

Red Oak

Ovilla | Glenn Heights | Oak Leaf

M A G A Z I N E

JANUARY 2012

NOW

lending a hand

John Keane
and Habitat for
Humanity help
folks build
their future.

Also Inside:

Half a World Away

In the Driver's Seat

In the Kitchen With
Susan Simmons

We Did
It Our Way
At Home With Terry
& Ranna Perdue



Out with the old, in with the you.

All the inspiration you need for a healthier 2012 is at New Year, New You, a free event at Methodist Charlton Medical Center. Come kick-start your transformation with healthy discussions about fitness, nutrition, weight loss, cosmetic procedures, stress management, and more. Plus, you'll be treated to a free body mass index screening, refreshments, and giveaways! Turning over a new leaf has never been easier, so register today and let's ring in the new you.

NEW YEAR, NEW YOU

Saturday, January 14 • 10 a.m. – Noon
Methodist Charlton Medical Center
Auditorium

3500 W. Wheatland Rd. • Dallas, TX 75237

Space is limited, so register today at **214-947-0000**
or visit **www.MethodistHealthSystem.org/NYNY**.

Connect with us.



Texas law prohibits hospitals from practicing medicine. The physicians on the Methodist Health System medical staff are independent practitioners who are not employees or agents of Methodist Health System, Methodist Charlton Medical Center, or any affiliated hospital.



Methodist

HEALTH SYSTEM

Where life shines bright.SM

GO LOCALSM

WITH A  ^{*}BANK



AND PEOPLE YOU CAN TRUST.


*A top national bank for
safety and soundness.
- Weiss Ratings
- Bankrate, Inc.

“Cream of the crop,” says Weiss Ratings of Community National, placing it in the top 5% of banks in America for financial strength.

When you go local with your personal or business banking, lending or trust and investment services, be assured of both safety and the finest personal service. *Remember:*

It All Starts With Community.



**COMMUNITY NATIONAL
BANK & TRUST OF TEXAS**

“My Community. My Bank.”[®]

Find us on 

www.mycommunitybanktexas.com



Member FDIC

Coming Soon - Expansion & Renovation of 342 location

**FREE
ENROLLMENT**

(Exp. 1-31-12)



Red Oak

205 S. Main St. Suite 1901

972-576-0388

100 Plaza Dr. Suite 500

972-576-3939

www.snapfitness.com/reoak



*Meeting all New Year
Resolution Fitness Goals!*

Affordable, Convenient,
Open 24 hours, 365 days
Membership Appt. call 214-641-8075

- 5,000 Sq. Ft.
- More Equipment
- Fitness on Demand Classes
- Zumba, Pilates, Yoga, Kickboxing
- Boot Camp • Aerobics ... just to name a few
- No Long Term Contracts
- Personal Training
- 24/7 Safe and Secure Environment



Community Open House Dates

Wednesday, January 18 - 9:30 am

Sunday, February 12 - 2:00 pm

Wednesday, February 15 - 9:30 am

Wednesday, March 21 - 9:30 am

www.OvillaChristianSchool.org



OVILLA ROAD Baptist Church

Join us as we welcome our new pastor

Drew Erickson

January 8th

as he begins the series

BETTER TOGETHER
a study on the Book of Phillipians

Sundays @ 10:30AM

3251 Ovilla Road, Ovilla, TX
972-617-8544 WWW.ORB.C.ORG

Publisher, Connie Poirier

General Manager, Rick Hensley

EDITORIAL

Managing Editor, Becky Walker
Red Oak Editor, Angel Morris
Editorial Coordinator, Sandra Strong
Editorial Assistant, Beverly Shay
Writers, Celeste Fonseca
Janice C. Johnson . Cindy Malone
Editors/Proofreaders, Pat Anthony
Pamela Parisi

GRAPHICS AND DESIGN

Creative Director, Chris McCalla
Artists, Julie Carpenter . Martha Macias
Connie VanderBeek . Allee Brand
Marshall Hinsley . Arlene Honza
Brande Morgan

PHOTOGRAPHY

Photography Director, Jill Rose
Photographers, Natalie Busch
Amy Ramirez

ADVERTISING

Advertising Representatives,
Rick Ausmus . Teresa Banks
Linda Dean . Laura Fira . Bryan Frye
Melissa McCoy . Lisa Miller . Carolyn Mixon
Jami Navarro . Lori O'Connell
John Powell . Steve Randle . Linda Roberson

Office Manager, Angela Mixon

On The Cover



John Keane volunteers
to improve the quality
of life for those
around him.

Photo by Natalie Busch.

Contents

January 2012 • Volume 7, Issue 1



14

6 Lending a Hand
John Keane shares Habitat for
Humanity's lessons.

14 We Did It Our Way
At Home With Terry and
Ranna Perdue.

10 Half a World Away
Compassion is most effective
when mixed with determination
and action.



10



28

22 BusinessNOW

24 Around TownNOW

26 FinanceNOW

28 CookingNOW

Red OakNOW is a NOW Magazines, L.L.C. publication. Copyright © 2012. All rights reserved. *Red OakNOW* is published monthly and individually mailed free of charge to homes and businesses in the Red Oak, Ovilla, Glenn Heights and Oak Leaf ZIP codes.

Subscriptions are available at the rate of \$35 per year or \$3.50 per issue. Subscriptions should be sent to: NOW Magazines, P.O. Box 1071, Waxahachie, TX 75168. For advertising rates or editorial correspondence, call (972) 937-8447 or visit www.nowmagazines.com.

Editor's Note

Calling all Red Oakians ...

And those of you from Glenn Heights, Oak Leaf and Ovilla, too! It's a new year, and we're ready to showcase the best of each of these cities. From athletes and artists to cooks and educators, we want to share your stories in 2012.

Do you have an interesting friend or neighbor with a hidden talent or inspirational tale? Or perhaps you have a history that would enlighten or entertain our readers. Is your home the one where all the local teens want to be, the favorite spot for friends and family or just a haven you have created for yourself? Any and all of these are exactly what we're looking for at *Red OakNOW*. Contact me at the e-mail address below, and together we'll share a year's worth of features worth reading. Let us tell *your* story!



Angel

Angel Morris
Red OakNOW Editor
angel.morris@nowmagazines.com

Riley's Bakery & Café

Now OPEN in RED OAK!

LET US MAKE YOUR SPECIAL-OCCASION CAKES & YUMMY TREATS!

We offer a wide assortment of pies, cakes, cookies, cupcakes & other treats.

Café now serving sandwiches, soups, burgers & more!

Free Sugar Cookie

One per person, while daily supplies last.
EXPIRES 1/31/12

Tuesday, Wednesday & Friday 11-4:30
Thursday 11-7:30 • Saturday 10-4:30

211 N. Hwy 342 • Red Oak
469.684.4615

VISA MasterCard



Smile

with Confidence!

\$45 Exam
X-rays and Cleaning
New, Non-Insurance Patients Only.
Thru February
Ask about our FREE sports mouth guard with Ortho consultation


General and Pediatric Dentistry and Orthodontics
MEDICAID • CHIPS
STAR HEALTH
FREE Consults for all Orthodontics

- Most Insurance Accepted
- Discount Plans Accepted

Se Habla Español

Williams Dental Associates
Family Owned and Operated with Over 40 years Experience

201 E. 5th St.
Ferris Professional Plaza
Ferris, TX
972.842.2248
www.williamsdentalassociates.com



an upscale salon with a *Down Home* feel

Impressions Salon Etc.

- Cut & color specialist
- Bridal parties
- Special event hair
- Manicures / pedicures
- Skin care specialist

\$5 OFF
Any Service
with this ad

AVEDA

THE ART AND SCIENCE OF PURE FLOWER AND PLANT ESSENCES

Hair, skin & make-up products, bags, jewelry & accessories
25 yrs experience

Moms, please schedule time away from your little ones so we can have you all to ourselves. Thanks.

202 Suite B N. I-35 • Northbound service Rd. between Ovilla & Red Oak Rds Red Oak
972-617-6300 • Open at 8am Tues Thru Sat

SPIRITS DEPOT

Extensive Selection of Liquor, Beer and Wine



Jack Daniels
1.75l \$39⁹⁹



Pinnacle Vodka
1.75l \$17⁹⁹



Absolut Vodka
750ml \$19⁹⁹



**Gran Centenario
Silver and Repo**
750ml \$19⁹⁹



**Camarena
Tequila**
750ml \$15⁹⁹



**Felipe Brandy
(Spain)**
750ml \$7⁹⁹



Spiced Jack Rum
1 Liter \$9⁹⁹



972-274-1080

**1551 S. Beckly Rd. (I35)
Glenn Heights, TX 75154**

From the South take Parkerville Exit and Loop around
From North take Bear Creek Road Exit #412
Additional parking in back.

Prices subject to change

We offer
wine tastings
every Thursday.
Liquor tasting every
Friday and Saturday
5pm-8pm.





Lend a

"I don't really like attention," John Keane said, smiling but a bit uncomfortable. "I prefer to be behind the scenes." Being a teacher, husband and father to four outgoing children, and grandfather to four, his quest for relative anonymity has been successful. Now, however, being on the board of the Ellis County Habitat for Humanity, John is speaking on behalf of the charity and people who are both helpers and those being helped.

John is a special education teacher for Red Oak Intermediate School, a profession he stumbled into and has grown to love. After deciding to put his landscaping business on hold for a profession that would allow him more time with his kids, he was acting as a long-term substitute for a kindergarten class in Dallas. He began to wonder why two of his students kept leaving to go to a class called Resource. One day he visited Resource, and what he saw made him sure of what he wanted to do. "There was a group of kids who could use my help," he said. During John's third year of teaching in

ing HAND

“I just really want to be involved in any way that can improve the quality of life for people, especially my family and my community.”

— By Cindy Malone

Dallas, he was Lida Hooe Elementary's Teacher of the Year.

He decided to teach in Red Oak several years ago to be closer to his teenage children and share their schedules. At Red Oak Intermediate School, he is the faculty co-sponsor for Rachel's Challenge, a group of children who believe in the power of being kind to one another and using random acts of kindness to support and take care of their classmates and those around them. The name comes from an organization started on behalf of Rachel Scott, a victim in the 1999 Columbine High School shooting. John's group has performed acts like sending materials to soldiers, which often included fun things for the soldiers to give children in the war-torn countries where they serve.

Although John has been teaching in Red Oak and living in Pecan Hill

for 15 years, he has not always been so stationary. He was born in Peru and traveled all over South America during his young life. His dad, also a man with a giving heart, was a member of the World Health Organization and, as a veterinarian, “taught the disadvantaged how to care for and breed livestock in hopes of them becoming healthier and more self-sufficient,” John said.

From there, John's family retired to Michigan, so his dad could be closer to his parents. Thanks to his father, leading comes naturally to John.

Several years ago,



ALL EYE & OPTICAL CARE

New Patients Welcome

All Major Insurance/Medicare Accepted

- Complete Eye Exams
- Eyeglass & Contact Lens Prescriptions
- Eyeglasses for Every Budget
- Glaucoma Treatment
- Diabetes Eye Care
- Cataract Surgery



Dr. Raj Rugwani
Board-Certified
Ophthalmologist

972.923.3399
800 N. Hwy 77 Ste 100
Next to HEB
AllEyeCare.com
AllOpticalCare.com

Don't forget to
use your Health
Savings/Flex Benefits

John joined the Pecan Hill City Council, where he served as mayor for a short time. "I just really want to be involved in any way that can improve the quality of life for people, especially my family and my community," John explained.

When John's children began to need him at home more, he gave up his post in small town politics, but once they grew up and left for college, he needed something to fill his time. He began participating in Relay for Life, raising money for cancer research. It was there he met the woman who would introduce him to his next major volunteer opportunity.

"I was at a Relay for Life event, when my wife struck up a conversation with a woman who worked with Habitat for



Humanity," John recalled. "And my wife, knowing I was interested in the organization, volunteered us to show up and work at the next meeting." John laughed as he remembered showing up and being thanked for "volunteering" for the board of directors. "I looked at my wife and she just kind of smiled. She is sneaky like that."

But John really didn't mind. He has enjoyed his time serving on the board. Within a few months of joining, they finished a house and began the process of looking for their next lot of land and home recipient.

"Getting one of the [Habitat] homes is not easy. The application process is very hard, and then once a family has been approved, they must put in hundreds of hours in sweat equity," John pointed out. The family receiving the home must work hard building, fundraising and doing clerical work, or whatever is needed, to help pay for their home. Even after



The Prescription Shop
120 South Grand Ave., Suite 1
Waxahachie
across from Baylor Hospital
972-938-2642

Red Oak Drug
106 E. Ovilla Rd.
Red Oak
972-617-2222



**ONLY
INDEPENDENT
PHARMACY
IN TOWN**
For Over
28 Years

- Custom Prescription Medication Compounding
- Most Insurance Cards Accepted
- Tired of waiting in lines at the chain pharmacies?
- Wait time no longer than 10 minutes
- Jobst, Support Hosiery, Braces and supports
- Complete line of home medical equipment
- Drive Thru Window
- Full line of Bariatric Advantage Products for bariatric surgery patients
- Fast, Friendly Service

Remember the Insurance Company sets the co-pay, YOU choose the Pharmacy.
So choose The Prescription Shop, or Red Oak Drug

moving in, the home isn't free. Habitat homeowners usually have a less expensive mortgage, and they do pay taxes, but they don't pay interest on the mortgage.

John is quick to give credit to the massive number of people whose time and effort go into a house. "The construction teacher from Waxahachie High School helps with some prefab work and brings it to the home site," John said. "Even some of the students help build and plan." There are people who raise funds all year long, people who drop off nails and other supplies at the home site and people who cook and bring food to those who are working.

The group recently finished its latest house. "The family of six who is getting this house has been working extra hard and have been through a lot of hardships, even while we were working on their house," John said. "The husband had lost his job but recently found another. He is working extremely hard and is super appreciative of all the help." John is confident they will make this house into an excellent home for their family.

There are several ways people can give to Habitat for Humanity. Right now, John is working on a campaign whereby anyone can "sponsor a square foot." Basically, for \$70, a person, family or group can sponsor one square-foot of a home being built. But that isn't the only way to give. "We always need construction material. If we can't use it, we can sell it and buy what we do need. We take everything," John admitted. "You can also go online and buy Habitat for Humanity T-shirts and other merchandise."

John's sense of volunteerism and giving may have been inherited from his father, but he is quick to acknowledge that a person doesn't need a history or an outside motivator to become a giver. "Why not?" he asked. "Why not give to those in need? Who could possibly be hurt by doing something good?"

John is quick to point out that he is not only talking about giving money. "If you are climbing up, if you are doing well and succeeding, look behind you. There is someone trying to climb up behind you that could use a hand to help pull them up. Why not be that hand?" **NOW**



Red Oak Family and Pediatric Clinic

REBECA PIANTINI, M.D. and
FERNE CUMMINGS, M.D.

- Board-certified
- Same-day appointments
- Most insurances accepted
- Well-child exams
- Well-woman exam
- Complete physical exams
- Sports physicals
- Se habla Español



Red Oak Family and Pediatric Clinic
273 East Ovilla Road, Ste. 4 • Red Oak, Texas

Call today 972-617-6660

Half a World Away

— By Janice C. Johnson

Engineers have a reputation for depending on formulas and logic but sometimes forgetting about matters of the heart. That stereotype, however, does not apply to Savannah Almond, an engineering student at Waxahachie's Global High School. Once she became aware that many villages in Third World countries lack clean water, she chose to use her problem-solving skills to turn compassion into action.

The long process began more than a year ago, when Savannah watched a documentary film on the food industry. The film called her attention to the food shortage and lack of clean water in many areas of the world. Her curiosity was sparked, and she started researching these needs, particularly in Africa, on the Internet. As she read about the seemingly insurmountable challenges there, she told herself, *I bet I could do something to fix this.*

At that point, the object of Savannah's investigation shifted from the problem to the people who are working toward solutions. As she gathered facts, she became interested in an organization called Charity: Water and learned that she could sponsor a water well for a village for just \$5,000.

"I chose this organization partly because of their focus in Africa," Savannah said. "The cost per village is low because all the funds go directly to the project." The charity saves expenses by involving the villagers. "They teach the locals, who help build the well," she added.

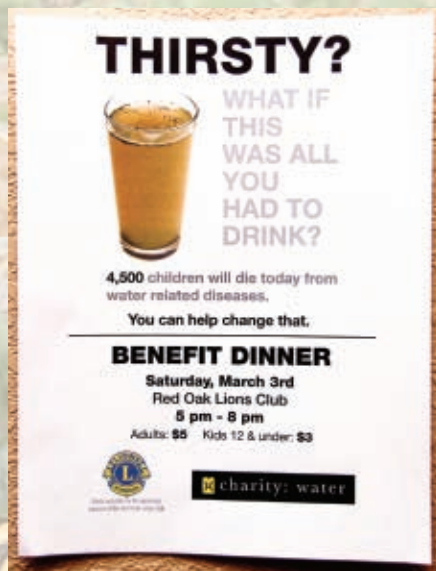
Thanks to that training, the villagers are able to maintain their



new water supply for themselves. Not only that, they can then go and teach other villages to construct water wells. Savannah is excited about how that will multiply the impact of her donation.

Another thing that attracted Savannah to this agency was that she will receive a photograph and the GPS coordinates of the village where the well she sponsored will be dug. "I don't get to choose the village. The charity does that based on where the needs are at the time [of the donation], but I'll get to follow its progress," she explained.

Since safe water and sanitation play such a huge role in a community's



THIRSTY?

WHAT IF THIS WAS ALL YOU HAD TO DRINK?



4,500 children will die today from water related diseases.

You can help change that.

BENEFIT DINNER

Saturday, March 3rd
Red Oak Lions Club
5 pm - 8 pm

Adults: \$5 Kids 12 & under: \$3

economy and health, Savannah chose a charity that will make efficient use of its resources to meet that need. But \$5,000 is still a great deal of money for a high school sophomore to raise.

Naturally, Savannah has thought of that and has no intention of jumping in either unprepared or alone. She has formed a plan to involve both her school and the greater community. Her first step was to talk with an acquaintance who is a member of the Lions Club. This friend arranged for her to speak at a club meeting to try to recruit its support for her project.

When Savannah spoke, she was well-prepared and not too nervous about addressing the group. "I'm not shy, and I'd had plenty of practice at school with presentations for engineering classes. I got comfortable with it," she said.

Savannah's message must have come across clearly, because the Lions Club has



FIVE DOLLARS OFF

CANCUN'S
AMERI-MEX RESTAURANTS

1585 Hwy #G • Waxahachie
(972) 351-0053
www.cancunsamerimex.com
facebook.com/cancunsamerimex

225 E. Beltline Rd • DeSoto
(972) 230-1351
www.acapulcosamerimex.com
facebook.com/acapulcosamerimex

***Receive \$5.00 OFF your ticket of \$10 or more**
*Valid after 11am at these locations.
Limit (1) Certificate per visit • Expires 12/30/2011
*Some restrictions apply. Not valid with specials under \$5.50

FIVE DOLLARS OFF NO CASH VALUE



**We're all about
making people smile**

Mark C. Santamaria D.D.S.

Now accepting new patients

New services provided!

Payment plans to qualifying persons

Children welcome

Most dental insurance accepted

• Now accepting Medicaid & CHIP

For new patients:

**Exam, checkup x-rays
and basic cleaning**

\$72

Not applicable with any other insurance or coupons. Must present coupon to redeem.

Call today for your appointment (972) 223-5500

712 N. Hampton Rd. • Suite 130 • DeSoto

BUILDING THE HOME OF YOUR DREAMS

COLE
CLASSIC HOMES



- Homes from the 150s • Red Oak Schools • Water lots available
- Conveniently located between Red Oak Road and Ovilla Road on 342

Southern Living 
**CUSTOM
BUILDER
PROGRAM**

100% Financing Available for qualified buyers

972-824-2590
www.coleluxuryhomes.com



offered its meeting facility for Savannah's first event. "I want to start with a big dinner," she said. "I had to be careful when to schedule the dinner, because once I kick off the project, I only have a three-month window to raise the funds." She hopes the dinner, set for Saturday, March 3, will generate both immediate donations and momentum for the project.

Savannah also has a series of other fundraising ideas planned after the dinner. Part of her strategy is to involve her classmates, so she met with her principal to request his permission. He has approved of the charity and given her the go-ahead for some one-day and ongoing fun events at school.

Clean, safe water is so readily available in our cities that it is easy to take it for granted. Many Americans find it difficult to grasp the importance of even a simple hand-dug well to a tribal area. At first, Savannah found some of her friends less than enthusiastic about the water project. "I'd tell them I wanted to sponsor a well in Africa, and they'd say, 'Why do you want to do that?'" But once she explained to them the need and Charity: Water's approach, they became inspired and have offered their full support. She has also formed a symbiotic relationship with Interact, the service club at her school. Savannah gains a steady supply of volunteers, and they, in turn, get credit for community-service hours.

Even with support, a few glitches and setbacks are bound to occur, such as having to change the original scheduled date for the kickoff dinner. Savannah takes these in stride. For one thing, the schedule conflict gives her more time to plan the fundraising campaign before the three-month deadline clock begins ticking.

Savannah's concern for suffering people is nothing new. "She's always been like this — drawn to people she can help," her mother, Katie, said.

Call me today to see how you can save when you combine your home and auto policies.



CELESTE FONSECA
(972) 230-0788
133 W OVILLA ROAD
Glenn Heights
cfonseca@allstate.com



Discount and insurance offered only with select companies and subject to availability and qualifications. Discount amount may be lower. Allstate Fire and Casualty Insurance Company: Northbrook, IL © 2009 Allstate Insurance Company



Got a plumbing problem?

100% Satisfaction Guarantee

Mention this ad and receive a
FREE Service Call

214-399-3257
P.O. Box 2296 • Red Oak

 **G2 Plumbing**

M-36814

"She has such a heart for service. Our goal in raising her was to not mess her up too badly." Her generosity may be a by-product of thankfulness. Even as a preschooler, Savannah expressed appreciation for the routine little services that every mom performs. "You could have knocked me over with a feather when she — a 3-year-old — thanked me for making her bed," Katie smiled. She added that a previous youth pastor at First Methodist of Red Oak also noted Savannah's big heart and can picture her in some sort of ministry in the future.

As Savannah put it, "I've always wanted to do something to make a difference. I felt a calling." She recalled one particular turning point: a 30-Hour Famine conference she attended as an eighth-grader. There they learned about hunger firsthand. "It gave me just a smidgen of a connection with another child in the world," she explained.

In one sense, this project is only the latest activity to which Savannah is



devoting her characteristic enthusiasm. She serves on Global High School's Prom Committee and is active in the Ballroom Dance Club. And thanks to the school's focused curriculum and her focused energy, she will graduate high school with enough college credit for an associate degree.

However, the water well project will not be just a one-time donation, but a long-term commitment. Simply monitoring the village's progress online does not sound like enough follow-up for Savannah. "Someday, after college, I hope to visit there," she said. In her concern for others, Savannah will go to great lengths to help, even if it's halfway around the world. **NOW**

For more information or to volunteer, e-mail Savannah at sj.almond@ymail.com.

Donut House

972-576-5200

205 S. Main
(behind Shell station at
342 & Louise Ritter)

Are you uninsured?

\$1 a day, or less, covers your family's medical or dental needs! Ask about our membership plans for the uninsured and underinsured today!

Family Medicine and Cardiology

Acute Care • X-rays • Labs • Exercise Room
Sleep Diagnostics • Pharmacy • Dentistry

Walk-ins Welcome
Mon-Fri 9 A.M.-9 P.M.
Saturday 9 A.M.-9 P.M.
Sunday 12-5 P.M.

Complete physical exams, well-child and well-woman exams.

Most commercial insurances, Medicaid and Medicare accepted.

MyClinic

972.515.8700

106 Plaza Dr. • Red Oak • (Ovilla Rd. @ I-35)
www.myclinicnow.com



We D. Our

— By *Angel Morris*

Terry and Ranna Perdue have put a special touch on every square inch of their Red Oak home. From floor to ceiling, the house speaks to Ranna's flair for interior design and Terry's construction expertise. "We've had our hands on just about everything in this house. When we first saw it, it had good bones. We just gave it life," Ranna said.

AT HOME WITH Terry and Ranna Perdue



Indeed they did. Terry moved to Red Oak from Granbury in 1995 to work for his brother. Ranna joined him in 2002, and the couple found their current home in 2003. "We visited the neighborhood, and this was the only house on the street. We loved the size of the lots," Terry explained. The couple made a bid on the spec home and closed the deal in less than a month. "We expected it to take more time. It happened very quickly, actually."

Today, the neighborhood is full of homes and is a short bus ride to local schools. It was the perfect setting for a stay-at-home mom with a home-based business, who can walk 7-year-old Colton to the bus stop just a few houses down.

Ranna's interior design business, True

Mid It Way



FEARLESS DENTISTRY

NEVER be afraid to go to the dentist again!

Specializing in sedation dentistry and comprehensive care for ages 14-104

New Year's Resolutions
1) Love myself
2) Find a dental office you love

Carol Randolph Wald DDS, PC
101 Austin Boulevard, Suite 100
972-617-3322
Red Oak, TX 75154

\$19*
Adjustment

no appointments
convenient hours
licensed chiropractors

THE JOINT®
...the chiropractic place

278 E. Ovilla Road, Red Oak, Tx. - 1 Mile East of I-35
(972) 617.7700
Mon-Fri 9am-6:30pm, Sat 9am-12:30pm, Closed Sunday
Walk-ins Welcome | thejoint.com

*Offer valid for first visit only. Initial visit includes consultation, exam and adjustment.

Franchise Available © 2011 The Joint Co.

342 GRILL & BAR

Join us for Breakfast on the Weekends!

Saturday 8am-2pm • Sunday 8am-11pm

VOTED BEST Food at Red Oak Foodfest

205 S. Main • (342 & Louise Ritter) • www.342grill.com



Image Interiors, was born from her love of making an ordinary house a home. "Being an interior designer, my home is kind of the guinea pig and always a work in progress. I have more ideas than I do spaces. So, sometimes, I feel that my home gets a little busy," Ranna said.

This means creative and personal touches to each room, starting with the foyer where an arched entryway draws the eye to a sky-like, pale blue ceiling. A side table filled with seasonal decor grounds the entryway in whimsy, and



Ranna's grandfather's chair hints at the vintage to come.

"We love the rotunda as you walk through the entry. It was one of the reasons we bought the house," Ranna recalled. From here, guests enter the Perdue's eclectically decorated home. "I call it Country Chic. I love old vintage things mixed with a more modern style."

To one side of the entry is Ranna's office, with a large turquoise blue work table in its center, colorful custom artwork created by herself and Colton

and all the baubles she needs to bring a room to life. It also houses the requisite computer and the far less common squirrel cage. "We have two flying squirrels. They sleep all day and play all night," Ranna explained, with the family cat typically perched atop the cage anticipating playtime with the squirrels.

The animals add to the playfulness of Ranna's work room, and a lighthearted sense of style continues throughout the home. "We love the open layout of our kitchen, dining and living area," Ranna

Over 45? Don't wait, get screened!



Paul S. Hackett, M.D.
Board Certified Colon & Rectal Surgeon

Conditions Treated:

Hemorrhoids, Constipation,
Crohn's Disease, Ulcerative Colitis,
Colon Cancer

Services: Colonoscopy,
Minimally Invasive Surgery,
Surgical & Non-Surgical Care



TRINITY
colon & rectal surgery clinic

Office Hours: Mon-Fri 9am - 5pm

777 E. Wheatland Road, Ste. 105
Duncanville, TX 75116
972-709-9300 • www.trinitycolonrectal.com
Se Habla Español

The Easy Move.

ACCESS
SELF STORAGE
AND TRUCK RENTAL

Consumer Choice Award Winner

- 16 Surveillance Cameras
- Resident Manager



561 E. Ovilla Road
at HWY 342

Red Oak Location
plus 6 other Dallas locations

972-515-8600

CAMPUZANO

mexican food

\$5.00 off
\$20.00 purchase

Coupon only good from
NOW Magazine! NO Copies
accepted. Expires 1/31/12

CAMPUZANO
mexican food

*Have a safe and
Happy New Year!*

**Voted Best Mexican Restaurant
in Best Southwest**

108 N. 8th Street
Midlothian, TX
972-723-2634

2167 N. Highway 77
Waxahachie, TX
972-938-0047

213 W. Beltline
Cedar Hill, TX
972-291-1053

COMING SOON ...

- Hot yoga
- State-of-the-art wellness center
- Physical therapy
- Aquatic therapy

EMPLOYMENT OPPORTUNITIES AVAILABLE!

- Seeking full time yoga instructor/manager
- Licensed physical therapy assistant
- Occupational therapist-Part time



Mid Town Yoga

definitive **REHAB**
& pain management

307 E. Ovilla Road, Suite 600
Red Oak • 972-576-2920

Pampered Pooch

All Breed Dog Grooming

*"Family-owned for
the family pet!"*

**Monica &
Cindy Mathews**

214-743-0403
921 Rachele Drive
Red Oak, Texas 75154



Have a Party in January to
Earn Double the
 $\frac{1}{2}$ Price Rewards!



Who do You know
that needs Extra Cash?
Be your own boss &
work the hours You want!



214-676-6846
Kind Wedding Distressed
Madi Kay DESIGNS
Anniversary ROMANTIC CUSTOM FOREVER
VINTAGE KEEPSAKE Old World Charm

BREAM
FAMILY
Joe
ANDY
10-26-98
DREAM

Week
C. A. North II, 1988

Nipper
C. A. North II, 1988

madi kay designs@hotmail.com
WWW.FACEBOOK.COM/MADIKAYDESIGN



Debi Mangan

Super Star Director
www.eFlameless.com

debimangan@sbcglobal.net

(972) 937-1440 Office
(903) 258-3513 Cell



NEW YEAR BLOWOUT SALE

PLEASE CALL FOR A **FREE ESTIMATE**



Roof damage
cannot be seen
from the ground



Foundation



Fencing



Flooring (All types)



Painting: Interior & Exterior

D&J Construction
• Home
• Multi-family
• Commercial



Smartphone Scan Code

Roofing • Painting-Interior & Exterior • All Types of Fencing • Gutters/Downspouts • Foundation Repair • Tub Resurfacing
All Types of Flooring • Sheetrock Repair • All Types of Siding • Bathroom Renovation • Room Addition • Brick Mail Boxes
Patios & Enclosures • Garage Doors/Opener • Retaining Walls • Kitchen Remodels • Parking Lot Striping • Fire Damage &
Insurance Repairs • Water Damage Repair/Restoration • Plumbing Services • Electrical Service • A/C & Heating Services
Windows/Glass • Rehab • Crack Repair • Pool/Decks • Cabinets • Countertops • Carports • Crown Molding

Call 972.223.7707 (24/7 Emergency Fire & Water Restoration)
3016 N. I-35E • Lancaster, TX • www.dandjconstruction.com



Follow us on
[in](#) [f](#) [t](#)



521 N. Beaton St.
Corsicana
903-872-4777

128 Hwy. 77 North
Waxahachie
972-938-7319

www.txapmi.com
texaspaindoctors@gmail.com

You can be PAIN FREE

We Can Help

- Headaches & Migraines
- Back & Neck Pain
- Shingles
- Shoulder Pain
- Knee Pain
- Leg & Arm Pain



Adam G. Arredondo, M.D.
Pain Management



Luis Nieves, M.D.
Pain Management



Reliable Service
Begins with
Reliable People

Pool Services

Cleaning
Polaris Repairs
Re-Plumbing
Mastic Repairs
Equipment Repair
Acid Wash

(214) 577-4843
Bob Bauer
bbauer@aircanopy.net



DDS Dentures & Dental Services

Thomas J. Kennedy of Texas, DDS, P.L.L.C. • General Dentistry

**Immediate
SMILES**

Arlington, TX 817-563-5615
5715 W. I-20 Suite III
www.ImmediateSmiles.com

REPLACEMENT FULL DENTURES

STARTING AT

\$395

Per Set

EXTRACTIONS

STARTING AT

\$49

Per Tooth

With Purchase of Dentures

FREE EXAM & X-RAY

Offer expires in 30 days
\$100 Value

Not valid with any other offer. No cash value. One coupon per patient presented on the day of service. (New patients only.)



*We have
Doubled Your
Windchime
Headquarters!*

**HUGE
SELECTION!
AND AS ALWAYS
20% OFF**

the Studio

Open Mon-Sat: 9-5:30
HWY. 77 AT TRACY LANE
WAXAHACHIE • 972-617-7740

Music of the Spheres
Handcrafted in Austin, Texas

Woodstock Chimes

Start the new year off with New Healthy Habits.

January means the beginning of a new year and sometimes new deductibles for folks with medical insurance. Start the new year off with new healthy habits. January 11th is "Cigarettes Are Hazardous To Your Health Day." Did you know, by law, nine warnings **MUST** appear on cigarette advertisements and packaging? The FDA invited the public's input on images that will possibly start to appear on packs of cigarettes.



**Ovilla
Medical
Clinic**



Dr. Stephen Trammell
675 W. Main Street

(Downtown Ovilla) (972) 617-6376
Visit our website at Dr-Trammell.com




COLLISION SPECIALISTS

- ✓ 100% Satisfaction Guarantee
- ✓ All Foreign & Domestic Work
- ✓ Completed In-house
- ✓ FREE ESTIMATES!



Our Guarantee to You
 "It is our mission to provide you with the best possible vehicle repair experience available. We do the job right the first time. Our staff is committed to returning your vehicle to its preaccident operation, safety and value. We are happy when you are completely satisfied with all aspects of your collisions repair process." - Craig & Rhonda Anderson

3643 Highway 77 North • Waxahachie • (north of Butcher Road)
Call 972-937-4336



No dental insurance?
 We have the solution. Call us for a significant savings and ask about our APFD Smile Plan and get the smile you always wanted.

Orthodontics • We Accept Most Insurance
 Convenient Hours • Flexible Financing • We Accept Medicaid

Aycox & Pearson
Family Dentistry

307 E. Ovilla Road, Suite 400 • Red Oak, TX 75154
972-576-0602
www.aycoxpearsonfamilydentistry.com

HAWKEYE HOME IMPROVEMENT
Siding, Windows & Solar Screens

12 MONTHS
SAME AS CASH!

QUALITY AT AN AFFORDABLE PRICE



Local Midlothian Company with 20 Years Experience
www.hawkeyehomeimprovement.com **972-754-0515**



said. "We love to entertain and have the family over for football games, so this works perfect for us."

Entertaining most often includes grown children, Andrew and Megan, and their significant others, who can relax in the family-friendly living area featuring an ombre-painted wall fading from light to charcoal gray in color. A chocolate brown leather sofa winds around the room, facing the fireplace and flat-screen TV.

Ranna changes out the mantel decor with the seasons, while the antler art is a mainstay in the room. "The painted antlers are from an elk Ranna's dad killed, and the other antlers she and I made from cardboard and painted," Terry said.

Also in the living room is a wall of family photos, and the latest furniture addition. "We just acquired an antique upright piano that is dated back to around 1905. It needs tuning, but it plays," Ranna said.

The backdrop to the living room is the kitchen, with black cabinets, camel-colored walls and red accents. A metal-finish, hammered backsplash gives the area pizzazz, while pendant lights installed by Terry brighten the dining bar. The dining room houses a 5-foot-square piece of custom cardboard art created by the couple, and an enormous light fixture over the table is a design warehouse find.

Off the open living space is Ranna and Terry's master bath and bedroom with a king-sized bed in a frame built for a castle. King and Queen pillows solidify this is where the Perdues reign. "Our bed was the first piece of furniture we purchased as a couple. It is relaxing and pleasant with a touch of whimsy," Ranna said. "White bedding is my favorite. I love the crisp, cleanness of it."

Wine racks were creatively repurposed as bedside tables, and the couple shares an oversized chest of drawers that is taller than Ranna. "I'm 5 foot 3 inches, and it's bigger than me!" she said. Two walk-in closets give them their own

space, as well. One of the couple's two antique sewing machines is housed in the bedroom, as is a cross collection and Ranna's grandmother's hand mirror. An antique vanity is on its way.

While the master bedroom is decorated royalty-size, Colton's corner of the house is suitable for a prince. His bathroom is nautical, his bedroom John Deere and his playroom is all things LEGO.

"We just call it the LEGO room. That's all there is to it," Terry said. The spare-bedroom-turned "LEGO Land" has plastic stackable bricks depicting an airport, Coast Guard-protected ocean, two working trains and an entire ground city. Its current scene shows Colton's imagination at work, with a LEGO police chase in progress.

"Colton is absolutely obsessed with LEGOs. We built and painted platforms for him to have the full city," Ranna said. "And he has about this much in LEGOs at my mom's house, too."

But Colton is not the only one who likes to play. The Perdues' backyard is where their two playful pups reside, and where grown-ups enjoy a sitting area, custom penny-topped bar, hot tub and flat screen TV. "My husband can build anything. He should have never let me know how good he is," Ranna said. "He made many of the furniture pieces in the home, added all the cedar accents to the front [of the house] and built the patio, hot tub surround and bar in the back."

Self-employed owner of Perdue Enterprises, Terry is a licensed HVAC contractor. He also enjoys golf and woodworking, while Ranna enjoys graphic design, sewing and volunteering with her son's school and Dwell with Dignity, a nonprofit group of designers and interior decorators. Ultimately, however, their favorite pastime is making their house a home.

"Whenever Ranna says, 'I have an idea,' I know I'm in for a new home project," Terry said, but it's clear he enjoys them as much as his wife.

"We really love working on projects together. Our dream jobs would be to make a living designing and building for others," Ranna said. In the meantime, designing and building for one another will do. "That's the best part of our house — that we did it all ourselves. We are a great team!" **NOW**



Go Head Over Heels in 2012

Lead Over Heels
Shoe Boutique

600 Methodist • Red Oak
(across from Fire Station)
972-576-1990
Tues-Fri: 9am to 7pm • Sat 9am to 5pm
Like us on 



90 Days to Feeling Fit!

Your personalized wellness/detox program!

Free Seminars at Dynamic Yoga in Red Oak!
1/8 - 4pm
1/12 - 6pm
1/15 - 4pm

FREE yoga class follows seminar!

RSVP online:
www.90DaysToFeelingFit.com

Weight Loss, Fitness Goals, Detox, Fatigue, Aches/pain, Depression?
Educate, inspire, and make healthier lifestyle changes for your future!

Body in Balance Chiropractic
Family Health and Wellness Center
Bethany Barnes, D.C. 972-923-3443

Dynamic Yoga & Fitness Studio
HOT Yoga • Zumba® • Spa • Life Coaching
558 Bluebird Ln. • Red Oak



Planning is never easy

Let us help you in your time of need
Ellis County's oldest Funeral Home

Pre-arrangement Plans
Cremation • Monuments
Lee Longino, Director


Green Funeral Home
(Since 1882)

207 S. Wood St • Ferris, Tx
972-842-5777 • 800-594-2239
www.greenfh.com 24/7



Red Oak Driving School

119 S. State Highway 342
Suite 105
Red Oak, Texas 75154
(972) 850-0990
www.redoakdrivingschool.com

Hours:

Monday-Friday: 3:30-7:30 p.m.
Saturday: 10:00 a.m.-2:00 p.m.



Ebony and Shane Myers and the staff at Red Oak Driving School help steer their students toward success.

IN THE DRIVER'S SEAT

Red Oak Driving School puts students safely on the road to success.

— By Angel Morris

Decades ago, Drivers Education was a class taught in high school for teens anticipating their first car and driver's license. Times have since changed, and drivers education is primarily taught at privately owned schools today. New state laws have made it more challenging to receive one's license, and young adults, aged 15-24, are required to take some type of drivers education course.

Young entrepreneurs Shane and Ebony Myers provide this education through Red Oak Driving School. "Our goal for Red Oak Driving School is to become a staple in Red Oak and surrounding communities. When we originally thought about opening a driving school, we knew that we wanted to be different than any others that we had seen before; so with that, we wanted to create an experience that all of our students would never forget," Shane explained.

The Myerses chose their location because it is close to Red Oak High School, making it convenient for students to attend drivers education after they get out of school. Also, it is centrally located between

Waxahachie, DeSoto, Glenn Heights, Ovilla, Lancaster and Ferris.

Driving instructors Randy Broyles, Charles Charley and Walter Mitchell round out the Red Oak Driving School team. With their help, Shane and Ebony provide Teen Drivers Education, Adult Drivers Education and Defensive Driving. "We are not just a cookie-cutter driving school. We have a lot of flexibility that we can provide when working with our customers. We love the fact that we are able to run specials almost every month of the year, and so do our customers!" Ebony said. "With the economy being down, what better way to let our customers know that we understand by offering a discount to the course? We offer payment plans, and we have flexible drive times to help accommodate all of our students."

The Myerses said Red Oak Driving School is not only their dream business; it is an outlet for their desire to help youth. "When walking into our facility, one will see large framed posters of inspirational sayings: words like perseverance, growth, greatness, determination.

Those words are there for a reason. We want all of the students to know what they are, and that is great," Eboney said.

Having faced personal struggles of her own, Eboney stressed a desire to reach out to youth in bad living conditions. "I have been in that low self-esteem place questioning my ability and much more. I've been there in that place where there was no one to encourage me but me," she recalled. "So, that is why I encourage the students when I see them. You never know what the kiddos are going through, but when they come in that door, we make the atmosphere special just for them. I have and will continue to council and up lift them and let them know to walk in their greatness, no matter what life may look like."

This personal concern for students inspires the Myerses' simple motto: Do things the right way and help others along the way. "We enjoy making someone smile and giving encouraging words to our students," Eboney said. "Kids have this unbelievable energy that is infectious! We love to see them excited about a new chapter in their lives. We love to build confidence in those students who are not so sure about what they are in for. We love the fact that we know that we make a difference in their lives."

Red Oak Driving School, which opened in June 2010, is a member of the Red Oak Chamber of Commerce and a supporter of several organizations at Red Oak High School. "We received an outpouring of love and support from the Red Oak community the day that we opened our doors. We are very thankful for our customers, our students and, of course, the Red Oak community," Shane said.

Shane and Eboney met in high school in Garland, Texas, and have been married for almost 10 years. They have two daughters, Madison and Jordan. They appreciate the environment Red Oak offers. "Red Oak has a very family-oriented feel that we love. Even though Red Oak is growing very fast, it still has a small town feel to it," Shane said.

The Myerses and the Red Oak Driving School team look forward to growing with the city. "God has blessed us by guiding us to the city of Red Oak," Eboney said. "We love our students, and we are still so thankful to our customers for supporting us!" **NOW**



Red Oak Driving School

- Conveniently located across from Red Oak High School
- Flexible class times for your convenience
- Comfortable and spacious classroom
- Reliable vehicles for student safety
- Quality Certified Driving Instructors
- Payment plan available
- Get your permit in less than one week!

119 S. Hwy 342, Ste #105, Red Oak, TX
(Across the street from Red Oak High School)

January 7 - January 27 4:30pm - 6:30pm
January 14 - February 3 6:30pm - 8:30pm
January 28 - February 17 4:30pm - 6:30pm
February 4 - February 24 6:30pm - 8:30pm

Call for more information! 972-850-0990
www.RedOakDrivingSchool.com
Reserve your spot today!

Only \$325
per student.
SAVE \$50 with
this ad.

14 Days Unlimited Classes

ONLY \$20

Exp 1/31/12 - Enroll Online!

HOT Yoga
Donation Yoga
Zumba®
Bootcamp
Life Coaching
Dragonfly Spa



Dynamic Yoga & Fitness Studio

Yoga4Love.net • 469.437.1334
558 Bluebird Ln • Red Oak

Mobile Vet Care for Horses

EMERGENCY CALLS

FARM CALLS



972-935-3993

General medicine • Lameness • Reproduction • Dentistry

HENDRICKS EQUINE VETERINARY SERVICES

Rohn Hendricks, DVM, MS Over 20 Years Experience



Armando Rodriguez decorates the Whataburger tree at Red Oak Education Foundation's Festival of Trees event in December.



Collecting toys for those in need, these officers from Red Oak and Ferris team up with North Ellis County Outreach.



Red Oak Hawks 16U Elite wins the North Zone State Championship.



RED OAK CHIROPRACTIC & THERAPY

Full Service Family Clinic Offering:

Chiropractic • Massage Therapy • Rehab
Sports Medicine • Auto Accidents
Most Insurance Accepted
Aetna, BCBS, Cigna, United Healthcare, & many more

CURTIS BEGIN, D.C.
307 E. OVILLA RD., STE. 100
RED OAK, TX 75154

(972) 576-5501

Red Oak
Executive Suites

309 E. Ovilla Road, Suite 2100 • Red Oak, TX 75154

Primary office and admin assistance spaces available.
Receptionist • Reception Area • Conference Room • Fax
Scan • Copier available • Internet Access • T-1 Line
Break Room • Kitchen Utilities • CAM cost included in
monthly rent. Minimum 1 year lease term



Contact Jessica at 469-218-2304



RED OAK
LASER BLAST

2 Games for \$10
food, fun & games!
w/ this ad • limit 2 games per coupon
Exp. 1-31-12

www.redoaklaserblast.com

972-576-5227

American Barns Inc.com

Barn Homes start
@ \$65 sf locally!



Post-Frame Builders
Barns, Shops, Homes & More!
817-341-7400



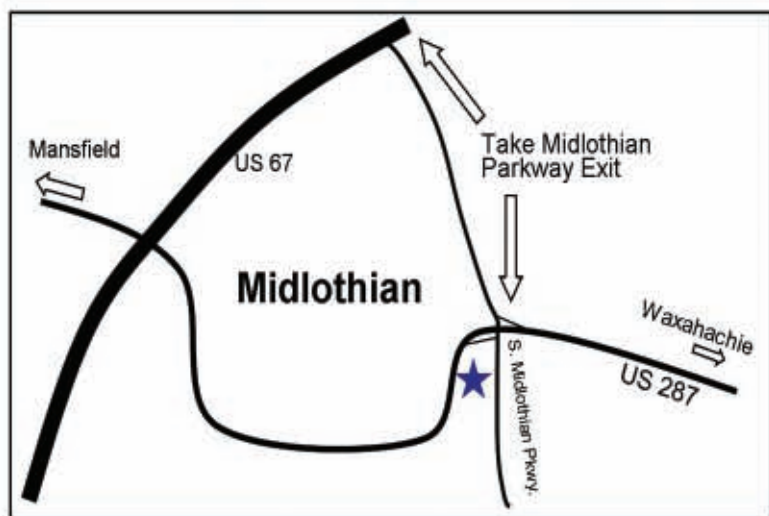
Join us as we reboot the
new year with a new
worship service on
January 8th.

Sunday Nights at 5:00



Sundays are busier than ever. If your kids play sports, Sunday mornings are often filled with games & travel. So we're starting something designed to help you coach your family spiritually after the game is done!

Now 4 choices: 8:15, 9:30, 11:00 a.m. or 5:00 p.m.



Midlothian

fbcMidlothian.org

1651 S. Midlothian Parkway
972.723.6415

What Basic Information Do I Need to Know About Life Insurance?

— By Celeste Fonseca

Life insurance helps provide peace of mind that your family is financially protected when you are no longer around. However, buying life insurance can seem like a daunting task because of the variety of products that are available; plus, it is hard to approach the idea that you should plan for a time when you're not around. However, life insurance is a critical component to financial well-being, so it is a discussion you should not postpone. To help you get started, you should consider two common questions: "How much life insurance do I need?" and "What type of insurance should I buy?" The answers to these questions will arm you with the basics to begin your assessment of life insurance options.

How much life insurance do you need?

A general rule of thumb is that your life insurance should be at least five to seven times your annual salary. However, the amount you need can vary because it is dependant on so many factors, including income, expenses, assets and liabilities. You need to think about your current situation and how that situation may change in the future. Your insurance agent or financial professional will likely have a worksheet to help you calculate your needs.

What are the different types?

There are many kinds of life insurance, but they generally fall into two categories: term life insurance and permanent life insurance.

Term life insurance is in some respects similar to renting a home. When you rent a home, you get to take full advantage of the entire property immediately and for as long as you continue paying rent. As soon as your lease expires, you must renegotiate your lease or move out. Even if you rented the house for 30 years, you have no "equity" or value that belongs to you.

This concept could be applied when thinking of term life insurance. You establish a term, or amount of time you'd like life insurance protection for, and you will pay the premiums for this certain period of protection. At the end of the term, you can request to renew at a new rate, discontinue protection or apply for a new policy.

Permanent life insurance is in some respects similar to owning a home. It provides insurance throughout your life. Because it is designed to last a lifetime, permanent life insurance accumulates cash value — like the equity in your home — and is priced for you to maintain over a long period of time. If you make regular premium payments and avoid loans, withdrawals or surrenders, the full-face amount will be paid.

So, which one is better? Just like buying or renting a home, neither option is always right or always wrong. Rather, the type of policy that's right for you depends on your specific situation. A financial professional can help you make the decision that may be appropriate for you. **NOW**

Celeste Fonseca is an Allstate Insurance agent based in Red Oak.

Paying CASH for 1 ct. Diamonds and Larger

Any Size, Shape or Quality!



WILEY'S

DIAMONDS & FINE JEWELRY

Cash for Gold & Unwanted Jewelry

972-937-4422 • wileysjewelry.com

Top reasons why you should let Sun Loan do your taxes!

Get your money FAST

- Tax refund can be loaded on a Visa Debit Card
- Year round service – anytime you need an extra copy
- Free audit defense
- Free tax estimates – call us with your last check stub
- No appointment needed – drop off service available



LOAN COMPANY®
& Tax Service
Licensed by the State of Texas

1014 Ferris Ave., Ste. 101
Waxahachie (Next to AutoZone)
972-937-7861
METRO 972-938-7861
www.sunloan.com

*All loans subject to our normal credit policy.

Throughout January

\$1 Prom Dress Event: Tuesdays, 5:00-8:00 p.m.; **Wednesdays-Fridays**, 11:00 a.m.-5:30 p.m.; **Saturdays**, 11:00 a.m.-4:00 p.m. Wee Resale, 113 W. Ovilla Rd. (corner of Hampton and Ovilla roads), Glenn Heights. Wee Resale offers \$1 prom dresses from current limited supply, mostly smaller sizes, while supplies last. Donations of gently-used prom dresses accepted, as well. Call (972) 230-8101 for more information.

Love Gala ticket sales: Save the date for the **February 11** Love Gala benefiting CASA of Ellis County, a nonprofit organization dedicated to improving the lives of abused and neglected children. The event is from 6:00-10:00 p.m. at the Waxahachie Civic Center, 1950 N. Interstate 35. Tickets are \$50 per person and can be purchased online at www.casaofelliscounty.org. For more information, call (972) 937-1455 or e-mail rflawls@sbcglobal.net.

Community of Neighbors Festival registration: Glenn Heights is accepting volunteers and participants for the city's annual family festival. The event is from

10:00 a.m.-6:00 p.m. **March 24** and includes local entertainment, artists, games, health screenings, business vendors and more. Visit www.glennheights.com/Family_Festival.cfm for participation information and applications.

January 3 and 16

Red Oak ISD classes resume **January 3**. Schools close **January 16** in observance of Martin Luther King Day.

January 8, 12, 15

New Year, New You Sessions: **January 8 and 15**, 4:00-5:30 p.m.; **January 12**, 6:00-6:30 p.m., Dynamic Yoga and Fitness Studio, 558 Bluebird Lane. Free community sessions addressing weight-loss, nutrition and fitness goals, as well as overcoming fatigue, pain and depression. An hour of free yoga follows each event for those interested. RSVP online at 90daystofeelingfit.com.

January 12

Red Oak Citizens Police Academy Class No. 4: Application deadline 5 p.m. The 12-week program starts **February 9** and will be held from 6-9 p.m. every Thursday. The weekly course is an opportunity for citizens to get a

working knowledge of the Red Oak Police Department, offering classroom and hands-on instruction taught by several ROPD officers. Contact Officer Nathan Bickerstaff at (469) 218-7710 or nbickerstaff@redoaktx.org.

January 14

Ellis County SPCA Volunteer Training: Noon-1:00 p.m., 2570 FM 878, Waxahachie. This meeting is for new volunteers with the ECSPCA or current volunteers who would like to be more involved with the organization. E-mail coordinator@elliscountyspca.org for details.

Thursdays

Open mike night at Lighthouse Coffee Bar, 1404 N. 9th Street, Midlothian. Sign up: 6:30 p.m. Start time: 7:00 p.m. Anyone can come and play as long as it is family-friendly.

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

This year, put Yourself at the top of the list!

Start out the New Year right! Schedule your appointment today with one of the caring, compassionate physicians at Kessler Womens Healthcare. Experts in the specialty of womens health, we provide gynecologic and pregnancy care, hormone replacement/menopause management, incontinence therapy and contraceptive management in a welcoming, considerate environment. You take care of everyone in your life — **LET US HELP YOU TAKE CARE OF YOU!**



Call **214-941-7200**
to schedule an appointment.

Convenient before- and after-work, lunchtime and Saturday appointments. Weekday appointments available from 7am – 6pm.

Find us on Facebook!

Kessler
women's healthcare

1330 NORTH BECKLEY AVE. • DALLAS, TEXAS 75203 • KESSLERWOMENS.COM



In The Kitchen With Susan Simmons

— *By Angel Morris*

Longtime restaurateur, Susan Simmons, has cooked since childhood, enjoying making meals from scratch. “I take traditional recipes and tweak them to make them my own. Also, I insist on quality ingredients and shy away from shortcuts, because they never seem to taste as good.”

Susan grew up sharing Sunday dinners with some 20 extended family members in Ellis County. “My grandmother loved cooking for everybody. Maybe I take after her,” Susan said.

Watching others taste her cooking inspires Susan. “I think it’s the addiction to such a creative outlet and also the opportunity to witness people eagerly enjoying what you have worked so hard to make,” Susan said. “My daughter has always said, ‘Mom, you love to feed everybody!’ including whatever animals we have at the time. I think she’s right!” **NOW**

Amazing Chocolate Cake

Cake:

2 cups sugar
1 3/4 cups all-purpose flour
3/4 cup HERSHEY’S Cocoa
1 1/2 tsp. baking powder
1 1/2 tsp. baking soda
1 tsp. salt
2 eggs
1 cup milk
1/2 cup vegetable oil
2 tsp. vanilla extract
1 cup boiling water

Frosting:

1/2 cup (1 stick) butter
2/3 cup HERSHEY’S Cocoa
3 cups powdered sugar
1/3 cup milk
1 tsp. vanilla extract

1. Make cake by heating oven to 350 F Grease

and flour two 9-inch round baking pans.

2. Stir together sugar, flour, cocoa, baking powder, baking soda and salt in large bowl.

3. Add eggs, milk, oil and vanilla; beat in mixer on medium speed for 2 minutes. Stir in boiling water (batter will be thin). Pour batter into prepared pans.

4. Bake 30 to 35 minutes or until wooden pick inserted in center comes out clean. Cool 10 minutes; remove from pans to wire racks. Cool completely before frosting.

5. Make frosting by melting butter and stirring in cocoa.

6. Alternately add powdered sugar and milk, beating to spreading consistency.

7. Add small amount additional milk, if needed. Stir in vanilla. Makes about 2 cups.

Chicken Tortilla Soup

1 whole chicken (fryer)
1 medium onion, chopped
8 cloves fresh garlic, finely chopped

1 bell pepper, chopped
5 corn tortillas, cut in half-inch slices
2 large tomatoes, chopped
1 bunch cilantro, chopped
Avocado

- 1.** Place chicken in large pot and cover with water 2 inches above chicken.
- 2.** Cover and bring to rolling boil.
- 3.** Turn down heat and simmer for 2 hours.
- 4.** Turn off heat and strain chicken from broth.
- 5.** On medium-high heat, sauté onion, garlic and bell pepper until onions are translucent and slightly brown.
- 6.** Add 8 cups broth. Add a little water if you don’t have enough broth.
- 7.** Add tortilla slices and tomatoes and simmer for 15 minutes.
- 8.** Pull meat from chicken and add to soup.
- 9.** Add cilantro and cook 5 minutes more. Serve with fresh avocado slices, if preferred.

Favorite Lemon Bars

1 cup butter, softened
2 1/4 cups all-purpose flour (divided use)
2 cups white sugar (divided use)
4 eggs
3/4 cup fresh lemon juice (usually 3 lemons)

- 1.** Preheat oven to 350 F.
- 2.** In medium bowl, blend together softened butter, 2 cups flour and 1/2 cup sugar. Press into bottom of ungreased 9 x 13-inch pan.
- 3.** Bake 15 to 20 minutes, or until firm and golden.
- 4.** In another bowl, whisk together remaining 1 1/2 cups sugar and 1/4 cup flour.
- 5.** Whisk in eggs and lemon juice. Pour over baked crust.
- 6.** Bake an additional 20 minutes.

Broiled Salmon

1 salmon filet
Fresh lemon juice
Real butter, melted
Salt, to taste
Pepper, to taste

- 1.** Turn on broiler in oven. Generously squeeze fresh lemon juice over salmon (skin side down).
- 2.** Generously brush salmon with melted real butter.
- 3.** Salt and pepper salmon.
- 4.** Place on middle oven rack under broiler. It takes 10-15 minutes to cook a 1-inch thick salmon filet. Do not overcook.

Recycling helps sustain the environment
for future generations.



Need help paying holiday bills?

Turn your recyclables into
cash! We buy tin, copper,
aluminum and much more!



hlh&r
METALS RECYCLING

972-617-4547

Open: Monday-Friday 8am- 5pm
Saturday 8 am-12pm

1541 Shawnee Road • Waxahachie • www.elliscountyscrapmetal.com

Bear Creek Beverage

Have a Happy New Year!

Wine Tastings
every Thursday
from 5-9pm

If you may have any questions?
Come and ask our Wine Specialist.



Grey Goose/Ciroc
750ml
\$28.99



Hennessy
750ml
\$31.99



Baileys
750ml
\$21.99



Seagrams 7
Crown
1.75ml
\$19.99



Malibu
Rum
1.75ml
\$24.99



Svedka
1.75L
\$19.99



Jagermeister
1.75L
\$42.99



972-217-1118

shawn@bearcreekbeverage.com

1350 East Bear Creek Road
Glenn Heights, TX 75154

Follow us on Facebook and
receive special offers and promotions.



Prices subject to change.



SATURDAY, JAN. 28 / 8:30 A.M.–11:30 A.M.

Take care of your health at our annual women's health event, *For Women For Life™*. Enjoy a light breakfast and five-minute chair massages, receive free health screenings, learn about

disease prevention and ask health questions to a panel of physicians. Get your girlfriends together and register today!

**FREE
EVENT**

Screenings:

- Blood Pressure, Cholesterol*, Glucose, Waist Measurement and Body Composition ... And much more!

*For a more accurate reading, do not eat or drink anything after midnight before the cholesterol screening. You may take your regular medications as directed.

• Event Location:

BaylorWorx Rehabilitation and Fitness Center
507 N. Hwy 77, Ste. 700, Waxahachie, TX 75165

Download a code reader on your smartphone and scan this QR code to see event details.



RSVP by calling
1.800.4BAYLOR



Learn more at
BaylorHealth.com/FWFL

BAYLOR Medical Center at Waxahachie

FOLLOW US ON:
Username: BaylorHealth



Physicians are members of the medical staff at one of Baylor Health Care System's subsidiary, community or affiliated medical centers and are neither employees nor agents of those medical centers, Baylor Medical Center at Waxahachie, or Baylor Health Care System. © 2011 Baylor Health Care System. BMCWax_000 Nov. CE 12.11