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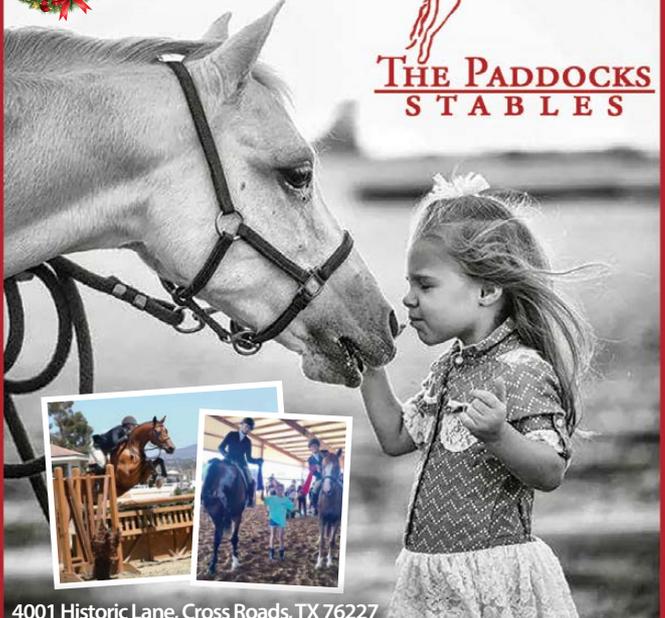
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photo by April Graves

GENUINELY Gigi

Some people have a passion that has stirred in them for as long as they can remember, maybe since the day they were born. They realize they have a talent, so they nurture it and harness it from early on. Better yet, when family and friends are supportive it catapults talent to an even higher level. It is always very exciting to see young people following their passions and living their dreams.

Gigi Miller is a 15 year-old singer and songwriter in the tenth grade at Lone Star High School in Frisco Texas. Gigi plays piano, guitar, and ukulele, she also sings. Starting at age eight taking guitar at School of Rock and piano at home, she moved to Guitar Center Studios, added formal piano lessons and even took drum lessons for a while. Moving to Frisco from

Highland Park, she found Pink Couch Academy of Music and added ukulele.

Under the training of Brittnee Belt, Gigi quickly advanced and became a working musician performing at fun venues like Sugar Ridge Winery in Sanger, LSA Burger in Denton, Eight 11 Wine Bar in Frisco, and Six Flags in Dallas. She can often be found singing at her family's Prestonwood Polo Club in Oak Point, as well as other exciting venues.

Gigi released her first single, "Hugs & Kisses", appropriately enough on Valentine's Day 2018. Hugs & Kisses is a song she wrote in seventh grade and recorded at age fourteen. It is available on iTunes/Spotify/Pandora. Gigi's goal is to record a full CD in 2019. She's currently writing material with Brittnee Belt and Richard Green of Pink Couch Academy of Music.

A student of Dallas Summer Musicals Academy since kindergarten, Gigi has a passion for live musical theater and has gotten lead roles in all of her high school musicals. This month she is Judy, the flirtatious sister, in White Christmas. She has been in Choir since middle school and this year performs with both the LSHS Chorale and Show Choirs. She had the honor of being chosen to sing in an ensemble in the Women That Soar choir for their 11th annual event last month that will be televised in March.

If you have not had the pleasure of watching Gigi perform follow her on Gigimillermusic.com and on instagram @gigimillermusic

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with Rebecca Macy, M.A., CCC-SLP



Meet Rebecca Macy, she is a Certified Speech-Language Pathologist with over 12 years of experience in the field.

Before jumping into private practice, she spent half of her career working in skilled nursing facilities and the other half working in home health (pediatrics and adults).

Her passion has always been adult rehab, with a focus on neurological disorders such as stroke, Parkinson's Disease, Multiple Sclerosis, and Huntington's Disease. The majority of her career has also been spent working with individuals with dementia and their loved ones.

Rebecca is a certified provider of the SPEAK OUT!® program from the Parkinson Voice Project and a member of the American Speech-Language-Hearing Association.

She lives locally with her son in Providence Village. In their free time they enjoy spending time together, they love baseball, camping, hiking, and spending time with friends and family.

Rebecca specializes in offering in-home speech therapy services to adults with disorders such

as: Dysarthria (slurred speech), Dysphagia (impaired swallowing), Voice

Cognition (i.e. Dementia, Memory, etc.), Communication difficulties as a result of stroke and other disorders

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IT'S A COLORFUL LIFE...

by Julie Zwahr

The Gift of
Vibrance



When you enter Mrs. Olivia Gonzales' Cosmetology Class at the Denton ISD's LaGrone Advanced Technology Center, you immediately notice Tim Canter because he stands out. He's one of two boys studying to take his barber certification exam and working towards his state-required licensure.

"When we started getting into hair dyes, I could tell Tim was worried and he kept asking me about the content," said Mrs. Gonzales. "And he then admitted to me that he's color blind, which can be problematic in this profession."

According to the National Eye Institute, Tim is one of eight percent of men who have red-green color blindness.

"He doesn't see what we see, he sees the world in shades of gray, green and dark red," said Mrs. Gonzales. "As a teacher, my immediate thought was 'How can we fix this?' so I started searching online."

While perusing social media, Mrs. Gonzales discovered EnChroma® glasses, a specialized pair of glasses that visibly correct

the color spectrum when worn by those with color blindness.

Secretly, she started speaking with the students, faculty members and regular customers of the salon asking if they wished to donate and help purchase a pair of EnChroma® glasses as a surprise for Tim's 18th birthday.

"Our students in their focused groups of study, very much function like a family, an extension of the classroom," said Marcus Bourland, principal of the LaGrone ATC. "I encourage our teachers to love and encourage our students beyond just teaching subject matter, and this project is a prime example of that coming to life."

On an autumn evening, Tim's classmates and teachers surprised him with a room filled with neon streamers, bright balloons and colorful cake. And, of course his favorite color – orange.

"It's my favorite color because when I was little, I liked tigers," Tim explained. "Someone told me tigers were orange so when asked, that's what I would say. But, thanks to this amazing gift, that might change."

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Enchantment of the Netherlands

By Jodie Linton-Prickett

If you have visited Texas Tulips in Pilot Point while the flowers are in full bloom and have been amazed at how many varieties of tulips there are, just think, you could have these in your very own garden! For the third year in the 380 Corridor, you can shop at this premiere tulip bulb market. From December 1, 2018 through January 7, 2019 the market doors are open from 9:00 a.m. - 5:00 p.m. daily for you to come and select from these lovely bulbs.



You could purchase from the big box stores, but if you know the Koeman family, you know that each bulb has been nurtured and loved before it was ready for you to take home from their market. They also have generations of experience cultivating these spectacular bulbs. Also, the variety will

amaze you! There are tulips you have never seen before and some you couldn't imagine possible, if you did not see them with your own eyes! You can now also view all of their amazing selection and purchase your bulbs online at www.Texas-Tulips.com.



Shopping for and planting these lovely flowers can be fun for the entire family! They make exquisite Christmas and Holiday gifts for the flower lover in your family. Make your garden the

most unique around and experience some of the enchantment of the Netherlands right here in the 380 Corridor!

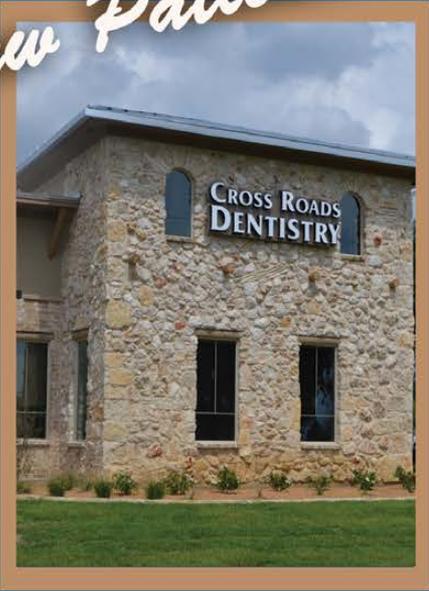


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WILD GEESE, HIGH IN THE CLEAN BLUE AIR AT HAGERMAN NWR

A quick guide on how to identify migratory geese

by Renny Gehman

The Gift
of
Wildlife



Photo by Laurie Sheppard



Photo by Bert Garcia



Ross Goose (left) Snow Goose
(right) Photo by Laurie Sheppard

What's all that white flying overhead? It's the annual arrival of migratory geese at Hagerman National Wildlife Refuge. Over 10,000 of them end their winter migration on the edges of Lake Texoma, most of those within the boundaries of the refuge. Texas is home to about 75% of the Snow Geese that migrate along the Central Flyway, which covers the United States from North Dakota to Texas, spanning our Great Plains region, and includes the Canadian provinces of Alberta, Saskatchewan and the Northwest Territories.

After spending the summer nesting in Canada and northern Alaska, the geese begin to take their places in the familiar V-formation heading toward Texas and Mexico to spend the winter. Young geese, those flying south for the first time, and infirm geese travel in the rear of the V where wind drag is reduced. They follow the same route as their parents before them, often returning to the same spots year after year. This 2,000-3,000 mile flight takes several months, with stopovers in North Dakota and Nebraska en route. Weather greatly affects the start of migration and stopping points along the way. Over 600,000 geese make Texas their winter home—and Hagerman hosts 10,000-12,000 of those.

What's the attraction? Hagerman's wheat fields and prairie wetlands are important habitats for the thousands of Snow, Ross's (collectively called light geese), White-fronted, and Canada Geese which arrive at the Refuge sometime in November. Suddenly the fields along Wildlife Drive will turn white—not from snow, but from Snow Geese! Indeed, the U.S. Fish and Wildlife Service's website's description of their arrival compares them to a prairie blizzard. These flocks are the refuge's biggest winter attraction and a primary reason for Hagerman's existence—to provide and manage habitat for migratory birds.

Created not long after the opening of the refuge, the Central Flyway Council provides leadership in international migratory bird conservation, managing and funding projects monitoring Snow and Canada Geese. The U.S. Fish and Wildlife Service partners with the Council to ensure the conservation and habitat preservation for these species, as well as other migratory species, especially waterfowl. Under this partnership, the goose populations along the flyway have shown significant increases. Texas has benefitted from these projects, with the goose population count trending up for the past decade, although those populations have shifted locations. The Gulf Coast has seen fewer geese, while Hagerman's counts have remained relatively stable as the migrant geese sought habitat not suffering from drought (Central Texas) or flood (Gulf Coast after Hurricane Harvey). This year at Hagerman, who knows? Hagerman's wheat fields are underwater currently, but flocks of geese are already circling overhead.

What can make individual geese difficult to identify is the number of possible variants. Variants are sub-species, similar in appearance, but which vary in specifics like size, markings, and even color and this can make it difficult to distinguish the geese. For example, Canada Geese have six variants, but only two fly the Central Flyway, and we're likely to see only Lesser Canada Geese at Hagerman. If by chance you see a Canada Goose that is significantly smaller (~27") than the ones around it, then you might have seen a Cackling Goose; however, it's unlikely. How do you identify Lesser Canada Geese? All Canada Geese have long black necks and white chin patches, light breasts and

brown backs. They measure ~36" and are present year-round, since Hagerman has a nesting population. So, if you see a large goose wandering down one of Hagerman's roads in the spring or summer with goslings in tow—it's one of our resident Lesser Canada Geese.

Similar in coloring is the Greater White-fronted Goose. Unlike Canada Geese, Greater White-fronted Geese do not nest here, but are common at Hagerman during fall and winter. To add to the confusion, they occasionally cross-breed with both Canada and Snow Geese. Colored similarly to Canada Geese, they lack the Canada's black neck and white chin-strap. From their name, you would think Greater White-fronted Geese would be white in front on their breasts, but that's not true. Instead, white feathers give their breasts a salt-and-pepper appearance, and they have the nickname, speckle belly. The white marking which gives White-Fronted Geese their name appears just behind their yellow bills (on their foreheads, so to speak), and is fairly conspicuous. Unlike Canada Geese, White-fronted Geese have bright orange legs, and a white tip on their tail, and they're smaller, which is another good field marker.

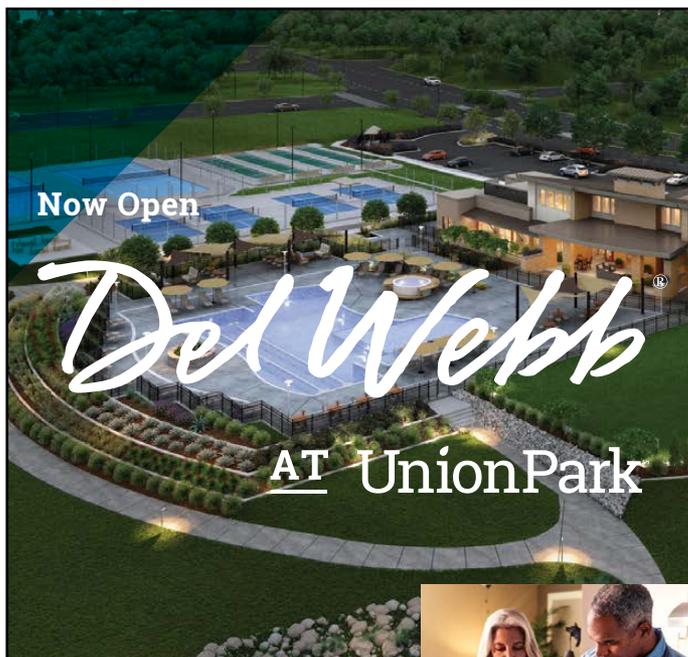
Snow Geese, in all their variations, are Hagerman's most common geese, our own prairie blizzard. Just to be more confusing, Blue Geese are also Snow Geese! At one time, they were a separate species, but now Blues are considered a variation (a phase or morph), of Snow Geese.

Here on the Central Flyway we get Lesser Snow Geese, which measure ~28". It's easy to identify the light phase or Snow Goose: a primarily white bird with black wingtips and pink legs. Their beaks are pink, with a black grin-patch, where the upper and lower bills meet, giving the appearance of a smile, or grin. Less common Blue Geese (blue morph), are mostly a sooty grey with white on the head; they share pink legs and black grin-patches with Snow Geese. Snows and Blues interbreed, with variations ranging from almost completely white mixed with blue, to mostly blue mixed with white, and everything in-between. You can't miss the Snow Geese's abundant flocks filling Hagerman's fields from November through March.

Hardest to see and identify within our prairie blizzard are Ross's Geese, because they're little lookalikes, of Snow Geese; same white body and wings and same black wing tips. However, they are smaller (~23") than Snow Geese, and their pink bill lacks the Snow Goose's black grin patch. It also appears stubby when compared to the Snow Goose's bill; indeed their head is much rounder and their neck is shorter, which is one of the easiest ways to distinguish between the two species. Ross's do have a blue phase, although it's uncommon, and they also interbreed with Snows. Like Snow Geese, Ross's Geese appear at Hagerman from November through March, and often mix with the larger goose flock.

Confused yet? Feel free to stop by Hagerman's Visitor's Center and pick up a card or flyer which will help you tell all our wildlife guests apart. It's worth it, especially when surrounded by a prairie blizzard!

Friends of Hagerman NWR Foundation is located at 6465 Refuge Road in Sherman, TX. For more information, please visit www.friendsofhagerman.com.



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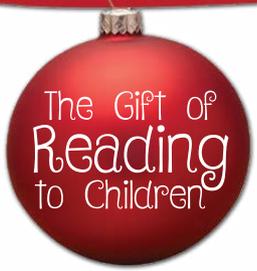
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by Amy Ruggini



that leads to language development and encourages early reading skills. Having a home library is vital because it leads to a higher reading proficiency in students, according to the Educational Testing Service.

The National Assessment of Education Progress in 2017 said that only 35 percent of public school students were above proficient in Grade 4 reading. Texas shows to be 10 percent lower than the rest of the nation.

Just a one percent rise in literacy scores leads to a 2.5 percent rise in labor productivity. This research was done from the International Adult Literacy Survey.

AEF's goal is to expand the literacy program through 3rd grade.

Would you like to get involved? AEF is looking for volunteers and sponsors. It costs \$10 a year to sponsor a child. Aubrey ISD has

approximately 900 students in pre-K through 3rd grade. Donations can be sent to: AEF, PO Box 593, Aubrey, TX 76227 or paypal.me/aubreyef

AEF is a public 501(c)(3) non-profit corporation dedicated to supporting excellence in education for Aubrey ISD students and teachers.

Please contact Rhonda Brawner for more information. Email: aubreyef@gmail.com

In its third year, the Aubrey Education Foundation's Literacy Program is expanding to include kindergarten classes at Brockett and Monaco Elementary Schools at the Aubrey Independent School District.

The AEF Literacy Program is striving to help encourage reading and build home libraries for children at Aubrey ISD. AEF volunteers started reading several times a year to the Early Bird Learning Center's pre-K classes in 2016. Volunteers would read two books to each classroom and then

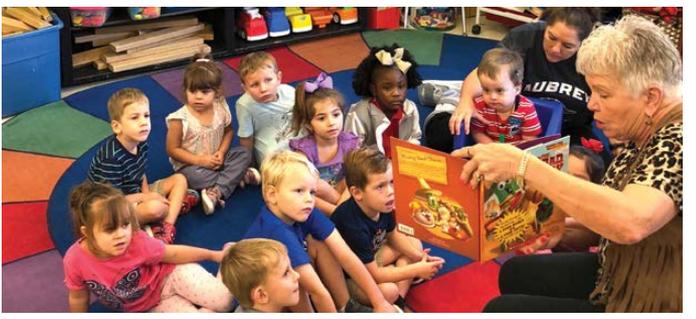
hand out copies of the books to each child to bring home.

With additional funding, the program was able to start making monthly reading visits to EBLC in 2017. Starting in October, AEF volunteers will also visit Brockett and Monaco kindergarten classes twice a year.

"Early Bird believes it is important to provide our students with a firm foundation," EBLC Director Pam Bloedel said. "AEF is investing in our children and helping build strong, successful students. By giving them a book to take home and keep, we hope to instill a love for reading and learning at an early age. We are very grateful for our volunteers that come read to them as well."

Reading aloud to young children has shown to have lasting and important results.

According to the Childs Trend Data Bank, reading aloud is the most important researched activity



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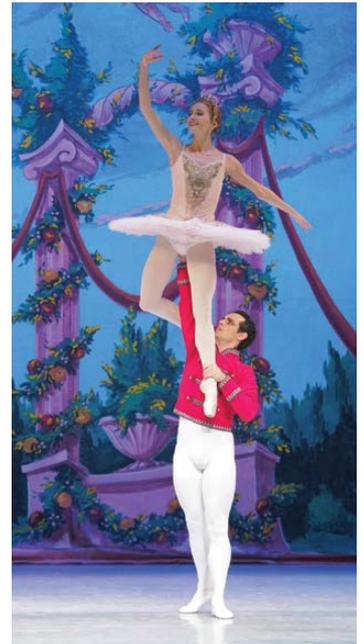


The 31st Annual

Nutcracker Ballet 2018

Festival Ballet of North Central Texas is proud to present their 31st Anniversary production of The Nutcracker Ballet. For three decades they have brought this enduring holiday classic to Denton, as Tchaikovsky's music accompanies Clara's dream against the backdrop of eye-catching sets and costumes. They are delighted to have returning to the stage principal dancers Nikola Hadjitanev and Marta Petkova as they join Festival Ballet of North Central Texas to perform this spectacular and perennial ballet choreographed by Hugh Nini, and directed by Eldar Valiev. Tickets are on sale now!

The performance will be held on Saturday, December 8th at 2:30 p.m. and 7:30 p.m. and on Sunday, December 9 at 2:30 p.m. at the Margo Jones Performance Hall on the TWU campus located at 1322 Oakland Street, Denton TX. Please visit their website www.festivalballet.net for more information.



The 380 Corridor's premier publication since 2005

CUBA

The Pearl of the Antilles

Jodie Linton-Prickett



British painter, Walter Goodman, coined the idiom, “The Pearl of Antilles” in 1873, however, to me, it has always been the forbidden fruit. With travel restrictions since early in February 1963, my whole life Cuba has been off limits. To think, just 90 miles off the coast of Florida and Cuba is the only place American Citizens have ever been restricted from visiting.

In my mind, a place shrouded in mystery and intrigue, I yearned for years to have Cuba as a stamp in my passport. It offered up colorful romantic notions for me. The captivating idea of a destination that has been lost in time, with its lovely people, lively music, classic cars and beautiful architecture, and of course loads of cheap cigars and rum. This would be the country that was off the beaten path, undiscovered by holidaymakers. A place to truly understand a culture without overflowing tourism as a distraction.

Cuba, the place that was so alluring to Ernest Hemmingway that he stayed for just over 20 years. His home, La Finca Vigia, located about nine or so miles outside of Havana was where he wrote nine novels, including, *For Whom the Bell Tolls*, for which he won the Nobel Prize for Literature in 1954.

Havana is the heart of culture in Cuba with street performers playing instruments and serenading, clubs and bars with charismatic rhythms spilling out of their antediluvian walls and dancing down the streets. The legendary music of the Buena Vista Social Club and the Tropicana that gave us legends like Desi Arnez.

Yes, Havana, a city with fabulous art and poetry, colorful colonial architecture, dotted with convertible classic cars in a balmy tropical atmosphere, cooling you with the ocean breeze. Just like a postcard.

It is amazing what the mind can conjure up. How easy it is to romanticize something you are prohibited from visiting. Not that I had Cuba all wrong, but I did not have it all right either.

On a warm summer night in the 380 Corridor while talking to friends, they were telling me about a cruise they were taking out of Miami to Havana, Cuba. It was a birthday cruise of sorts and they had already booked, but extended an invitation to come along. Before I knew it, I had booked a cruise for three and was going to a place that was high on my bucket list.

I like to consider myself a seasoned traveler. Cuba, for me, became country 41. While I was not as well prepared for this trip as I should have been, I was going feeling fairly comfortable about it. First, I declared that my trip was for journalistic activity. I filled out the necessary paperwork for the U.S. Office of Foreign Assets Control, otherwise referred to as OFAC, and arranged for our Visas. This process was far easier than I imagined it would be. However, OFAC was all new to me. You are required to keep records of your time in Cuba for up to five years. You can be contacted at any time to give detailed information about the time you were in Cuba, the places you went, the people you were in contact with and the money you spent. At this point, I was happy that I was going to write an article, therefore, I would have good records of my time in the country.

Since we were arriving by ship, we had the opportunity to go to an informative presentation hosted by the Cruise Director, who answered several questions for the attendees. Mostly, it was to promote their shore excursions almost scaring you that going on your own you could end up with OFAC complications. For me, tours make it too complicated to get the heart of a story. While there is always a time and a place for large tour groups, and they can offer great peace of mind, they are just

not for everyone. They are cost prohibitive in some cases and you don't get one on one attention or the opportunity to customize your itinerary. Even though the boat was docked overnight in Cuba, time is of essence and you can get more done in small groups. So, we stuck to our plans and went it alone.

Before leaving the United States, I made arrangements for a guided tour with an OFAC approved company named Old Cars Havana. They had an easy to follow website and the representative, Oscar, was quick to respond to my questions and help me book a private guided tour for the day with an English speaking guide. He was also able to secure my visit for that evening to watch *The Fabulous Five* at the Buena Vista Social Club with transportation and dinner included. The process seemed easy enough.

For avid cruisers, the procedure of going to shore may be old hat. However, despite several ferries in Europe, I have never gone on an actual cruise. This form of transportation just happened to be one of the easiest ways to get to my chosen destination. Getting off the boat was almost as exhausting as boarding an airplane. Get a number, stand in lines, and show your room card and your passport of course. After finally getting off the boat, there was another line to exchange money. The U.S. dollar has the typical 3% exchange rate then an additional 10% because of



the Embargo. Other currencies do not have the extra 10%. Credit or debit cards from the U.S. will not work after you leave the boat. Make sure you plan your budget well or you will end up running short on cash. There are very few places that will take American dollars, such as some of the cigar companies and the trinket stands in the cruise terminal.

Once you have exchanged your money, you will go through Immigration and passport control. It is here that you will give them your Visa and they will stamp your passport twice. This allows you easy return to the ship.

Once you have cleared everything, you will exit from the cruise terminal. Our ship was docked right in front of Plaza Vieja in Old Havana. The biggest obstacle was exiting the terminal and having to immediately cross an excessively busy street with no traffic lights. A uniformed officer stood in the middle of the crosswalk conducting traffic with a whistle. Once you cross, you are instantly in the thick of things. El Morro, the fortress you see when pulling in to port is a hop, skip and a jump away from the ship. Castillo de San Carlos de la Cabana is easy to get to as well. It would have been easy to fill the day walking through the area and visiting the Old Havana sights.

Museo Hemingway Finca Vigia, was well worth the drive outside of town to visit. We were fortunate enough to arrive between the tour buses, so we had the place almost to ourselves. Our guide, Sergio was also able to incorporate places to experience both going out and coming back. We went by El Capitolio, Monument Jose Marti on the way there. On the way back, we stopped at Fusterlandia, located in the Miramar Provenca and the beautiful Havana Forest, home to the Elephant tree and a 500 year old Banyan tree. At the end of the tour, Sergio walked us down Calle Obispo back to our Cruise Terminal. The pedestrian street was full of life and happiness.



Visiting Cuba did take away the romantic overtures that swooned in my head. It made it all too realistic. Cuba is a very poor country with many people living on wages of about \$300.00 a month. However, the people that I encountered were optimistic, friendly and vibrant. They were fascinated in getting to know us and interested in sharing their culture.

Yes, parts of Cuba have been frozen in time, but several places have given way to it. Crumbling structures only reveal hints of their once beautiful facades. The classic cars are carefully preserved. You see them everywhere around Old Havana. This preservation is more out of necessity than of choice. The farther away you drive from the tourist areas the more you see the reality of pieced together cars that are barley being held together.

The rum is reasonable, but the cigars are not cheap. If you want to bring back your 100 cigar limit, make sure you bring plenty of extra cash.

The weather is not balmy, it's sweltering. There is no soft ocean breeze to cool you off. It is hot and extremely humid all year around. The convertible cars are fun, but after a while you start to look at the air-conditioned tour busses with a tinge of envy.

The preconceptions that I get to keep are the best parts, the people are lovely, the artists are talented and resourceful, and the music does fill the air. There is a vibrancy and a grit that equally takes ahold of the atmosphere. From the street art to the galleries, the Tropicana to the performer on the square, all are beautiful to behold.

Furthermore, the holidaymakers from all over the rest of the world have already found Cuba. It is a popular destination. The thing that bemuses me the most is that it is just 90 miles off the coast of Florida and one of the hardest places for me to get to. It very well may be one of the most difficult places for me to understand. I disembarked in Cuba with questions and I left with more than I had when I arrived. ✨



Fusterlandia, located in Miramar Provenca, once was considered the slums. However, one man's passion transformed the shantytown to a must see destination.

Now, Fusterlandia is one of the most celebrated places to see in the Havana area. Just about 15 miles outside of the hustle and bustle of the city, you will find one of the most interesting works of art you may ever encounter. If there is a rabbit hole that you are going to fall down in Cuba, this is the one you want!

This masterpiece was created by artistic genius, José Fuster. He was inspired by artists such as Picasso and Gaudi, whom you can see in his work. His passion for making things unique and interesting has turned his community into a thriving, growing work of art. His home and garden are tiled completely in bits of glass, broken tiles and



Cuba's FUSTERLANDIA

The Gift
of
Passion

other discarded objects creating a giant mosaic. Once he completed his own property he continued to his neighbors, then his entire street, then around the block and then the next.

By creating beauty Fuster also boosted the economy. Now homes double as businesses and are running souvenir shops, ice-cream stands, kiosks and serving lunch on their patios. Small galleries now sprinkle the area highlighting other artists that live in Miramar Provenca.

It is free to visit Fusterlandia and photos are allowed, except in Fuster's small private gallery. If you are interested in purchasing Cuban art this place cannot be missed. Once you are there, you will feel the colorful energy, and the passion of the residents. It shows what one person can do to change, not just their own lives, but also the lives of everyone that surrounds them.

The great thing is that beauty and whimsy can be created anywhere, it just takes one person to believe it can be done.

BUILDING

The Gift
of Making
the World a
Beautiful Place



Lizzy Gator Custom Creations will Build for You Too!

Article by Jodie Linton-Prickett, Photos by Courtney Nagore



Some dreams come in boxes ready to go, some are inherited, or given as a gift, but some are built from the ground up. It begins as a fleeting thought that you almost dismiss, but then it starts to tickle your brain. You know you have something going on, a great idea. One so inventive that you have to acknowledge and eventually run with.

With excellent vision, creativity, and the skills to get things done, Lizzy Gator Custom Creations, built their own dream venue, and they can build yours too! The finishing touches are now being put on their exhilarating new event site located at 12222 Massey Road in Pilot Point, Texas. They are now accepting reservations for weddings, reunions, gatherings and corporate events.

Besides a beautiful event venue this location also has a building that serves as a showcase for their creative genius. You are more than welcome to drive by their site, or arrange for a personalized visit to look at the quality craftsmanship and artistic vision that brought this building from a concept to a venue starting from the ground up. Lizzy Gator Custom Creations can offer extreme versatility in your personal design from functional to fabulous. Projects are custom and can range from basic outdoor sheds built to HOA specifications, to fantastic "she" sheds. They can remodel your house or build you a barn. There are few limits on what this

team can do. Consider something specifically for you, like beautifying an existing room by adding your personal touch. Often you know what you want or need but need the expertise of someone to help you accomplish it. When it comes to design, construction or building, they can fulfill basic needs or create an artistic delight! Lizzy Gator Custom Creations designs thrive in both interior and exterior projects.

A little over a year ago, Elizabeth and Chris collaborated with Roger Morris, who has been building barns and other structures in Horse Country

since 1979. His extensive skills and expertise, combined with Lizzy Gator's artistic vision and creativity made for a perfect alliance. Teamwork and sharing skills is what put towns like Pilot Point on the map. Roger Morris and Lizzy Gator Custom Creations are continuing that tradition. The joint effort and fellowship allows these three to do everything from design, fabrication, construction, remodeling, specialty lighting, entryway signs, gates, fences, equine facilities, as well as building structures from the ground up!

FROM THE GROUND UP



With the growing need for homes in the 380 Corridor and surrounding areas, remodeling an existing home may be the answer for families needing more space or making a current floor plan more functional. By using Lizzy Gator Custom Creations you can cut out the middle man letting you be more involved and confident with the establishment of interesting designs, while personalizing your space. Speaking of space, if that is what you need, consider a custom designed shed to match your home. If you need more space for your four legged friends, don't hesitate contacting them to add to your barn or build a whimsical house for Fido!

It is amazing what can be done to an existing property. A few simple pick-me-ups to extensive alterations can increase the resale value of your home, ranch, vacant lot or commercial property. It can also make you want to love the space you're in avoiding the hassle of moving. Breathing a breath of fresh air into a property that has become stale or stagnate is easy when you work with Lizzy Gator Custom Creations. They can also assist you in incorporating green living or landscape to your abode. Lifestyle changes can be addressed too, such as preparing for kids that won't leave or parents that are moving in.

It is easy to arrange for a complimentary consultation with Lizzy Gator Custom Creations. So, whatever your needs are to whatever your heart desires, Lizzy Gator Custom Creations is making the world a more beautiful place one project at a time. For more information please call 940.391.2260. 

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Cotton

by Michelle Ellis

Researchers at Texas A&M AgriLife have developed a transgenic cotton plant – TAM66274 – with ultra-low gossypol levels. This new variety can produce cottonseed that can be ground into flour to deliver a new food source to our growing population.

Dr. Keerti Rathore a Texas A&M AgriLife Research biotechnologist has devoted over 20 years to the project. “Biotechnology tools that made the ULGCS technology successful had just become available when I started looking at the potential to make this new source of protein available to hundreds of millions of people,” Rathore said. Rathore has received word Texas A&M University’s petition has been approved by the US Department of Agriculture’s Animal and Plant Health Inspection Service, or APHIS.

The new variety can not only help feed more people, it could be economically beneficial to farmers also. “I also realized the value to cotton farmers everywhere of removing gossypol from the cottonseed because such a product is likely to improve their income without any extra effort on their part or additional input,” Rathore said. “Such a product can also be important from the standpoint of sustainability because farmers will produce fiber, feed and food from the same crop.”



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by Elizabeth Norton

Pilot Point Family Practice, a Premier Health Partner: NOW OPEN AND SEEING PATIENTS!

Formerly known as Pilot Point Family Practice with long-time owner and respected physician, Dr. Kenneth Beresford, this community staple has partnered with Premier Independent Physicians, Inc. (PIP). Still located at 1246 Hwy 377 South, Suite C, Pilot Point, TX 76258, Pilot Point Family Practice became a part of the community in 2001 when Dr. Kenneth Beresford began his practice. In 2015, Dr. Beresford's son, Matt, assumed

ownership. Matt wanted nothing more than to continue his father's legacy of providing compassionate care to the community of Pilot Point. A chance introduction from an acquaintance and long-time friend of Dr. Beresford's provided the expertise Matt was searching for.

Dr. Naseem and his team at Premier Independent Physicians share Dr. Beresford's vision for delivering quality and accessible health care to

the good people of Pilot Point and its surrounding communities. With a focus on preventative health care, and the compassionate attention you've come to expect from Pilot Point Family Practice, Dr. Beresford's contributions to the community are guaranteed to continue throughout this new partnership.

New Provider

Renate Pagel, APRN, FNP-C, joins Pilot Point Family Practice as the primary provider. Ms. Pagel

The Gift of Health

earned her master's degree and Family Nurse Practitioner certification from the University of Texas at Arlington. Ms. Pagel has been a nurse for 30 years, with experience both in inpatient and outpatient care, and is adept at diverse patient populations. Ms. Pagel works to empower patients to take charge of their health care while providing the support they need to do so successfully.

Premier Independent Physicians Management, Inc (PIP), a division of Summus Healthcare, manages seven primary care clinics across North Texas and Southern Oklahoma. Our mission: Empower primary care providers to provide exceptional patient care and preventative medicine.

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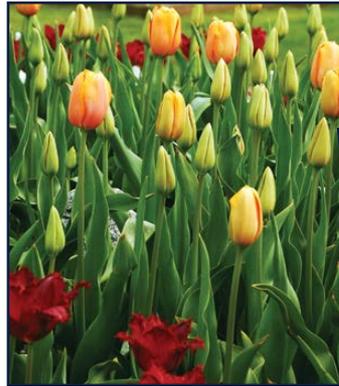
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IT'S BEGINNING TO LOOK A LOT LIKE . . . CHRISTMAS IN THE SQUARE



The magic returns to Christmas in the Square for the fourteenth year. Friends and family delight in this annual event. There are so many things to do and see making it a festive time for all ages!

Frisco Square Property Owners Association, NBC5 and City of Frisco, proudly present Christmas in the Square at Frisco Square, Now through December 31, 2018. Christmas in the Square Light Show will be open nightly from 6:00 p.m. – 10:00 p.m.

Skate the Square, a real ice skating rink is 45' x 75'; located at the southwest corner of Main Street and Coleman Boulevard across from Toyota Stadium. This daily event is in addition to the already popular, family-friendly events scheduled during the 14th Annual Christmas in the Square, which hosts over 750,000, making it one of the largest events in North Texas.

Skate the Square, will be open Monday through Thursday between the hours of 4:00 p.m. and 9:00 p.m. Also, from December 17 to January 7, there will be extended hours of 2:00 p.m. to 9:00 p.m. and each Friday through Sunday from noon to 10:00 p.m. except on Christmas Day and weather permitting. The ice skating cost is \$12.00 per person, per day, including skate rentals. The daily price includes open public skating for as long as visitors want to stay within the open and close times. To reserve the ice rink for private use, you may call 214-444-8758 and the cost is \$300 per hour and available



Monday – Thursday from 9:00 p.m. to 10:00 p.m. and before opening hours daily.

Frisco Square is thrilled to announce a new and exciting element for all to enjoy, an Enchanting Christmas Tree Maze.

This will be located in a tent at the corner of Coleman Boulevard and Frisco Square Boulevard through December 31st. The hours of operation are the same as Skate the Square (closed Christmas day). The cost is \$8.00 per person, per visit. If you bring an unwrapped toy to be donated to Operation Once in a Lifetime (<https://operationonceinalifetime.com/>) the cost is \$5.00 person.

Come join all of the festivities at Frisco Square this Christmas Season. For the complete calendar of events, please visit www.friscosquare.com/CITS

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The Gift that
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Giving



THE MOST HORSIEST TIME OF THE YEAR

Christmas is a magical time of the year. At "The Paddocks Stables," we are excited to offer two different sessions of their Christmas Riding Camp! The camp will consist of learning parts of the horse, parts of the tack, how to properly groom, history of the sport, fun, and of course, riding. So, if you're having a difficult time thinking of a gift for your children, especially one that doesn't involve electronic devices, look no further. At Paddocks, we've got you covered!

The first camp will run from December 21-23, from 11:00- 2:00, and the second session will go from December 27-29, from 11:00- 2:00. For more detailed information and to reserve your camp preference, please call Jandji at 479-966-7979. If you book your space before

December 12, the class is only \$150.00 and thereafter it is \$180.00.

Paddocks Academy and Show Barn riders and trainers are adjusting to the time change. The horses are loving that the rain has stopped and they get to enjoy the sunshine and eating grass. Paddocks has space available for our boarding and riding program. Many people do not realize that there is boarding and riding available right around the corner from the Walmart located on Highway 380. Our location is super convenient for lessons and an excellent place to board your horse. Board includes: specialty diet feed, hay, bedding, stall cleaning, blanketing/un-blanketing, daily turn-out, and 24/7 care on-site. We have multiple individuals near all three barns to provide immediate care,

including medical care when necessary. Love and care is provided around the clock to your special, four-legged friends and athletes.

Now, onto the good stuff! With boarding, you get two group lessons per week and your horse enjoys one training session per week. If you add up all the lessons, training, specialty care, and the amazing facilities, which includes two indoors/shaded trails, the value far exceeds the cost. This amazing facility is an affordable \$1200.00 per month. "Here you receive everything you would expect from a five-star resort. We even set up the horses pedicure needs," said Jandji. "We'd love to add your horse to our program and look forward to working with you."

Now for a history lessons about what we provide at The Paddocks! This

particular sport has a deep history that is cherished and guarded by the many that are involved in it. Hunters and Jumpers originated within the Italian Cavalry School in 1904 with Caprilli, who developed the first written program to teach the forward riding seat. Riders from around the globe travelled to Italy to learn and bring home the techniques to their own mounted Cavalries. Some of the founding pioneers in America include Gordon Wright, Archie and Hugh Dean, Bill Steinkraus, Paul Cronin, Hugo Vidal, Bert DeNemethy, and George Morris. George Morris is one of the most influential riders and trainers in the history of American riding. A lot of folks in Texas hear the word horse and they automatically think of riding western. At Paddocks Stables, we they are there to teach you and your family about the other side of the sport!

Welcome to CW Floors & Lighting!

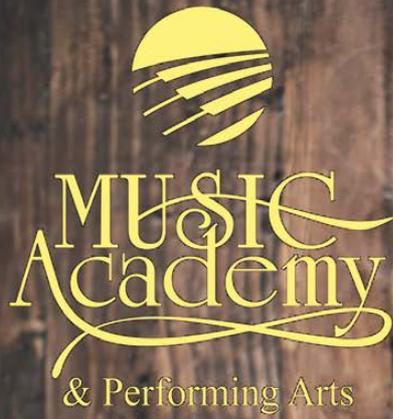


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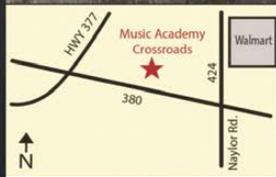
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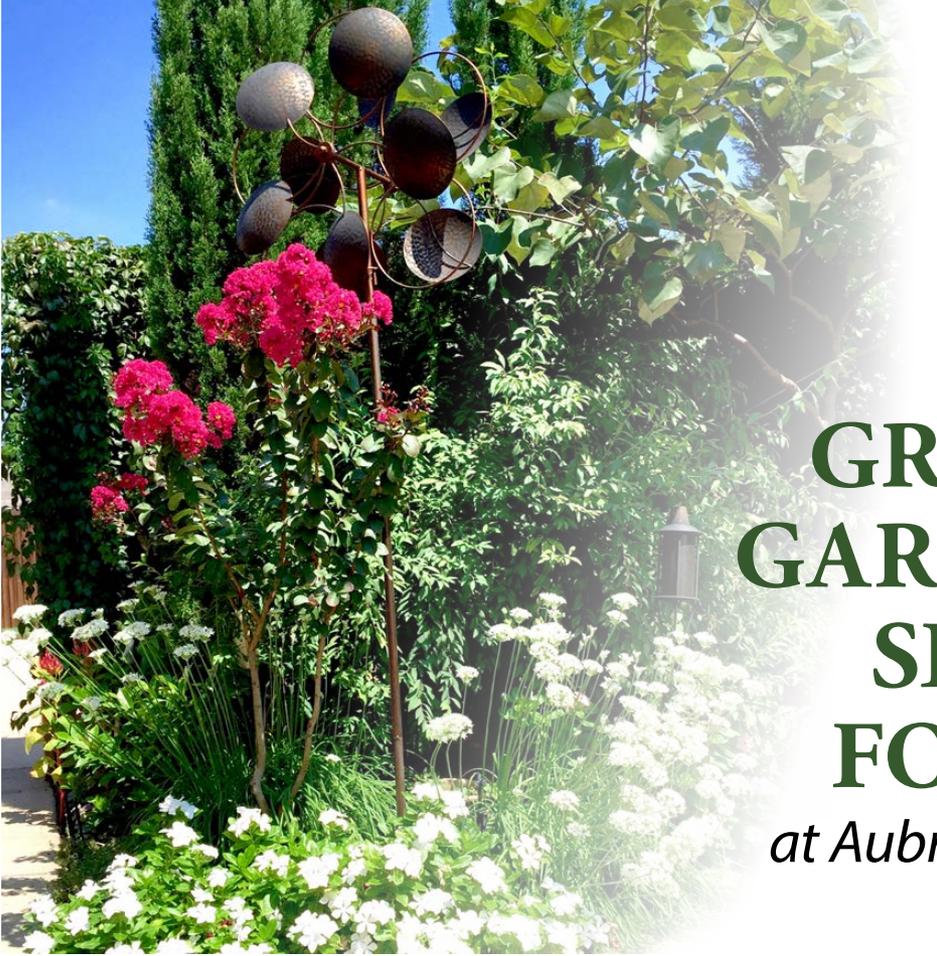
Holiday blessings from all
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The Gift of
Gardening



GREATER GARDENING SERIES FOR 2019

at Aubrey Area Library

Landscape Design (Courtesy of Ana Hunt): DCMGA member Ana Hunt's lovely home was showcased on the 2018 Garden Tour and exemplifies the result of a good landscape design.

Thinking about enhancing your landscape? The cold winter months are the perfect time to plan your new landscape, and Keep Aubrey Beautiful (KAB) wants to help. Partnering with the Aubrey Area Library and the Denton County Master Gardener Association (DCMGA), KAB is offering three classes as part of its annual "Greater Gardening" series.

The classes are free, and the public is welcome. Classes will be held at the Aubrey Area Library, located at 226 Countryside Drive on the third Thursday of January, February, and March 2019. Each class begins at 6:00 p.m. and will last approximately one hour. The 2019 classes were selected based on requests from previous class attendees and include "Butterfly Gardens" (January 17, 2019), "Plant Propagation" (February 21, 2019), and "Basic Landscaping Design Principles" (March 21, 2019). You can register for classes by email to kab@KeepAubreyBeautiful.org or by phone at 940-343-1313.

Butterfly Gardens

Each year you may enjoy watching the 3000-mile migration of Monarch butterflies through North Texas, but that's only the beginning. Texas is home to hundreds of beautiful butterfly species. Planting a butterfly garden offers food and shelter to butterflies, moths, and hummingbirds while adding beauty to your landscape at the same time.

The secret to creating a successful butterfly garden is to match plant types with insect requirements in all their life stages. While adult butterflies feed on flower nectar and will be attracted to a wide variety of flowers, the larvae (caterpillars) often rely on specific plants for food. The January program offers more information about the butterflies that visit North Texas and the landscape plants that will best attract and benefit them.

Plant Propagation

Propagating your own plants is one of the best ways to save money while growing varieties not always available in local retail stores. Whether you want to start plants from seed or increase your plants through cuttings, separation, or division, there are techniques that will greatly increase your success. Learn what to do—and what not to do—for successful propagation in February's presentation.

Basic Landscape Design

A well-designed landscape provides satisfaction and enjoyment for your family and enhances the value of a home. Attractive, eye-catching landscapes do not happen by accident, however. If you want to



(Courtesy of Kathryn Wells) Propagation by seed is not the only way to grow. Division propagation results in many pass-along plants, like these perennials recently dug and divided by DCMGA member Melonia Long.



*Monarch (Courtesy of Kathryn Wells): North Texas serves as a corridor for Monarchs during their seasonal migration. Native nectar producers such as Gregg's Mistflower (*Conoclinium greggii*) provide a welcome respite and needed nutrition for the journey.*

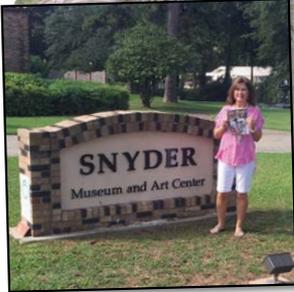
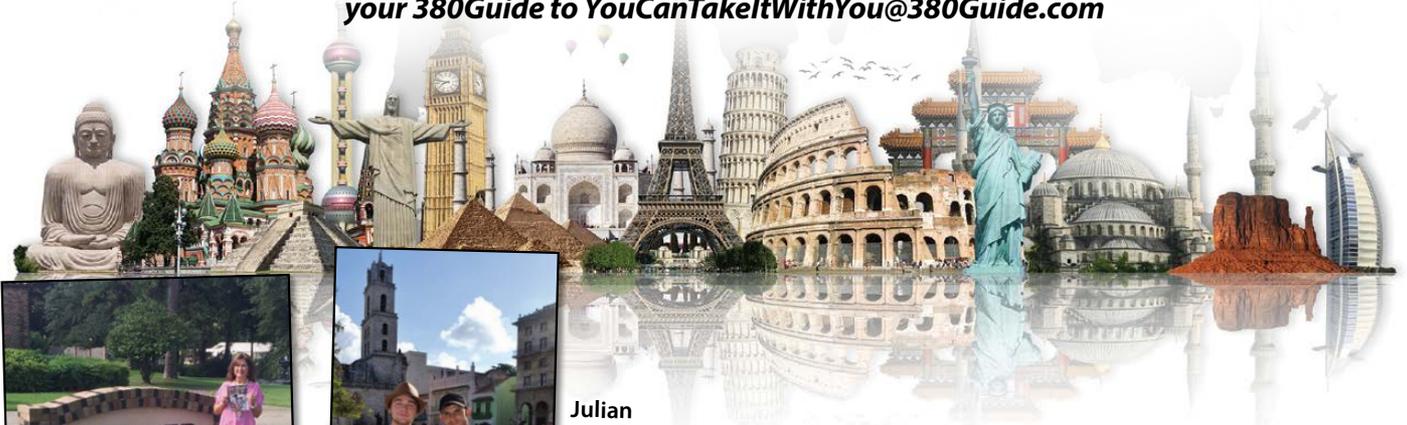
move from a "cookie-cutter" look to a more unique landscape styled just for you, the March class provides design guidelines and special resources to help you select the best plants for our north central Texas eco-region.

About Denton County Master Gardener Association

In 2019, DCMGA is celebrating 30 years of educating and engaging Denton County residents with the mission of providing research-based information on sustainable horticultural practices. Each of the current 270 Denton County Master Gardeners receive extensive training with oversight from Texas A&M AgriLife Extension Service, and the association's total annual volunteer service averages 20,000 hours. DCMGA's collaboration with Keep Aubrey Beautiful and the Aubrey Area Library began in 2017, and the "Greater Gardening" series continues to be a community favorite. We appreciate the services of KAB for event registration and advertising and of the Aubrey Area Library for space and technical support.

You Can Take It With You!

Would you like to be in the next issue of 380Guide? If so send us your travel photo with your 380Guide to YouCanTakeItWithYou@380Guide.com



Rita Walker travelled to Bastrop, Louisiana, her hometown, and took her 380Guide with her!



Julian Prickett took his 380Guide to Havana, Cuba with his translator, Sergio.

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Denton County Friends of the Family is dedicated to providing compassionate, comprehensive services to those impacted by rape, sexual abuse, and domestic violence while partnering with our community to promote safety, hope, healing, prevention, and justice.

Friends of the Family serves victims of domestic violence and sexual assault in our community

with the following services:

- Emergency Shelter
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- Adult Counseling
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- Legal Advocacy & Court Accompaniment
- Case Management
- Transitional Housing

- Prevention, Education, & Awareness Program
- Battering Intervention & Prevention Program
- Sexual Assault Advocacy & Hospital Accompaniment
- Food Pantry
- Thrift Store

All services for victims and survivors are completely free. In

October of this year alone Friends of the Family served 586 adults and 310 children, with 204 of those people being brand new clients walking through our doors. We could not continue to provide the amount and quality of services that we do without the support of the community. Thank you for investing in safety, hope, healing, justice, and prevention.

Learn more at dcfof.org.

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