell peppers
Olive oil, to taste
1 sweet onion, minced
3-4 cloves garlic, minced
1 lb. ground turkey
2 cups rice, cooked
1/4 cup Parmesan
2-3 Tbsp. Dijon mustard
2-3 Tbsp. Worcestershire
1 tsp. paprika
1 tsp. cumin

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Wild Beauty

— By Virginia Riddle

High desert forests of piñon, juniper and stately Ponderosa pines hug the Trail of the Mountain Spirits National Scenic Byway in New Mexico. Silver City earned its name and boomed in the 1870s when silver was discovered behind the Grant County Courthouse. Today, it serves as a base with amenities and all manner of lodging for modern-day explorers wishing to learn the history of the area and enjoy recreational possibilities and the scenic wilderness vistas.

The Scenic Byway is a triangle winding through the 3.3-million-acre Gila National Forest between Silver City to San Lorenzo to the Gila Cliff Dwellings National Monument and back to Silver City. From an overlook near San Lorenzo, visitors can view the Chino Mine, an open-pit copper mine. On NM 35, adventurers can visit Lake Roberts and crest the Continental Divide.

At the apex of the scenic byway lies the Gila Cliff Dwellings, structures built in caves above the Upper Gila River by different groups of ancient peoples over thousands of years. A short drive back gives visitors the chance to climb the steep 300-plus steps, walk through the dwellings or

view them from the canyon valley. The climb down is more strenuous with a few feet of nearly sheer rock face, ladders and path. The cave structures feature soot-stained arched ceilings, structural timbers dating to A.D. 1200, ancient adobe walls and food remains from earlier centuries.

Ancient Pueblos built their pueblos within the cliffs using rock, mortar and timber in the 1200s and moved on around A.D. 1300, probably due to drought conditions. They hunted the forests for game and native plants and grew corn, beans and squash in the Gila River Valley. They were skilled at weaving and creating pottery.

The Chiricahua Apache migrated to the area in the 1500s, and their oral tradition claims the area as the tribe's homeland. Their legendary leader, Goyahkla, known as Geronimo, was born in the early 1820s at the Gila River headwaters. With the silver and copper discoveries came miners and settlers and the U.S. Army to protect them from Geronimo's attacks. By 1886, the Bedonkohe, the band of Apache of which Geronimo was a part, were forced from their ancestral lands to Ft. Sill, Oklahoma, where Geronimo is buried.

Anglo settlements prospered in the area. Miners, homesteaders and ranchers poured into the towns of Pinos Altos and Mogollon. As the settlements grew, the forests began to be cut for timber. In 1907, President Theodore Roosevelt approved the Gila Cliff Dwellings National Monument to protect the historically significant site. The Gila Wilderness was established in 1964. Today, picnic areas, camping, horseback riding and hiking trails exist through the wilderness. Hikers and bikers accept the challenge of steep grades, twists and turns on the roadways.

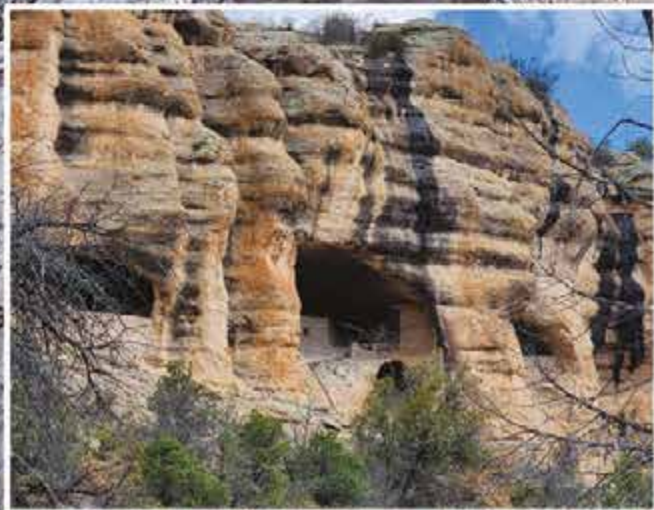
The byway's triangle closes with NM 15 through Pinos Altos with its Buckhorn Saloon and Opera House. This leg of the byway is not recommended for long RVs, trailers or for squeamish travelers due to its narrow and very twisting pathway.

To polish off a visit to the area, hike the Catwalk in Whitewater Canyon. The canyon was used as a hideout for desperados like Butch Cassidy, as well as by the Apache. It was also the site of a pipeline laid in 1890 to get water to a now ghost mining town. Rebuilt in the 1930s, the Catwalk gives hikers beautiful views and ends at a swaying suspension bridge over the rushing waters of Whitewater Creek. **NOW**

Photos by Virginia Riddle, LLC.

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4. "Gila Cliff Dwellings." National Park Service, U.S. Department of the Interior.





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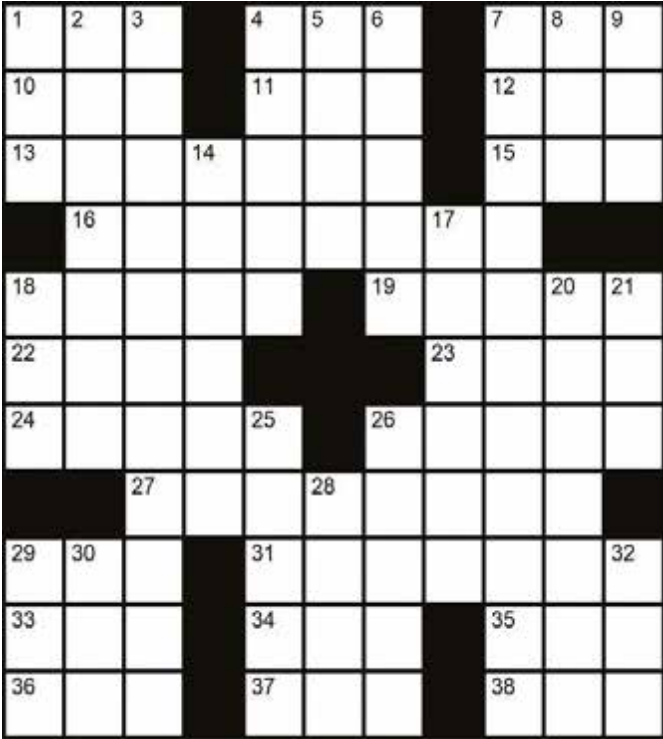
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Across

- 1 Where Eagles and Falcons co-exist
4 A girl's best friend
7 Aunt, to Mom
10 Period of history
11 Turn-down in Toulouse?
12 Catch
13 Bog
15 Some
16 Flaunts
18 Elected
19 Frog unlucky at the racetrack
22 Animal fur
23 Wander aimlessly

Down

- 24 Labor leader's cry
26 1985 civil rights march site
27 He sought the Seven Cities of Gold
29 Snow runner
31 Characterized by strong feelings
33 Greetings
34 Elevator chamber
35 Zip
36 Orange veggie
37 A-bomb yardstick
38 Take shape
- 1 "So, what else is ---?"
2 Rejuvenate
3 Faith! Islam? Chic to convert?
4 Amazed
5 Arguments against
6 "The --- the beginning" (Churchill)
7 Construction site temporary framework
8 An atom, plus or minus an electron or two
9 One under cover
- 14 --- the world (Out of it)
17 Shoot
18 Apple core?
20 Flick made for the boob tube
21 Affirmative reply
25 Put up
26 Nasal grunt
28 Toe of the Arabian Peninsula
29 Bashful
30 Hyundai rival
32 Annex, maybe

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	9	4						
			7		1			
	5						3	4
2		7			8			
	3			4				
			6					5
		1		7	4		9	
6		5	9			7		8

Medium

			9		3		6	7
	2	5				1		
5		1				7		9
					5			
9		8						3
7					1	9		
	1		2					
				6	8		2	

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HELLO, FALL OCTOBER

Some events may have been cancelled or rescheduled while we were at press. Check with individual organizations or your city or Chamber websites to verify dates and times.

10/7

Oddfest:

Come see all the odd merchandise and entertainment the Odd Fellows Lodge has collected. 10:00 a.m.-6:00 p.m., Singleton Plaza, 200 N. Rogers St.

Waxajam:

Enjoy nine concerts of music from the '50s and '60s for one fee. \$20. 10:30 a.m.-11:00 p.m., Texas Theater, 110 W. Main St.

10/10

European Travel Tips and Tools:

Rick Steves of PBS fame shares his extensive knowledge of

travel on the Continent. 3:00 p.m., Sims Library, 515 W. Main.

10/13

Concert in the Park:

Enjoy live bands hosted by Ellis County Homeless Coalition. Free, donations accepted. 6:00-9:00 p.m., Railyard Park, 455 S. College St.

10/20-10/22

Cinderella:

Waxahachie Community Theatre presents this Rodgers and Hammerstein classic. See waxahachiecommunitytheatre.com for times and cost.

10/21

Oktoberfest:

Enjoy bingo, food, fun and music, plus a car show. 10:00 a.m.-8:00 p.m., St. Joseph Catholic Church, 600 E. Marvin St.

Trunk o' Treat:

Put on your costume, and grab your bucket. 4:00-6:00 p.m., Railyard Park, 455 S. College St.

10/28

27th Annual Texas Country Reporter Festival:

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p.m., Downtown Waxahachie.

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