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North Ellis Co. Editor, Jo Monroe
Editorial Coordinator, Sandra Strong
Editorial Assistant, Rachel Smith
Writers, Beverly Shay . Betty Tryon
Editors/Proofreaders, Pat Anthony

GRAPHICS AND DESIGN

Creative Director, Chris McCalla
Artists, Kristin Bato . Morgan Christensen
Martha Macias . Brande Morgan
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Photography Coordinator, Amy Ramirez

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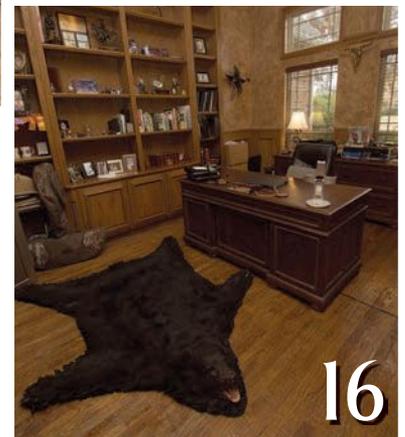
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Editor's Note

Happy New Year, Everyone!

I would like to share a little something about myself. I have an appreciation for angels. Though Christmas Day is now past, at my house and maybe at yours, the Christmas tree is still up. Some of us have an angel on the top of our tree, or as a centerpiece or as a pin on a scarf. We seem to be attracted to these little ornaments whether crystal, plastic or printed on a card. Nonetheless, they stand, kneel and hang in place to encourage us to have hope for something new and good to happen — something miraculous and something that will warm our hearts. So, beginning with this New Year, let's take a little time to appreciate the good in our lives, find the miracles of each day and share a little love and kindness to others in need. As the songs says, "and let it begin with me."

From my heart and pen,

Jo Monroe

Jo Monroe

North Ellis Co. NOW Editor

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GETTING THE FEVER

— By Beverly Shay

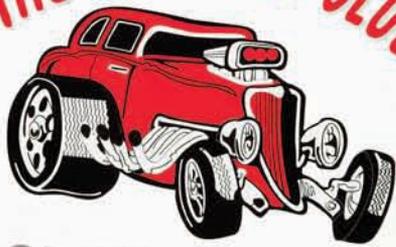
Classic cars simply have curb appeal — and road appeal. Just ask Jimmy and Brenda Cauthen of The Cruisers Club. Jimmy serves as president of the club, which started in 2001, and Brenda is the treasurer. Both are as passionate about cruising and showing and fixing up cars as anyone can be. Having gone to just about every car show they could find within driving distance, they were with a group of about 15 friends simply talking cars at one of the shows. “I jokingly said, ‘Maybe we should just start our own club,’” Brenda recalled, and the race to do just that was on. Of the eight original members, four remain. “George Bowden really got things going and served as the first president. Jerry Morris came up with our name,” remembered Brenda, who has several scrapbooks cataloging their history as a club. “Our first meeting was under a shade tree in our front yard.”

“Now we are over 100 members,” Jimmy stated, nodding his head. “Our oldest member, Jim Eeds, is around 90. Our youngest member, Zachary Page, 16, just got his first car, a four-door tan Chevelle. We have a great bunch of people who love to get together and talk cars.” Jimmy quickly mentioned the officers of the club: Virgil Martinson, who serves as vice president; Charles Nix, their secretary; and John Bott, events coordinator. Mention any one of the cars, and Jimmy or Brenda can recall lots of details of the cars’ owners. Bring up a name, and the year, make, color and model will follow, along with anecdotes from one car show or another. While Jimmy is most definitely all about cars, he is more so all about people.

“We do what we do to raise money for various charity projects,” Jimmy explained. “We believe in helping others, so we are for people, especially those in need or in a difficult spot, and we are against things that hurt people, like domestic violence.” Charities they have benefited include local food pantries, Bridges Safe House and their favorite: Children’s Health at Parkland. “We love bringing our gifts of money and toys to the hospital. They really need the money more than the toys,” Jimmy remarked, “but we just love going there. They have a book of donors, and we are proud to be in that book.” The group has also put on benefit shows to raise funds for specific needs.



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Of course, car clubs are foundationally about cars. Just saying, cars set off a stream of conversation. Jimmy's love for cars started when he was a young man of 22 and raced a '67 Camaro on a quarter-mile straight away. After seeing some friends get hurt racing, Jimmy turned to showing cars. "Some people just love cars," Brenda shared. "We call it getting the fever!" Jimmy and Brenda have three cars they show: a lemon ice yellow '69 Chevy pickup Jimmy has had for 30 years, a turquoise '74 Chevy Luv pickup and a candy apple red '70 Chevy Nova, they've had for about 15 years or so.

Their friend, John Kirkwood, is one of the club's longest members. He has a 2-door maroon '61 Corvair, which he has owned for about 14 years. Each car is lovingly mentioned, almost like kin would be. Some of the members' cars are pictured on their website, but are best seen at shows. "Our membership includes about 116 households. Some of those have up to three cars, and one has eight or nine cars," Brenda stated. Shows average 40-50 cars, and their biggest show featured 75 cars. One car of special note is Karen Pittmon's former DeSoto police car which her husband, an honorary life member, once drove.

And beyond cars, this group is about relationships. In describing the family-friendly club for their website, Brenda put it this way: "You may ask what makes us so special ... just what sets us apart from any other club? Well, maybe nothing at all, but to a lot of folks there are probably many different reasons why we are. It is [a] good ole slice of Americana for one reason. We are a club where God is still God for those who believe, where family matters, and newfound friendships occur often. It is where yesterday's memories are

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wrapped in today's plans and topped with tomorrow's hopes. It is folks from all walks of life with diverse ideals meeting on common ground to share the love of their hobbies."

The literal common ground where their cars have been shown has included various locales in Cedar Hill, Glenn Heights, Duncanville and Red Oak throughout the years: Dairy Queen, Longhorn Bar-B-Que, Citizens Bank, Whataburger, Albertsons, Sonic, El Chico and now Cancun's, where they meet every fourth Friday at 5:30 p.m. for a cruise in, sharing a meal and a visit. "We're so grateful for all the places and owners who have let us show our cars on their parking lots. Some of these businesses have sponsored us. We definitely appreciate the owner of Cancun's, Refugio Bahena, whom we call Cuco, who has opened his lot to us for three years now," said Jimmy, indicating once more how much he truly loves to honor others. "And New Horizons Academy behind Cancun's has moved their buses, so we can park our cars on their lot as well. They're all good folk," Jimmy added in trademark fashion. One perk for those paying the \$10 entry fee for showing their cars is a 30-percent discount on their meal the day of the show.

Each show includes presenting plaques that John K. has crafted. "They



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all come out a little different,” John K. said quietly. Plaques are presented in various categories: Under Construction, Shade Tree Mechanic, Top 15, Best of Show, Manager’s Choice and a sponsor award. The club has 20 sponsors — both businesses and individuals. Members pass out flyers announcing the shows. Brenda uses about one ream of paper to create flyers for each season. Shows are the second Saturdays March-June and September-November. “October is kind of a Halloween event. November is our toy drive,” Brenda mentioned. “We have a silent auction and sell clocks made by John K. We also have a member party once a year.” And in December, they all just go cruising — Christmas cruising.

Women in the group have created a side club of sorts called the Muumuu Mamas. “We meet once a month and just have plain old fun girl time going out to eat, to a movie or some other show or activity,” Brenda smiled. The women enjoy having something more than just cars and men who love cars in common. Whether it’s the women or the men or the cars or the charities, The Cruisers Club pretty much boils down to this: relationships and giving. **NOW**

Editor's Note: Details about times, places and specific events can be found at www.thecruisersclub.com.

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Putting Down Roots

— By Jo Monroe



At Home With Scott & Christy Godwin

How does a family decide where to call home, where to plant roots, raise their children, find good neighbors and watch the sunset with those they love? Scott and Christy Godwin knew how to do this. So when Scott retired after 20 years of serving our country, and knowing that Christy would soon follow in retirement, they moved into their forever home in Oak Leaf.

Originally, the house belonged to the builder, so there are some unique features found in the architecture — 8-foot doors throughout the house; tri-leveled, recessed ceilings; and an adobe alcove. However, Scott worked for months to personalize the yard and house for when Christy would retire and come home.

As visitors walk through the majestic front door, the foyer is softly lit by a chandelier with a frosted globe accented with an antique metal leaf design around the middle. The hallways are illuminated with soft light as well, and then there is the warmth of the fireplace.

At the end of the hall leading to their bedroom is



Scott and Christy's retirement wall, with each of their retirement flags presented together in separate display cases. As guests step close to view the display, the reality of what it represents produces a sense of reverence.

The couple's 9-year-old daughter, Taylor, considers the theater one of her favorite places in the home. Stepping into the room, the eyes are drawn to the screen and then upward to the amazingly deep barrel ceiling. This room is cozy and warm with beautiful mocha latté walls and coffee brown carpet. The art deco wall lights guide your steps to the rich espresso-colored, leather ottomans, which serve a dual purpose. The tops can be flipped over and used for trays to hold drinks and snacks without worry of spills. They are placed just at hands reach of the crème-colored sofa trimmed with dark tobacco-colored piping. It is understandable why Christy and Taylor wrestle over who gets the cozy chaise at



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the end of the sofa to curl up in while watching movies. Exiting the room reveals a back row of more masculine leather recliners. “We want Taylor to stay here rather than go some other place for fun,” Scott stated.

“We want her to say to her friends, ‘Everyone come over to my house!’” Christy added.

To the right of the theater is a guest bathroom. The tub and shower are accented in Moroccan wine and red-patterned drapes, and the shower wall displays a beautiful mosaic pattern done in ivory and sand tones under a glass block window.

The game and workout room is located farther down the hall. Though there are many toys in the room, the impressive 9-foot-6-inch bar Scott built demands attention first. “He was needing a hobby. I was on my second tour of Korea, and we had no children then. So, Scott decided he would build the bar,” Christy shared. Made of oak with pine trim, Scott finished the bar with a poly-seal that is equal to 64 coats. “Scott is quite a handyman,” Christy added.

“I do pretty much everything I can. I just refinished the pool table — changed out all the pockets — did everything. I keep myself occupied,” Scott admitted.

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One of the things Scott added to the home was to help Christy move items to and from the attic. "It's steep and dangerous to try to carry boxes and things up or down from the attic," he explained. So, he installed an attic lift in the garage next to the stairs leading to the attic.

Each item in the home has a story. Displayed on the walls are items representing 20 years of military service. Scott and Christy retired as a CW4 and a CW2, respectively. One memento is the *Wire Fence from DMZ* in memory of the 50th anniversary of the Korean War. In contrast, on the same wall, are several beautifully detailed paintings done on papyrus. Christy shared that while in Egypt, she was able to visit the Papyrus Institute. "The trip to Egypt was absolutely amazing for me," she said. "I was looking at the pyramids and seeing these giant stones, and trying to imagine how human beings could build those without cranes!"

"While on the back of a camel," Scott added. "Yes, Christy was on the back of a camel."

Christy's courage to serve required her deployment only months after Taylor's birth. The couple displays several pictures taken as she said goodbye to her baby and husband. A sacrificing mother. A supportive husband. This pair of soldiers has raised an amazing little girl together, even when they were apart.

Christy is an amazing woman and mother. She was a bit nervous when painting one of Taylor's bedroom walls black and contrasting it with soft pink

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walls, but she found great joy when the room was finished. "As she gets older, we can do something else on there, maybe zebra print," Christy said.

After being married 16 years, while serving in the military for 20 years, Scott and Christy enjoy just having meals together. There is no formal dining room in the house, but there is a big kitchen and informal eating area, where they can enjoy the view of the fish pond beyond the patio and pool. The kitchen is full of cupboards and granite countertops, making it easy to share in meal preparation. Whether seated at the counter or in the dining area, they are together. Christy is great at cooking with measured recipes. "Scott is a pinch of this and a pinch of that," Christy laughed.

Scott is an amazing husband and dad. He stepped in to care for Taylor when Christy was deployed, doing daddy duty from potty training to pig tails. He would Skype and send pictures to Christy every day. Taylor and her dad have a bond that shows when he tells of them riding the four-wheeler or hanging out down at the pond. But make no mistake, she is a girlie girl when spending time with mom! Taylor didn't like being called an Army B.R.A.T. until mom and dad defined it as, "born rough and tough."

And that is what this house, this home, is all about. It is about a family that was born rough and tough. As each room holds their medals and memories, the home holds their hearts. Home for Scott, Christy and Taylor is a place for family and friends, and where grandma comes to visit. As guests return to the front door and look upward over the entry to the living room, a display of crosses is in view. "All those crosses were given to me by my grandmother," Christy said. Grandma must have known that someday they would be at home when they got here. **NOW**

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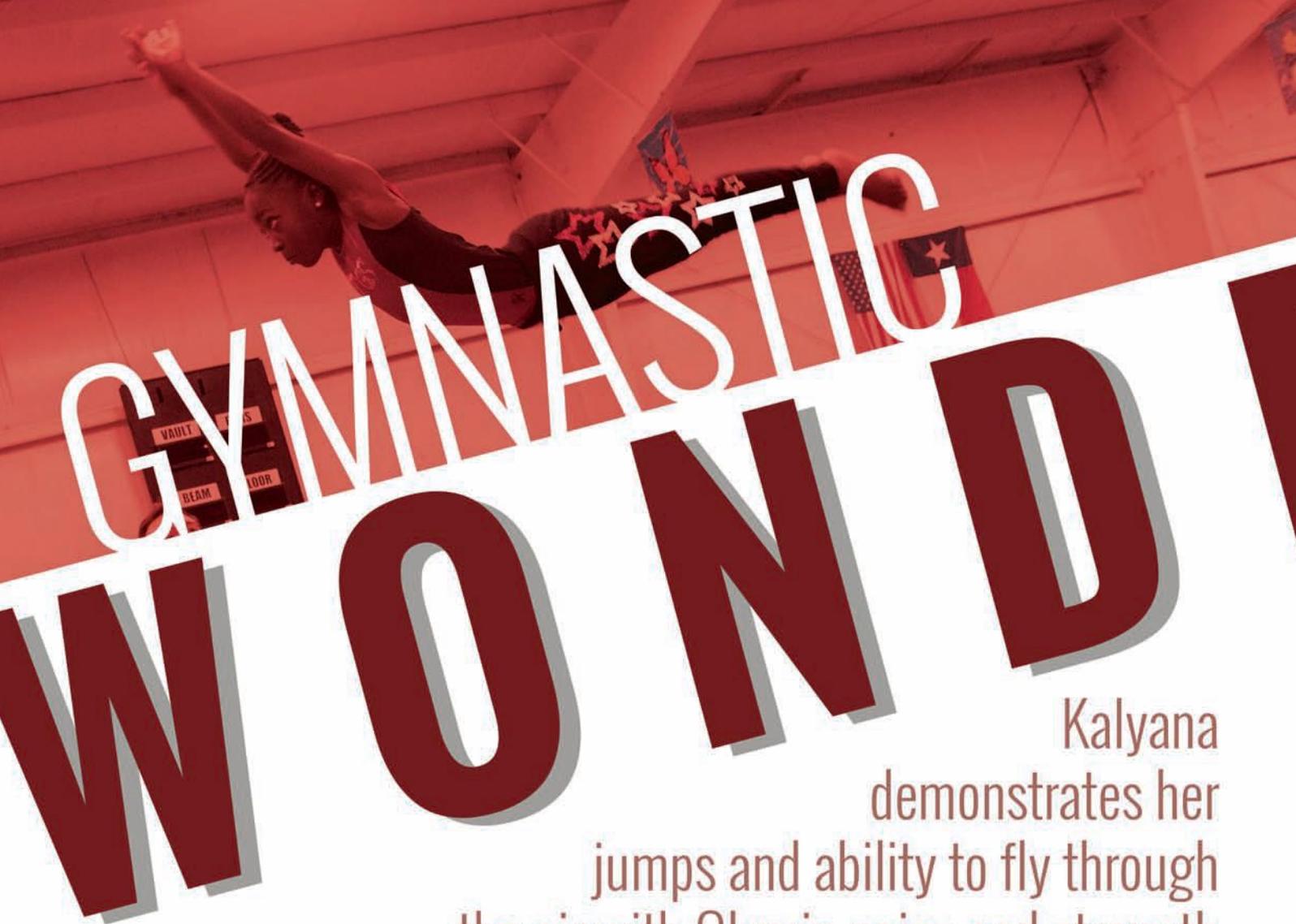
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Kalyana demonstrates her jumps and ability to fly through the air with Olympic poise and strength.

— By Jo Monroe

They say an apple doesn't fall far from the tree. When you watch gymnast, Kalyana Dickson, you won't see this little apple fall from any tree. What you will see is an amazing young lady doing back flips and toe touching jumps that her mother, Linda Hawthorne, once did as a cheerleader. Today, mom is a pediatric trach and vent nurse and Kalyana's No. 1 cheerleader.

Kalyana and her family celebrated her turning 9 this past October, and it is hard for them to believe she has been jumping and tumbling, as a gymnast, since the age of 6. She spends much of

her time training with Jesse Zamarippa and Richard Trevino Jr., at the Trevino's Gymnastics School located in Lancaster. Finding the right coach to train such a young trampoline and tumbling gymnast takes perseverance and determination. "I love where I train, and my coaches are wonderful," Kalyana said.

A third-grader and an all A student, Kalyana loves math, but not as much as gymnastics. "She would rather do math problems in her spare time, than do anything else," Linda said. In addition to gymnastics, Kalyana's other interest is running track, when her schedule allows. Kalyana did not learn how to ride a bike until the age of 8, only because she was too busy with her first love — gymnastics.

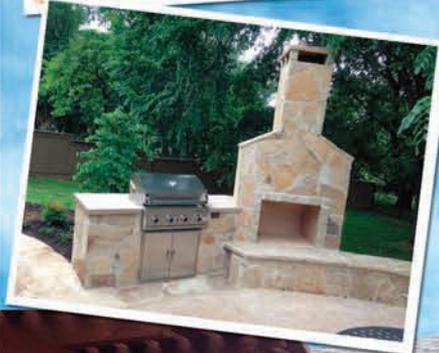
Kalyana became quite serious about her gymnastics career after her first meeting with Olympian and gymnast, Gabby Douglas. Gabby had won gold medals as part of the U.S. Women's

Gymnastics team participating at the 2012 Summer Olympics. She is the first African-American woman to become a gymnastic champion in Olympic history, and she is a champion in Kalyana's eyes as well. After three years, Gabby continues to inspire Kalyana's pursuit of the Olympic dream. Kalyana met Gabby for the first time on her 6th birthday. Her uncle, David Hawthorne, NFL linebacker for the New Orleans Saints, planned a birthday surprise with tickets to the Kellogg's Tour of Gymnastics Champions. The plan was for David to pretend he was taking her to the theater. However, this story was met with great resistance and sad distress from Kalyana. "At school, she had just learned of Abraham Lincoln being shot at a theater. She did not want to go," Linda said. All ended well when she learned she would be watching the Olympic gymnastics team, and she found reward



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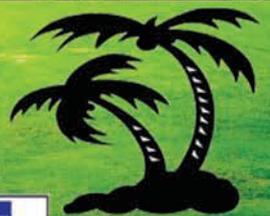
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for her bravery when she was allowed to step backstage after the program to meet Gabby Douglas. This was their first meeting, but it wouldn't be their last.

Twice again Kalyana met Gabby, once while she was still 6 and a third time at age 7 at the toy section in a Dallas Wal-Mart. They now stay in touch via the Internet with Gabby cheering Kalyana on and following her competitions. Kalyana demonstrates her jumps and ability to fly through the air with Olympic poise and strength.

Terry Douglas, Kalyana's track coach, saw her as an amazing team within herself and nicknamed her "Team Bebop." Kalyana's coach designed and made T-shirts with a Team Bebop logo and a photo of her doing a straddle jump on them. Kalyana's fans show their support for her by purchasing the T-shirts — from on-base military personal in California, to the Baltimore Ravens football team. "Friends and family in Corsicana, all have their T-shirt as well," Linda said. After trying out for the U.S. JumpStart program, at age 7, she found popularity and praise from





not only friends and family, but public officials in Texas and across the nation.

Kalyana and Linda now live in Glenn Heights, where Mayor Leon Tate recognized her on December 2, 2014, at the City Council meeting and presented her with a Certificate of Congratulations for making the USA Gymnastics 2015 National JumpStart Team. Kalyana was tested at Bela Karolyi's Gymnastic Ranch, in Huntsville, Texas. This is the U.S. Women's Olympic Gymnastics Team training camp, and is the launching pad for young U.S. gymnasts. The competition to make this team is intense. As part of the celebrity celebration, she returned to visit friends and family in Corsicana. She demonstrated her toe touch off the mini trampoline and some tumbling routines for the kids on July 14 — Team Bebop Day. Kalyana's uncle, David, drove down for the event and presented an autographed NFL New Orleans Saints jersey to the winner of a special drawing.

Kalyana is ever flying through the air, she loves practicing and more than adequately demonstrates Olympic poise and strength. "She will do her tumbling around the house and sometimes off the sofa," Linda said. Plans to build a new

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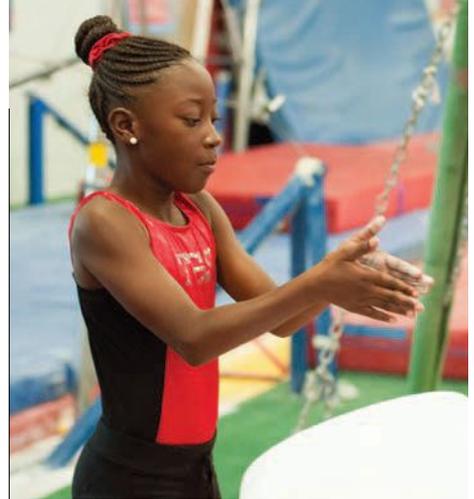
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house are being considered. Kalyana is a young lady who requires space. "I need two rooms in the house — one room for me and one for my trophies!" she giggled. "My uncle, Dwight Garrett, is working on building a special showcase for my trophies and medals."

After watching her performance, it is easy to understand how this little lady has already won so many awards. Equally as easy is to envision Kalyana's future of winning more trophies, medals and many of the hearts of those who watch her perform. She fearlessly faces each competition, and then joyfully steps upon the gymnastic platform to receive her reward. Kalyana gained insight from her uncle, David, who shared with her one of his secrets in competing in sports. Kalyana faced competing with confidence, but that confidence could be shaken with a single defeat. After seeing her upset with herself because she didn't do well at a competition, Uncle David asked her if she had new shoes for the competition. Kalyana had, in fact, purchased a new pair, after comparing her shoes to the other girls she would be competing against. David told her that he learned to "always finish with the shoes you start with." If she would be herself, she would always be a winner.

Kalyana's schedule is very intense. Linda coordinates her work schedule and Kalyana's workout with dedication, focusing on getting Kalyana to the gym and to the next competition. Kalyana's calendar is full. The next double mini, floor and trampoline competition will be at Dallas, and then she will attend the nationals in Providence, Rhode Island, in June 2016. She will compete at the international in Europe before moving on to the world competition. And then, Kalyana Dickson, we hope to see you at the Olympics in 2020! **NOW**

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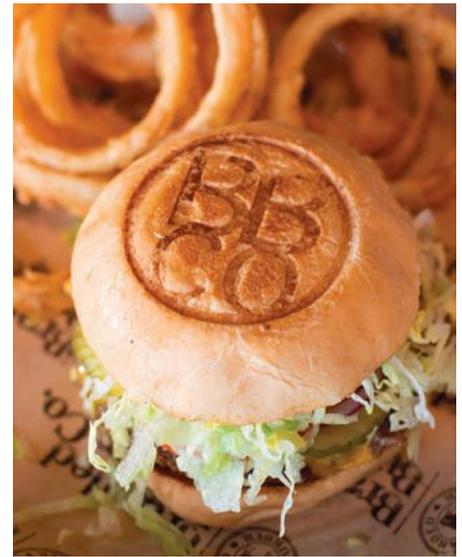


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Micheal and Kelley Ivy believe the best way to eat a burger is right after it comes off the grill. — By Jo Monroe

Micheal and Kelley Ivy have been married for 22 years. Kelley is originally from Red Oak, but they have lived in Waxahachie for the past 14 years. This young couple seems to have found the secret to a successful business by building a marriage, home and family first. Their two daughters, who are active in the family business, Kenadey, age 10, and Makenzey, age 15, are already planning their futures to acquire college degrees in business and teaching. Meanwhile, they are both avid softball players.

Micheal, with 20 years in the field of construction, can and will build just about anything Kelley imagines. When it comes to cooking, Kelley is a true home chef and businesswoman. “She just cannot stay out of the kitchen,” Micheal laughed. “Kelley would watch cooking shows all day. She was always in the kitchen, and I’m always happiest cooking outdoors,” he said.

Four years ago, Kelley created a blend of spices for seasoning their burgers, a special method for grilling a 100-percent Texas Angus burger and an incredible batter for making onion rings that stay crunchy until you just can’t take another bite. She also created a special recipe for the ranch dressing. “People just drink it,” Kelley said. Together they developed a grilling style that keeps all the juices in the burger. Kelley personally trains everyone who will do the grilling.

Kelley and Micheal’s mornings start out like a Texas rancher. They are busy placing their brand on each of the 200-300 specifically made buns. “I ate a lot of bread before the right bun was found,” Micheal said. Thanks goes to a Midlothian friend and a professional baker, who helped create the bun. “When you take your first bite, you taste the burger. The bun was made

for the burger. There is a way to eat a burger, that is when it comes right off the grill. We try to have people sit down and eat and not take the burger to go," Micheal said adamantly. "After 10 minutes, it has cooled down and doesn't have the same taste."

Micheal and Kelley manage the Red Oak location with the assistance of Micheal's mom, Bobbie Ivy; Kelley's brother, Matthew Edwards; and close friend, Chuy. This family business is more than just immediate family. It includes the employees and the customers. "Many of the original employees are still on-board. Once trained, they stay," Kelly said.



"Micheal has built everything — tables, stools — even the walls are decorated with his online findings or things from yard sales," Kelley said. "Some of our most valued items are hanging on the walls. Must-sees are the 8-foot fans. Micheal designed and built the interior of the 5,000-square-foot Red Oak location, and then expanded the menu as well.

This tag team is quick to express an appreciation for the other's strengths and talents. They are supportive of their daughters' interests, and teach by example. They are gracious hosts, who desire to have white, blue and no collar customers all feel relaxed and at home sitting at a table that Micheal built. Both have a passion for cooking, a love for friends, family and their community. They are proud to have been voted the No. 1 Burger in Ellis County for the past two years. "There is a reason for everything we do," Kelley said. "This is where we live." **NOW**



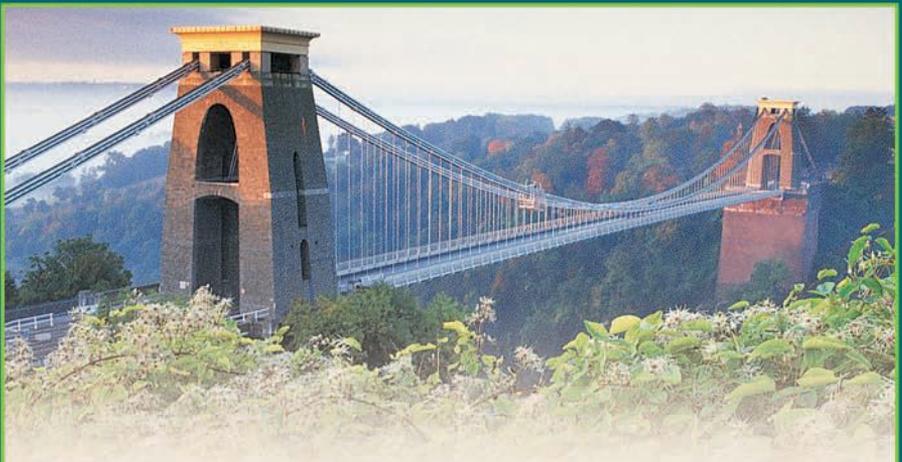
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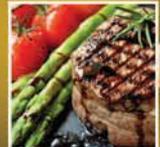
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Escape, Explore and Exult

Escape to the capital of Silicon Valley — San Jose, California. San Jose anchors the southern tip of the San Francisco Bay Area and is centrally located near iconic Northern California attractions, including Monterey, Pebble Beach, Santa Cruz, Napa and San Francisco. Explore a thriving urban environment with world-class dining and nightlife, premier entertainment, sports scenes and trendy surrounding neighborhoods. Willow Glen, Santana Row and Japantown offer unique experiences, while San Pedro Square Market has become downtown's urban living room.

Arts and Entertainment

San Jose's arts scene offers galleries and performing arts groups, including Broadway San Jose, Opera San Jose, Symphony San Jose and Ballet San Jose. Off the stage, encounter galleries along the SoFA District's eclectic urban strip. San Jose's visual arts and entertainment district is home to: Anno Domini, MACLA, the San Jose Museum of Quilts and Textiles and the San Jose Institute of Contemporary Art.

Family Fun

Families will find an abundance of activities in San Jose. More than 140 animals reside in Happy Hollow Park and Zoo's

16 acres. While 350,000 gallons flow in the Wave Pool at Raging Waters, an earthquake shakes the grounds of The Tech Museum of Innovation.

Take a trip to the Winchester Mystery House. Tour the Victorian mansion of Winchester rifle heiress Sarah Winchester and discover a maze of architecture. Many visitors claim to have paranormal experiences, so stay alert for Ms. Winchester within the mansion walls!

Outdoor Adventures and Wine Tasting

San Jose holds over 55 miles of hiking and biking trails. Journey through redwood groves at Big Basin Redwoods State Park, bike to the top of Mount Hamilton or walk through the Los Gatos Creek Trail, highlighting Los Gatos, Campbell and San Jose. Due to its climate, the Santa Cruz Mountain wine appellation contains over 200 vintners in one of California's oldest wine regions.

Shopping, Dining and Nightlife

Grab dinner at San Pedro Square Market on an outdoor patio, and choose a cuisine that suits your mood from Canadian-American to Asia Pacific influences. San Jose's Santana Row contains a European-inspired village known for shopping,



nightlife and spas, and enjoy al fresco dining options from French, Californian or Mexican cuisine.

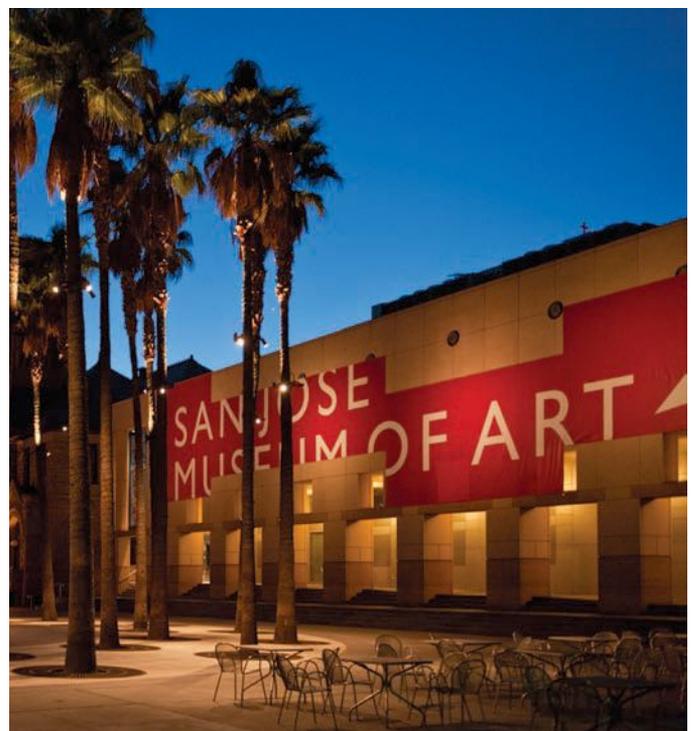
Visit Japanese stores and modern boutique shops in one of three remaining historical Japantowns in the U.S. and enjoy authentic Japanese cuisine. Stroll through Little Italy's restored Victorian homes occupied by ristoranti. Also Little Saigon, containing the largest Vietnamese population outside Vietnam, offers Vietnamese shops and cuisine.

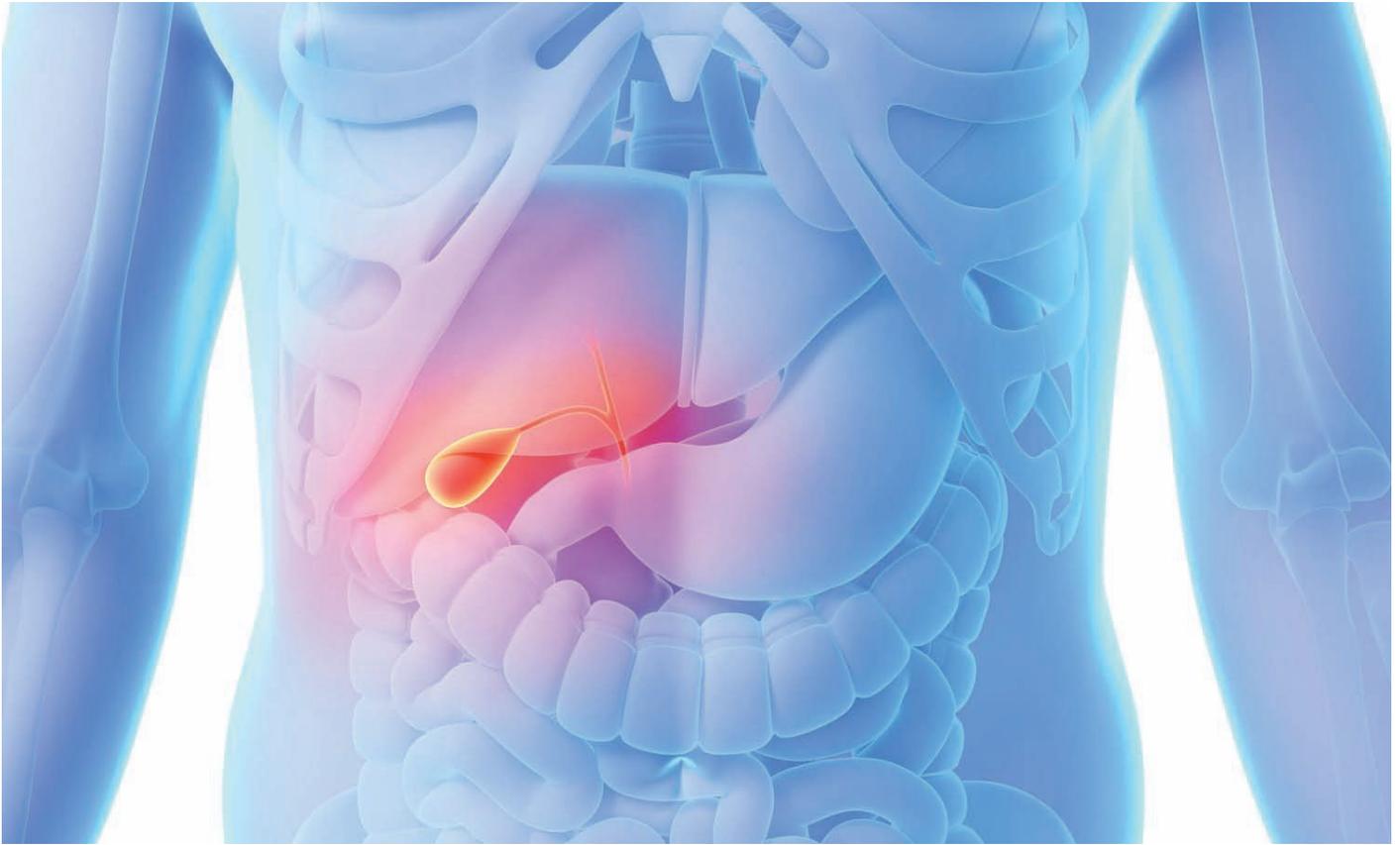
Sports Scene

Stadiums have recently sprouted in the South Bay, making sports a year-round recreation. In spring and summer, catch the San Jose Giants minor league baseball team at Municipal Stadium. The San Jose Earthquakes soccer team kicked-off their campaign at Avaya Stadium, with North America's largest outdoor bar.

In fall and winter, the San Jose Sharks hockey team competes at SAP Center, and in neighboring Santa Clara, the San Francisco 49ers toss around the pigskin in their new digs at Levi's Stadium, home to Super Bowl 50. **NOW**

By Kyle Schatzel. Photos courtesy of Team San Jose. For more information, visit www.sanjose.org.





A Galling Situation

— By Betty Tryon, BSN

For a small storage sac found under the liver, the gallbladder can make life easier or cause a lot of trouble. The primary function is to store bile produced by the liver. When you eat, it triggers the gallbladder to release bile, which is then used to digest fats. Bile reaches the small intestine through tubes called ducts. Unlike the liver, the gallbladder is not an essential organ. If it begins to cause chronic problems, it can be removed.

One of the problems that can plague individuals is gallstones. Hardened deposits of cholesterol, bilirubin and other components of bile can turn into one large stone or many small ones. Certain conditions or circumstances can make you more susceptible to the formation of gallstones. Improper dieting, such as fasting, losing weight too quickly and losing weight and then gaining it back can increase your risk of gallstones.

Women are more likely to have gallstones than men. Taking high dosages of estrogen, pregnancy and oral contraceptives may lead to the formation of gallstones. According to the National Institute of Health, “A large number of human and animal studies have proposed that estrogen increases the risk of developing cholesterol gallstones by increasing the hepatic secretion of biliary cholesterol, which, in turn, leads to an increase in cholesterol saturation of bile.” Diabetes, lack of exercise and a family history of gallstones are some of the other risk factors.

Some gallstones can form and cause no symptoms. Pain is the symptom that would most likely send you to the doctor for a diagnosis. The pain could be mild or severe and may occur in the stomach area or in the upper right corner of the abdomen. Sometimes, the pain can radiate to the right shoulder or to the back. The pain may follow after a meal or be severe enough to wake you at night. If the gallbladder is inflamed, you may have fever and chills. Other indications that there is a problem with your gallbladder could be having light-colored stools. Bile is what gives your stool its brown color. If the ducts are blocked because of gallstones, bile cannot reach the intestines. Jaundice or a yellowing of the eyes and skin may be another indication.

If your gallstones are not causing a problem, then treatment is not necessary. Medications to dissolve the stones take months or years to work and may not be successful. Lithotripsy uses ultrasound waves to break up the gallstones. A cholecystectomy or surgery to remove the gallbladder may sometimes be the best option. To prevent gallstones, try to maintain a healthy weight and avoid rapid weight loss. **NOW**

Source: www.ncbi.nlm.nih.gov/pmc/articles/PMC2756670/.

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

January 3

Griefshare meeting: 2:30-4:00 p.m., Cowboy Church of Ellis County. The grief recovery group focuses on the journey from mourning to joy.

Boy Scout Troop 652 meeting: 4:00 p.m., First United Methodist Church, 600 Daubitz Dr.

January 5

Extreme Coupon Club: 7:00-8:00 p.m., 113 W. Ovilla Rd., Glenn Heights. Bring coupons to share. Watch couponing TV series, too. No children please. Call (972) 230-8101.

ALON meeting: 6:30 p.m., First United Methodist Church, 600 Dawbitz Dr. Support for families. For more information, call (972) 617-9100.

Alcoholics Anonymous meeting: 7:00 p.m., First United Methodist Church, 600 Dawbitz Dr. For more information, call (972) 617-9100.

January 5, 19

Ellis County HEALS support group meeting: 6:30 p.m., 408 Water St. The group hopes to connect with survivors of suicide loss in Ellis County, while giving them a safe place to share their struggle and pain. For more information, email elliscountyheals@gmail.com or follow them on Facebook.

January 9

Lone Star Cowboy Church/Matthew 7:7 Riders motorcycle group ride: 1011 E. Ovilla Rd. Call (972) 576-0900 for more information.

Jan 12, 19, 26

Youth Entrepreneurs Partnership: 4:30 -7:30 p.m., Swalwell Student Union, Northwood University, 1114 W. FM 1382. Students receive practical, hands-on training from business advisors and local business leaders. If completed properly, student will have a registered business.

January 16

Trade Day: 8:00 a.m.-4:00 p.m., The Pavillion, Ferris. Vendors and high quality crafts are welcome. For more information, call Sheila at (972) 814-3240.

Ellis County Amateur Radio Club monthly breakfast: 8:00 a.m., Ryan's Steakhouse, 1400 US Hwy. 77, Waxahachie.

January 19

Veterans Networking Group: 5:00 p.m., Ryan's Steak House, Hwy. 77 north of

Hwy. 287 Bypass, Waxahachie. For more information, call (214) 763-0378 or e-mail etsnetgrp@att.net.

January 21

West MS International Male Leadership Wing Ribbon Cutting: West MS

Ellis County Amateur Radio Club: 7:30 p.m., Ellis County Sheriff's Office Training Center (County Farm), 2272 FM 878, Waxahachie. For more information, visit www.wd5ddh.org or contact Sharon Wrobel at (972) 978-8256.

January 22

Library Renovation Ribbon Cutting: 10:00 a.m., DeSoto High School.

January 23

Midlothian Fire Fighter's Community CPR Class: 9:00 a.m.-noon, Midlothian Conference Center. \$20 deposit. If you show up for the class, the \$20 will be returned to you. Class is open to the public.

Annual 5K Run for Their Lives Round-up for Children: 8:00 a.m., registration; 9:00 a.m., race begins, Getzendaner Park, 400 S. Grand Ave., Waxahachie. \$30 per person; groups of four or more are \$25 per person. Proceeds help support the Texas Baptist Home for Children adoptions. For more information and to register, visit www.tbhc.org or email cbarber@tbhc.org for sponsorship opportunities.

January 24

Blue Star Mothers of America: 7:00 p.m., Ovilla Community Center, 1404 Red Oak Creek Rd. The group is a patriotic, educational, social and service organization. Contact Cheree at (972) 679-9425 or visit bluestarmothers.org.

January 28

WINGS Graduation Ceremony: 7:00 p.m., DeSoto High School.

January 28 — 31

Spamalot the Musical: 7:00 p.m., **Jan. 28, 29, 30**; 2:00 p.m., **Jan. 31**, Fine Arts Museum, WHS. \$7 for students, staff and senior citizens. \$10 for general admission.

January 29

TX Life Investors' Celebration benefiting FirstLook: 7:00 p.m., Waxahachie Civic Center. This will be an evening of powerful testimonies, inspiring information and an elegant dinner featuring prolific comedian Mike Williams. FirstLook has several underwriting opportunities available for individuals and businesses that include premier recognition and advertising at

the celebration. For more information on becoming an underwriter, email donna@txlifeinvestors.org. To register for the event, visit www.txlifeinvestors.org or call FirstLook at (972) 938-7900.

January 30

Innovative Programs Pick Your Path Event: 10:00 a.m.-2:00 p.m., DeSoto High School.

February 13

Ennis Czech Music Festival: 1:00-10:30 p.m., Sokol Activity Center, 2622 E. Hwy 34. Doors open at noon and no reservations are required. \$7 per person, ages 13 and under are free. Listen and dance to five bands: Czech Harvesters, Jodie Mikula Band, Czech & Then Some, The Moravians and Ennis Czech Boys.

February 27

Baylor University Jazz Band: 7:00 p.m., SAGU Hagee Center. Back by popular demand, the group will team up with the WHS Jazz Band for a few encore pieces.

Ongoing:

Mondays and Wednesdays

Mommy & Me: **Mondays**, 11:30 a.m.-noon, music and instrumental play for toddler and their parents; **Wednesdays**, 10:00-10:45 a.m., crafts/story time for children and their parents; Red Oak Library. Call the library at (469) 218-1230 for more information on all library events.

First and Third Tuesdays

Red Oak Lions Club meeting: 7:00 p.m., 207 W. Red Oak Rd. For more information, call (214) 864-8014.

Wednesdays and Thursdays

Red Oak Senior Citizens Club meeting: 8:30 a.m.-1:30 p.m., 207 W. Red Oak Rd. Games, exercise and activities. Call (972) 576-2777 for details.

Thursdays

GriefShare meeting: 7:00 p.m., The Oaks Fellowship in Red Oak, Room E-104. This is a recovery group for those who have lost loved ones. For more information, call (214) 376-8208.

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



In the Kitchen With Patricia Thibodeau

— By Jo Monroe

Pat Thibodeau’s interest in cooking didn’t come naturally, but out of necessity. Faced with her mother being disabled and unable to stand for any length of time, Pat, the youngest of five children, took on the tough job of running the household. “We grew our own vegetables, and bought from the farmer’s market anything we could not produce in the backyard,” Pat shared. Reminiscing, she shuddered at the thought of how she picked okra, and now refuses to cook it. Meals were meatless, except on Sunday, when chicken and dumplings were prepared.

Pat says, she frequently uses her mom’s cookbooks, but now experiments with low salt, no sugar, no-frying-allowed recipes. She mused, “It’s a satisfying, healthy way to live.” **NOW**

Chili Cheese Cornbread

- 2 cups yellow corn meal**
- 1 cup all-purpose flour**
- 2 Tbsp. baking powder**
- Pinch salt**
- 1 cup buttermilk**
- 1 cup 2% milk**
- 2 eggs**
- 1 Tbsp. baking soda**
- 8 oz. chopped green chiles, drained**
- 2 red bell peppers, seeded, medium chopped**
- 1 medium yellow onion, chopped**
- 1/2 cup melted butter**
- 2 cups cheddar cheese**

- 1.** In a large bowl, whisk together the first four ingredients.
- 2.** In a separate bowl, whisk together the buttermilk, 2% milk, eggs and baking soda. Add the wet mixture to the dry mixture and mix well.
- 3.** Add the remaining ingredients in the order

listed and mix well.

- 4.** If cooking as corn bread pones, divide into 2 greased iron skillets.
- 5.** Brown on stove top for 1 minute.
- 6.** Bake at 425 F for 20-25 minutes, until toothpick inserted in the center comes out clean. (This can also be made into 24 muffins.)

Angel’s Kiss

- 1 11-oz. can Mexican corn, drained**
- 2 cans diced tomatoes, drained well**
- 1 tsp. mustard seeds**
- 2 Tbsp. vegetable oil**
- 4 oz. chopped green chiles**
- 1 each red and yellow bell pepper, medium chopped**
- 1 small yellow onion, medium chopped**
- 1 small red onion, medium chopped**
- 1 tsp. red pepper flakes**
- 1/4 cup agave (light or dark)**
- 1/3 cup red wine vinegar**
- 1 tsp. kosher salt**

- 1.** Combine all ingredients in a large saucepan. Stirring constantly, bring to a boil.
- 2.** Reduce heat and simmer, covered, for 15 minutes. Remove from heat.
- 3.** Serve warm or cool. Works well with chicken, beef or pork.

Chicken Salad

Makes 12 large or 24 small croissant sandwiches.

- 2 Tbsp. fresh lemon juice**
- 1/2 cup mayonnaise or Miracle Whip**
- 1 tsp. salt**
- 1 tsp. white pepper**
- 24 oz. chicken, cooked, cooled, diced**
- 1 cup celery, finely diced**
- 4 oz. dried cranberries, chopped**

- 1.** Combine lemon juice, mayonnaise or Miracle Whip, salt and pepper.
- 2.** Add chicken, celery and cranberries; toss until well mixed.

Vegetarian Chili

- 1 large onion, medium chopped**
- 2 cloves garlic, minced**
- 1 Tbsp. olive oil**
- 2 tsp. chili powder**
- 1 tsp. dried oregano**
- 1 28-oz. can crushed tomatoes**
- 1 10.5-oz. can (reduced or low) sodium chicken broth**
- 1/4 cup water**
- 1 cup whole kernel corn, drained**
- 1 4-oz. can chopped green chiles**
- 1 15-oz. can black beans, rinsed and drained**
- 1 15-oz. can pinto beans, rinsed and drained**

- 1.** Combine all ingredients in a large pot.
- 2.** Bring to a boil stirring frequently; reduce heat and simmer, covered, for 30 minutes.
- 3.** Serve with fresh diced cilantro, avocado slices, tortilla chips, chopped Monterey Jack cheese, green onions or your favorite toppings.

To view recipes from current and previous issues, visit www.nowmagazines.com.



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