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ON THE COVER



The Parker family's love of Halloween results in a spirited lawn display.

Photo by Opaque Visuals.

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Editor's Note

I fall for autumn!

You may be aware that each of us can be categorized into a season – primarily by our appearance. Color theory came into play in the 1980s, when seasonal analysis determined what colors were best to wear based on skin, hair and eye color.

For instance, a fair-skinned, redhead is an autumn and should favor the colors of fall – oranges, olives, dark yellows and browns – to complement her skin color.

tone. Your physical features, according to color theory, make it easy to choose colors most suited to you.

I've found personalities also relate to seasons, and that makes me an autumn, as well. It's a season to recall one's more colorful days, while embracing the down-to-earth tones of yourself today. So, do you spring into summer or fall for winter? Whatever your color theory, may this new season suit you!

Angel

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The Right Track

— By Angel Morris

Positive role models made a difference in Greg Johnson's life, inspiring him to help others — whether it's as a youth mentor, as a church leader or as a living example of paying it forward. "It started with a young man coming to me and asking if I needed any help at my business. I was impressed by his courage to walk in and ask that simple question," Greg said. "That one man turned in to five and then six employees, all who just needed a helping hand."

While known to many as a businessman and owner of Gregg's Unisex, Greg invests much of his time mentoring youth. "My work is just an avenue to help people. It's God's house!" Greg, who works in Red Oak and lives in Ovilla, said. But Greg's path to a career, and mentoring, was a winding road.

Starting school in Oak Cliff, Greg's family moved to Red Oak, and he graduated from DeSoto High School in 1990. Being a member of the soccer team there led him to Southwest Texas State University, where he continued to play the sport. He transferred to The University of Texas at Arlington and earned his bachelor's degree in exercise sport and health studies in 1995.

"I wanted to be a physical therapist, but I had been cutting hair on the side for a while. In 1988, my mom gave me my

a career change was in order. "My senior year of high school I took a business class at El Centro College. It taught me about working the register, handling customers, how to run your own business," Greg said. "One day, I realized God was working then to get me to where I was now."

The epiphany inspired Greg to change jobs, but also to help guide others to their calling. DeSoto's Christ the Cornerstone

"Our whole goal is to work alongside the adult in a child's life to move them forward on the right track."

first pair of clippers as a birthday gift. She didn't realize that would change my life forever. She was just being the greatest mom, as usual," Greg said. Greg practiced on his own hair, then started cutting hair for guys in the neighborhood. "Two weeks after I graduated from college, I went to barber school. But physical therapy was still my goal."

Greg was employed part time for five years at Baylor Medical Center in Dallas, all the while cutting hair on the side. He then heard of a job at Tom Landry Sports Medicine & Research Center. "I interviewed and got called back, but then didn't get the job. I was crushed. But that's when I began to realize God had something else in mind," Greg admitted.

Reflecting on a course from high school, Greg decided



Church is where Greg and a handful of mentors now meet twice a month to share life lessons with young men and women. "We work with kids in foster situations and single-parent homes, but also with two-parent families. Sometimes, a young person won't listen to their parent, but they may listen to someone else for whatever reason," Greg said. "Our whole goal is to work alongside the adult in a child's life to move them forward on the right track."

This effort includes lectures from mentors, guest speakers from the community and visits to area facilities that might inspire youth. "We have kids from Cedar Hill, DeSoto, Red Oak and Lancaster. We have 15-20 kids listening to us at any given time," Greg said, "We expose them to positive things and encourage them to do good things." LAW — Love, Accountability and Wisdom — is the program's acronym, and its message is as simple as its name.

"You have to love people. You have to be accountable for everything you do. You have to move through life with wisdom. It sounds simple, but it really requires a lot of guidance," Greg said. "Young people can't have enough good influences. It never



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Abner Johnson enjoys a friendly game with Greg's son.

hurts for one more person to remind kids that if they don't work, they don't eat. That if they don't earn respect, they don't get it. There are plenty of messages to give, and we're just reinforcing what parents may be doing at home, or telling it to kids who may not be hearing it anywhere else."

Greg credits a strong foundation of guidance from his parents, grandparents and extended family for his insight. "My parents have been married for almost 50 years, and I grew up seeing love and hard work hand-in-hand," he said. Greg



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still works on cars and drag races with his father, a hobby they have shared as long as he can remember. "I used to fall asleep on the garage floor when I was a young boy watching my dad work on cars."

Greg's dad is a "diehard small block Chevy man," and has been building engines since he was 13. He admits to using the hobby to win over Greg's mom all those years ago. "Dad's racing impressed my mom, and even today she won't be denied at a red light if



you challenge her!” Greg joked. Greg experienced his first street race at age 16 in a Ford Mustang 5.0. “I’ve been hooked ever since!” he admitted.

Today, Greg prefers a 1972 Chevy Nova with an 18-degree 427 small block. He and his dad still hit the local tracks as time allows, favoring Kennedale’s facility. Cars are a hobby many generations of the family share. “I took my son to the track for the first time when he was 8 months old, and he loved it!” Greg recalled. “The men in my family still bond around the hood of a car. My grandfather and my uncles live close by, and we are tight. These relationships made me the father I am today.”

Greg’s brother-in-law, Michael Gunner, and sister, Dr. Toni Johnson-Gunner, are part of the extended family with whom Greg is close. “He has always been a model brother, a godly man, and he is so humble,” Toni, said.

Now Greg’s 8-year-old son reaps the benefit of his dad’s character. “Everything changed when I had my son. I already knew mentoring was important, but the moment he was born, I knew there should not be one second a child has to wonder if someone loves him,” Greg said. And while he wants his son to go to college and follow his own dreams, he will also stress to him the lessons he shares with those he mentors — all in an effort that they, too, will grow up to help others. “You grow up and have a family of your own, you have to work, to provide, to take care of business,” Greg said. “If you can reach back and help someone along the way, well, that’s your responsibility. And that’s a blessing.” **NOW**



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AN Artist IN THE MAKING

— By Dianne Reaux

This fall, thousands of students headed off to college, fresh-faced and full of exuberance, as they began the next chapter of their young lives. They are still full of excitement and anticipation over their newly found independence — freedom in which they are learning about themselves, experiences which will help them become well-rounded individuals.

Along the way, students are settling into their new routines and beginning the process of narrowing down choices for their college majors. Many, however, will change their minds about their decisions for one reason or another. But, there will be a few single-minded students who arrived on campus with a clear vision of where they want to go in life, and a path charted out as to how they will achieve their goals. One of those students is budding artist, Dianna O'Briant.

A 2012 graduate of Red Oak High School, Dianna was one of the most successful art students the school has ever had. She's received numerous awards, including last year's Student of the Year Art I and this year's Student of the Year Art II. For as long as Dianna can remember, she's had a passion for art. "When I was in first grade, all the kids were in a phase where we were really creative," she said. "We would work on our art projects, and when it was time to move on to another activity, all of the other kids would put their pencils away. But I wanted to keep drawing. I never wanted to put my pencils away."

In 2005, Dianna was a fifth grade student at Aikin Elementary in Paris, Texas, when she entered the Texas General Land Offices Children's Art Contest. The theme was Treasures of the Texas Coast, and Dianna chose to





enter a watercolor painting showing a treasure chest that contained shells, coral and the Texas Flag. Dianna's piece ended up being one of 48 finalists from among 6,300 entrants, and was exhibited at the Texas State Capitol. Her painting was ultimately featured in the organization's calendar, and it's still among the many pieces of Dianna's work that her mother has kept throughout the years.

Winning the art contest wasn't the first indication Dianna had talent. Her parents, Morris and Elizabeth O'Briant, had known for years their daughter was creatively gifted. "Since Dianna was a small child," her mother Elizabeth remembered, "Dianna loved art. I would give Dianna and her older brother, Daniel, Silly Putty to play with. Daniel, who is the elder sibling by one year, would quickly make something and tell me he was finished. But Dianna would take her piece of Silly Putty and try to figure out how many different ways she could make something." Dianna also exhibited a creative interest with manipulatives — a talent her mom explained ran deep in the family.

Elizabeth shared her family's story. "Back in the 1970s, Dianna's maternal grandmother, Diane Melton, was a recognized textile artist. She also enjoyed

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drawing images that displayed mirrored, reflective properties, and she was a gifted artistic quilter. The family kept photos of her work showing what a talented artist she had been.”

The similarities between Dianna and her grandmother go beyond their love of art. A treasured family photo of Mrs.



Melton around 7 years of age showed a striking physical resemblance between the two. When their faces are shown in side-by-side portraits, an unmistakable family resemblance is seen, including red hair.

The creative vein of talent runs even deeper in the family. While in his early 20s, maternal uncle, David Smith, drew a still life portrait of wine bottles, which revealed a mastery of the charcoal medium. His drawing demonstrated both strong and soft lines and a beautiful use of the blending technique. The framed drawing was saved by Mrs. O'Briant, who has been referred to as the family's oral historian. Dianna's brother, Daniel, although not a visual artist, is musically gifted. He is fluent on all forms of percussion instruments and also plays guitar.

Aside from art experience at ROHS, Dianna was a four-year member of the Color Guard. Her last two years, she served as captain of the squad. This was



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just another opportunity for Dianna to express her creativity. "I joined the Color Guard to not only be artistic on paper," she shared, "but to be physically expressive as well."

Last October, Dianna was invited to attend Portfolio Day for local art students at the Hilton in Dallas. This unique opportunity allowed students to show their work to different art schools from all over the country. Dianna's portfolio contained examples of her work including acrylic and watercolor paintings, charcoal and graphite drawings and examples of her wood burning pieces. In between meeting representatives and showing her work, Dianna took the opportunity to apply for admission to three different art schools, one of which was the Memphis College of Art in Memphis, Tennessee.

In March the Memphis College of Art informed Dianna she was accepted. While the acceptance was no surprise, notification that Dianna would also receive the President's Scholarship worth \$62,000 was stunning. "We couldn't believe it," Dianna said. "I was counting the zeros! I took the letter to school and showed it to my art teacher to make sure I was reading it right!"

Dianna is an example of someone who has not only discovered her gift, but with unwavering support of family and artistic



mentors, she has also been able to nurture and cultivate her God-given talent. She sees herself one day owning her own art gallery where she can continue to create and show her work. With her single-minded devotion to her passion, her career will most likely be yet another expression of her creativity. It will also stand as a tribute to her grandmother, and of the beautiful gift that has been passed on to another generation of artists. **NOW**

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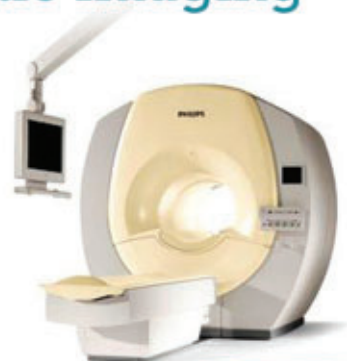
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SCARIERS

At Home With *Richard and Amanda Parker*

— By Angel Morris

Richard and Amanda Parker share a longstanding tradition of scaring up fun. Conceivably, it is how they met, and their home becomes a testament to their fun-loving spirits at this time each year. Fittingly, other “spirits” take up residence with the Parkers this month, too. “We both grew up in Red Oak, and we went to school here, but we met cruising Waxahachie!” Amanda recalls. “We also had the same group of friends and started dating sometime after that. We dated for five years, were apart for six years, then we reunited in 2002.”

In 2004, the Parkers built their current home on Richard’s grandparents’ land. They married in April of 2006 and had their first son, Colby, in 2007. Dylan was born in 2011. “That our home was built on family land and has enough room for our boys to grow up with plenty of room to play outside are key factors in our decision to stay in Red Oak,” Richard said. The homegrown couple loves the small-town feel the city has maintained from their childhood, and they enjoy hosting friends and family here year-round.



Up Fun

"We love entertaining and having people over who always end up in the kitchen. We also love having all the family over for holidays, especially Christmas, when we all pile in together and spend the night on Christmas Eve," Amanda said.

The next best thing to Christmas just might be Halloween, when the family's love of all things spooky becomes evident several weeks before the haunting holiday. A cemetery of headstones and skeletons emerges with decrepit fencing in the Parker yard, as eerie sounds and flashing lights emanate from the site. A machine producing lightning bolts is mounted in one of the nine 100-year-old pecan trees around the home, while a fog machine and black lighting further set the creepy scene.

"It's become such a tradition the school bus stops almost every day to see what Richard has added to the scene the night before," Amanda said of their ever-growing Halloween display. "And Richard's costumes have gotten scarier





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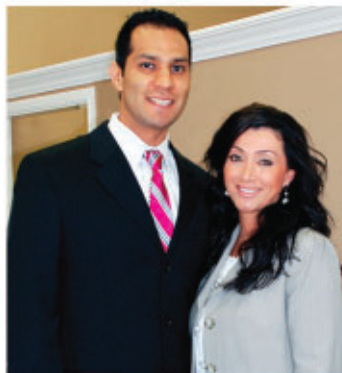
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Chiropractic Approach to Disc Problems

While the intervertebral disc is a common culprit in spine-related health problems, its function is widely misunderstood. The disc is a small cartilage pad that is situated between spinal bones. The soft jelly-like center is contained by layers of fibrous tissues.

Each disc serves as a connector, spacer and shock absorber for the spine. When healthy, discs allow normal turning and bending. Discs can bulge, herniate or rupture, resulting in other problems.

Like a wet sponge, a healthy disc is flexible. A dry sponge is hard, stiff and can crack easily. This is how many disc problems begin. Because of the way each disc is attached to the vertebra above and below it, a disc cannot "slip" as commonly thought. However, trauma or injury to the spine can cause discs to bulge, herniate or worse, rupture. This can be quite painful, putting pressure on the spinal cord and nerve roots, often interfering with their function.

The chiropractic approach to disc problems is to help restore better motion and position to the spinal joints. Besides reducing disc bulging, better spinal function helps decrease inflammation so the slow process of healing the surrounding soft tissues can begin. Many patients have avoided needless surgery or a dependency on pain pills by choosing conservative chiropractic care.

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each year. Sometimes he even makes the grownups run away!”

Richard’s haunting obsession can be traced back to the 1980s, when his mom, June Parker Dyess, played Dracula’s bride at Red Oak’s famed Reindeer Manor. The Reindeer Manor homestead dates back to the early 1900s with a history rich in misfortune and mystery. After years of eerie mayhem and finally, vacancy, the property fell into a state of disrepair, until it was opened as a haunted house



attraction by the Red Oak Volunteer Fire Department in 1974. The Manor’s increasingly theatrical presentations every fall season attracted the likes of Richard’s family, which shared a love of horror flicks, costuming and scary special effects.

“I’ve always gotten a kick out of scary decorations, and I really enjoy working in the yard. Decorating for Halloween just combines both those things,” Richard explained. Richard is known for keeping an immaculate landscape no matter the

season, and now for his increasingly enthusiastic Halloween displays. “We’ll just keep growing them each year!” he said.

While they go all-out for Halloween, the rest of the year the Parker home can be described as Western with Indian accents. They have a rustic desert landscape and mature trees in front of the home, plus a pergola and koi pond with fountains in the back. A stone exterior features hand-cut, cedar tree

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- Use of menopausal hormone therapy
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posts on the front and back porches. Some of the home's unique interior pieces include Remington Bronze statues, CM Russell bronze statues, G. Harvey paintings and large wooden furniture from Mexico.

"Richard first took interest in the bronze statues when he lived in California. He met someone who worked at a factory that created them, and they sold Richard his first statue. From then on he was hooked," Amanda explained.

Aside from eye-catching statues, the home's entryway features an 11-foot vaulted ceiling, leading into a formal dining and formal living room with a large stone fireplace and cedar trunk



mantle. A family room showcases comfortable leather furniture and the requisite toy collection of every home that houses growing kids.

"Our home is comfortable, in part, because of its open floor plan. There's plenty of room to gather in and get together with family and friends. And we love our soft leather furniture to snuggle up with the boys," Amanda said. "For raising a family, it's just the perfect place — and also for hosting extended family gatherings and reunions."

Adding to its homey feel, the kitchen features custom pine cabinets, Mexican tile backsplash and a center island. An adjoining hallway displays Richard's grandad's knives and gun collection, leading to a master bedroom with an oversized wood bed. "Grandad's collection was handed down when he passed away. Just a few of his favorite knives and guns became my favorite, so that is why they are encased in frames for display," Richard noted.

Both the Parker boys' rooms also feature Western decor and revolve around John Deere-themed paraphernalia. But the brothers spend just as much time outdoors as in their rooms, where they follow every step their dad makes. "They will grow up experiencing Richard's love of the outdoors, which includes all things Halloween in the yard," Amanda said. For now, however, the young Parkers' costumes are far less scary than dad's.

And that's why all characters friendly and scary are welcome at the Parker home for Halloween, with one warning: "Anyone can come get candy from our house," Richard said, "if they are brave enough to make it to the front porch!" **NOW**

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Offering general well-woman care and much more, Dr. Jeremy Vaughan and his staff at Cedar Hill Women's Center share a state-of-the-art medical facility in a historic downtown site.

Compassionate Care

Cedar Hill Women's Center offers professionalism and understanding.

— By Angel Morris

Located just down the road from Red Oak, neighboring Cedar Hill Women's Center marked its one-year anniversary in September. Dr. Jeremy Vaughan lives in Cedar Hill, where he enjoys being close to extended family. "We moved to Cedar Hill in May 2007, and we love it. Our families are nearby and we enjoy this community and the small towns around us," Dr. Vaughan said.

Cedar Hill Women's Center offers general well-woman care, routine and high-risk obstetrical care and office-based, as well as hospital-based gynecologic surgery. The practice is in a historic structure located in downtown Cedar Hill, which was restored to its Victorian elegance while simultaneously being designed as a state-of-the-art medical facility.

"We were driving around when we moved here to see where things are. We passed this building and loved it!" Dr. Vaughan's wife, Misty Vaughan, RN and office manager, said. "Jeremy said, 'One day that is going to be my office,' and when it was time to choose our business location, I remembered this building. I drove by just as a For Sale sign was being place out front!"

The Vaughans placed a call about the property that day, and karma has been on their side since then. Upon the facility's redesign and opening, the doctor and staff received a warm welcome at an open house September 28, 2011. A month later the Vaughans served as sponsors for the city's Country Day on the Hill festival, and they continue to be involved in any way they can.

"Family is everything to us, and being supportive of our

community goes with that. Our friends, neighbors and patients are extended family,” Misty said. While embracing this extended family, the Vaughan’s own family continued to grow, with the birth of a son in April 2011.

Dr. Vaughan was himself the youngest of five children and grew up in the

“Family is everything to us, and being supportive of our community goes with that. Our friends, neighbors and patients are extended family.”

Dallas suburbs. He attended Baylor University, graduating *magna cum laude* with an interdisciplinary studies degree. After two years as a research technician at Vanderbilt Medical Center, he decided to pursue a career in medicine.

In 2007, he was awarded his medical degree from The University of Texas Southwestern Medical Center in Dallas and completed a four-year residency in obstetrics and gynecology with Methodist Health System. During that time, he was the recipient of numerous honors including the Outstanding Academic Achievement Award and designated chief resident during his final year of training.

The Vaughans invite Red Oak women to make Cedar Hill Women’s Center their home for obstetric and gynecological care, where the atmosphere is down-to-earth and friendly, and the slogan is Compassion for Life. **NOW**

October 6th is National Physician's Assistant Day

This profession was created by Dr. Eugene Stead at Duke Medical Center in 1965. In the mid 1960s, physicians realized there was a shortage in the primary care field of medicine and populations of people were not getting medical care through a General Practice or Family Practice physician. Dr. Stead selected Navy corpsmen who received considerable amount of medical training during their military service and during the Vietnam war and had no comparable civilian employment opportunities once they were discharged. The curriculum for the PA program was based on Dr. Stead's knowledge of the fast-track training of physicians during World War II. The first class of physician assistants graduated from Duke University on October 6, 1967. The working relationship between a supervising Physician and a PA are of trust and mutual respect. One of the main differences between the PA education and physician education is the amount of time spent in formal education. In addition to the amount of time in school, physicians are required to do an internship and complete a residency in their field of medicine. PAs do not have to complete an internship or residency program.

Thank you, Kasey Murphy, for all you do for the office and for being a great Physician Assistant!



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Romel Carlton gets a haircut from Marvin Duffey at Gregg's Unisex.



Michelle Fogle gets her hair styled by Up Cuts' Bridget Rentler.



Chrissy Collinsworth visits the Red Oak Public Library with her children, Ryan and Cassie.



Sandwich artist Tracy Mason works her magic at Subway.



Pat Doyle and Oren Luster enjoy an afternoon visit under a shade tree while working a garage sale.



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Kayla Doyle gets her favorite iced treat from Snow King's Donnie Brock.



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October 2

National Night Out: 6:00-9:00 p.m., Heritage Park, 400 E. Bear Creek Rd., Glenn Heights. Visit <http://www.natw.org/nno/about.html> to learn how your neighborhood can heighten crime and drug prevention awareness; generate participation in local anti-crime programs; strengthen neighborhood spirit and police-community partnerships.

PrimeTimers Senior Group meeting: 10:00 a.m.-2:00 p.m., The Oaks Fellowship, North Auditorium, 777 S. I-35 East. RSVP to (214) 376-8208.

October 9

Voter Registration Day: 5:00 p.m. is the deadline to register to vote in the November 6 general election. Visit VoteTexas.gov for more information.

342 Networking Group meeting: 7:30 a.m., Red Door Boutique, 211 N. Hwy 342. Networking opportunity for all area business owners. RSVP to (214) 244-2829.

October 13

Ellis County SPCA Volunteer Training: 11:00 a.m., 2570 FM 878, Waxahachie. Dog adoption events are set for **October 13-14** and **27-28**

and volunteers are needed to assist. Visit coordinator@elliscountyspc.org for more details.

October 19-20

Munster Mansion Tour and Costume Party: 7:00 p.m.-midnight. Park free at Finley Junior High, 2401 Brown Blvd., Waxahachie, and enjoy a free shuttle to the event, which benefits the Ellis County SPCA. Event includes a tour of McKee Mansion, a reproduction of Herman and Lily's home in the TV show, *The Munsters*. Enjoy midway games, food, a kid's costume contest with prizes, a bounce house and more. Meet Butch Patrick, A.K.A. Eddie Munster. Visit MunsterMansion.com for ticket prices and more details.

October 20

Customer Appreciation Pre-Boo: 1:00-4:00 p.m., Brookshire's, 105 E. Ovilla Rd. Trunk or Treat, Wolf Howling Contest, Halloween Costume Contest and Pumpkin Carving Contest. Food and drinks will be available to purchase. For more information, call (972) 617-8465.

A Night Under the Harvest Moon: 6:00 p.m., 200 Lakeview Pkwy. Red Oak Chamber of Commerce annual dinner will include live

and silent auctions and entertainment. Visit admin@redoakareachamber.org for full details.

October 27

Fall Festival: 4:00-8:00 p.m., Red Oak Municipal Center and Pearson Park, 200 Lakeview Pkwy. Carnival hosted by The Oaks Fellowship, costume contest by the Red Oak Lions Club, vendors, trunk-or-treat and much more. Businesses are invited to get free exposure by decorating the trunk of a car and handing out candy to local children. Call (469) 218-1202 or visit lfindley@redoaktx.org for more details.

Ongoing

Red Oak Library Events: Various times. 200 Lakeview Pkwy. The library hosts Author's Group, Book Club, Storytime and Mommy & Me activities. For more information, e-mail the librarian@redoaktx.org or call (469) 218-1230.

Submissions are welcome and published as space allows. Send your event details to angel.morris@nowmagazines.com.



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In The Kitchen With Monica Kostak

— *By Angel Morris*

After a nearly two-year deployment overseas, Monica Kostak had to relearn to cook and has enjoyed re-creating favorite meals. “Growing up I watched my mother cook German meals, then I learned some of my mother-in-law’s heritage cooking, including kolaches,” Monica recalled.

Today Monica uses a Crock-Pot year-round for convenience. “On Sundays, I make two meals and one desert to jump-start the week, making more time for other things I enjoy.” In that spare time, Monica enjoys Jazzercise, scrapbooking, sewing and gardening.

This fall she added a new hobby, as well — empty-nesting. “With the kids leaving home, my cooking style won’t change but the portions will, or we will have way too many leftovers!” **NOW**

Charlene’s Czech Kolaches

2 pkgs. yeast (5 tsp.)
1/2 cup warm water
1/2 cup sugar plus 1 tsp. sugar (divided use)
1 stick butter
1/2 cup Crisco
4 egg yolks
1 Tbsp. salt
6 cups flour
2 cups milk

Filling Option 1:

1 lb. prunes or apricots
1/2 cup sugar
1 tsp. vanilla
1 tsp. cinnamon

Filling Option 2:

2 8-oz. pkgs. cream cheese
3/4 cup sugar
1 egg, beaten
2 tsp. vanilla

Filling Option 3:

12 oz. poppy seeds
1 Tbsp. butter
2 tsp. evaporated milk

Crumb Topping:

1 cup flour
1/2 cup sugar
1/4 cup butter
1/4 tsp. each salt and cinnamon

1. Dissolve yeast in water. Sprinkle with 1

tsp. sugar.

2. Cream remaining sugar, butter and Crisco in large bowl.

3. Add egg yolks and salt. Mix well.

4. Add dissolved yeast and 1 cup flour. Mix well.

5. Add milk and flour. Stir with large wooden spoon until dough is glossy.

6. Cover and let rise to double size (about 1 hour).

7. Cut dough and form into small balls; place on greased pan about 1 inch apart.

8. Butter well and let rise until light. Make indentations in each in which to place filling.

9. For prune or apricot filling: cook prunes or apricots with water till done; mash; add remaining ingredients.

10. For cream cheese filling: mix all ingredients.

11. For poppy seed filling: mix all ingredients.

12. Place filling of choice in indentation.

13. For Crumb Topping: before baking kolaches, mix all ingredients till crumbly; sprinkle on fruit.

Chicken Pot Pie

2 chicken breasts

1/4 cup onion, grated

Salt

Pepper

Season All

1 cup chopped carrots

1 chicken bouillon cube

1 cup peas

1 cup cold water

2 Tbsp. cornstarch

1 deep dish pie crust

3/4 cup milk

1 1/4 cups baking mix

1. Cook chicken breasts till done (several hours on high in Crock-Pot).

2. Drain and shred in a bowl adding onion and seasoning to taste.

3. Cook carrots till tender. Add chicken bouillon and peas to carrots; cook until peas are done.

4. Mix water with cornstarch and gradually add to vegetables. Cook to thicken.

5. Add vegetables/broth to chicken and pour into crust.

6. Mix milk and baking mix and pour on pie. Bake at 350 F for 30 minutes.

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



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