

# North Ellis Co.

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M A G A Z I N E

OCTOBER 2015

# NOW



# 33

*Dining  
Deals  
Inside!*

## Threads of Time

At Home With  
Jim and Polly Starr

## Seeing Beyond Circumstances

Faith and hard  
work have been key  
to Tameji Berry's fire and  
emergency service career

Cabinet Refresh 101

A Gentle Touch

In the Kitchen  
With Wendy Preston





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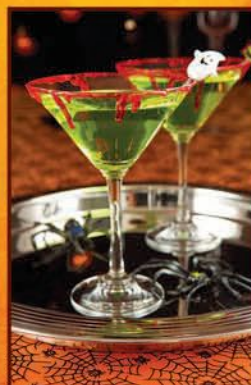
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## ON THE COVER



*Faith and determination have helped Tameji Berry excel in a career field that has typically been dominated by men.*

*Photo by Amy Ramirez.*

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## Editor's Note

*Hello, Fellow North Ellis County Residents!*

Fall is my favorite season. October helps to usher in the final days of another long, hot Texas summer. Cooler evenings are on the horizon, and they'll offer a respite from the heat. Sitting in the yard, watching an evening sunset will be a wonderful way to end the day. And I think the abundant spring rains will help make the beautiful fall foliage even more vibrant and colorful.

On October 31, we'll greet all of the little ghouls and goblins who've been in absentia since last year. And don't forget — October is also Breast Cancer Awareness Month. So make sure you remind your loved ones to schedule an annual screening appointment. We want to make sure that everyone can have the chance to get together and enjoy as many celebrations as possible!

Have a wonderful October!

*Dianne*

Dianne Reaux

North Ellis Co. NOW Editor

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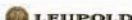
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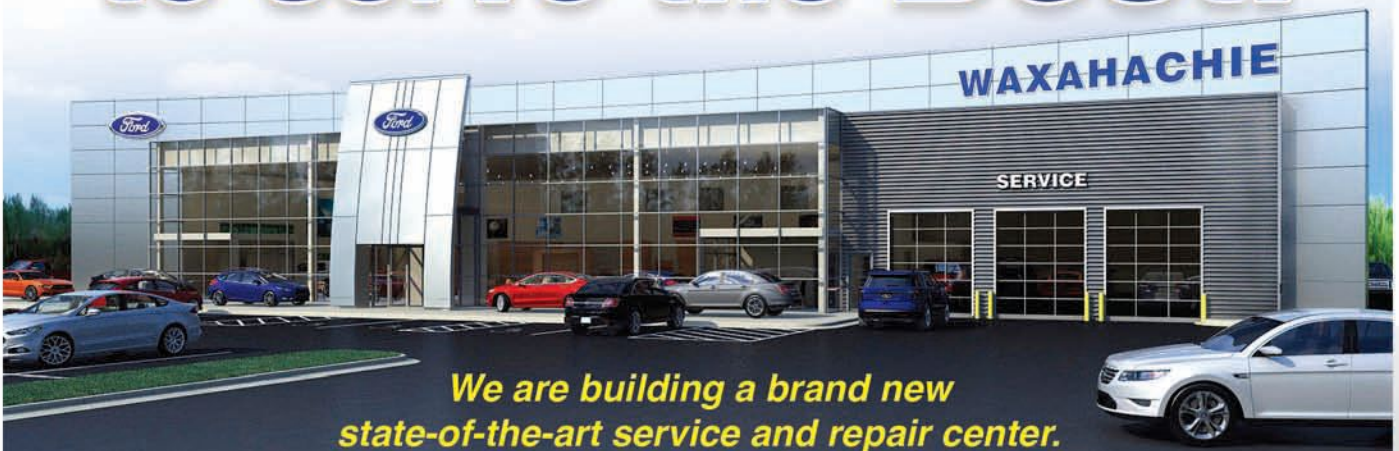
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# SEEING BE CIRCUMSTA



*As a youngster, Tameji Berry enjoyed spending time with friends and keeping up with the latest fashion trends. She was an only child in a single-parent household, but she was blessed with a mother who had high hopes and dreams for her daughter. Tameji now lives in a beautiful neighborhood in Ovilla. But growing up, her mother knew that the odds weren't in her daughter's favor.*

"When I was young, I was interested in the latest fashions," Tameji shared. "I loved looking at magazines like *Vogue*, *Ebony* and *JET*, and my mother and I enjoyed going window shopping," she recalled, "that was our thing to do."

At the time, Tameji didn't understand that she and her mother were doing more than just window shopping. "As I got older, I realized my mother was on a mission — she had a purpose. When she took me on trips out of the Rhodes Terrace projects, she was doing more than just showing me fashionably dressed mannequins in storefront windows," Tameji explained.

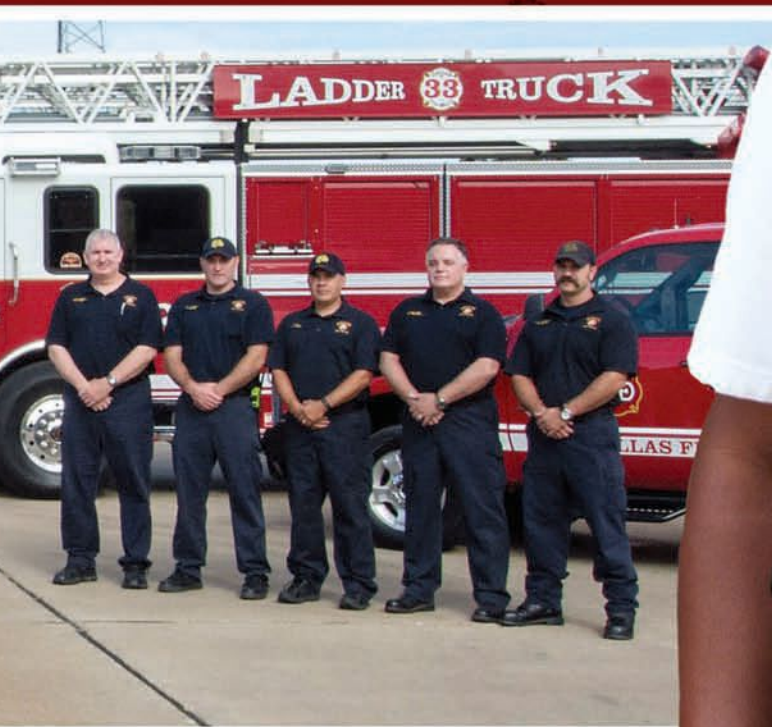
Valerie Vaughn, her mother, understood that in order to help her daughter strive for a better life, Tameji needed to see the world that existed beyond their neighborhood. "When my mother and I would go window shopping, she was trying to open my mind up to things I could possibly have one day. She wanted to encourage and motivate me to see a life beyond the projects we lived in."

"I graduated from Skyline High School in 1987 and enrolled into El Centro College on a Minority to Majority Scholarship," she shared. "It was an initiative designed to get more minorities



# BYOND ANCES

— By Dianne Reaux



into college.” After completing the two-year program, she was accepted into The University of Texas at Austin, and UT-Austin is also where she met her future husband, Mark Berry.

After graduating from college and getting married, Mark and Tameji settled down in Dallas. Mark started as a recruit with Dallas Fire-Rescue and Tameji worked in the insurance industry as an underwriter. But when she saw an ad in the newspaper for a fire inspector, it sparked her curiosity. At first, she was hesitant about applying for the job. But Tameji submitted her application and was excited when she was contacted for an initial screening. And after an extensive round of interviews, she was hired.







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Marianne  
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Tameji's courage to respond to an ad was the beginning of what has turned into an exemplary career in the Dallas Fire Department. Tameji was hired by Dallas Fire-Rescue in 2000, and over a span of 15 years, she's held three different positions, working as a fire inspector, a peace officer and as an arson investigator.

"It's actually pretty common for people to interchange fire investigator and arson investigator, but actually, the roles are quite different," she explained. "A fire investigator only investigates accidental fires — a kitchen fire or if kids were playing with matches. An arson investigator investigates fires that were deliberately set." When Tameji's department determines a fire was deliberate, they file criminal charges, which is why she is required to have the law enforcement designation as a peace officer.

Tameji is aware of the stereotypes, which often invoke images of men fighting fires. She recalled one incident that inspired her to help counter those stereotypes. "We were responding to a fire, and I started putting on my bunker gear," she shared. A small crowd had gathered to see what was going on, and when she pulled off her baseball cap, a little girl saw her ponytail. "Her eyes got big and she started shouting, 'You're a girl! You're a girl!'" Tameji became emotional as she recalled the incident because she saw herself in the little girl.

"Society tends to categorize career choices," Tameji explained. "So if young people don't have an opportunity to see faces in roles that challenge those stereotypes, those stereotypes are perpetuated."

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Tameji rose up through the ranks of the department, and is now deputy chief of fire investigation & explosive ordinance disposal. She is the first African-American female appointed as deputy chief in the history of the department, and the first female assigned as deputy chief over the Arson Division. Tameji is aware of the unique role she has in the department, and she feels compelled to bring an awareness to young people, especially young females, so they can see they can also have successful careers in her line of work.

In fact, it has become her mission to help make sure young women know that it's a career path they are fully capable of embarking upon. "I'm working on a program, a girl's camp, to help bring awareness, especially to underprivileged girls," she explained. Tameji is a member of the International Association of Women in Fire & Emergency Services, an



Captain Ham poses with Tameji Berry.



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Tameji Berry (far right) enjoys time with her husband, Mark; daughters, Makenzie and Amelia; and grandchild, Avery.

organization whose mission is to support, mentor and educate women who pursue careers in fire and emergency services. Tameji hopes that once young girls know about the opportunities, their interest will bridge into the Explorer Program.

Mark and Tameji are the proud parents of two daughters, Amelia and Makenzie, and grandparents to 2-year old Avery. They are a close family that loves spending time together, hanging out, watching television and going out to eat. They love to travel and have enjoyed visiting New York, Seattle, Aruba and Costa Rica. And they are active members of their church, DC3, formerly known as Johnson Chapel of DeSoto.

Tameji has a bit of advice for all young people, regardless of the career path they choose. First and foremost is to, "always hang on to your faith." She'd also tell them to associate with two types of people. People you look up to and admire, who are where you'd like to one day be in life — as well as someone who might not be as fortunate. "That way, you're always learning from someone, and you can always reach back and help someone as you move closer to achieving your own goals."

Tameji credits God and her faith with her accomplishments. "I know it's because of His grace and mercy that I've reached where I am today," she shared. "There are many strong, intelligent and courageous young women capable of working in this field. But if you don't have a chance to consider it as a career option, you may never know just how far your aspirations and hard work can take you." **NOW**



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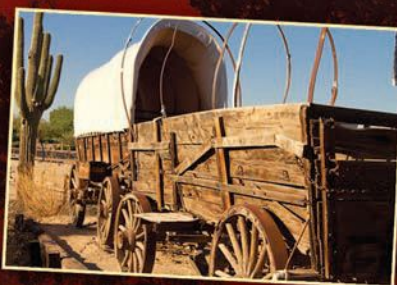


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A photograph of a young boy in a striped shirt and white pants holding a large orange pumpkin.

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A photograph of a large pile of pumpkins in a field.





# Threads of Time

— By Virginia Riddle

*Folks of all ages turned out with their lawn chairs to watch the parade. No, there wasn't a marching band, cheerleaders or decorated floats — there was only one house being moved from the land it had occupied in Ferris since 1918 to a new, roomy three-lot site, and to a new family. "It took all day and big trucks to move it a few blocks," Polly Starr remembered.*

That event occurred in 1999 when Jim and Polly Starr became the third owners of their home, which had once belonged to Faye Orr, an artist and member of one of Ferris' pioneering families. Jim and Polly were living in Arlington, Texas, when they discovered the house was for sale and needed to be moved to make room for new construction. Jim was a dentist, and Polly was a Texas Christian University faculty member teaching fashion merchandising. But the threads of time were leading them back to Ferris, Polly's hometown.

"My dad commuted to Dallas to work, but my mom was a teacher in Ferris," Polly recalled. After retiring six years ago, Jim and Polly became very active in the community. He serves on the Ferris City Council, and she serves on the 4B Economic Development board.



*At Home With  
Jim & Polly Starr*







They are active members of the Ferris First United Methodist Church. "Our church has a strong sense of community ministry beyond the church's walls," Polly said. Life in Ferris offers the couple an enjoyable rural setting and the fellowship of close friends, and Dallas is only a 20-minute drive away.

Jim and Polly met during their college days at Texas Wesleyan College, now Texas Wesleyan University. Married for 49 years, they are parents to son, Jim Starr, and daughter, Stacey Adams, who is mother to their 11-year-old grandson, Brody.



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Before they purchased it, Jim and Polly's home had seen life as an antique shop for 10 years, so they didn't have a complete remodeling job to do. However, city codes had to be met following the move. After code updates, their home received a new paint job. "We chose colors that remain true to the 1918 era," Jim stated. The kitchen was completely remodeled and reconfigured, updating it to modern times. The bathrooms also

received updates, but the couple chose fixtures that fit the same time period.

Today, the American flag flies proudly from a wraparound front porch overlooking a circular drive that is beautifully landscaped. Friends and family can relax in the white rocking chairs and enjoy a sip of tea.

Most of the downstairs floors are of red heart pine planks that stretch the length of the rooms, and antiques





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appropriate to the time period are used throughout the home. "Most of the antiques are family pieces acquired over time," Jim said. For instance, new life was given to two comfortable living room chairs after the couple found them in a hay loft while Jim was attending dental school. An antique upright piano, a tea cart with service and a table that holds family photos surround the comfortable living room seating. Jim's mother was a painter, and many of her pieces have places of honor throughout the home.

"She was very gifted," Polly said proudly.

Art of another kind decorates plate rails surrounding the dining room walls. One wall hosts Faye Orr's Good Morning plates. Another wall is the background for Polly's sister's painted plates, while Polly's collection of plates round out the scene and sit on a buffet. The dining table is large enough to accommodate family members and friends. "We are very family-oriented and enjoy entertaining. Our best memories are of Christmas, Thanksgiving and birthday celebrations," Polly said.

A cooktop is hidden away on the kitchen's island — an innovation that provides more counter space when needed. Three of Jim's mother's paintings decorate the walls. "These are a little more primitive," Polly said. An antique tea pot holds a special place, while other antique collectables decorate the tops of cabinets. "Cooking is a hobby," Polly said. The kitchen's configuration was changed when a wall was built to provide for the coffee/wet bar with built-in wine rack on the opposite side facing the den, where the couple likes to host guests and bridge groups. One of Polly's retirement gifts from TCU, a quilted *Sew Long*, hangs in a place of honor.

The breakfast room functions as "Jim's day room" with windows and a door to the backyard's full deck, carriage house (now the garage) and potting house. The deck is used for outdoor grilling and entertaining.

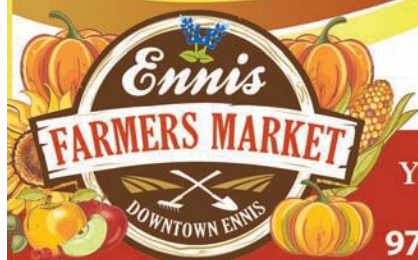
A quilt made by ladies from their church hangs in the home's centralized hallway near a piano bench that Jim's grandfather made. A hall bath has the original claw-footed tub. A mirror created from one of the home's original weighted windows still has the cord

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attached. Antique door knobs from Polly's grandfather's house create a unique towel hanger. Jim pointed out the original door hardware and push button electrical switches that were kept. The front porch wraps around an adjoining guest bedroom. "It's a lovely little room," Polly said.

A fireplace warms the den on cool nights. A painting by Jim's mother of Jim's big boots, complete with spurs, and his son's little boots and spurs hangs on one wall. French doors open to a sun porch where his mother's portrait hangs along with a wall of portraits probably created in a class. Games can be played at the table, and an antique dental chair and treadle sewing machine pay honor to the couple's vocations. Polly's dad's scooter hangs above a doorway.

"We live upstairs along with Bella, the cat," Polly remarked. A quilt hand pieced by a friend and quilted by Polly decorates a guest bed. "It's small and just right for this room," she said. Another treasured quilt that Polly and the Methodist ladies quilted is also on display.

Polly's childhood table and chairs provides a sitting area in the master bedroom for games of spades with Brody. A work station and desk were created from original closet space, and a new shower was added to the bathroom.

Jim enjoys playing golf and hunting while Polly quilts, sews, crochets, embroiders and tats. "Needle arts are my passion," she revealed. Polly also volunteers at Brody's school. The couple has traveled to Austria, Germany, the British Isles, Russia, France and Italy. Through playing bridge, they are making new friends. This couple cherishes the past, but is working toward, and planning, a great future. **NOW**

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# CABINET REFRESH 101

— By Jill Rose

*Looking for an inexpensive way to dramatically change the look of your kitchen? Painting cabinets is a great way to get the look of a new kitchen without the price tag of a complete remodel.*

## FIND THE PERFECT COLOR

For most people, one of the hardest parts of painting kitchen cabinets is finding the right color. With all the paint options available, even opting for white cabinets can result in having to sift through hundreds of variations to find the “right” white.





One of the biggest obstacles to choosing a color is lighting. The number of windows in your space (natural lighting), as well as the type of bulbs you use (soft white, bright white, daylight, etc.), can drastically change the way a color will look. Buying your paint from a paint specialty store can alleviate a great deal of indecision, as the employees in these stores are able to provide you with the best options, depending on your lighting. Keep in mind, homes with a lot of natural light tend to cast a blue hue on white paints, whereas homes with artificial lighting can cast colors ranging from blue to orange, depending on the bulb used.

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After selecting a few sample colors, purchase scrap pieces of wood strips that are the same species as your cabinets and paint them using the sample colors. Leave the samples in your kitchen for a few days to see how the color changes throughout the day. Once you've decided on a color, select your sheen. Choose a high-gloss sheen for a more modern look or an eggshell for a more classic feel.

## PREP YOUR AREA

Begin by taking the cabinet doors off and removing the hinges. Be sure to label each cabinet door and hinge for reassembly. Next, tape off the wall area around the cabinet frames.



## GIVE EVERYTHING A GOOD SANDING

Whether your cabinet doors, drawers and frames are painted or covered in stain, you will need to sand them. Begin by using a 100-grit sandpaper, and then move on to 120-grit sandpaper. Note: Most of the cabinet can be sanded with an orbital sander, but the smaller areas will need to be sanded by hand.

After sanding everything, remove the dust created. The frames are easy to clean, but doors and drawers can be tricky. Dust will ruin your paint job, and you will find yourself having to sand

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out specks and reapply paint. To ensure maximum dust removal, start by simply turning the cabinet door or drawer over and patting the back so most of the dust falls out. Follow this with a quick pass over with a vacuum wand. Finally, use a duster and get into the crevices. If you find you still have dust specs, use mineral spirits and a rag to remove any remaining dust.

## FIX ANY GOUGES OR DENTS

If you have deep scratches or dents, fill them in with wood filler. Let it dry, and then sand it down using a 180- or 220-grit sandpaper. Be sure to clean away any excess dust.

## PRIME THE CABINETS DRAWERS/FRAMES

Using a 2-inch paint brush, apply a light coat of primer to the cabinets, drawers and frames. Tinting your primer to match the color of the new cabinet paint is excellent insurance against future nicks and scratches showing.

Begin by priming the back of the cabinet door. Start in the center panel section. If you get primer on the stiles or rails, make sure you brush them out, so they don't leave a blotchy finish.

Next, prime the rails, and then the stiles. Do not prime the edges of the cabinets at this stage. After priming the cabinet doors, move on to priming the drawers. Since drawers only have a front, prime the entire drawer (edges included). The next step is to prime the cabinet frames. If desired, prime the inside of the cabinets, also.

Once all items have been primed, allow them to cure for at least 24 hours before



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lightly sanding (by hand) all the primed surfaces with a 300-grit sandpaper. Sand them just enough to remove any imperfections or random pieces of dust that may have fallen on them while they were still wet.

Turn the cabinet doors over to the front, and repeat the entire process above. Be sure to prime the edges of the cabinets, and allow them to cure for 24 hours.

## PAINT THE CABINETS/ DRAWERS/FRAMES

After the primed pieces have been allowed to cure for 24 hours, begin painting. Painting is really no different than priming, and you should follow the same process as priming. Begin by painting the back of the cabinet door, and then lightly sand out any imperfections before moving on to the drawers and cabinet frames. Allow them to cure for 24 hours, and then repeat the entire process for a total of two coats of paint.

After the second coat has been allowed to cure for 24 hours, move on to painting the front of the cabinet doors. Again, follow the same process as above (panel, rails, stiles but now also the edges). Allow them to cure for 24 hours, and then repeat the entire process.

## ADD THE POLYURETHANE

Before actually adding the polyurethane, lightly smooth out the door's finish using a 300-grit sandpaper. Apply the polyurethane with a foam brush for a suggested total of three coats on each side. Allow the polyurethane to cure per label, reassemble the cabinets and enjoy the beautiful new look of your kitchen for years to come!

## TROUBLESHOOTING

The biggest concern most people have with painting their cabinets are brush marks. Inferior products are one of the biggest reasons for brush marks. If you use high-quality primer, paint and brushes, and apply the paint in thin coats, you should not have this problem. **NOW**





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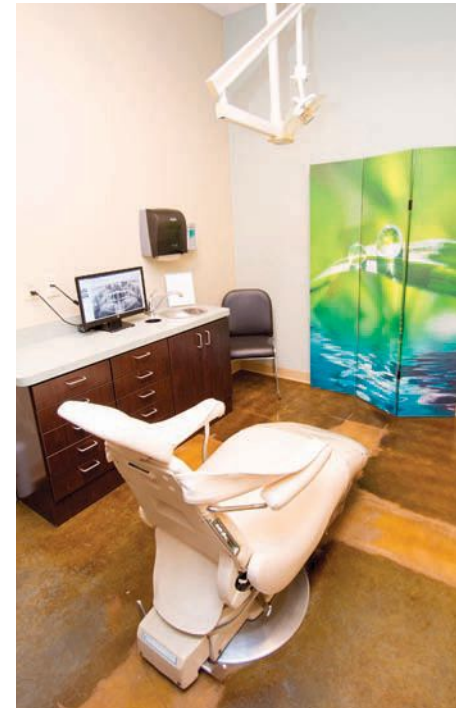


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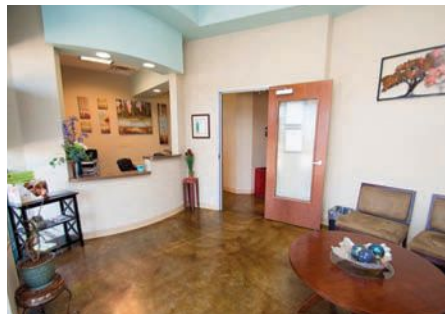
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# A Gentle Touch

*With a strong family legacy in dentistry, Dr. Virginia Williams strives to provide that same level of excellent care.*

— By Dianne Reaux

As a child, Dr. Virginia Williams enjoyed art. “I did a lot of sketch art,” she shared. “In high school, I had a teacher who was an artist who exposed me to pottery, and I enjoyed using my hands.” Although she didn’t end up pursuing it as a career, her penchant for art has been valuable in the field of dentistry. “It’s allowed me to develop good spatial skills. When working on patients, it gives me a better idea of how I want things to look and how to contour different shapes.”

Dr. Williams graduated from Highland Park High School and received a bachelor’s degree in biological sciences from Southern Methodist University. After completing her degree, there was never really any question as to her career path. And in 2007, she

graduated from the Baylor College of Dentistry. “For me, it had everything to do with the six generations of dentists in my family,” Dr. Williams admitted. “My father, Dr. Charles I. Williams, had a dental practice in downtown Ferris for over 40 years. When I was a kid, I spent my summers upstairs in his lab playing with plaster and going downstairs and getting into trouble,” she recalled smiling.

But her father wasn’t the only dentist in the family. They have a special family legacy that Dr. Williams is very proud of. “My maternal great-grandfather, two of my uncles, my father and my brother are all dentists. My mother was a dental hygienist, and they all graduated from the Baylor College of Dentistry. So, I’ve had the benefit of having several mentors at my disposal,” she explained.



## Business **NOW**

All of the family expertise has allowed Dr. Williams to expand her range in the practice, and the strong family legacy has helped her to evolve professionally. Dr. Williams has benefited from the years of collective expertise — and so have her patients.

Angela Bruner is the office manager, and she helps ensure the practice runs smoothly. “I’ve been in the DFW area for several years, but I’ve lived in Ferris for the last 12 years,” she shared. She has a very solid administrative background, which includes a bachelor’s degree in business administration from LeTourneau University and a master’s degree in psychology from Naropa University. “Both degrees have been a good fit for being the office manager in a dental practice,” Angela shared. Her previous professional experience includes working in an attorney’s office and in the commercial division of Capital One Bank.

*My patients know I am just a phone call away.*

Angela enjoys her work and finds helping people with the process of healing to be very rewarding. “Someone can come in with a toothache. After treatment, they’ll return feeling better, and we are the ones who helped alleviate their pain,” she explained. Dr. Williams is particularly well noted for her extraction procedures. “She is a very gentle dentist,” Angela shared.

The office was established in Ferris because Dr. Williams likes the small-town atmosphere. “Our practice is small and personable. And one of the things I take a lot of pride in is the fact that I live in the town where my practice is located, and my patients know I am just a phone call away.” **NOW**




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*Billinda Longino, owner of A Bundle of Love, showcases a store front window full of colorful and vibrant fall displays.*



*Haley Story and Natalie Wright, of Touchstone Imaging, want to remind everyone that October is National Breast Cancer Awareness month.*



*One-year old Madelynn loves playing with her toys in her family's little backyard oasis.*



*Coach Malone warms up with her varsity volleyball team players as they get ready to take on the Life Oak Cliff Lions.*



*Lois Metcalfe of Red Oak poses with Labor Day flags as she and Bethany take an early Sunday afternoon stroll.*



*Sandie Fant puts the finishing touches on a display in her new cafe, 214 Coffee Room, in downtown Ferris.*



*Dominoe's employees Jamie Fulton and Heather Croy add creative expressions to their Red Oak locations Wall of Art.*



*Youth members of Rock Community Church have fun as they host a local car wash fundraiser in Red Oak.*



*Headmaster Randy Adair and Elementary Principal Lezlie Rozier volunteer to serve in the Ovilla Christian School lunch line.*



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# Breast Cancer Health

— By Betty Tryon, BSN

With breast cancer, there are hordes of drugs, treatments and therapeutic options. Some of these can carry pretty scary side effects. It is imperative that anyone being treated for this disease follow their health practitioner's advice and plans, and that they give approval for any alternate treatment plans. However, there are a couple of areas where you can give your health a helping hand with possibly great benefits — diet and exercise.

Diet can possibly play a crucial role in lowering your risk of getting breast cancer and can aid in the recovery process when healing from the disease. There are some studies that suggest an increase in the incidence of breast cancer in women who are menopausal and overweight. Weight can also play a factor in the recurrence of breast cancer. More research is needed before definitively stating that a low-fat diet carries the benefit of lowering the incidence of breast cancer. But, the research that is available does suggest a possible connection.

The best diet is one in which all food groups are represented in appropriate amounts. Saturated fats are usually the problem, and it is generally a good idea to aim for less of them in your diet. They are found in fatty meats, butter, many cheeses, breads and pastries to name a few examples. Antioxidants are substances that help to prevent and limit cell damage — a great boon to someone in the process of healing. Some

foods rich in antioxidants are berries, citrus fruits, whole grains, liver, carrots and green, leafy vegetables. Check with your doctor before changing your diet. If you get a recommendation to see a registered dietitian, try to follow through. Proper nutrition is crucial to your overall health.

Exercise can be a great mood lifter. However, when in the throes of recovery, the last thing someone may want to do is exercise. Before starting any exercise program, discuss it with your physician. Your level of performance will depend upon many different things, such as the treatment you receive, severity of the disease, your prior fitness level and your current health status. Some exercises will affect you adversely. For example, if you had the lymph nodes removed under your arm, you may be at risk for lymphedema. Some forms of exercise may cause further injury to that area.

On the other hand, exercise can carry great benefits. Physical activity can help control weight gain. It can also increase your stamina, which in turn will increase your energy level. Taking particular care with diet and exercise will not only offer benefits regarding breast cancer, they can improve your overall level of health. **NOW**

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



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### October 6

City of Glenn Heights 16th National Night Out: Heritage Community Park, 400 E. Bear Creek Rd., Glenn Heights. "America's Night Out Against Crime" promotes crime and drug prevention and community partnerships.

### October 10

3rd Annual Dentistry From the Heart: 7:30 a.m., official registration begins, Waxahachie Family Dentistry, 125 Park Place Blvd., Waxahachie. For more information, call (972) 937-4370.

### October 12

2015 Partnership Challenge Golf Tournament: 11:00 a.m., registration, Thorntree Country Club, 825 W. Wintergreen Rd., Desoto. For more information, visit [www.redoakisd.org](http://www.redoakisd.org), or call Karen Anderson at (972) 617-4320.

### October 14, 15, 16, 17, 18

Pre Stage Fan Fest: 5:00 p.m.-9:00 p.m., downtown Ennis. Streets will be blocked off for fans to see NHRA pro and sportsman cars, food trucks, music and more. For ticket information, or additional details, call Texas Motorplex, (972) 878-2641, (800) MOTORPLEX, or visit [www.texasmotorplex.com](http://www.texasmotorplex.com).

### October 17

Youth Talent Show: 6:00-8:00 p.m., Ovilla Christian School, 3251 Ovilla Rd., Ovilla. Tickets: \$10, includes dinner. Purchase tickets at [ovillachristianschool.org](http://ovillachristianschool.org) beneath the Fine Arts tab.

### Red Oak Chamber Auction/Dinner:

6:00 p.m., Red Oak Municipal Center, 200 Lakeview Pkwy., Red Oak. For tickets or sponsorship opportunities, contact Shelley Martinez at (972) 617-0906.

### 12th Annual Red Oak Hawk Experience:

9:00 a.m.-noon, Red Oak Middle School gym, 154 Louise Ritter Rd. The camp is for girls ages 5-14. \$35 registration fee. After the camp experience, the girls will perform Friday, **October 23**, at Billy Goodloe Stadium during halftime. For more information, call (460) 285-9209 or visit [hawkette.booster@yahoo.com](mailto:hawkette.booster@yahoo.com).

### October 24

20th Annual Texas Country Reporter Festival: 9:00 a.m.-7:00 p.m., historic downtown Waxahachie. Join Bob Phillips for a day of arts and music. Admission is free. For more information, call the Waxahachie Convention & Visitors Bureau at (469) 309-4040 or visit [www.waxahachiecvb.com](http://www.waxahachiecvb.com).

60th Annual Lord's Acre Regional Fall Festival: 9:00 a.m.-4:00 p.m., Ovilla United Methodist Church, 1403 Red Oak Creek Rd., Red Oak. For more information, contact Marikay Dewberry at (214) 532-5902 or [dewkraft@swbell.net](mailto:dewkraft@swbell.net).

### October 25

Red Oak Fall Festival: Old Town Park at the corner of Live Oak and Waller. The Parks Commission and The Oaks Fellowship are teaming up to create a safe atmosphere for your children to play games, eat candy, go on a hay ride, win prizes and have fun!

### October 31

9th Annual City-wide Fall Festival: 6:30-8:30 p.m., Waxahachie Civic Center, Waxahachie. The event is free, and there is no need to register. Come as you are or wear a costume.

*Submissions are welcome and published as space allows. Send your current event details to [dianne.reaux@nowmagazines.com](mailto:reaux@nowmagazines.com).*

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## In the Kitchen With Wendy Preston

— By Dianne Reaux

Red Oak resident, Wendy Preston, is a working mother who teaches geometry at Waxahachie High School, and she enjoys cooking. “I love to feed people,” Wendy shared. She grew up with two siblings, and they would all pitch in and help prepare dinner for their working mom. “When I was around 8 years old, I can remember being able to fix tacos and spaghetti dinners all by myself,” she stated.

Though she enjoys cooking different kinds of foods, Wendy admits that she and her family have a preference. “We enjoy Tex-Mex and comfort foods like chicken, mashed potatoes and vegetables,” she admitted. She knows that dinner time can be hectic, and she has a bit of advice. “Get a Crock-Pot,” Wendy shared laughing, “and teach your kids to enjoy leftovers!” **NOW**

### Crock-Pot Brown Sugar Bourbon Chicken

**1-2 lbs. boneless, skinless chicken breasts, or 1-2 lbs. chicken thighs**  
**1 pkg. McCormick Grill Mates Brown Sugar Bourbon Marinade**

1. Clean chicken and place in the bottom of a Crock-Pot.
2. Follow directions on the back of the marinade packet, and whisk together the ingredients.
3. Pour the marinade over the chicken and cook on high for 4-6 hours, or until the chicken starts to fall apart.
4. Remove chicken from the Crock-Pot and discard the remaining sauce.
5. Serve with your desired side dishes.

### Luscious Potatoes

**1 lb. Velveeta cheese**  
**1/4 cup milk**  
**1 2-lb. pkg. hash brown potatoes**  
**2 10 1/2-oz. cans cream of potato soup**  
**1 pt. sour cream**  
**1/8 tsp. salt and pepper, or to taste**

1. Combine Velveeta cheese and milk in a large bowl and microwave on medium heat for 1 minute; stir. Microwave again for 30 seconds; stir. Repeat this process until cheese and milk are mixed smoothly.
2. Add potatoes, potato soup, sour cream, salt and pepper to cheese mixture; mix all ingredients together until smooth.
3. Pour mixture into a greased 9x13-inch rectangular baking dish and bake at 350 F for 1 hour.

### Roasted Vegetables

**1 envelope Lipton Recipe Secrets Savory Herb With Garlic Soup Mix**  
**2 Tbsp. olive oil or vegetable oil**  
**1 1/2 lbs. fresh or frozen vegetables**

1. Preheat oven to 450 F.
2. Combine envelope of soup mix and oil.
3. Place vegetables in a large bowl and toss oil mixture with vegetables until they are thoroughly coated.
4. Place vegetables in a 9x13-inch baking dish; bake for 20 minutes, or until vegetables are tender.

### Bread Bowl Artichoke Dip

**2 16-oz. sourdough bread rounds, about 6-inch diameter (divided use)**  
**Vegetable oil spray**  
**4 oz. cream cheese, softened**  
**1/2 cup milk**  
**1 14-oz. can artichoke hearts in water, drained**  
**1 1.4-oz. envelope, or 1 1.8-oz. box (2 envelopes) vegetable soup mix**  
**1 garlic clove, pressed**  
**2 tsp. lemon juice**  
**8 oz. sour cream**  
**Grated fresh Parmesan cheese (optional)**

1. Preheat oven to 450 F.
2. Slice off top of one bread round to create a lid; set lid aside. Carefully remove center of bread round to form a 4 1/2-inch-wide and 2-inch-deep well for dip.
3. Slice center of first bread round and the entire second bread round into 1-inch cubes. Place bread bowl on a baking dish, and arrange bread cubes around the bowl. Spray with vegetable oil.
4. In a bowl, add cream cheese and milk; whisk until smooth.
5. Use a food processor to chop artichokes. Add chopped artichokes and soup mix to cream cheese and milk mixture.
6. Add pressed garlic clove to mixture.
7. Microwave mixture on high for 5-7 minutes, or until hot. (Do not boil.)
8. Stir lemon juice and sour cream into hot artichoke mixture; pour into bread bowl.
9. If desired, grate Parmesan cheese over bread bowl and bread cubes. Lean lid against bread bowl. Bake 13-15 minutes, or until bread cubes and top of dip are golden brown.
10. Remove from oven; serve immediately.



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