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On The Cover



The passion D and Chi have for singing has blossomed into a full-time musical career.

Photo by Amy Ramirez.

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Editor's Note

Greetings, North Ellis County Residents!

When I was growing up, the month of August typically announced the end of summer fun was near. When school started, visits to relatives, trips to the lake and staying up late till the wee hours of the morning would become just a memory. I know, bummer, right?

But some wise, despairing, person came up with the idea of a staycation. Packing up or spending lots of money on gas and hotels isn't a requirement

to enjoy a change of scenery. People can stay closer to home and enjoy a day trip to novel places like Trinity Groves, Klyde Warren Park or stroll on the beautiful Margaret Hunt Hill Bridge. The first day of school really is right around the corner, so enjoy as many lazy, carefree days of summer as you can!

Dianne

Dianne Reaux
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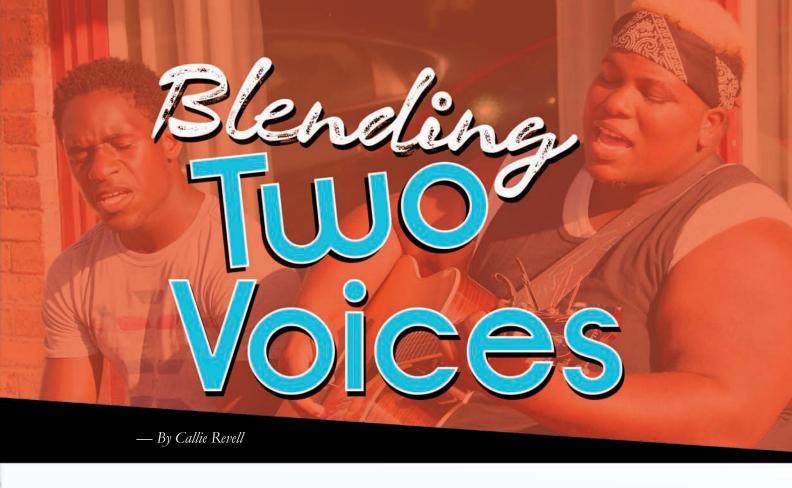
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When Darren Eubank and Chima Ijeh met in sixth grade, they had no idea they would eventually partner to form a successful music duo. "We met in peewee football," Chima, nicknamed "Chi," remembered. They were only acquaintances throughout school, not close friends. Darren, known to his friends simply as "D," mainly remembers Chi as the one who sang the national anthem at many of his football games. They both graduated from Red Oak High School in 2009, but their paths crossed again at Southwestern Assemblies of God University, where they were students. From there, a partnership was born.

Chi has loved music for as long as he can remember. "As soon as I started talking, I was singing," he said. "Music has always been my escape, my therapy." His love of music persisted, but he eventually grew discouraged. "When I was 8, I wanted to be a superstar, so I would practice every single day," Chi said. "By the time I got to high school, I'd pretty much given up on that dream." He eventually felt a calling from God to pursue music full time, but that meant changing his entire life. "At that point, I was pretty much into football, and I had to tell my team I couldn't do it this year because I had to join choir," he laughed. "I just poured myself fully into music." Chi ran a worship

"Our music connects us in brotherhood and brings us closer together."

ministry at school, helped out at church and played music at SAGU before partnering with D. Now, he considers music his full-time job.

D didn't grow up dreaming to be a musician like Chi did. "I didn't touch a guitar or any kind of music until after high school," D said. "I sang my whole life, but not in front of people." The summer after he graduated from high school, D also felt a calling to pursue music. "All my favorite worship leaders play acoustic guitar," he said. "I decided I needed to do that, too, so I bought a guitar and started teaching myself how to play. I just messed around until something sounded right, and I







practiced three hours a day. That was six years ago."

During their junior year of college, a small restaurant in town was looking for a house band. Chi auditioned and was selected. Later, D was working out at the gym next door and saw a sign advertising the audition. "I said I had my guitar in the car and asked if I could try out," D remembered. It turned out that Chi had mentioned him at his own audition, so the restaurant owner asked if they would consider playing together. "We just sat down and made a set list," D remembered. "We were good at harmonies, and we played a show together." That was the first time the two performed as a duo. They played at the restaurant throughout the summer but got busy once school started again.

The pair got their true start performing on the corner of 7th Street and Bishop Avenue in the Bishop Arts District. They originally started busking as a way to earn extra money, but the warm reception they received was worth even more. "The first night was pretty cool," D remembered. "We just opened the guitar case and made about \$100. That was awesome! We wanted to do it again." Regulars in the Bishop Arts District started watching for them and requesting more music. They realized they needed to take things to the next level, so they started working on a name. They threw around different ideas, but nothing seemed to work. "I thought it was corny, so we said we'd go with 'D

and Chi' just for now," D said, "but it stuck." The two printed out business cards and planned an official show.

Since then, D and Chi have broken out on the local music scene. They've also found success online, with one of their songs earning over 16,000 hits. Ryan McCauley, a music producer, saw the video on YouTube and connected them with a studio. D and Chi recorded their first EP from September 2013 to March 2014. After that, they brought together a full band, including Courtlin Murphy, Jason Hostetler, Markwayne Kennedy and Mason Grimes. One hundred people attended the release party for their EP.



"It was just a celebration of what we'd accomplished, and it was so cool to see people rallying around us," D said. "We had no clue what would come of it. That summer was a whirlwind. We ended up playing 65 shows last year — weddings, parties, shows, everything." They are planning twice as many shows for this coming year and recently got a manager, Adrien Johnson of Chosen Musicians. They have played at coffee shops around DFW, the House of Blues and were on K104 radio station. Their band is firm in friendship and brotherhood. They all share a likeminded mentality.

Chi believes their friendship is the key to their success as music partners. "We've known each other for a really long time,"



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Chi said. "We started off with just two vocals and an acoustic, so we were able to focus on how our voices blended." He also believes some of their success can be attributed to the way they write their music. "We write from personal experience," Chi said. "We're telling you a part of our lives. We're expressing what's happened to us physically, emotionally and spiritually through music. When you share a life experience on a deep level like that, people connect with it."

"People love being inside people's minds," D agreed. "When you let everyone see your heart, it's golden. It doesn't really matter what you say. As long as you're letting people see who you are, they'll like it."

As D and Chi continue on their musical journey, they are excited by the possibilities the industry holds. "We're officially working on our full-length album, which we're planning on releasing this fall," D said. "We'll also have the chance to travel the country from college to college. We're kicking down walls and moving forward."

Friendship will always be at the heart of D and Chi, no matter what their future holds. "Our music connects us in brotherhood and brings us closer together," Chi said. "This isn't just a band. This isn't just a really cool calling. This is a brotherhood, a family." They also know how important it is to stay focused on their original intentions in a cut-throat industry like entertainment. "The mission statement of D and Chi is to shine a light in dark places, and there's darkness everywhere," Chi said. "We see our influence stretching far beyond Ellis County. Our goal is to have the world fall in love with our music and have a positive influence in every home. This is just the beginning for D and Chi." NOW



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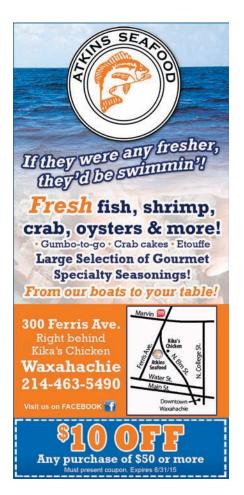
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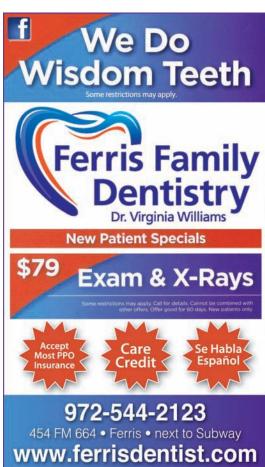
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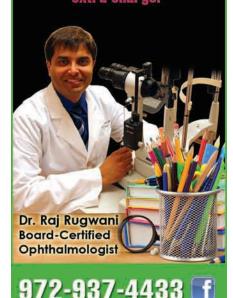
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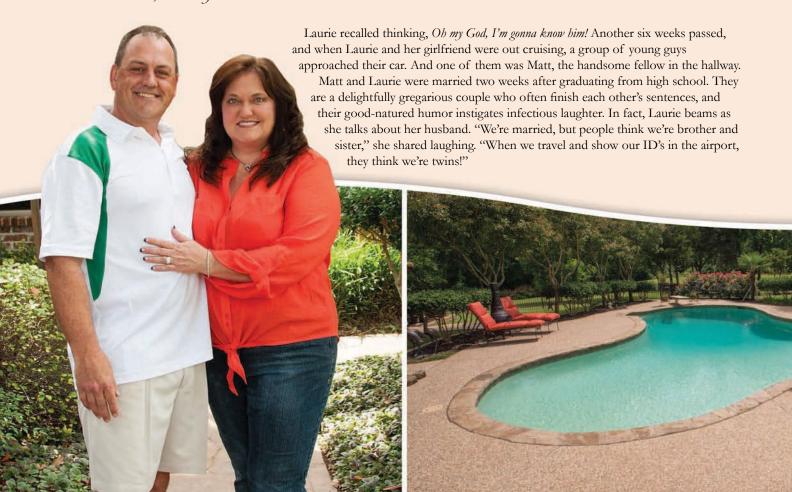








tournament. Laurie went to the gym to run an errand, and they passed each other in the hallway. Neither of them said a word, but they both turned around and did a double take.





After outgrowing their home in Glenn Heights, the Munchraths started looking at different areas but couldn't find a location they liked. When neighbors mentioned they were building a home in Oak Leaf, Matt and Laurie decided to go take a look. "We had no idea the area existed," Matt explained. "There weren't really any streets, so there was no reason for us to venture off the main road."

"When we first came out here, there was 6-foot-tall prairie grass, and snakes, lots of snakes," Laurie admitted. But when Matt looked at the area, he saw more. "To me, it was like a little slice of heaven — I just felt something," he shared. At that time, although there



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wasn't much to see, the area made an impression on the couple. And it didn't take long for them to decide they wanted to build their new home in Oak Leaf.

"The next day, Matt purchased the lot," Laurie explained. They had been working with an architect to design floor plans. But since they hadn't been able to find an area to suit their preferences, the plans laid neatly underneath their bed." After buying the lot, they went home and pulled out the floor plans. "We were so excited!" Laurie exclaimed.

Their 3,800-square-foot home sits on approximately two acres, with five bedrooms and four bathrooms. The design of the home is unconventional, with eclectic Tuscan, European and French decorative accents. "We really don't know what design category would describe our home, we've got a lot of different personalities in this house!" Matt said laughing.

The front entry features a barrel ceiling, and a contemporary chandelier hangs from the 18-foot ceiling. The open kitchen features light brown, earth-toned, granite countertops,

















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with a matching granite-topped island and modern stainless-steel appliances. The dining room is to the right of the entryway, the home office on the left and straight ahead is an unexpected pop of dark red in the family's game room.

The home's curb appeal is immaculate and boasts all of the markings of a professionally maintained lawn. But not so, Matt designed all of the landscaping himself and does all of the maintenance. "I love the outdoors," he shared, "and it started when I was a little boy." Matt's dad, Don Munchrath, would tell him that if he would do the yard right, he could have an Aunt Stelle's snow cone. "I would mow the lawn two and three times a week, even though the yard didn't need it," Matt admitted. And from a love for snow cones, an affinity for nature blossomed.

"Growing up, I loved the way the yard looked after I finished. I liked the finished product. Just like a haircut



changes a person, a yard changes the home. And it's also the first thing you see when you come home, and I like coming home to something I enjoy and that looks good," Matt explained. Another reason Matt loves doing his own lawn stems from his late father-in-law, Fred Smith. "He taught me to never pay for something that you can do yourself. And when you're young and just starting out with a family, it's a really sound philosophy. Mr. Smith loved working in the yard and planting his own flowers and vegetables."

A wraparound porch provides a wonderful view of their backyard oasis. The in-ground swimming pool with hot tub and the patio area are accented with plants and flowers of all types. Patio furniture is available to sit, relax



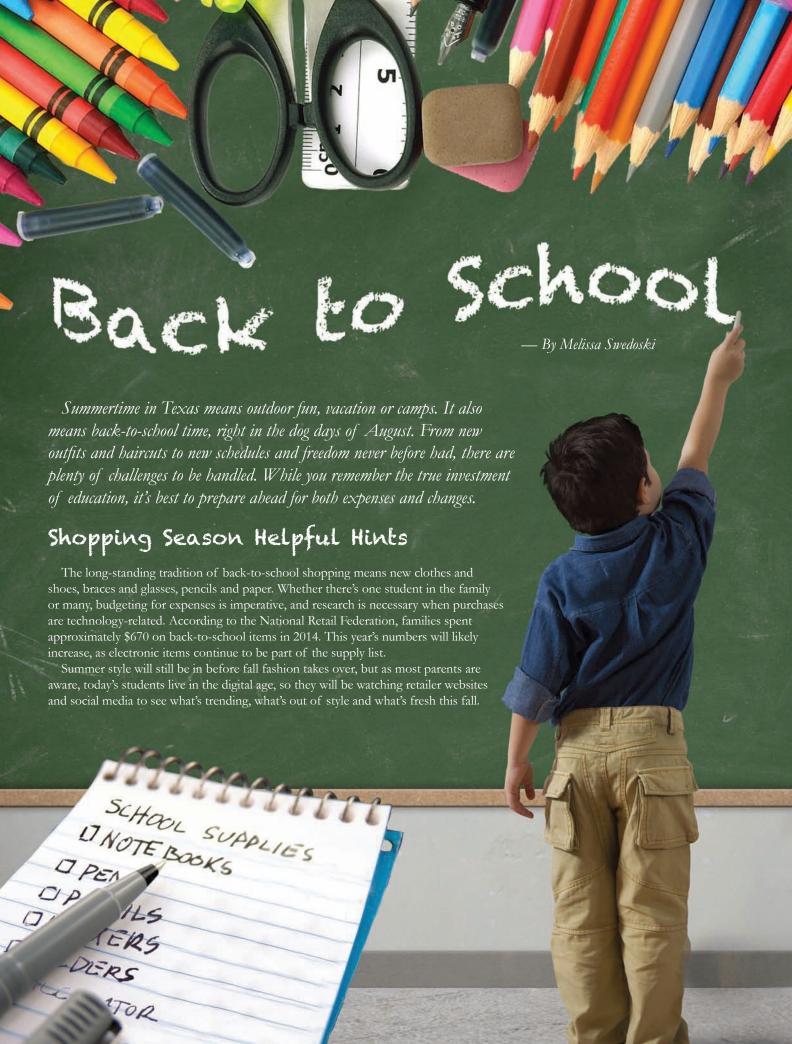
and appreciate the view. It also features a covered outdoor living area, and the plush seating provides a comfortable spot to enjoy the pool and outdoor fireplace. There's also an outdoor grilling and bar area. The backyard is enclosed with a black wrought-iron fence, which is softened by the appearance of oak planter boxes. The boxes house yellow and peach rose bushes that were planted by Laurie's late father. Matt and Laurie have continued adding additional rose bushes to honor her father's love of horticulture.

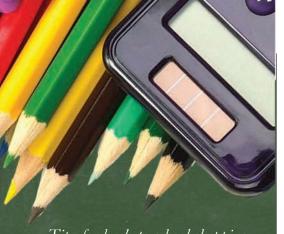
The Munchraths have raised four children and recently celebrated their 30th wedding anniversary. "Don't we look haggard, like we've raised four children?" Laurie joked as she and Matt laughed heartily. They are the proud parents of Ryan, Micah, Ariel and Landon. Matt and Laurie own Ann's Health Foods stores, and are semiretired. They've passed the torch to run the family business to Ryan and Micah, who now manage the operations for both stores. Ariel graduated from Baylor University with a degree in biology and now works at UT Southwestern as a research assistant. And Landon is a junior at Bishop Dunne High School.

Matt and Laurie combine their love of nature with their love for travel. "We've visited most of the states. We only need to visit seven more before we can say we've visited all of them," Laurie shared. "Think about the majesty of all that God has created and presented to us — there are some beautiful places on this earth!" Matt stated passionately. He is right, there are lots of beautiful places, and the place they enjoy most is being together — at home. NOW









Tips for back-to-school shopping:

- Start early and pace yourself. Since certain items will always be on the list, parents can buy over time and spend less.
- Use shopping apps and websites.

 Most retailers, both large and small, have websites or are on social media, and they send out notifications when they have sales.

 Using retail and coupon apps can help parents stay abreast of the sales.
- Shop locally. Many small businesses in your town carry all the items you need with amazing customer service and more diversity.
- Consider specialty shops. In addition to discount and department stores, check out the electronic and/or clothing stores around. Some students may prefer western wear, and there are specialty stores catering to that. Other students may prefer dressier school clothes over casual, and there are wonderful boutiques available. Almost every local store and national retailer also knows to have uniform pieces in stock.
- Remember drug stores. These stores may be overlooked, but when it comes to makeup, hair care, personal grooming items and more, drug stores can provide some great finds.











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- Electronic device for assignments and research such as a tablet or a desktop or laptop computer
- Cellphone or smartphone



Mark your calendar for tax-free weekend from August 7-9. As in previous years, clothing, footwear, school supplies and backpacks priced under \$100 are exempt from sales taxes for the weekend. This also includes items bought online, by telephone or by mail. Shoppers can even use layaway plans to take advantage of the sales tax holiday.

College Students

For first-timers or returning students, supplies are often purchased on an asneeded basis. They will need electronic



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devices for their coursework, as well as notebooks and pens. Keep in mind that supply needs will change as the school year progresses.

Clothing based on the location of the college is important, so keep in mind if the weather will be warmer or colder than the student may be accustomed to at home, and plenty of fashionable, casual clothing is the norm for college students.

There's also the need to have dorm furniture to make living a little more comfortable, as well as personal grooming items, since many students will likely be sharing bathroom space for the first time. Try not to fall into the temptation of taking too many keepsakes from home, since there will be a limit on the amount of storage available, as well as display space.

Finally, some students may be considering getting their first credit/debit card or parents may be providing them with an emergency credit card. Parents should be sure to have a healthy conversation with them about spending habits and what constitutes a moment of real need, which would necessitate its use.

From transitioning grade levels to new schedules and time management, going back to school presents many new challenges. Be sure to talk about handling emotions that come with tougher coursework, along with changes in friendships and relationships. Finding new bus routes or walking to school can be intimidating for young children, so parental support is paramount. Be involved with your child's decisions, and he or she will be more willing to share the journey with you.

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Dr. Brenda Ross, D.C. (Owner) 307 E. Ovilla Rd. Suite 100 Red Oak, TX 75154 (972) 576-5501

Hours:

Monday-Thursday: 8:00 a.m.-noon and 2:00-6:00 p.m. Friday: 8:00 a.m.-noon



Charity Jenkins, front office coordinator; Pam Thompson, office manager; and Dr. Brenda Ross work as a team to help improve their patients' health.

Restorative Healing

Dr. Brenda Ross believes comprehensive care is conducive to treating the body, mind and spirit. — By Dianne Reaux

One thing patients notice when visiting Red Oak Chiropractic & Therapy for the first time is how aesthetically appealing the office is. The practice feels warm and inviting, almost like you're visiting a home. And that's just the way Dr. Brenda Ross wants it.

When designing her practice, Dr. Brenda recalled words spoken by her sister. "She said that if she were ever sick, she didn't want to recover in a hospital — she wanted to be at home. A sterile environment is necessary in a lot of cases, but for a recuperative and restorative healing, I think an environment where you feel relaxed and comfortable is best," she explained.

That philosophy is reflected in the interior design of her office. A stylish and comfortable seating area greets guests as

they sign in, and the treatment rooms are designed the same way — to be warm, inviting and comfortable.

The decorator's influence in the office makes sense when you consider the fact that Dr. Brenda's career actually started in the art field. "I graduated with a master's degree in fine arts from the School of Visual Arts in Manhattan, New York," she stated. "And I worked for an advertising firm and handled large accounts like AT&T and Perrier." But when the corporate mentality didn't match her core values, she started on a journey that led to medicine.

"I'd been doing some soul searching, and a little voice told me to go back to school," Dr. Brenda explained. Initially, she was

Business NOW

reluctant, but then little things started happening. "Sometimes, you have to fight to get where you want to be. But other times, the stars seem to align, and as I tried to decide what I wanted to do, I felt like there were two hands helping to usher me where I needed to go."

The practice feels warm and inviting, almost like you're visiting a home.

At that time, Dr. Brenda wanted to help people spiritually and emotionally. "As people, our minds, our bodies and our emotions are all connected, and I didn't want to treat just the body. I wanted to treat the whole person." That desire led her to obtain a medical degree in chiropractic medicine.

Dr. Brenda joined the Red Oak office as an associate in 2012, and in January of this year, she purchased the clinic and is now the sole owner. "I love the North Ellis County area," she exclaimed. "The people here don't put on a pretense. They're really good natured, and they care about each other."

The philosophy of her practice is simple — to help elevate the health of her community. "When you're sick, it can be difficult to maintain your quality of living. But as people begin to feel better, their quality of life tends to improve, and we want to help our patients with that process," she explained.

She and her staff work as a team. And team success is the reason they are celebrating their second office, which opened in Midlothian this past June. "The Midlothian office will make it convenient for our patients who live in the surrounding areas of North Ellis County," she explained.

Dr. Brenda found her passion when she started helping patients, and she loves helping them. "I don't ever plan on retiring," she stated emphatically, "because what I do doesn't feel like work."



Around Town NOW



Red Oak High School students have fun washing cars to raise money for their Hawks Theater Company.



Ferrris resident Michael Henry guides young rider, Darrick Willis, as he enjoys sitting on one of the horses during the Juneteenth Celebration.



James and Tammy Pickett enjoy a Saturday afternoon playing catch with their grandson, Damien Rudd.



The Ruiz family of Glenn Heights plays the Lucky Duck game during the annual Red Oak White and Blue 4th of July festivities.



Coach Shelley Davis teaches fundamentals of the game during the Ferris High School tennis camp for kids.



Carter BloodCare mobile workers are all smiles during a blood drive at the Ace Hardware store in Red Oak.



Golfers John Aday, Rick Jones and Clint Aday watch as Casey Jones putts on the 11th hole at the Old Brickyard Golf Course in Ferris.



Young Ferris residents were out participating in the days festivities during the 2015 Juneteenth Commemoration of Freedom.



The Red Oak 8U Diamonds Softball Team celebrates an undefeated season and won 1st Place at the end-of-season tournament!

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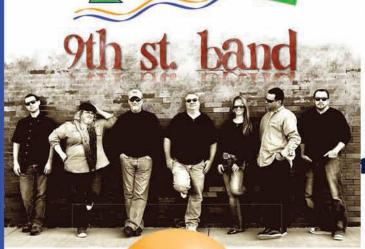
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Enterovirus D68

— By Betty Tryon, BSN

If you come down with a cough, runny nose, fever and feel a little achy, don't assume you contracted the common cold. It could be enterovirus D68 or EV-D68. This viral infection can sometimes lead to wheezing and difficulty in breathing, particularly in children with a history of asthma. Sometimes, children will have to be hospitalized for supportive care, such as the administration of oxygen. Rarely, EV-D68 may lead to paralysis and death. Although EV-D68 can infect anyone, children and teenagers are especially vulnerable to the virus. Those with compromised immunological and/or respiratory systems are most prone to severe complications that can occur with this virus.

After getting the virus, most people are sick for about a week, if their symptoms are mild. Those with serious symptoms or complications will, of course, be ill for a longer period of time. Because it is a virus, the method of spreading the infection is similar to that of a cold. Droplets from an infected person can spread from their coughs, sneezes or sputum, enabling the virus to spread easily. It can also be transferred by an unaffected person touching something that is contaminated by the virus.

To lessen your chances of getting the virus, you can employ a few, simple commonsense tips. Wash your hands frequently. Keep your hands away from your eyes and mouth to avoid transferring the virus to those areas. Be aware of the health of others, and avoid hugging or kissing someone who is ill. If there is an ill person in the home, disinfect frequently touched surfaces. Those with asthma need to take special precautions against this virus. For them, the CDC makes the following recommendations:

• "Discuss and update your asthma action plan with your primary care provider.

- Take your prescribed asthma medications as directed, especially long-term control medication(s).
- Be sure to keep your reliever medication with you.
- Get a flu vaccine when available.
- If you develop new or worsening asthma symptoms, follow the steps of your asthma action plan. If your symptoms do not go away, call your doctor right away.
- Parents should make sure the child's caregivers and teachers are aware of his/her condition, and that they know how to help if the child experiences any symptoms related to asthma."¹

Because this is a virus, antibiotics will not work. The only treatment is palliative. There are over-the-counter medications for the cough, fever and aches. Those with severe symptoms should contact their doctor. If breathing becomes difficult, do not hesitate to call 911 immediately. Since the majority of EV-D68 cases are mild, most people will get better quickly without complications.

Source

1. http://www.cdc.gov/non-polio-enterovirus/about/EV-D68.html.

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







Through October 31

Ennis Farmers Market: 8:00 a.m.-1:00 p.m., N. Dallas St., downtown Ennis. Visit and pick up fruits, vegetables, flowers, arts/crafts, herbs, soaps and more.

August 1

Life School Waxahachie Community Open House: 9:00 a.m.-1:00 p.m.

107 W. Butcher Rd., Waxahachie. Come out and visit the new campus. It will be a come and go event and light refreshments will be served. For more information, visit www. lifeschools.net or call (972) 937-0715.

First Annual Dodgeball Tournament: Dodge for a Cause: 8:00 a.m., double elimination starts, Ellis County Expo Center, 2300 W. Highway 287, Waxahachie. All proceeds support the youth of Ellis County served by Big Brothers Big Sisters. Contact Jamie Greene at (469) 248-4512 or igreene@bbbstx.org.

August 4 — 14

Ferris Summer Enrichment Program: 9:00 a.m.-5:00 p.m., **Tuesday through Friday**, Ferris Public Library, 301 E. St. Sign up for field trips, fun activities, cultural arts, career exploration program and more. The

program is free and also includes free breakfast and lunch. Call (972) 544-3696 for more information.

August 7

Summer Moonlight Movies: *The LEGO Movie*: 9:00 p.m.-11:00 p.m., historic downtown Waxahachie. Free admission. Bring your lawn chairs or blankets. Concession stand on-site. For more information, call (469) 309-4111.

August 8

Back to School Fair for Red Oak ISD Students: 8:00 a.m.-noon, Red Oak Middle School, 154 Louise Ritter Blvd. The Red Oak ISD Council of PTAs & ROISD is sponsoring a uniform exchange/sale. Items can be exchanged one-for-one or purchased at \$2 an item (cash only). Call (972) 617-4658 for more information.

Movies in The Park- Planes: Fire & Rescue: starting at dusk, Hawkins Spring Park, 1498 FM 1387, Midlothian. Bring lawn chairs or blankets and snacks/drinks. Concession stand will be open.

August 8, 11, 17

Back to School Immunization Clinics: Aug. 8 and 11, Red Oak Middle School,

154 Louise Ritter Blvd., Red Oak; Aug. 17, provided by the Care Van at Felty Elementary, 231 Park Place Blvd., Waxahachie. Visit redoakisd.org/Health Services page, or call (972) 617-4708.

August 15

Duncanville Parks and Recreation Presents: Summer Concert Series: Armstrong Park at the Armstrong Amphitheater Stage, 100 James Collins Blvd. Concert will feature jazz, blues, R&B and soul music. Food vendors, bounce houses and kids activities. For more information, call (972) 780-5070.

August 19

Ellis County Christian Women's Connection: 11:00 a.m.-1:00 p.m., Waxahachie Country Club, 1920 US-287 BUS. Luncheon gathering with guest speaker, \$13 plus tax and gratuity. Reservations must be made the **Sunday** before the event. Contact Barb Jacobs at (214) 463-5064 or email barbjacobs19@yahoo.com.

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





Cooking NOW



In the Kitchen With Vicki Jackson

— By Dianne Reaux

Vicki Jackson grew up in Henderson, Texas. "There were two boys and five girls — there were a lot of us!" Vicki shared. Her earliest memories in the kitchen are of her mother and grandmother. "I was about 6 years old, and I'd sit at the kitchen table watching them cook. They wanted everything to taste just right."

Now, Vicky enjoys preparing meals for her own family. "I like to cook and grill, and it's a good thing because my family loves to eat." And baking cakes and pies are her specialties. "I still cook for my kids, and now for my grandkids," she shared. Vicki works as a senior property manager for elderly residents. "I enjoy sharing the holiday with my residents, and I cook for them, too!"

Million Dollar Pound Cake

- I lb. butter, softened
- 3 cups sugar
- 6 large eggs
- 4 cups all-purpose flour
- 3/4 cup milk
- I tsp. almond extract
- 1 tsp. vanilla extract
- **I.** Mix butter at medium speed with an electric mixer for approximately 7 minutes, or until butter becomes creamy.
- **2.** Gradually add in sugar, while continuing to mix at medium speed.
- **3.** Add eggs in, one at a time, mixing thoroughly after adding each egg.
- **4.** Add flour to creamed mixture alternately with milk, beginning and ending with flour.

Beat at low speed just until blended after each addition.

- 5. Add the almond and vanilla extracts.
- **6.** Bake at 300 F for 1 hour and 40 minutes, or until wooden toothpick inserted in the middle comes out clean. Remove from pan and cool completely on a wire rack.

Green Bean Bundles

10 slices bacon

- 1 lb. fresh green beans
- I cube beef bouillon
- 4 Tbsp. Worcestershire sauce
- 2 tsp. soy sauce
- 2 Tbsp. butter
- 2 Tbsp. brown sugar
- 1/2 tsp. garlic powder

- **1.** Preheat oven to 350 F. Place bacon in a large, deep skillet. Cook over medium-high heat until the bacon in partially cooked. Drain grease and cut each piece in half. Set aside.
- **2.** Bring a large pot of water to a boil. Place the green beans on a rack or in a steamer basket over the boiling water. Cover with a lid so the steam does not escape. Steam for approximately 10 minutes, or until the green beans are cooked. Reserve 2 cups of the hot water and dissolve the bouillon cube in it.
- **3.** Take a bundle of 4 or 5 beans; wrap them with a piece of bacon. Secure the bundles with a toothpick, if necessary. Place bundles in a shallow baking dish.
- **4.** In a saucepan over medium heat, combine the reserved stock with the Worcestershire sauce, soy sauce, butter, brown sugar and garlic powder. Stir until the sugar is dissolved.
- **5.** Pour the sauce over the bundles and bake for 20 minutes, or until the bacon is thoroughly cooked.

Pork Chops and Mustard Onion Gravy

- 1 lb. boneless pork chops (about 3/4-inch thick)
- 2 Tbsp. all-purpose flour
- 1 Tbsp. vegetable oil
- I large onion, cut in half and sliced (about 1 cup)
- I 10.5-oz. can Campbell's Golden Pork Gravy
- 1 Tbsp. spicy brown mustard
- 4 cups hot mashed potatoes
- **1.** Coat the pork with the flour.
- **2.** Heat the oil in a 10-inch skillet over medium-high heat. Add the pork and cook for about 6 minutes, or until browned on both sides
- **3.** Add the onions to the skillet and cook for 10 minutes, or until the pork chops are cooked through and the onions are tender.
- **4.** Stir in the gravy and spicy brown mustard; cook until the mixture is hot and bubbling.
- 5. Serve with mashed potatoes and enjoy!

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



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