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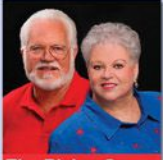
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## ON THE COVER



Misty and Paul Martinez have made a home away from home for Ferris Boy Scouts.

Photo by Amy Ramirez.

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## Editor's Note

*Twenty-eight days and counting ...*

When I attempt to write these 150-word notes, I sometimes watch the cursor blink over and over again on my computer screen ... as if that little line will transmit a witty, inspiring message from the blank page on my monitor to my drawing-a-blank brain. The line keeps time with the beat of the clock beside my desk. Before I know it, five or 10 minutes have passed, bringing me no nearer the words I need. Somehow, eventually, I type a message about the

month, the magazine or myriad other random things.

February is kind of like that — 28 days ticking steadily by, counting toward winter's end when the blankness of the month gives way to the colors of March, April and May. Here's to finding inspiration in the shortest month that leads us in steady time toward spring.

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Angel Morris  
North Ellis Co.NOW Editor  
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# No Place Like Scout House

— By Sydni Thomas

*Over half a century ago, the Ferris Lions Club built a brick ranch-style home for the local Boy Scouts troop, but the small house at the end of the road was forgotten when the group disbanded. That is until a local resident purchased*

*it and gave it back to the city for use as the public library. Then the library moved into a new building leaving the house empty once again. Knowing the rich history of the property, Scoutmaster Paul Martinez petitioned the city to*





*reclaim it for Ferris' Boy Scouts Troop 206. Successful in his efforts, the troop house is once again filled with boys building character, learning responsibilities of citizenship and developing personal fitness.*

"Our troop had already moved around three times, and we were in need of another place to meet," Paul said. "When I heard that the old troop house was coming open, I couldn't believe the timing. The city jumped on board when I approached them about it. It's awesome that this house came back to the Scouts, because it was built just for them so long ago. There is so much history here."

The building has changed with each owner and tenant over the years. Built specifically for the troop, it doesn't follow the typical house layout. There's one large room at the entrance, a small meeting room off to the side, a kitchen and a restroom. A closet serves as the office for leaders. Little by little, Paul and his wife, Misty, worked alongside the city to make repairs and restore the house. Misty tiled the bathroom as soon as she could. "We have been here two years and are updating as we go," Paul said. "Can you imagine that this room used to be filled with shelves after shelves of books? We helped the library move out, put up a new coat of paint and moved in right away."

In its original form, the facility had exposed wood beams for storing canoes, kayaks and other equipment needed for camping and exploring. Ceiling tiles were installed by past tenants to create an attic space where old memories and pieces of history still lie awaiting rediscovery. With the hope of bringing the past back, the Scout house now features vignettes



arranged in nooks that tell the history of the Ferris troop. Photographs from troops long ago, awards from canoeing trips, badges, books and bugles add to the history of the house as much as the original walls.

A large open space is the main meeting room for the troop and is filled with tables. On one side is the original stone fireplace, no longer in working condition, but members still gather around it for stories. The wall on the opposite side holds the flag flown over the United States Capitol on May 26, 2003, at the request of Senator Kay Bailey Hutchison. "This flag was flown specifically for our troop," Paul explained. "It was in honor of the men and women who served our country and kept it free."

A trash bin repurposed into an old flag drop zone sits on the front porch. The Scouts encourage anyone that has a worn out American flag to drop it off in the bin, and they will be respectfully retired during a special ceremony. Each year the Scouts perform a retirement ceremony during Christmas on the Square. Caring and showing respect for flags is one of the lessons Paul stresses to the boys. "We started doing this in public ceremonies to educate our community," Paul said. "Many





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people are unaware of the process. Now that we have held the ceremony a few times people are getting it. It's an incredibly moving process, and I recommend that everyone attends at least one."

The flag pole original to the Scout house still stands in the front yard. A coat of rust and an overgrown tree have prevented the Scouts from flying a flag of their own out front. Getting the pole back in working shape is the next project on the long list of to-dos for the troop.



"We would love to see a flag flying out here again," Paul said. "We are working closely with the city to get it repaired and the tree trimmed to let it fly freely."

Even though the city owns the house and provides for its maintenance needs, the troop takes pride in its day-to-day upkeep. From manicuring the lawns and planting flowerbeds to painting and cleaning the rooms, the troop works together to keep the place in top shape. Many duties to be completed turn into Eagle Scout projects. The troop works together to help an Eagle Scout candidate meet his project requirement by taking on a major task. One nominee replanted all the flowerbeds in the front yard. Another repaired and painted all





the covered shelters over the picnic tables in the backyard.

"We have a city park right in our backyard," Paul said. "The boys have taken responsibility for that, too, and make sure it's clean and safe for the kids who come and play in it. We go out often to make sure trash stays out of the creek that runs through here."

Community responsibility is instilled in the Boy Scouts from their first meeting onward. While many of the projects the troop participates in are performed around the house, they accomplish just as much in the community. When the animal shelter was low on food, the troop raised money and collected food to help out. They participate in the Scouting for Food program and collect more than 600 food items for those in need. From time-to-time, the police department calls on the boys to volunteer their time to help with special projects. "My goal is to teach the boys that this is their hometown, and no matter where they end up, one day this will be the place they recall growing up," Paul said. "I want them to take pride in their community and remember the great times here."

The Boy Scouts are finally home again in the old Scout house that was intended for them, and no longer have to worry about using someone else's space. Each week, the boys meet to learn how to survive in the wilderness, be good citizens and stay active and healthy. Stories of their latest adventures are retold around the fireplace and camping trips are planned by the boys in the meeting hall. For Troop 206 there's no place like the Scout house. "It is still amazing to me that this house has circled back to us," Paul reflected. "We are thankful the city lets us care for this place." **NOW**



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# You're ENGAGED... Now What?

— By Shannon Pfaff



*He finally popped the question, and you said, "Yes!" Now it is time to plan your wedding. When you sit down to plan, you may be overwhelmed trying to figure out where to begin. Several things should be considered: the date, the location, the cost, etc. But one of the major tasks to think about is finding the dress. No matter how long the engagement, it is never too early to start shopping for your wedding attire.*

One of the first things to decide regarding the perfect dress is budget. A good rule is to budget 10 percent of the overall wedding fund for the dress, accessories and alterations. Wedding dresses can cost anywhere from \$400-\$4,000 depending on the store and brand. Larger bridal stores will have less expensive dresses, whereas the bridal salons will have pricier designer dresses with handmade details. If your wish is to have a custom-made dress, expect to pay more. When you decide what your dress budget will be, factor in the cost of alterations. Alterations for your dress can cost \$100 or more. Remember, most dresses don't come with a bustle, so you will have to pay an alteration fee.





Another thing to consider when shopping for a wedding dress, is your body type. Some brides make the mistake of planning to shop for a dress when they have lost weight or ordering a dress in the size they plan to be for the wedding. It is best to shop early and purchase a dress based on your current size. You can always have the dress altered later if you lose weight. Body type is more than just dress size, you need to think about your body shape as well. Are you shaped more like an hourglass? A triangle-or pear-shape? An apple-shape? Or a rectangle-shape? Knowing your shape can help you determine which dresses will accentuate your best features and mask the ones you like least.

Shopping for your dress may be stressful, but it should be fun and exciting as well. Consider bringing a close friend or family member with you while you shop. Second opinions can help when you are trying to narrow down your



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choices. Then there is the added bonus of having someone who isn't working on commission tell you how beautiful you are. Of course, you can bring more than one person with you while you browse, but don't feel obligated to bring everyone who expresses a desire to go with you.

Whatever dress you decide to wear, make sure you love it. Begin shopping early to allow time to look at multiple stores with plenty of time for shipping your dress. With many bridal store options available, you are sure to find the dress that fits your budget and your body type perfectly. Don't be afraid to go back and try a dress on two or three times. After all, you will be gracing the aisle, and you'll want to feel good about how you look.

For more help with planning your wedding, here is a timeline to keep you on track:

## 12 Months Before:

- Select a date.
- Think about the wedding type — formal or informal.
- Set a budget.
- Hire a wedding planner, if desired.
- Reserve ceremony and reception sites.
- Select attendants.
- Select and book caterers, photographers, videographers, florists, musicians, etc.
- Begin compiling guest list.

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- Shop for wedding dress and accessories.
- Start planning honeymoon.

## Nine Months Before:

- Order your dress and accessories.
- Create a wedding website.

## Six Months Before:

- Send save-the-date cards.
- Sign contracts and place deposits for wedding services.
- Reserve rental equipment — tables, chairs, tents, etc.
- Meet with officiant to go over ceremony details.
- Choose attendants' attire.
- Order wedding cake.
- Book honeymoon.
- Begin planning rehearsal.

## Four Months Before:

- Schedule fitting.
- Schedule appointments for hair and makeup.
- Register for gifts.
- Purchase or reserve groom's attire.
- Book accommodations for wedding night.
- Choose and order favors.
- Choose gifts for wedding party.
- Order invitations, announcements and stationary.
- Arrange transportation for the wedding day.
- Compile a music list for your ceremony/reception.

## Two Months Before:

- Go over final details with service providers — menu, flowers, etc.
- Address invitations and announcements.
- Make a list of readings for the ceremony.
- Complete the order of the ceremony and reception.
- Print programs.
- Purchase wedding rings.
- Send event schedule to the vendors.
- Shop for ceremony/reception accessories, such as a cake knife and the guest book.
- Schedule rehearsal and rehearsal dinner.

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## Six Weeks Before:

- Mail invitations.
- Discuss wedding photo ideas with photographer and videographer.
- Send announcement to newspaper.
- Prepare all of the necessary name change documents.

## Four Weeks Before:

- Obtain marriage license.
- Make final payments to vendors.
- Arrange for final dress fitting.
- Confirm times with all vendors, including hair and makeup.
- Assign seating for reception.

## Two Weeks Before:

- Notify caterer or reception venue of the guest count.
- Address announcements.

## One Week Before:

- Pick up wedding rings.
- Confirm details with all service providers, including arrival times.
- Verify that all attendants have picked up their formalwear.
- Delegate wedding day tasks — transporting gifts, bustling dress etc.
- Make sure attendants know when to arrive for the rehearsal, rehearsal dinner and wedding.
- Pick up your dress.
- Set aside final payments for vendors.
- Pack for honeymoon.
- Advise caterer of changes to guest count.

## The Day Before:

- Review seating arrangements with the ushers.
- Make sure groom's attire is picked up.
- Rehearse ceremony.
- Rehearsal dinner.

## The Wedding Day:

- Eat something!
- Relax and enjoy your special day! **NOW**



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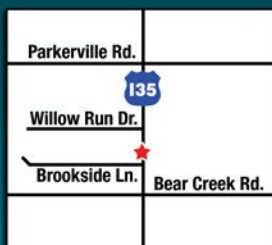


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# Faith and Family

— By Angel Morris



*Living proof that people only have time for what they put first, Frank and Dawana Quintana place their focus on faith and family. While many folks around town know them for their weekday jobs, weekend church work has expanded their friendships and reputations. Monday through Friday, Frank serves the U.S. Postal Service full time, while Dawana is a local realtor with Keller Williams Realty. On weekends, Frank pastors Discovery Life Church, with Dawana and their children by his side.*

“Frank and I started a church in our living room Christmas 2009,” Dawana said, “and





## At Home With Frank and Dawana Quintana

we just moved into our first building in September of last year. Today, we are worshipping with 50 to 80 loving people every weekend.”

Located on Brothers Boulevard in Red Oak, Discovery Life Church is where the Quintanas spend a lot of their free time and much of their extra energy. “Ours is a nondenominational, multicultural church,” Frank pointed out. “Everyone is welcome, and we thrive on helping others discover God’s plan for their lives!”

The Quintanas’ lives together began after Dawana’s dad set her up on a date with Frank. The couple lived in Ferris and Lancaster before settling down in Glenn Heights, years later, to be closer to their children’s school. Rachel, age 12, Renee, age 9 and Logan, age 8, all attend Ovilla Christian School.

“We wanted to be nearer the school, and in 2009 we found our current home. We really bought it because of the walk-

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in pantry in the kitchen,” Dawana joked. “But really, it has a great floor plan, is very open, light and bright.”

The four-bedroom home’s surrounding lush landscape provides Dawana a beautiful view and gives the elegant, two-story, white brick exterior even greater drive-up appeal. Guests are greeted inside the corner-lot home by hand-scraped hardwood floors at the front door and a wrought-iron, spindled staircase.

To the right of the entry is an arched

opening to the dining room where three “generations” of fine china are displayed — Dawana’s wedding china, her mother’s china and a pink-accented set from an antique store. “Renee has dibs on those. She’s my pink girl,” Dawana said. Opposite the dining room is an office shared by Frank and Dawana, where a carpenter installed custom closets to make the space storage-friendly.

The spacious kitchen is the heart of the home, with black Brazilian granite

counters, a glass and stainless steel backsplash border and smoky gray ceramic tiles. “The fabulous center island has tons of counter and storage space,” Dawana said. “The light and inviting feel really make this where we spend a lot of family time.”

Calling their home “subtle modern,” although it features special keepsakes from Dawana’s Grandmother Logan (including a cathedral window quilt and milk glass collection), the Quintana

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"We love our home," Frank said. "Some areas are a work in progress, but we have enjoyed putting our stamp in every space."

Over the last year, in fact, the Quintanas have taken the home from the previous owner's country blue style to their own black and gray, with pops of color throughout. Hardwood and ceramic tile replaced linoleum, and older carpet is on its way out, as well.

"We discovered that two weeks' worth of remodeling is about all we can stand at a time," Frank admitted. "Eating out because you can't get in the kitchen or living out of suitcases while bedrooms are re-floored and painted gets old pretty quickly!"

Despite remodeling chaos, each of the children has made their mark in their own rooms, reflecting their individual interests. Rachel loves volleyball and recently won first place in sculpting at the State Fair of Texas. Renee is into art and playing with her Littlest Pet Shop collection. And Logan loves LEGOS, *Star Wars* and *Toy Story*.

"When Logan was diagnosed with leukemia, my work colleagues came in and totally redid this room for him," Dawana beamed. While Logan's space might belong to any typical young boy, his Wipe Out Kids' Cancer keepsakes nod to his recent health struggles. "He is winning over leukemia and is currently a Wipe Out Kids' Cancer Ambassador," Dawana noted. "His chemo treatments are almost done!"

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church work weekends, the Quintanas are one busy family. As they carve out special family time and time as a couple, Frank and Dawana agree time has been the biggest challenge to making their house exactly as they want it to be.

"As a family, we have a goal to visit all the national parks and caves," Frank

said. "Whenever we have a few days off, we look at each other and say, 'That's enough time!' and we hit the road."

The couple also celebrates each year of marriage in some way, with bigger events for five-year anniversaries. "We just celebrated our 15th anniversary by going to Hawaii and getting re-married," Dawana said. "When the kids asked why we didn't take them, we said, 'Because we want to still be married when you are grown up and gone!'"

A curio cabinet in the master bedroom showcases special mementos from the couple's wedding, and a set of shelves houses pictures from their dating and marriage. Another display case holds Kim Anderson figurines purchased for Dawana by Frank.

"We want our marriage to be an example to our children," Frank said. "We want them to know what love and appreciating one another look like."

Ultimately, the Quintanas sum up their home life with a verse they claimed as theirs before they were married: "You shall be like a tree planted by the river that shall bring forth fruit in all seasons." A large decorative tree hangs over the fireplace beside a plaque displaying the verse, and the Quintanas try to live the sentiment by putting down roots while helping one another grow.

"It really changed our lives when we found this house right by the kids' school. We have been in other houses that didn't feel right, but I really consider this one a blessing," Dawana said. "We have had opportunities to move, but now that we have remodeled, we're not going anywhere. It just feels more and more like home here every day!" **NOW**



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# Rule of THREE

— By Angel Morris

*This May, a trio of brothers will graduate from Ovilla Christian School — the first triplet grads in the school's history — taking their athletic and academic skills into the world. For the first time, they will go their separate ways to make names for themselves beyond being known as “the Polley triplets.”*

Bradley, Josh and Zach Polley came to Ovilla Christian School eight years ago in fifth grade. As children, the brothers participated in sports to “release all their energy,” Josh said. The early start resulted in athletic success for each of them, although they are not all equally interested in the same sports today.

Zach has earned the most current athletic accolade, as State Champion in TAPPS 3A Cross Country, as well as earning 1st Team All State honors. “I’ve always been active, ever since I could walk,” Zach recalled. “In sixth grade we had a mile time trial in PE, and when I was one of the first ones to finish, the PE teacher called our cross-country coach over to talk to me and a few other guys. When he mentioned all the state championships he had, I was hooked.”

Zach calls track and field his favorite sport. “I love to see how everyone’s hard work pays off and how far people can push themselves,” he said. “I also like watching professionals race to see where I could be in a few years.”

As Zach was running, Josh became a recognized soccer player, named All State Goalie in TAPPS 3A soccer the last







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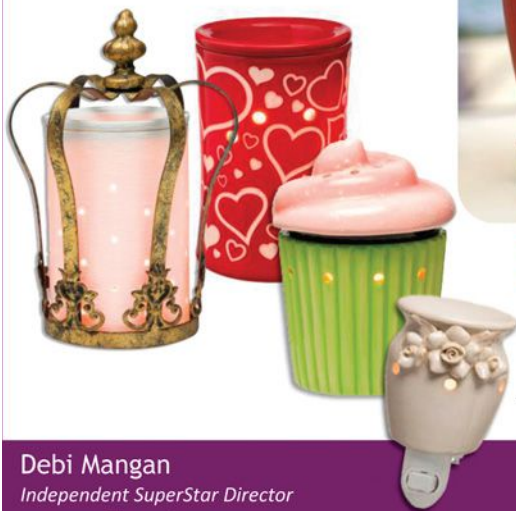
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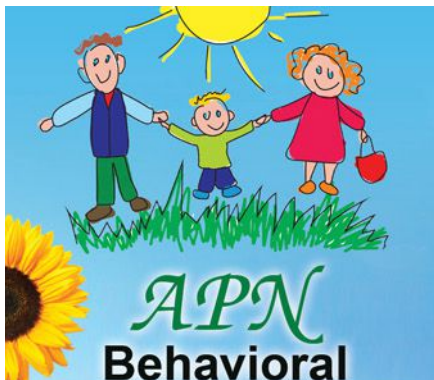
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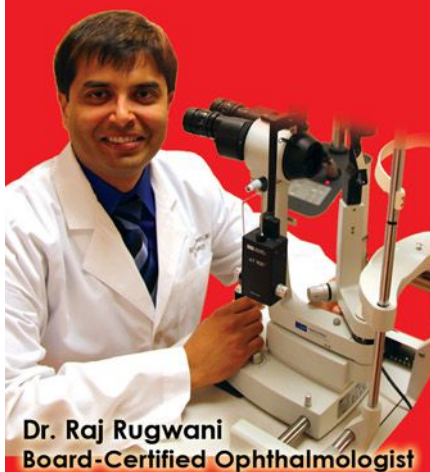
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two years. He also took up tennis his freshman year, was a 2013 State qualifier in the sport, and an Academic All State honoree. He was varsity tennis captain, varsity soccer head captain and ran cross-country, as well.

"I enjoyed soccer because I got to play alongside my brothers from seventh-11th grade, but my favorite sport to play would probably be tennis. My teammates are some of my favorite people!" Josh said.

Bradley continued the athletic legacy, participating in football, soccer, track and swimming, and was a member of the TAPPS 3A State Champion swim team last year. At the state meet, he swam backstroke in the 200 medley relay and 200 free relay, taking first place in both.

"My favorite sport to play was soccer, although I didn't play it this year because it got moved to winter since we added football at our school," Bradley recalled. "I became the kicker of the football team, but I continued swimming in the winter. I knew we had a chance of winning state for the second year in a row."

While the brothers share a long list of athletic accolades, their successes have not been without challenges. Zach, who is asthmatic, had to choose between teams to put more energy into his stronger sport. "Deciding to quit playing soccer and racing motorcycles to focus on running was a





tough choice," he admitted. "After lots of prayer and talking with my coach and parents to see what was best for me, I'm thankful the decision paid off." Zach has never let asthma — or early-morning practices — deter him.

Bradley, who said he is more sentimental than most might think, had to balance athletics with another activity he truly enjoys. "I found myself having to decide if I would rather go to swim practice so I would be prepared for state or work on my car that I'm trying to get finished in time for banquet and senior pictures," he said. "If I missed a swim practice, I'd make myself work extra hard the next practice to make up for it."

Considering himself somewhat shy and surprisingly not that competitive, Josh found his biggest athletic challenge was also a life lesson. "Sometimes referees make the worst calls imaginable,



and in one instance, one bad call cost me the opportunity to go to state tennis as a freshman," he said. "Ultimately, I just had to forgive the ref. No one is perfect. People make mistakes."

While being athletes helped each brother grow, the three also credit special people in their lives for their continued development. "My coach, Chris Thomas, and my school's headmaster, Dr. Derward Richardson, have both had a huge impact on my life," Zach pointed out. "They have taught me to use my talents to give glory to God and to not take them for granted. They have shown me that through hard work I can accomplish anything I put my mind to and have challenged me to be the best I can be: athletically, academically, spiritually and just as an all-around better person."

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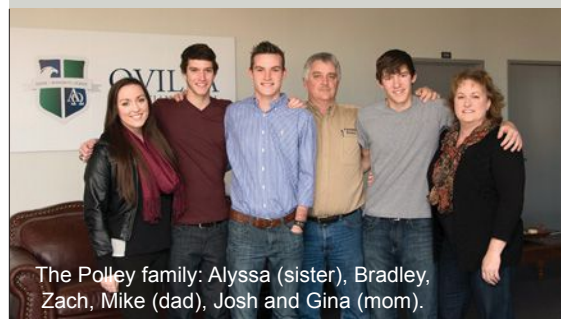


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The Polley family: Alyssa (sister), Bradley, Zach, Mike (dad), Josh and Gina (mom).

words of wisdom," Josh added. "He always warned us that life is tough, and if we don't watch out, it's gonna come back around and bite us in the butt."

Bradley calls two family members guiding lights. "I have always been a lot like my dad and grandpa as far as mechanical abilities," he explained, "so they inspire me. I would like to be able to do the things they can and know what they know about repairing cars and motorcycles."

As their high school careers draw to a close, all three boys have set their sights on the future. "I have already committed to run for Oklahoma Baptist University and have been blessed with a generous athletic scholarship along with an academic scholarship from them," said Zach, who will major in pre-allied health and then work toward a master's degree in athletic training/kinesiology.

Josh plans to attend Texas A&M University and major in finance. "Doing my best in sports and the classroom was always a priority, and I'm proud to have kept straight A's while being an athlete at OCS," he said. "While I don't plan to play sports competitively after high school, I will still play for fun."

Bradley, who plans to attend a fire academy to become a fireman or trade school in mechanics/auto body, said he will continue racing motorcycles to get his athletic fix. "Racing is an activity I really enjoy along with restoring my 1968 Mustang," he added. "I've put in hundreds of hours for more than a year trying to finish this car. I've always enjoyed working with my hands, and this restoration is my biggest success so far."

Ultimately, the Polley brothers seem to have found the key to success — in triplicate — with one simple plan: "We were three active brothers growing up, and we tried different things," Bradley said. "We just found what we were better at and did what we most enjoyed." **NOW**



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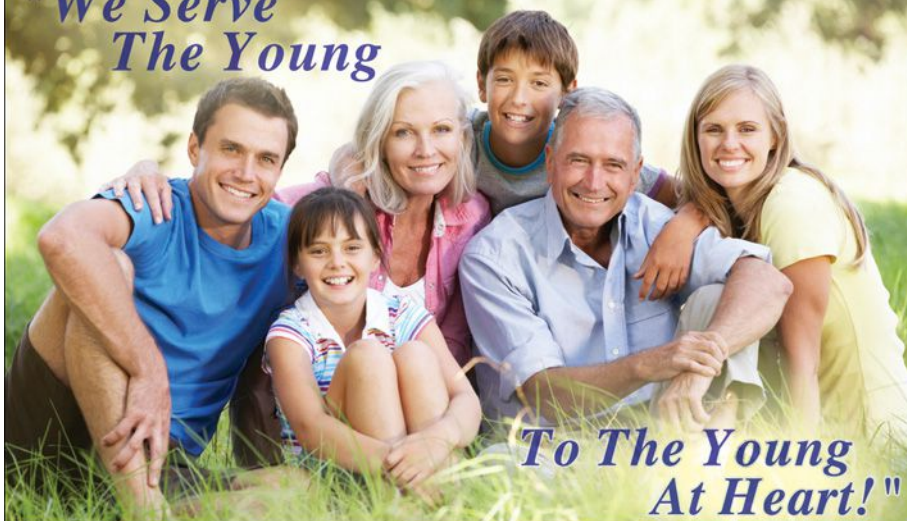
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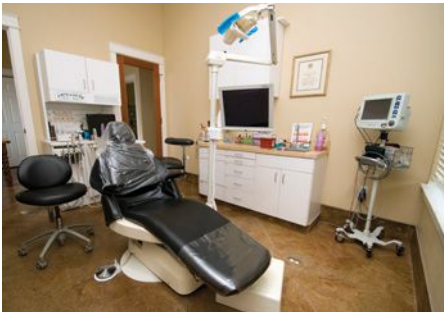
101 Austin Blvd., Suite 100  
Red Oak, TX 75154  
Phone: (972) 617-3322  
[www.fearlessdental.com](http://www.fearlessdental.com)

### **Hours:**

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



Alan Martin and the Fearless Dental team take the pain and fear out of dental work.



# Brave Smiles

*Fearless Dental takes the anxiety out of a trip to the dentist.* — By Angel Morris

Some may dismiss the concerns of those who lose courage when faced with the prospect of having work done on their teeth. Not Fearless Dental. “We take our patients’ anxieties seriously,” said Alan Martin, DDS. “Some folks may be daredevils. But when it comes to going to the dentist, they’re scared to death. Maybe they’ve heard horror stories. Maybe they’ve had bad experiences themselves. Their fears — warranted or not — are real to them.” Dr. Martin’s practice is ready for these patients with a combination of techniques.

“We work, first, to alleviate their fears, and then we do everything we can to take the pain out of the procedures,” Dr. Martin said. “We use every trick in the book to help people relax and leave with a smile.”

Fearless Dental practices sedation dentistry. “A combination of pills and anesthetic gasses work their magic within minutes, resulting in a relaxed but conscious state of sedation,” Dr. Martin explained. “Patients relax — and may even sleep — through a procedure.”

Patients who are afraid of needles, and who have someone available to transport them to and from their appointment, may take a sedative about an hour before an appointment. They’ll arrive relaxed and may be given more medication as needed.

“Patients are asked to take Valium-like pills one hour before an appointment and come with a driver,” Dr. Martin said. “These patients are monitored continuously. We wait — sometimes 45 minutes or more — until they are asleep



## Business **NOW**

or thoroughly relaxed before doing any numbing. A patient cannot drive himself home afterward, but can resume normal activity within a day."

To further lessen patients' fears, a strong Oragel-like topical is used to numb gums before any Novocaine is given. Soft lighting and music is also used to help patients relax. "Patients usually have no memory of the specific dental procedures," Dr. Martin said.

Sometimes the fear isn't of pain. It's the fear of the cost. Fearless Dental deals with this issue, too.

"We're in network with most PPO insurances, so we can work with patients to be sure they'll get the best possible treatment at a cost no higher than they'd pay elsewhere," Dr. Martin said.

Fearless Dental treats children and adults of all ages. Services include: bridges, crowns, dentures, fillings and root canals, as well as periodontal and preventive treatment. Some cosmetic dentistry services are available as well.

Dr. Martin graduated from Baylor College of Dentistry in 2003. He is certified in conscious sedation, oral sedation, root canal therapy, impacted wisdom tooth extractions and implant bridges, which give patients new teeth the same day as the surgery.

He and his wife, Gina, are the parents of three children and have been residents of Ellis County for eight years. He practiced in downtown Dallas's Uptown area before finding the opportunity to work closer to home.

At Fearless Dental, the goal is to make patients' visits as pleasant and comfortable as possible, in private treatment rooms with the latest technology. "Fear of pain keeps many people from getting treatment they really need. Unfortunately, the longer you put it off, the worse the problem gets," Dr. Martin said. "Fearless Dental sounds like an oxymoron, but at our office it is a reality. We specialize in patients with anxiety about dentists and dental treatment, and we don't dismiss their fears. We make every effort to alleviate them!" **NOW**



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[dogwoodcanyon.audubon.org](http://dogwoodcanyon.audubon.org)





*Stephen Cook is a favorite Watch DOGS Volunteer at Wooden Elementary. He is pictured here with his children, Stephen, Arianna and Makayla.*



*Brittany and CJ Noland of Red Oak prepare donation boxes for a charity program at their church.*



*Red Oak police prepare a delivery from Walmart for North Ellis County Outreach, which needs food donations year-round.*



*Texas Chisholm Trail Crime Prevention Association President Allen Speed presents Red Oak Police Detective Nathan Bickerstaff with the 2013 Outstanding Crime Prevention Specialist award.*



*Eyan Perez and his PawPaw celebrate Eyan's selection as Safety Patrol at his school.*



*BLUR Metal Designs by local businessman Bob McCoy range from custom signs to lawn pavers.*



*Ovilla's Alex Middleton gives a piggyback ride to his Congar-Cub Club buddy, Cayden Serafin, after seniors adopted kindergartners at Canterbury Episcopal School.*



*Second graders of McDonald Elementary have fun at the annual Book Character Parade.*



*Randy's Barbecue is recognized for its donations to United Way.*



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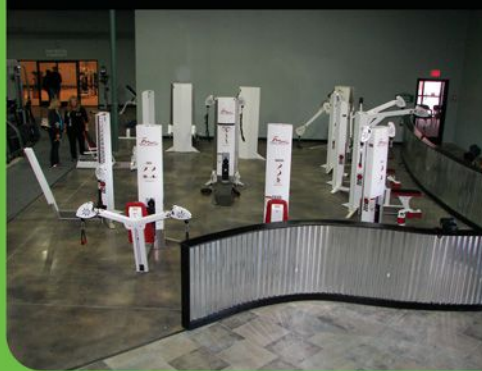
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# Not Just a Guy Thing

*Heart Disease Remains Top Killer of American Women*

Each October, as the leaves turn yellow and orange, a lot of other things seem to turn pink in recognition of Breast Cancer Awareness Month. While these efforts have certainly been a huge boost to increasing breast cancer awareness, leading to better prevention and higher survival rates, many women may not realize that they are far more likely to fall victim to heart disease than breast cancer.

Heart disease is often still thought of as a "man's disease." But in reality, it's also the top killer of American women. In fact, women are six times more likely to die from heart disease than they are breast cancer, and by the time a woman reaches 80, her risk of dying from heart disease actually surpasses that of a man.

February is National Heart Month. Between this national recognition and Valentine's Day, what better time to focus on matters of women's hearts?

## Putting Her Heart in Jeopardy

Many of the risk factors for heart disease are the same in both men and women, including:

- Family history
- Hypertension

- Diabetes
- Obesity
- High cholesterol
- High triglycerides

However, there are some risk factors either unique to women, or that play a much bigger role in the development of heart disease in women than in men. For instance, smoking seems to be a bigger risk factor in women than in men. Other examples include:

**Menopause** — After menopause, the reduced levels of estrogen rapidly accelerates a woman's risk of heart disease, especially in blood vessels.

**High Stress** — High stress can put women at risk for broken heart syndrome, a life-threatening condition unique to women that mimics a heart attack.

**Depression and Metabolic Syndrome** — While men's hearts can be affected by depression and metabolic syndrome (belly fat combined with high blood pressure, high triglycerides and high blood sugar), these conditions seem to take a greater toll on women's hearts.

## Symptoms for Women

Both men and women often report heart disease's

classic symptom: angina. Angina is pain radiating from the chest to the neck, arms and legs. But women with heart disease frequently suffer from less obvious symptoms as well:

- Incredible fatigue
- Abdominal discomfort
- Upper back pain
- Swelling in the ankles

## Heart Guard

There are many things women can do to keep heart healthy.

- Take time out to relax, get a massage or otherwise reduce stress.
- Stop smoking.
- Eat a low-fat diet.
- Exercise regularly.
- Get a heart screening if there is a family history of the disease. **NOW**

*This information is provided courtesy of Baylor Medical Center at Waxahachie. It is not intended to replace the advice of your physician.*



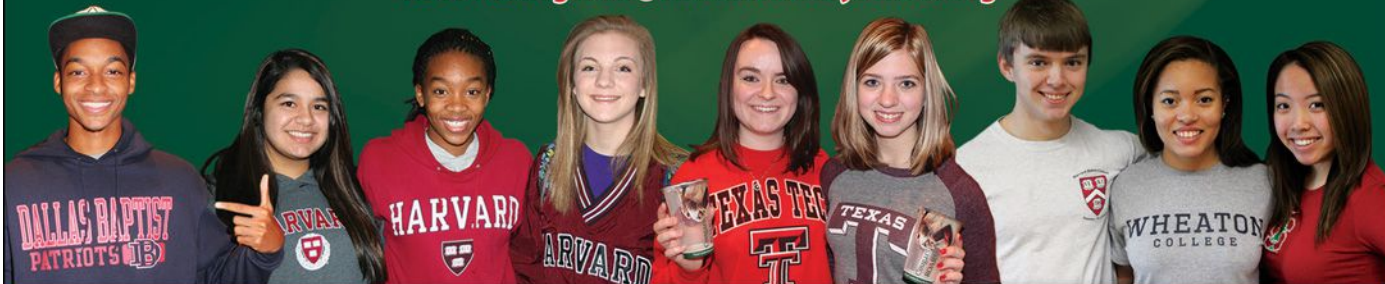
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### Throughout February

Business and Home Improvement Expo  
Registration: Businesses can still reserve display space for the **April 5** event. Contact [admin@redoakchamber.org](mailto:admin@redoakchamber.org).

Books for Veterans: 11:00 a.m.-4:00 p.m., **Mondays, Thursdays, Fridays** and **Saturdays**, Wee Resale, corner of Hampton and Ovilla/FM 664 roads. Thrift store is collecting books and magazines for donation to VAMC.

### February 4

Chili Supper: 5:00-8:00 p.m., 207 W. Red Oak Rd. Benefitting Red Oak ISD Education Foundation and hosted by Red Oak Lions Club. Admission is \$5 for adults; \$3 children.

### February 6

Local Author Group: 6:00-7:30 p.m., Museum Room, Red Oak Library, 200 Lakeview Pkwy. A discussion/critique group run by local author Donald Horne.

### February 8

Red Oak Opry: 7:00 p.m., Lone Star Cowboy Church, 1011 E. Ovilla Rd. Live country and gospel music featuring several different singers

backed up by the six-piece Opry Band. Adult tickets \$10 at door. Visit [redoakopry.com](http://redoakopry.com).

### February 9, 11

College Fair and Summer Camp Preview  
Nights: College Fair, 3:00-5:00 p.m., **Feb. 9**; Summer Camp Preview, 7:00-8:00 p.m., **Feb. 11**, Canterbury Episcopal School, 1708 N. Westmoreland Rd., DeSoto. For more information, email [CollegeFair@TheCanterburySchool.org](mailto:CollegeFair@TheCanterburySchool.org) or [CharlesE@TheCanterburySchool.org](mailto:CharlesE@TheCanterburySchool.org).

### February 11

342 Networking Group: 7:30 a.m., Denny's Restaurant, 408 N. I35 Service Rd., Red Oak. Breakfast and business owner networking. RSVP: (214) 244-2329.

### February 15

Ferris Trade Day: 8:00 a.m.-4:00 p.m., downtown pavilion, South Main and West Sixth streets, Ferris. Vendors welcome. Call (817) 992-9204 to rent vendor space.

### February 17

Book Club: 7:00-8:30 p.m., Red Oak Library, 200 Lakeview Pkwy. Email [sandyg@aircanopy.net](mailto:sandyg@aircanopy.net) for this month's book selection.

### February 22

Grace Giveaway: 8:00 a.m.-noon, Grace Church of Ovilla, 519 Westmoreland. Gently used furniture, clothing and household items for those in need.

### February 24

Indian Trail Master Naturalist Chapter meeting: 6:00-8:00 p.m., Ronald Reagan Room, Red Oak Library, 200 Lakeview Pkwy.

### February 26

Chamber Luncheon: Noon-1:00 p.m., 200 Lakeview Pkwy. Networking opportunity for businesses. Members with reservations \$12; members without reservations \$15; non-members \$20. RSVP: [chamberassist@redoakareachamber.org](mailto:chamberassist@redoakareachamber.org).

### March 1

Dare to Be ... The Journey Continues: 6:00 p.m., doors open; 7:00 p.m., event begins, The Avenue Church, 1761 Hwy 77N, Waxahachie. Event challenges women to be all God created them to be. Contact Mary Sword at (469) 383-9007.

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

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## In the Kitchen With Helen Gotte

— *By Angel Morris*

Helen Gotte enjoys cooking because it's "just a way to make something great out of so many small things," she said. "It is probably one of the most relaxing things for me to do. I have been cooking for my family since I was about 10 years old. When my younger brother and I would be at home alone during the summer, I would cook complete meals for us!"

Taking her recipes from wherever she may find them, this young culinary student surfs the Net for ideas and uses cookbooks from family and friends. While she likes experimenting with all types of spices, Helen dubs cayenne pepper her very favorite. "I love the flavor it gives food!" she said. **NOW**

### Eggs Benedict

**1/2 English muffin**  
**Butter, to taste**  
**1 egg**  
**1 slice Canadian bacon**  
**1 1/2 fl. oz. hollandaise sauce**

1. Toast muffin. Spread it with butter and place on a serving plate.
2. Poach egg in simmering water. While egg is poaching, heat Canadian bacon for 1 minute in sauté pan. Place meat on toasted muffin.
3. Drain the poached egg well and place on Canadian bacon. Ladle hollandaise over top. Serve immediately.

### Hollandaise Sauce

**2 1/2 lbs. butter**

**12 egg yolks**  
**2 fl. oz. cold water**  
**Lemon juice, to taste**  
**Salt, to taste**  
**Cayenne pepper, to taste**

1. Clarify butter by heating in saucepan. As it melts, skim milk fat off until completely gone.
2. Place egg yolks and cold water in stainless-steel bowl and beat well. Beat in a few drops of lemon juice.
3. Hold bowl over a hot-water bath and continue to beat until yolks are thickened and creamy.
4. Remove bowl from heat. Using a ladle, slowly and gradually beat in warm butter, drop by drop at first. If sauce becomes too thick to beat before all butter is added, beat in a little water.
5. Once all butter is added, beat in lemon juice, to taste, and adjust with salt and cayenne pepper. Keep warm until served.

### Duchesse Potatoes

**7 lbs. potatoes, peeled and quartered**  
**4 oz. butter**  
**Salt, to taste**  
**White pepper, to taste**  
**Nutmeg, to taste**  
**10 egg yolks**

1. Steam potatoes or simmer them in salted water, until tender. Drain and let dry.
2. Pass potatoes through a food mill or ricer.
3. Add butter and mix to a smooth paste. Season to taste with salt, white pepper and just a little nutmeg.
4. If potatoes are very moist, stir over a low flame to stiffen. They must be much stiffer than mashed potatoes.
5. Add egg yolks and beat until smooth.
6. Put mixture in a pastry bag with a star tube and bag out into desired shapes on sheet pans, or as platter borders. Cone-shaped spiral mounds are most popular for individual portions.
7. Brush lightly with egg wash for greater browning.
8. Place in oven at 400 F, until lightly browned. Serve.

### Chocolate Chip Cookie Pie

**2 eggs**  
**1/2 cup flour**  
**1/2 cup white sugar**  
**1/2 cup brown sugar**  
**1 cup melted butter**  
**1 cup semisweet chocolate chips**  
**1 9-inch pie shell**

1. Preheat oven to 325 F.
2. In a large bowl, beat eggs until light and foamy. Add flour, white sugar and brown sugar. Beat until well-blended.
3. Blend in melted butter. Stir in chocolate chips. Pour into pie shell.
4. Bake for 1 hour. Remove from oven. Serve with whipped cream or ice cream.

**To view recipes from current and previous issues, visit [www.nowmagazines.com](http://www.nowmagazines.com).**





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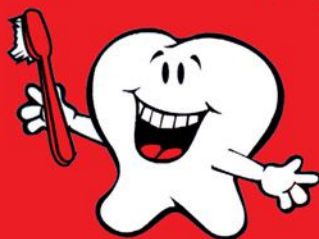


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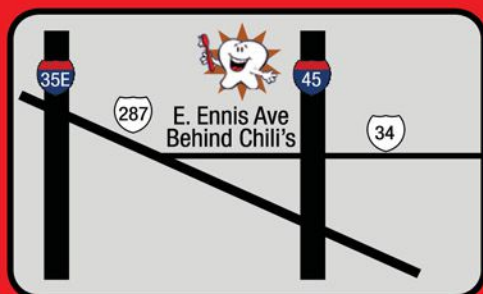
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