# NorthEllisCo.NOW

M A G A Z I N E

JANUARY 2023

## Willing to Work

Effort pays off for alhlele Samantha Lord



In the Kitchen With Mike Kraft

## He Has Left the Building

Elvis and other young artists visited KSIJ Radio

Also inside: Scavenger Hunt

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### Dr. Maryam Raza

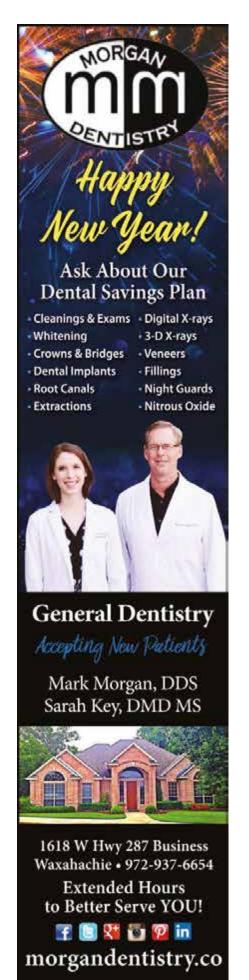
Dr. Raza is a Board Certified Physician in Wound Care and Hyperbaric Medicine practicing in the Dallas area since 2006. She completed her residency at Columbia University New York and has been medical director of the wound care program at Methodist Hospital Dallas since 2010. She is an ardent supporter of the concept of limb salvage and has developed a comprehensive program for healing diabetic foot wounds in a timely fashion. She is a member of Undersea and Hyperbaric Medical Society.

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## ON THE COVER



Samantha Lord set her sights on the AAU Jr. Olympics and earned her spot.

## Photo by

Shane Kirkpatrick.

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## **EDITOR'S NOTE**

Take mental note ...

Have you heard the term "cognitive labor," also known as "mental load," which refers to the invisible tasks of day-to-day living? I'm not talking about the obvious things, like office work or household chores. I'm talking about the non-tangible activities associated with maintaining a family. For example, an ongoing awareness of what groceries you're low on and the particular foods your family prefers. The "mind calendar," if you will, involved in knowing which commitments fall on what days of the week, when annual checkups need to be scheduled, what celebrations are approaching and what must happen to pull those off.

Cognitive labor often involves anticipating what needs to happen and taking steps necessary to get those things done. These responsibilities are overwhelming in number if you take time to count them, but many of us do them on autopilot and are surprised to be stressed and exhausted at day's end. Often, studies find, women carry the lion's share of the mental load in a relationship — a fact attributed to the old-school tradition of men being responsible for finances, while women manage the home and family. Speaking to this theory, I once texted my husband about picking up our son from driver's ed, and he replied: "When is the class? What's the address? How long will it take to get there?" These are all things he could have figured out on his own, but he knew they were already in my mental laundry basket.

If you're constantly answering such questions, making lists for others, in charge of seeing that everything gets done, it may be time to give up a piece of the cognitive labor — for your own peace of mind.

Share the load!

## Time to show your heart some love



February is Heart Month. And heart disease is the leading cause of death in our community and across the country. So, let's do something about it, together. Every week during Heart Month we'll be sharing heart healthy tips, from early warning signs to recipes and exercise ideas. Caring for the heart health of our friends and neighbors. That's community and why so many people **Trust Methodist**.

Sign up for Heart Month emails with tips, recipes, exercise ideas, info on events, and more at:

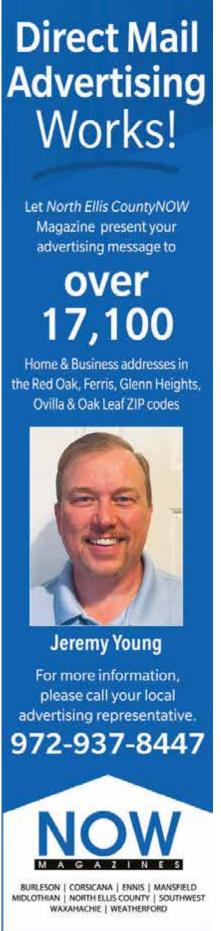
MethodistHealthSystem.org/HeartMonth



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A few years ago, a middle school coach complimented Red Oak's Samantha Lord, setting her on an unexpected path. "I became interested in throwing around sixth grade when a coach told me I was very strong and thought I might like it. Turns out, he was right," Sam remembered.

After winning numerous discus/shot put medals and ribbons, Sam decided to commit to the sport in seventh grade. "When summer rolled around that year, I made a goal to compete in summer track and to go to the AAU Jr. Olympics for throwing," Sam explained.

Sam started training with Coach Mallory Hibbert about three times a week, followed by weight training with a personal trainer. "Even after doing all of this, on the days I wasn't with Coach Mallory or in the gym, I was doing drills," she noted

Her effort paid off, and, last summer, Sam qualified for Junior Olympics in Greensboro, North Carolina. "She is not on an official shot/discus team, so it was a lot of individual training," her mom, Summer Lord, pointed out.

Although busy training, Sam continued to volunteer for the National Charity League, as well as for church and school athletic camps. "NCL is a worldwide mother-daughter philanthropy organization. We volunteer at thrift stores, nursing homes, libraries, etc.," Sam listed. "When I wasn't volunteering, I was training for basketball and volleyball."

Not only does Sam play these sports at Ovilla Christian School, but she also plays club volleyball at Ellis County Juniors. "Although I wasn't that great when I started, I worked to get better," Sam admitted.

As Sam grows her skills in various sports, she said track remains her favorite. "Track has always been a way to relieve stress or anger. I'm a pretty competitive person, so track allows me to push myself and set and achieve goals. I don't know how, but when I started, it just felt right," she said.

Sam hopes to throw discus/shot put in college. "I know it's a big goal, but I'm willing to work for it," she said.

On top of playing three sports, Sam is also passionate about theater. "I started performing around the age of 7, but even when I was little, I was always singing or dancing around the house," she recalled.

Sam said Ellis County Children's Theatre laid a foundation of confidence for her. "It's opened so many doors. It has taught me presence, public speaking, kindness and the list goes on," she said.

How does someone juggle being a multisport athlete, performing in theater and maintain their grades as Sam does? "You have to love what you're doing. Each sport I play and every show I'm in has a special place in my heart, and I also have an amazing, supportive family that cheers me on no matter what I do," Sam attributed.

Sam's parents are Michael and Summer Lord, and she has a younger brother, Wyatt. "We are so impressed with Sam's commitment to her goals. Last spring, her club volleyball ended in April. She had one weekend off before track began, training three days a week in the Texas heat after school. and early-morning weekend meets," Summer explained. "Then she was responsible for a lot of individual training, up at 7:00 a.m. in the summer, and after discuss/shot workouts, there was strength training."

Summer joined Sam in workouts after being challenged by her daughter. "Sam said she bet I couldn't keep up. She is so strong, it pushed me to step up, and I enjoyed the bonding time training together," Summer said. "Summer track is a beast! You have to be not just physically prepared, but mentally prepared, to withstand the Texas heat. We're very proud of Sam for committing and following through on her Jr. Olympics goal."

Ultimately, Sam finished in 22nd place in discus out of 91 girls and 35th in shot put among 96 athletes. "The Jr. Olympics was the largest meet I have ever attended, and there were tons of girls with the same mindset and goals as me. When I got there, I completely got in my head. Everything I had trained for was off because of nerves." Sam admitted.

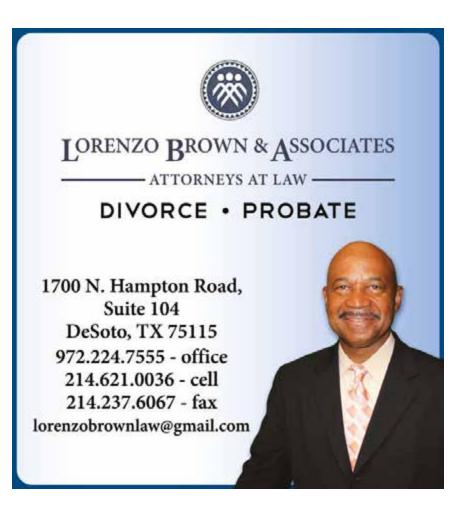
While Sam hopes for stronger finishes in the future, she said she would not change a thing. "I grew mentally, physically and emotionally. It brought me back to why I even started throwing competitively in the first place ... because I loved it," she reflected. "It wasn't always about winning. Winning is fun, but if you win every time, you won't learn anything. Throwing has taught me so many things but mainly to remember there is always someone better than you, so be the best you can be, work hard and love what you do." NOW













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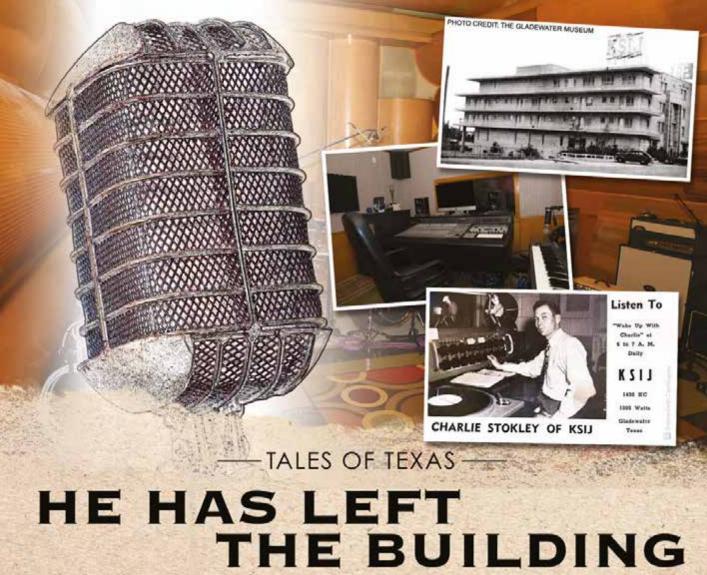








**WE ARE VERY PROUD OF YOU!** 



- By Bill Smith

Elvis was here. And so was Johnny Cash and Jerry Lee Lewis. Jim Reeves slept here. These legendary performers and others from the days of the Louisiana Hayride and "rockabilly" music all spent some time either recording, being interviewed or even taking a nap on the couch in the lobby of the iconic KSIJ radio station in Gladewater. Texas.

The radio station and recording studio occupied the top floor of the T.W. Lee Building in Gladewater. T.W. was the owner of the Gladewater Mirror newspaper, and the building, constructed in about 1950, also included offices and apartments. The Texas Historical Commission describes the building as an "Art Moderne-style high-rise apartment building." The building has its original metal casement windows and wraparound cantilevered balconies with decorative iron railings. The original clock is on the façade above the entrance. The clock no longer keeps time, and

stepping into the KSIJ studio, one might conclude that, at least in some ways, time has stood still.

While the exterior of the building sparks some interest about a time gone by, a visit to the former radio station on the fourth floor stirs the imagination with a type of architectural design that is seldom seen. The huge neon "KSIJ" sign that was a beacon atop the building was removed long ago. The radio station's call letters that were painted on the glass portion of the original door into the station's lobby have lost the "J," but once you pass the door, the call letters are prominently inlaid in bright red on the tile floor. In the lobby, you can imagine what the atmosphere might have been like with the room crowded with teenage admirers while Elvis performed behind the glass window separating the lobby from the studio. The Facebook page for the T.W. Lee Building indicates Elvis loved to practice in the sound studio, then stretch out on the floor and read comic books.

The vocal booth is made with the same unique acoustic walls as the main studio. Curved birch panels "barrel down the walls," as current studio owner, Chad Mauldin, describes them. "It is an amazing acoustic design from the '50s. We understand that an acoustician from UT Austin designed it. The different depths of the curves in the walls and ceiling

create diffusion that is particularly great for drums," Chad said. "Old meets new in the control room today, as modern technological workflows merge in this old historic space."

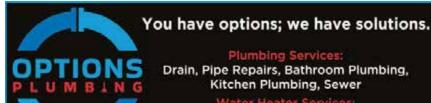
There is an etching scratched into the wall in the solo booth that appears to be a signature by Jerry Lee Lewis. The same signature that is in the solo booth is replicated on the top of the original engineer's desk that the studio retains and displays prominently in the hallway. However, the story most visitors are enamored by is that of Elvis and his first gig in this small, East Texas town.

While performing with the Louisiana Hayride in Shreveport in 1954, Elvis and his two band members at the time needed to make some money to pay for their hotel room in Shreveport and get back to Memphis, Tennessee. A representative of the *Hayride* called his friend, Tom Perryman, a well-known DJ at KSIJ in Gladewater, and Perryman arranged a gig for Elvis at a local club just out of Gladewater, called The Mint Club. Elvis promoted the gig by singing live from the studio on Tom's radio show. The Hillbilly Hit Parade. On the website for the Gladewater Museum, or just by searching YouTube, you can find a recording of Elvis promoting the radio station with Tom. The museum also features a lounge chair Elvis used at the radio station, as well as other memorabilia from the studio.

Chad said this was at such an early stage in his career, "Elvis wasn't Elvis yet. Tom Perryman really believed in young talent." On another YouTube video, Perryman reflects that Elvis' first gig in Texas at The Mint Club grossed Elvis \$90, which he split with his two band members. Perryman was responsible for booking Elvis around East Texas for the year that followed. Apparently, Elvis and Perryman had a friendship that lasted for many years. Elvis went on to become the Elvis we all remember, and Perryman went on to become an award-winning DJ, eventually being inducted into the Disc Jockey Hall of Fame and the Country Music Hall of Fame. NOW

### Sources:

- I. Facebook.com/TW-Lee-Building.
- 2. Scottymoore.net.
- 3. Gladewatermuseum.org.
- 4. Countrymusichalloffame.org.



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## Zoomed In: Michelle Porter

By Angel Morris

Michelle Porter — pictured with her father, Robert Porter Jr. — was recently inducted into the Ellis County African American Hall of Fame, marking her role as the first African-American member of the Red Oak ISD Board of Trustees. "I was taken aback initially but, of course, was proud to be recognized. I feel blessed to have this honor and hope that it's a pathway for others," Michelle said.

Michelle joined the board in 2020 and also serves on the Superintendent Advisory Committee, PTA Board and Volleyball Booster Club. "I've always been involved in the district as a parent and community member," she noted. "I felt that I could serve the district and be a positive impact by serving on the school board, as well."



North Ellis County Outreach staffers Callie Ferguson and Donnine Ballance accept the fixings for 18 holiday meals from Ovilla Service League.



Jesi Probst marks almost two years making pies at Tiverton Bakery.



NOW Magazines community editors exchange Zoom for an in-person staff meeting in Ellis County.



The Ovilla Christian School volleyball team earns its fourth TAPPS 2A State Championship in the last five years.



Red Oak's Micah Fitch is named Freshman Class Duke at Dallas Baptist University's Homecoming.



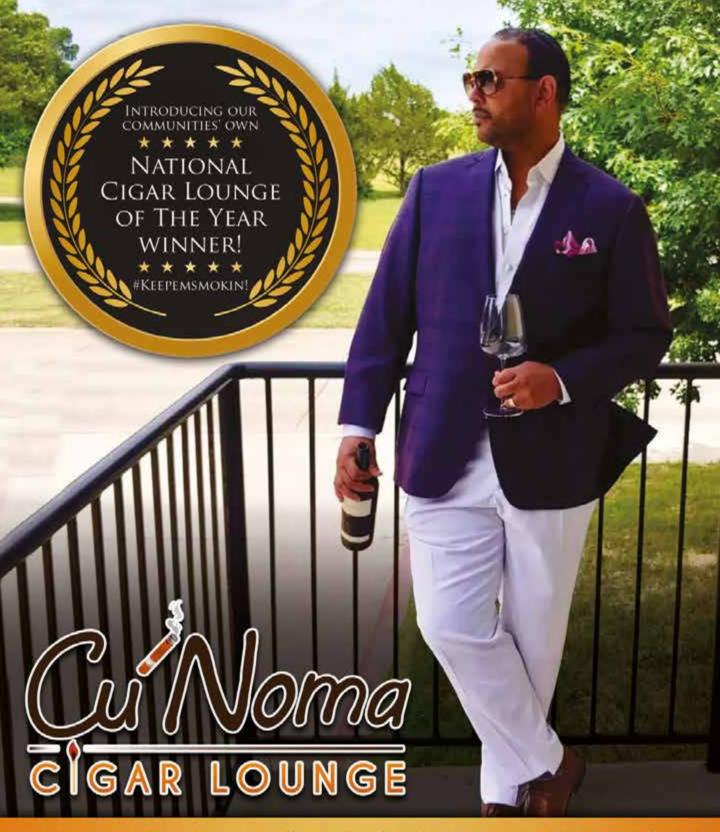
Jim McCann, Sharron Phillips, Mystyk Guillen and Julia Diaz serve a potluck meal at Lone Star Cowboy Church of Ellis County.



Anne McKenzie drives from The Woodlands each year to work Habitat for Humanity-Ellis County's annual Festival of Trees fundraiser.







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After an internship with the local school district in 2020-2021, Mike Kraft returned this school year to teach social studies, world geography and U.S. history at Red Oak High. "It's nice to be part of the Hawk family again!" he said.

Years ago, Mike worked at Judge Roy Beans Cantina, then at Razzoo's Cajun Café and still enjoys cooking today. "Cooking is one of my many passions that started with a big family and lots of food," Mike noted. "At those first jobs out of high school, I learned so much about cooking. Now, food is artistic and an expression of love. In fact, every time my daughter comes home, she requests the same meal — Buffalo Chicken Pasta — and I'm always happy to make it for her." Now

## Texas Chicken Tortilla Chowder

I tsp. olive oil

1/2 stick butter

4 sweet peppers, diced

1/2 yellow sweet onion

I rotisserie chicken, shredded and diced

1 14-oz. can sweet corn, drained

1 14-oz. can chicken broth

I cup cornstarch

I cup heavy cream

2 tsp. black pepper

2 tsp. salt

1 Tbsp. chili powder

1 Tbsp. cumin

1 Tbsp. garlic

2 Tbsp. Frank's Hot Sauce

I cup cilantro, diced

1 avocado

2 cups mozzarella cheese

**1.** Preheat a large saucepan with olive oil and butter. Once melted, add the peppers and onions; cook until soft. Add the shredded chicken and the corn.

**2.** In a separate pan, heat the chicken broth, cornstarch and cream. Add all spices and hot sauce; blend well.

**3.** Blend the sauce with the chicken mixture; cook 20 minutes.

**4.** Add the cilantro; serve with the avocado and cheese.

## Mikey's Award-winning Texas Chili

1 tsp. olive oil

1/2 stick butter

4 sweet peppers, diced

I yellow sweet onion, diced

1 1-lb. container hamburger meat

I 1-lb. container sweet Italian sausageI 14-oz. can Ranch Style pinto beans

1 14-oz. can black beans

2 8-oz. jars tomato sauce

I cup cilantro, diced

2 tsp. black pepper

2 tsp. salt

1 Tbsp. chili powder

1 Tbsp. cumin

1 Tbsp. garlic powder

2 Tbsp. Frank's Hot Sauce

1 cup cheese, shredded

**1.** Preheat a large saucepan with olive oil and butter. Once melted, add the peppers and onions; cook until soft. Add the meats; cook until brown.

**2.** Blend in the beans, tomato sauce, cilantro, spices and hot sauce. Cook 20 minutes. Top with cheese and serve.

## **Buffalo Chicken Pasta**

- 1 cup buttermilk
- 2 eggs
- 2 Tbsp. flour
- 2 tsp. black pepper
- 2 tsp. salt
- 1 Tbsp. chili powder
- 1 Tbsp. cumin
- 1 Tbsp. garlic powder
- I box angel hair pasta
- I tsp. canola oil
- 3 boneless chicken breasts, washed, dried, sliced into 1/4-inch length and breaded
- I tsp. olive oil
- 1/2 stick butter
- 4 sweet peppers, diced
- 1/2 yellow sweet onion, diced
- 1 14-oz. container heavy cream
- 2 Tbsp. Frank's Hot Sauce
- 1 8-oz. pkg. mozzarella and Parmesan cheese
- 1 cup dry Parmesan cheese
- 6 mushrooms
- **1.** In one bowl, mix the buttermilk and eggs. In a second bowl, mix the flour and the next 5 ingredients.
- **2.** Cook the pasta according to the package directions.
- **3.** Preheat a large pan; add the canola oil and heat
- **4.** Dip the chicken in the egg wash, then in the flour mixture. Repeat the processes, dipping the chicken back in the egg wash, and then back in the flour; set aside.
- **5.** Cook the chicken for 2 minutes on each side. Place the chicken in a bowl.
- **6.** Preheat a large saucepan with olive oil and butter. Once melted, add the peppers and onions; cook until soft.
- **7.** In a separate pan, blend the heavy cream, hot sauce and cheeses until you are happy with the consistency. If necessary, add a little flour until it thickens. Toss the chicken in the sauce.
- **8.** Add the sauce and chicken to the sautéed vegetables. Add the mushrooms. Cook for 20 minutes.
- 9. Add the mixture to the noodles; blend.









## 1/21

## **Daddy Daughter Dance:**

Open to the public. \$35 includes dinner. Proceeds benefit ROISD Choir. 5:00-7:00 p.m., ROHS cafeteria, 220 TX-342. Purchase tickets at https://www.redoakchoir.com/daddydaughter-dance.

## 1/25

### **Chamber Luncheon:**

Monthly guest speaker and lunch included. Members \$15 with RSVP; \$18 without RSVP; Non-Members \$20. Noon-1:00 p.m., Red Oak Municipal Building, 200 Lakeview Pkwy. Call (972) 617-0906 or email admin@redoakareachamber.org.

## 1/31

## Ellis Christian Women's Job Corps' Spring Classes:

Free courses include computer training, résumé writing, interviewing and more. Classes run 1/31-4/27, Tuesday-Thursday: 8:00 a.m.-12:30 p.m., and Tuesdays and Thursdays: 6:00-9:00 p.m. 100 Chamber Circle, Ste. 1008, Waxahachie. Learn more at http://elliscwjc.life/or by calling Lauri Henderson at (972) 937-6620.

## Third Mondays

### **Book Club:**

New members always welcome. 6:30-8:00 p.m., Red Oak Library, 200 Lakeview Pkwy. For more information, email redoakbookclub@gmail.com.

## Third Wednesdays

## Lancaster Women's Connection:

Welcoming Christian women in Ellis County. Cost: \$15 and includes lunch, a special feature and a Stonecroft Speaker.
Reservations due **Thursday prior** to the monthly meeting. 11:30 a.m.-1:00 p.m., Country View Golf Course, 240 W. Belt Line Rd., Lancaster. Contact Dee Ann Ellis at deeannellis@sbcglobal.net or (972) 921-6221.

## Wednesdays and Thursdays

## Senior Citizen Center of Red Oak:

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Please send your organization's events for consideration in our 2023 monthly calendars. Include: Event date, event name, description of event, time, location and contact information. Items are published for free as space allows. Send submissions to angel.morris@nowmagazines.com.







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