

katy

TODAY

JANUARY 2020

FAMILY bonds

**STAYING
ON TRACK**

PAGE 10

**HISTORY
LOVER AND
GOOD NEIGHBOR**

PAGE 18

PREPARING STUDENTS FOR TRADES

PAGE 30



6 REASONS TO DINE OUT THIS VALENTINE'S DAY

Valentine's Day is celebrated in various ways throughout the world. One of the more popular methods of spending time with a romantic partner is over a delicious meal at a nice restaurant.

Statistics Brain says that 34.6 percent of Valentine's Day celebrants in the United States dine outside of the home, making this day dedicated to couples one of the most popular days to dine out all year.

Dining out on Valentine's Day helps to make the day more special, and the following are a number of additional reasons why couples should enjoy a meal out on the town this February 14.

EMBRACE THE CHANCE TO TRY NEW FOODS

Dining out gives individuals the opportunity to try new cuisine they may not attempt at home. This is a chance to expand flavor profiles and give something new a chance.

ENJOY CREATIVE PLATING

Many restaurants expend extra effort on presentation on Valentine's

Day, dressing the plates with special garnish or with a unique presentation of the foods. Valentine's Day meals are often as beautiful to look at as they are delicious to eat. Experiencing such visual masterpieces can add to the enjoyment of the night out.

ENJOY A NIGHT OFF FROM COOKING

One of the biggest benefits of dining out on Valentine's Day is enjoying an evening away from the kitchen. Heading out for a restaurant meal means no stressing over what to cook for dinner, no wrangling with ingredients and no post-meal cleanup.

LEARN SOMETHING NEW

Chefs and restaurants may pull out all the stops for a special occasion like Valentine's Day. Diners may learn more about exotic foods and wine pairings on Valentine's Day than they might when dining out on less popular nights.

BEAT THE WINTER BLUES

For much of the country, Valentine's Day occurs during a time of year when winter is at its most harsh. Wintertime can be isolating as many people spend increased hours indoors to avoid inclement weather. Dining out gives couples the opportunity to get some fresh air and dine in a social environment that can help buoy spirits.

JUMP START OTHER ACTIVITIES

Dining at a restaurant may be the precursor to other things to come on Valentine's Day. While out, couples may opt to head to a movie, enjoy some local live theater or stroll through a museum gallery. A good meal can make for the perfect starter to a memorable Valentine's Day.

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TODAY

JANUARY 2020

STAFF

Karen Lopez, Publisher

R. Hans Miller, Senior Reporter

Terri Richard, Advertising

Victoria Parker, Designer

CONTRIBUTING WRITERS

Roxanne Avery

Carrie Ward

Produced by Katy Media Publishing, LLC, publishers of

Katy Times newspaper.

P.O. Box 678

Katy, Texas 77493

281-391-3141

katytimes.com

For more information about advertising or distribution

contact karen.lopez@katytimes.com

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INSIDE THIS ISSUE:

5 FAV 5
Hacks for 2020

8 MUST SEE
This spring's box office blockbusters

10 STAYING ON TRACK
Stick with your fitness goals this new year

12 DNA
Discovering the Bonds of Family

18 BILL BRAIN
Katy history lover and good neighbor

30 MILLER CENTER
Preparing students for trades



FAV Five HACKS FOR 2020

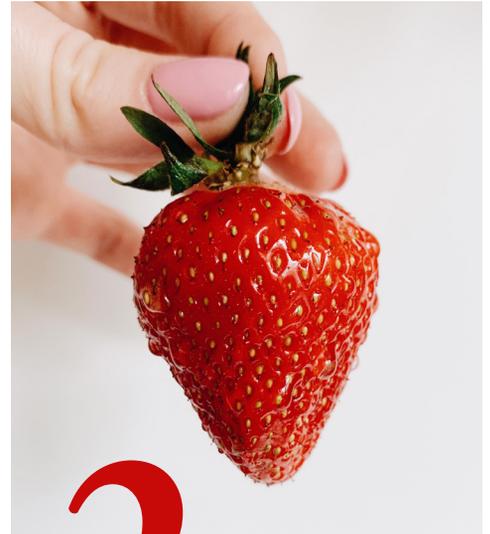
By KAREN LOPEZ



1

DUSTPAN IN THE SINK

Don't do one cup of water at a time when you have a container that won't fit under the faucet. Use a standard dustpan that has a broom handle snap. Place it under the faucet. The dustpan will be the perfect channel to extend the reach of the water to the container below.



2

STRAWBERRIES

To remove strawberry stems use a straw! Push the straw from the bottom point of the strawberry through the top. Easy-peasy!

3

BOILING WATER

Most of you may already know this one. To keep water from boiling over your pot, place a wooden spoon horizontally across the top of the pan.

4

NAILS

If you are like me, you hit your fingers while trying to hammer a nail into the wall. No more bruising! Hold the nail with a clothes pin.

5

BAG CLIPS

Always losing your chip clips?

Take one of the store plastic clip pant hangers, cut off each end along the horizontal line. Simple, easy and almost free!





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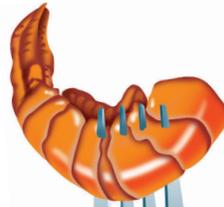
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NEW RELEASES FOR THIS SPRING





FEBRUARY 2020



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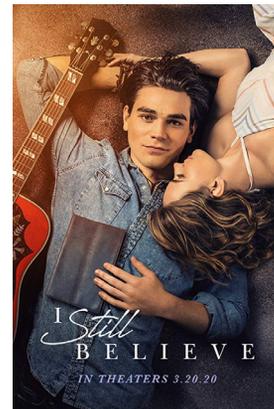


The Call of the Wild

MARCH 2020



The Way Back



I Still Believe

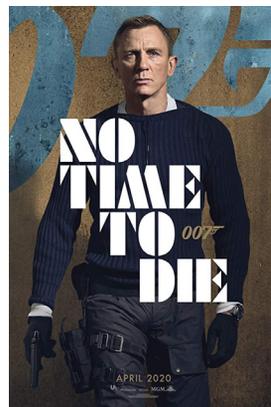


Mulan

APRIL 2020



Peter Rabbit 2: The Runaway



No Time to Die



Trolls World Tour

1 Schedule your workouts into your calendar and DON'T cancel on yourself!

2

Exercise in the mornings, you'll be less likely to put it off!

5

When special events conflict with your regular gym/studio/fitness schedule, DON'T GIVE UP! GET CREATIVE.

Break your workout into 10 minute segments throughout your day, for a total of 30 minutes, so that you don't have to find one large chunk of time for exercise. Example: 10 minutes in the morning, 10 minutes at noon, 10 minutes in the early evening.

Make sure that you include cardio, strength and flexibility. You can include these in each 10-minute segment as an interval workout or make one 10-minute workout cardio, another 10-minute workout strength and the final one flexibility. Include exercises like squats, lunges, wall sits, bird dogs, triceps dips,

Pilates ab series, side planks, regular planks, push-ups and running in place.



STAYING ON TRACK

Here are five strategies to help you stick with your fitness goals this new year

3

Be more active throughout your day. Take the stairs, go for a walk after dinner instead of watching TV. Use your fitness tracker to make sure you get 10,000 steps in each day, NO MATTER WHAT!

4

Incorporate fitness into your social gatherings with friends. Meet up to walk/run or go to a fitness class together, sign up to walk/run a winter themed race before exchanging gifts, having lunch etc.

SHOW YOUR HEART SOME LOVE

FAMILY FEATURES

While heart disease is a leading cause of death for both men and women in the United States, many of the risk factors associated with the condition can be controlled with dietary and lifestyle changes. By centering your meals around better-for-you ingredients and recipes, you can show your heart some extra love.

Consider walnuts, which are a heart-healthy food certified by the American Heart Association. More than 25 years of research shows walnuts may play a key role in heart health. In fact, the U.S. Food and Drug Administration approved one of the first qualified health claims for a whole food, finding that eating 1 1/2 ounces of walnuts per day as part of a low-saturated fat and low-cholesterol diet while not increasing caloric intake may reduce the risk of coronary heart disease. Additionally, walnuts are the only nut significantly high in omega-3s, with 2 1/2 grams of alpha-linolenic acid per ounce.

Find more information and heart-healthy recipes at walnuts.org/heart-health.

GREEK CUCUMBER WALNUT BITES

Prep time: 25 minutes

Servings: 6

- 1/2 cup walnuts, chopped
- 1 English cucumber, ends trimmed (about 14 ounces)
- 1/2 cup roasted red pepper hummus
- 1/2 cup reduced-fat crumbled feta cheese
- 5 cherry tomatoes, quartered

Heat oven to 350 F.

On small baking sheet, arrange walnuts evenly. Bake 8 minutes, checking frequently, until toasted.

Slice cucumber crosswise into 3/4-inch thick slices. Using small spoon, gently scoop out and discard center of each cucumber slice, leaving bottom and sides intact.

In small bowl, stir 6 tablespoons chopped walnuts and hummus. Spoon walnut-hummus mixture into each cucumber slice and top with reserved chopped walnuts, feta cheese and quartered tomatoes.

— Recipe courtesy of Beth Stark, RDN, LDN on behalf of the California Walnut Board





Dog Think
I'm
Kind
Of
BIG DEAL



FAMILY bonds

By CARRIE WARD

Miraculous. That's how it feels to find someone you've been searching for your whole life, says Diane Abel. Surprised, is how Shelley Rocha felt when at 48 she met her biological father, whom she never expected to know. Unbelievable, said Roberta Bryant Brown about finding a sister at age 80. As humans we have an intense desire to know where and whom we come from. The hope for a biological bond is the reason some people spend their whole lives looking for family.

The vastness of social media and the convenience of at-home DNA tests such as 23andMe and Ancestry have made once impossible discoveries about our personal history and beginnings a reality.

SISTERS AT LAST

Now 73, Diane says she was six when she first heard about Roberta Jean and Betty Lee Bryant, her two half-sisters on her dad's side. Although she always wanted to find them, information was hard to come by. It was a tough subject for her father, Thomas Jefferson Bryant, and until the advent of social media, searching for names and information felt like trying to find a needle in a haystack.

After her father's death in 2013, Diane began her search with multiple Facebook messages to potential family in the Seattle area. She waited in radio silence for four years, later finding out that her messages had been seen, but as one might expect the family was leery of a possible scam.

On a Friday night in September 2018 while relaxing on the couch after a long work week, Diane received a Facebook message out of the blue from a woman who said she was the daughter-in-law of Diane's oldest half-sister Betty Lee, who Diane knew had died in 1985. Within 10 minutes a life-long prayer had been answered: Diane was messaging with her other half-sister Roberta, who lived in Seattle.

"As we messaged, Roberta said she wanted to call me right then, but she couldn't stop crying, so asked if we could talk the next day. She called me at 5:30 a.m. Seattle time and we had an immediate connection. She is the sweetest person and absolutely precious," Diane said.

Roberta's mother and their father split up when she was around two weeks old and she never knew him, which left many unanswered questions. As an adult, Roberta began looking for her father in Georgia and Texas where her mother said they had lived. When she and her family would travel, she would look for records of her father, but she wasn't able to find him.

Once she felt all possibilities had been exhausted, she prayed, "Lord, if I have a sibling, you're just going to have to bring them to me." He did, in His own time.

The sisters wasted no time and soon Diane visited Roberta where they laughed, cried, and talked for three days.



Diane created a photo album for Roberta, and while she was looking through pictures, she found several small two- by three-inch photos that had handwriting on the back. When she showed Roberta, she was sure that it was her maternal grandmother's handwriting.

Before their father died, he gave Diane a picture of her oldest sister Betty Lee. Roberta actually had a picture of Betty Lee about the same age, in the same outfit but in this photograph, Betty Lee was being held by their father in front of a lumbermill.

"The fact that we both had these pictures really helped some family members that were still cautious about the connection," Diane explained.

Diane's husband and her youngest daughter and husband met Roberta this summer when they stopped in Seattle for a visit on their way to an Alaskan cruise. In October, Roberta traveled to Texas with her oldest daughter and got to meet their youngest brother, who is 52, as well as the rest of Diane's family.

"I have such a huge, huge family now. I have my husband and our family, my mother's family and now my Texas family," Roberta said. "Diane kept searching and I'm so thankful she did."

Diane says like most sisters they text daily, keep in touch on a Bryant Family Facebook Group that Roberta created and talk on the phone at least once a week. Roberta is now in touch with cousins on their dad's side in Georgia, where he was originally from. Diane's older half-brother passed away in 2013, but Roberta has been able to connect with his children through Facebook.

"It's a miracle at our age that we have found each other," Diane said emotionally, and Roberta agreed, "I believe in miracles."

AN UNEXPECTED FAMILY

Much like Roberta, Shelley knew nothing about her biological dad, and never expected to. She was actually looking for more information about her biological mother when she took the Ancestry at-home DNA test but instead was connected to an entire family on her father's side.

Shelley had been in and out of the foster care system since she was around one year old and was adopted with her younger brother David at around six years old. She knew her mother's name and that she had at least four other children, three of which were given up for adoption and one tragically died as an infant. Several years ago, her oldest sister Lisa located Shelley and together they found their oldest brother Danny. About a year later her younger sister Jill found Shelley through Facebook and together they have been looking for their mother.

Through Ancestry's report of Shelley's biological relatives, she first connected to a cousin on her biological father's side.

"At first he was like, 'no way.' But I told him to look at the DNA (on Ancestry)," Shelley said.







Through her newly found cousin, she was put in touch with her biological father Diego. After a paternity test came back confirming that Diego was Shelley's biological father, Diego told his family he had a 48-year-old daughter.

It turned out that at age 21, Diego met Shelley's mom while living in California and they had a short relationship. They parted ways without Diego knowing she was pregnant.

Now that Diego knew that Shelley was his daughter there was no time to waste; he, his wife, one of his two sons and his daughter and their families traveled to Seattle to meet this newly found daughter just months after the initial Ancestry connection. They instantly embraced Shelley as part of their family. Diego's daughter, Kristina Freeman of Pattison, loves finally having a sister.

"I grew up with two brothers so it's different having a sister," Kristina explained. "She'll just text me or I'll text her. It's different than just having a friend."

"They didn't know I existed so I didn't know how open they'd be to me, but it was better than I could have expected," Shelley said.

She also discovered she's half Costa Rican which explains where her uniquely dark features come from.

"My other biological siblings are fair like our mother, and I just didn't look like them," she said. "I hear I look like Diego's cousin; it's neat to look like someone."

Kristina said her dad has always been proud of the fact that he is left-handed and now they found out that Shelley is left-handed, too.

According to both women, while their dad is overjoyed to have found the gift of another daughter, he also feels regret and some guilt because he wasn't there to raise her.

"Diego says that he always felt like something was missing in his life and when he found me, it wasn't missing anymore," Shelley said.

Shelley's adoptive family has also experienced mixed emotions. Both of her adoptive parents support Shelley's journey to find her biological family, but the fact that her dad is fighting stage 4 cancer makes it complicated. While she's excited to form these new relationships, she's also very protective of her family.

"I'm careful about what I post on Facebook or share so that I'm respectful and don't hurt my parents," Shelley said. "I never want them to feel like their being replaced."

Shelley said it's been amazing because Kristina, Diego and their family pray for her dad.

"Kristina even said she would like to meet him and thank the man who stepped up and raised her sister," Shelley said.

Shelley still hasn't found her biological mother or information on where she might be living, but she has answers to another side of herself and a family she never expected to find.

"It could have gone 14 different ways, but it could not have gone better than it has. I'm very blessed," she said.

A PERSONAL CONNECTION

This writing assignment motivated me to continue my search for more information on my own biological family. I finally took the 23andMe test that has been sitting on my nightstand since my mother-in-law gave it to me for my birthday this summer. The week of Thanksgiving I received my results and sat looking at names of more than 1,000 people who shared my DNA including two first cousins. To a person who is adopted and has never known anyone biologically related to them (except my children) this was a moment. Who knows where this will lead, but I'm glad to have fulfilled some of that need to know about where I come from.



personal touch

Add a personal touch to a classic drink

FAMILY FEATURES

A traditional drink that's easy to make when entertaining, it can be easy to put your own personal twists on the Bloody Mary.

In this iteration, ditch the celery stick and complement your spicy beverage with cheese-filled perogies and bacon.

For more entertaining and beverage recipes, visit Culinary.net.

BLOODY MARY

- 1 teaspoon red pepper sauce
- 1 bottle (64 ounces) tomato juice
- 2 cups vodka

- 2 tablespoons Worcestershire sauce
- 2 tablespoons lime juice
- ice
- wooden skewers
- 6 cheese-filled perogies, baked according to package directions
- 6 slices bacon, cooked until crispy

In large pitcher, combine red pepper sauce, tomato juice, vodka, Worcestershire sauce and lime juice; stir well.

In glasses, pour over ice.

Using wooden skewer, garnish each Bloody Mary with a cheese-filled perogy and bacon slice.



Bill Bain of KT Antiques has owned the store since 2010 and has worked with his neighboring business owners to preserve the feel of the Old Town Katy district. He also feels that partnering with the city is important to maintaining the district's heritage.

BILL BAIN

Katy history lover and good neighbor

By R. HANS MILLER

Anyone visiting downtown Katy will find a few blocks between First and Third streets between avenues A and D filled with small shops such as antique stores and clothing boutiques where the heart of old town Katy still beats.

Perhaps the largest of those shops is KT Antiques, owned by Bill Bain, a former pilot, a history buff and someone neighboring shopkeepers call a good friend.

"Bill is a good guy – you know? He's just very nice," said Sylvia Wooten, store manager at Dovetail Antiques & Collectibles, just across the street from KT Antiques.

Wooten said she's worked in the downtown Katy area for several years and Bain has always been a good neighbor to his fellow business owners, supporting Katy Market Day events, the Katy Old-Fashioned Christmas celebration and helping people out whenever he gets a chance.

Bain, now 76, was born in 1943 and grew up in Muskogee, Alabama. His father was a pilot in the Army Air Corps – the predecessor to the U.S. Air Force when it was still a part of the U.S. Army – and participated in WWII and the Berlin Air Lift. After the war, Bain's dad worked for Mid-Continent Airlines and was eventually transferred to Richardson, Texas which was a typical small town at the time.

"Young people – they don't know what they missed," Bain said. "When you grew up in the 40s and 50s and 60s, each neighborhood had their own mom and pop stores and services."

Bain's love of history, as far as he can remember, began at the age of nine when he made his first antique deal, he said.

"I've always been interested in antiques ever since I was a kid," Bain said. "When I was a kid I traded in my erector set for two old phonographs."

After graduating high school in the early 60s, Bain attended Baylor University where he intended to study to become a Dentist, but got frustrated by the curriculum.

"Chemistry and I just didn't mix," Bain said.

However, his love of history called Bain to the English department where he studied what was called American Humor at the time and included authors such as Mark Twain, George Harris and Nathaniel Hawthorne. He took a few courses in photography and his professor eventually asked him to shoot video over the course of a full semester. The footage Bain took

eventually became Baylor's first promotional video for student recruitment.

After college, Bain joined the Navy and got married to his wife, Peggy Bain. Bain finished his time in the Navy and, like his father, began flying for domestic airlines.

"The plan was I was going to be flying and I was going to be based in Dallas," Bain said.

In 1970, that plan had to change. The couple had just had a baby and Bain was laid off from Texas International – now Continental Airlines – and had to find a way to provide for his family.

Bain started working in the construction industry part time, building or renovating a variety of projects including banks and railroad facilities, he said. Eventually, he founded his own construction firm, First Texas Resources, Inc. which he still owns today.

"This year, 2020 will be my fiftieth year in construction," Bain said. "My son, [David Bain], has been in the business with me for about 12 years now."

During his time in construction, Bain said he's been fortunate to be able to work on a variety of historic projects like the old Coca Cola plant in Sugarland and several houses in Houston's historic Heights District. Bane also built several buildings in Katy, including the old Katy Times building on E. Fifth Street and the old Katy Budget Books building on Fry Road. Those projects eventually drew him to downtown Katy where he now owns and operates KT Antiques out of one of a building that has some of the richest history in Katy.

Bane bought the antique shop in 2010 and has worked hard to preserve the shop's history. He had previously had a stall at the store which rents space to small antique dealers.

A bold sign on the north side of the west side of the building summarizes the building's history. Initially opened as Pitt's Grocery, local World War II hero William Dube Jr. bought the store in the early 1940s and kept it running as a grocery market. Soon, his wife opened a Five and 10 store and Dube added onto the building in 1947 with the first refrigerated coolers in the area and a neon sign, a novelty at the time, Bain said.

In 1956, the building was expanded on the side facing Second Street and Dube's wife expanded her shop into the building with a soda fountain that is still in the antique shop and space for the post office. This was Katy's first supermarket.



Bain has tried to restore the storefront for KT Antiques since he bought it to look similar to its original appearance and to fit in with renovations to the area which the city of Katy is undertaking. The city has spent more than \$15 million to create the Old Town Katy district's feel, Bain said.

Bain also remounted the original Dube's Supermarket sign above the explanation of the building's history. He said he felt it was important to put the sign back up after it was donated by the Dube family.

Since opening the store, Bain has gone out of his way to support his neighboring businesses in old town Katy.

"He's always had a policy that we're to promote the other stores...in downtown Katy," said KT Antiques store manager Beverly Ruiz.

Ruiz runs the store on Bain's behalf most of the time, though Bain can often be found in downtown Katy, visiting his shops and neighbors.

Bain was asked by former Katy Mayor Don Elder to serve on an advisory committee along with other city residents and businesspeople that led to the construction of the Katy Downtown Plaza. Renovations to the streets of downtown have added 117 parking spaces and made the area more walkable and visitor friendly, he said. Another focus the committee had was preserving the feel and culture of downtown, he said.

"I was tickled to death to get that opportunity to be on that committee," Bain said.

Preserving Katy's history aren't all that his neighbors love him for though. Bain's efforts after flooding hit the old town district after Hurricane Harvey are well-known, and multiple shopkeepers said his and his team's efforts – Bain had used his construction company to quickly repair his own shop and then lent a hand to neighboring stores – helped them get back in business much faster than would have otherwise happened.

"He was real helpful with the downtown merchants after the flood," Ruiz said.

KT Antiques employees families helped get KT Antiques up and running alongside staff from First Texas Resources, Ruiz said. Help from the construction crews, his staff and Bain's own hands-on efforts got KT Antiques up and running in two weeks, Ruiz said.

Afterward, Bain sent his crews out to help others business owners in downtown.

"As soon as his team finished up with KT Antiques, he sent them down here to help us out," said Betsy Proctor, owner of The Limited Edition Art and Antiques, a store just down the road from KT Antiques that sells antiques and specializes in restoring old movie and music posters.

Bain has plans to do more in downtown Katy, he said. He is currently working on finalizing plans with the city to build a family-friendly restaurant behind KT Antiques on an empty plot of land that he owns. He hopes the new restaurant will draw more visitors to downtown and help out not only KT Antiques, but the other boutiques in the area.

"When it's done, it'll look like a 1930s brick building," Bain said. "It'll go good with downtown."

Bain hopes the restaurant's draw will help the downtown area compete with shopping centers like nearby LaCenterra in Cinco Ranch and make the downtown area more visible in the Greater Katy community while preserving the city's historic feel and suit his own love of history.

"I've just always had an interest in the vintage – I guess it's just something you're born with – I don't know," Bain said.

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Opening 2020



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USE UP YOUR LEFTOVERS

holiday wine

FAMILY FEATURES

Whether it's a semi-full bottle of crisp white or a half-empty bottle of leftover red, there are creative ways to make the most of unused wine after all the holiday parties come to an end.

The World Wine Guys and Deutsch Family Wine & Spirits offer these ideas to help you put your leftover wine to good use this holiday season:

MAKE RED WINE VINEGAR

Impress your guests by adding homemade red wine vinegar to your next dish. Add one part raw vinegar to two parts leftover red wine then store your mixture in a dark, cool place. Monitor periodically and keep testing until you get the desired vinegar smell, strain and refrigerate. Use as desired on salads and in homemade sauces and marinades.

CREATE WINE ICE CUBES

If you can't use your leftover white wine right away, pour the remaining liquid into ice trays and freeze. Next time you're enjoying a glass, add some of the cubes to your wine to keep it cold. This trick can also work with a rosé or sparkling wine like Josh Cellars California Rosé or Enza Prosecco. Using the frozen wine cubes instead of ice can prevent what you pour from becoming too watered down.

WINE-BASED RECIPES

Both red and white wines can be used in a variety of different dishes from appetizers to desserts. Keep in mind that open bottles should be used within 2-3 days, so look to use your leftovers sooner rather than later. Try adding wine to a seasonal side dish like these White Wine Glazed Carrots. It can also be used as a savory addition to main courses such as this classic Red Wine Tomato Sauce.

For more information on wines for the holidays, visit WineFix.com.

WHITE WINE GLAZED CARROTS

- 6 medium carrots, halved lengthwise and cut into 2-inch pieces
- 1 tablespoon extra-virgin olive oil
- 1 1/2 cups water
- 1 tablespoon honey
- 2 tablespoons Barone Fini Pinot Grigio
- salt, to taste
- pepper, to taste

In large skillet, combine carrots and olive oil; add water. Cook over medium-high heat until carrots are tender. Add honey and white wine; cook and stir 2 minutes until carrots are glazed.

Add salt and pepper, to taste.

— *Recipe courtesy of Deutsch Family and the World Wine Guys, authors of "Red Wine"*

RED WINE TOMATO SAUCE

- 1 teaspoon olive oil
- 1 medium onion, finely chopped
- 3 cloves garlic, minced
- 1 can whole, peeled tomatoes
- 1/8 cup Villa Pozzi Nero D'Avola
- 1/4 cup balsamic vinegar
- 1/4 teaspoon crushed red pepper
- 1/2 teaspoon dried sea salt
- 1/2 teaspoon oregano
- 1/2 teaspoon thyme
- 1/2 teaspoon basil

In medium-size pot, heat olive oil. Add onion and saute 4 minutes then add minced garlic and saute 1 minute.

Add tomatoes, wine, vinegar, red pepper, sea salt, oregano, thyme and basil; reduce heat and simmer about 40 minutes.

— *Recipe courtesy of Deutsch Family and the World Wine Guys, authors of "Red Wine"*

OVER

vine

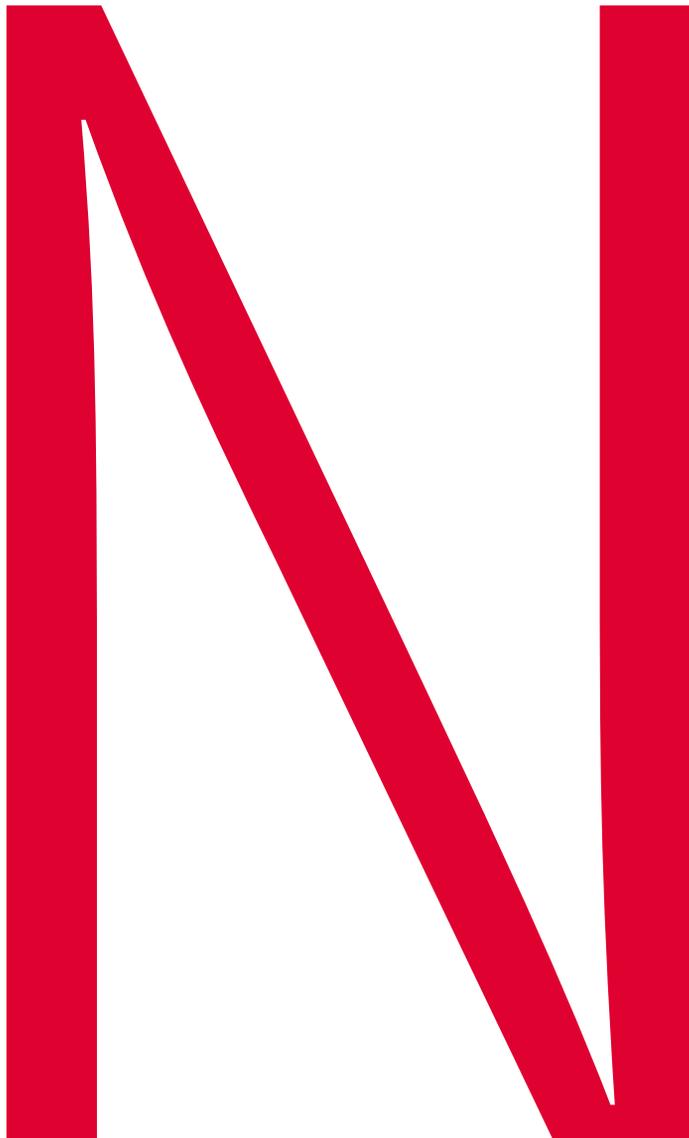


THE
CHANGING
FACE
OF COLLEGE

By ROXANNE AVERY







Nontraditional is the new traditional when it comes to the demographics of today's college student body.

For the past several years colleges and universities have experienced a paradigm shift in the average age of students. Research reported by Stamats, a higher education marketing agency, shows as few as 16 percent of college students today fit the traditional mold: 18-22 year-olds who enroll in college directly from high school, are financially dependent on parents, are in college full-time, do not have major life and work responsibilities (full-time job or dependents) and who live on campus.

The American Association of State Colleges and Universities (AASCU) reports that 47 percent of all students currently enrolled in colleges and universities 25 years of age or older.

The National Center for Education Statistics (NCES) has identified seven characteristics common to nontraditional students. They:

- Do not immediately continue education after graduation from high school;
- Attend college only part time;
- Work full time (35 hours or more per week);
- Are financially independent;
- Have children or dependents other than a spouse;
- Are a single parent; and
- Have a GED, not a high school diploma.

Seventy-five percent of all undergraduate students now have at least one of these characteristics and are considered

nontraditional. Reasons for this include people who are learning new skills after being laid off from a job, coming off of active duty in the military, wanting to change careers or obtain an advanced degree.

With many obligations outside of being a student, colleges and universities are creatively accommodating the needs of nontraditional students. If they do not, according to Jamie Merisotis, president of the Lumina Foundation for Education, (because) it takes longer for a person to work to get the credential, it is less likely the person will actually achieve it.

Adult students learn differently and don't just memorize. By offering online, evening and weekend classes, colleges and universities are assisting nontraditional students with insecurities such as failure, cost and whether they can balance all the activities in their lives along with academic studies.

An interesting finding by The National Student Satisfaction and Priorities Report, is that 67 percent of adult learners and 74 percent of online learners rate their level of satisfaction with their college experience as "satisfied" or "very satisfied." Only 53 percent of traditional students could make this claim.

Another key finding from The Priorities Report is that the majority of online learners would re-enroll in their current program if given the chance to make a change. At 75 percent, this group showed the most enthusiasm for its current situation. Full-time, four-year public and private school students (most likely traditional students) indicated a likelihood of re-enrollment at 59 and 56 percent respectively.

The Priorities Report surveyed 683,000 students from 970 colleges and universities in the United States and found the reason nontraditional students are so much happier in school than traditional students is because they can register for classes without conflict, feel they receive value for their tuition costs, have instructional quality, an unbiased faculty and receive helpful feedback from educators and advisors.

Online education is the answer for students whose life circumstances make full-time, brick-and-mortar college attendance impossible. Opening this valuable door makes college more convenient, accessible and accommodating. To accommodate nontraditional students, colleges and universities are offering services such as financial aid, advising or tutoring after-hours (instead of the typical 9 to 5) and offering childcare for student-parents as well as additional parking for commuters.

College enrollment in the United States began taking a downward trend in 2010 and continues to fall every year. Traditional students are saying they are not satisfied with getting what they wanted out of their college experiences, but online classes are achieving exactly that goal.

USA Today reported that older students are the new normal at college because of the recession and new technology. New degrees and certifications can translate to higher paychecks and different lifestyles for their families.

According to the NCES, of the 17 million Americans enrolled in undergraduate higher education:

- 1 in 5 is at least 30 years old;
- About half are financially independent from their parents;
- 1 in 4 is caring for a child;
- 47 percent go to school part time at some point;
- A quarter take a year off before starting school;
- 2 out of 5 attend a two-year community college; and
- 44 percent have parents who never completed a bachelor's degree.

With all these changes around colleges and universities, there's one more thing that needs to change ... implement a new phrase for nontraditional students because today, they are the new normal.

APPS YOU'LL APPRECIATE ON YOUR NEXT TRIP

FAMILY FEATURES

From planning your next getaway to managing your vacation budget, there are myriad apps you can use to make your trip a seamless, more enjoyable experience.

Before planning your next trip, make sure you visit your preferred app store to download tools like these that can help with everything from planning to staying on track during the trip to looking back on your experiences when you return home.

MAP TOOLS

While the most basic function of these apps is obvious, map apps are also useful tools to research the area you're visiting, plan your routes ahead of time and find nearby essentials like gas stations and restaurants during your trip. Some apps also allow you to download offline maps so you don't find yourself stranded if you're going someplace where you're likely to encounter poor signal strength.

DISCOUNT RATE FINDERS

These apps make it simple to research and compare the best rates and deals for multiple aspects of your trip, often packaged for maximum cost-savings. For example, the Expedia app can be used to research and book everything from airfare and hotels to car rentals and activities. Once you've booked, these app makes it easy to keep track of your reservations and itineraries.

AIRLINE RESOURCES

Even if you book your ticket through a third party, you can benefit from downloading the app for the airline you'll be using. Nearly all airline apps include features that make it easier to make changes to your booking, check in, get a digital boarding pass, check your flight status and more. Additionally, most apps will alert you to any changes via push notifications.

VACATION RENTAL BOOKINGS

Many travelers are opting for vacation rentals over traditional hotels, in part because of the convenience and personal experience you can create. For example, the Vrbo app provides everything you need to book a vacation rental. As an added bonus, Trip Boards allow you to save, organize and compare your favorite properties. You can invite friends and family who will be traveling with you to discuss the trip using the new group chat feature and add and vote on their favorite properties to help narrow down the choices.

UNIT CONVERTERS

Handy for international travel, these apps make it easy to compute and convert common units of measurement, such as currency and distance, and many even convert time zones for you. Having a unit converter app is especially important if you may not have reliable access to Wi-Fi or data during your trip.

Find more resources for your next getaway at [Vrbo.com](https://www.vrbo.com).



CHAMPIONSHIP SNACKS



When the clock ticks down toward game day and you're putting together a snacking plan of attack, turn to recipes like these that you and your guests can savor for all four quarters of action.

With different choices to draft from, there's no need for a superstar main course at the center of the meal. Instead, rely on options like customizable brats and pulled pork sandwiches, baked chicken wings and game-day dips for winners all around.

Find more recipes for hosting game day at Culinary.net.

TOP YOUR TAILGATE

Take your tailgate or home viewing party to the next level by setting up a topping station with a variety of both traditional and unexpected condiments and garnishes to let your fellow fans customize their grilled fare. Include options such as:

- Ketchup and mustard (with flavor variations for added zing)
- Sauerkraut or cole slaw
- Chopped fresh and grilled onions
- Chili (homemade or from a can)
- Pickle spears and relish
- Barbecue sauce
- Sriracha
- Assorted shredded and crumbled cheeses
- A variety of peppers

A GAME-DAY WINNER

Game time is no time to mess around when it comes to fast, savory snacks. Crispy and light, tangy and bold, these wings have you covered for all your game-day needs. These spicy hot wings pair perfectly with Litehouse Chunky Blue Cheese or Homestyle

Ranch Dressing and may result in another game day rivalry: blue cheese vs. ranch. Whether you're hosting the game-day party or bringing a dish to a friend's bash, these wings can make mouths water from the opening kickoff to the final whistle. Find more game-day recipes at lighthousefoods.com.

CRISPY BAKED BUFFALO CHICKEN WINGS

Total time: 1 hour, 25 minutes

Serves: 8

- 4 pounds chicken wings
- 2 tablespoons baking powder
- 1 teaspoon salt
- nonstick cooking spray
- 4 tablespoons unsalted butter, melted
- 1/2 cup hot sauce
- 1/2 cup Litehouse Chunky Blue Cheese or Homestyle Ranch dressing
- 1/3 cup Litehouse Blue Cheese Crumbles
- carrots
- celery

Lay wings on rack on rimmed baking tray and let dry in refrigerator overnight, or pat dry with paper towels.

Heat oven to 250 F. Put one oven shelf in lower quarter of oven and one in top quarter.

Place wings in large re-sealable bag. Add baking powder and salt. Shake bag to coat wings evenly.

Line tray with foil. Spray rack on baking tray with nonstick spray. Place wings skin side up on rack. Bake on lower shelf 30 minutes.

Move tray to higher shelf and turn oven up to 425 F. Bake 40-50 minutes, rotating tray halfway through. Wings are done when they are dark, golden brown and skin is crispy.

While wings bake, whisk together butter and hot sauce; keep warm.

Remove wings from oven and toss with hot sauce; sprinkle immediately with blue cheese crumbles. Serve with blue cheese or ranch dressing, carrots and celery sticks.





Cullinary students do prep work to make sure ingredients are ready for an omelet bar for a December gathering of district principals at Old Town Bistro. The cash-only restaurant is open Wednesdays and Thursdays from 8:30-9:30 a.m. and 11:30 a.m. to 12:30 p.m. Diners can make reservations by calling 281-237-7580.

PREPARING FOR THE FUTURE

Miller Career & Technology Center prepares students for trades

By R. HANS MILLER

While many Katy residents know what happens at Legacy and Rhodes stadiums in downtown Katy with Taylor and Katy high schools recent trips to the state football championships, some may not know about what happens in their shadow at the Miller Career & Technology Center just off Katyland Drive. The vocational school is set up to provide experience in a variety of fields such as automotive repair that can lead to careers.

"[Students] get their [Automotive Service Excellence] certifications before they ever leave high school," said Miller's Principal Russell Faldyn.

Faldyn, a Katy ISD graduate himself, works with a team of teachers and staff to prepare KISD students for futures in a variety of professions including health sciences, veterinary medicine, culinary arts, film, cyber security and cosmetology – to name a few. Mostly though, they work to help students like Dominique Crespo – a Katy High School senior and health science student at Miller – to figure out what professions they want to take on.

"I think that Miller is just – they put an emphasis on how a lot of kids struggle to figure out what they really want to do with life," said Katy High School Senior and Miller student Dominique Crespo. "College is coming and they don't know what to do. Miller helps you."

A LITTLE PREPARATION

Like most things in life, getting into Miller takes some preparation, Miller's Admissions Specialist Ana Perez said. Courses at the vocational center often have prerequisites that students need to meet in order to attend. Perez recommends potential students and their parents visit one of Miller's open houses.

While Crespo was fortunate that her father worked for Katy ISD and could guide her along, she agreed with Perez. Crespo said visiting the open house was a big part of how she decided between pursuing a career in medicine rather than education. The open houses allow junior high and freshman and sophomore high school students to tour the facility and view 10-minute presentations about the fields of study offered at Miller. It was at an open house that Crespo found out about the Clinical Rotations – Practicum in Health Science course that has helped her decide on a career in medicine.

"Whenever I found out about clinical rotation, I was like, wow, I think that's crazy that we get to go to the hospitals and see nurses and doctors," Crespo said. "I actually love that class, it's my favorite."

Perez said students in middle school and high school work with their counselors to identify the prerequisite courses that are necessary to attend Miller.

Financial preparation is minimal, Perez said. Students that attend Miller may drive between their home campus



and the vocational campus, but the district provides busing services between campuses if necessary, so there are no transportation costs in most cases. A few of the classes – such as the medical courses that require scrubs – have a small fee to cover the cost of lab materials and protective clothing, she said. Higher-cost items like tools for automotive courses are provided by the district.

Perez emphasized that the most important thing in getting a student ready for coursework at Miller was setting up the right prerequisites.

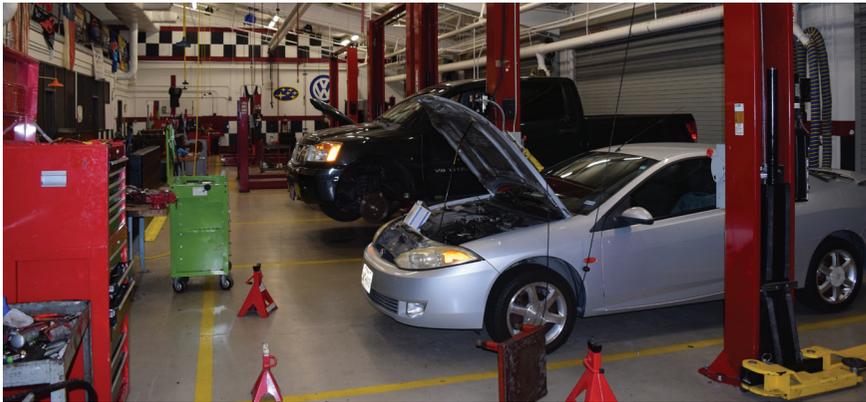
“We try to do a really good job of getting all the prerequisites out there so they’ll know what to take,” Perez said.

A BIT OF REALITY

Paetow High School Principal Mindy Dickerson said she has spoken with parents of students and students who have had experiences like Crespo’s.

“I’ve had discussions with parents about the medical strand and health science strand. Actually, physically doing the work and that real-world experience has sealed their job trajectory in the future which is pretty cool,” Dickerson said.

Providing juniors and seniors with the opportunity to explore careers and decide if those fields are a good fit for them is a big part of what Miller is all about, Faldyn said. The students do hands-on work in all of the classes, whether that be cooking



omelets for a principals breakfast catered by students through Old Town Bistro – the restaurant run by campus culinary students – or turning wrenches on vehicles through the Miller public services program which allows area residents to bring in vehicles for inexpensive repairs. Pet grooming and cosmetology students also provide services to the public, Faldyn said.

“It’s better to find out now that you didn’t like it than spend your parents money in college only to realize, ‘Oh, this wasn’t for me, now I’m stuck with these loans,’ or ‘I’m kind of stuck in this path,’” Perez said.

Perez said the programs offered at Miller provide a dose of reality to students that think some of the fields are easy grades. Dental assistant students have to put their fingers in each other’s mouths to complete assignments and automotive students have to get greasy.

“I just think that it’s amazing that we have the ability to give kids real world hands-on experiences while they’re 16, 17, 18 years old,” Dickerson said. “I think that’s so exciting for all of our students.”

Clinical Rotation students like Crespo see what real-life situations they’ll run into in hospitals such as Saint Catherine, Methodist West and Memorial Hermann Hospital which host the Miller’s vocational students for their practicum coursework. Crespo said she has seen multiple patients pass on during her time in the program, which has been a learning experience for her and her classmates.

Crespo feels that having the faculty at Miller and the experienced nurses in the hospitals with them as they experience the realities of losing patients is useful in learning to handle the hardships of the career she is entering.

“We talk about it as well in the classroom,” Crespo said. “We get to see everything we talk about in real life and I think, on the emotional side, they really help us understand how to get through things like that, or how to cope or how to deal with different things like that.”

LOOKING AT OPTIONS

Students at Miller Career & Technology Center can choose from 26 programs to develop a career in. The center began in the early 1980s teaching just two fields – Automotive Technology and Cosmetology.

- Architecture
- Automotive Technology
- Cisco Computer Maintenance
- Cisco Network Engineering
- Cyber Security
- Cosmetology
- Criminal Justice
- Culinary Arts
- Digital Audio
- Education
- Film
- Health Science
- Clinical Rotation
- Dental Assisting
- EMT Basic
- Pharmacy Tech
- Hospitality Services
- Law Enforcement
- Manufacturing Engineering
- Online Independent Study
- Online Independent Study – PreAP/GT
- PACE – PreAP/GT
- STEM – Practicum
- Veterinary Medicine

A STACK OF OPPORTUNITY

Even with Paetow High School’s short history, the advantages offered by Miller are already apparent for her as the campus – Katy’s newest High School – looks to graduate its first class of seniors.

“Some of [Paetow’s graduating seniors] have already committed to going to places like Texas Tech to accentuate what they’re doing here,” Dickerson said.



Students are set up to get the professional certifications they need to start careers in their respective fields, Faldyn said. Cosmetology students are licensed through the Texas Department of Licensing and Regulation by the time they finish their coursework at Miller, he said. Additionally, information technology students and those in similar disciplines obtain networking certifications prior to leaving the career center. Medical students are set up for jobs too.

“At Miller, the first couple weeks we focused on CPR, so I got certified,” Crespo said. “Then just recently, I got my EKG certification which is super cool because people actually go to school and take college and learn that kind of stuff to get certified and then do that as their job.”

The training to obtain her electrocardiogram certification taught Crespo and her classmates how to read different heart rhythms and match them with other symptoms patients might be experiencing, Crespo said. Having that certification opens up doors for her such as paid internships at hospitals and other opportunities, she said.

With shortfalls of professionals in many of the areas that Miller offers education in, students are set up for success, Perez said. The programs are student-centered and offer practical application in classroom and real-world environments, she added. This sets students up for success and helps them decide what to do as professionals as they move out of school and directly into careers or into higher education.

Crespo, who was recently awarded a softball scholarship and has signed a letter of intent to play for the University of Houston Victoria is



happy with her decision to attend Miller, which has helped her decide what direction to take in life. She said that parents and students often have a hard time communicating about after-school plans and that’s where Miller can help.

“There’s all kinds of options for kids to take. And I feel like there should be options for kids to figure out what they want to do – What they like. What they don’t like,” Crespo said. “And, I think Miller is just really good with that kind of stuff.”

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