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Kamryn Williamson uses Girl Scout lessons to earn top cookie sales.

Photo by Amy Ramirez.

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Editor's Note

Spring forward with me!

March has always been one of my favorite months. It started with my birthday, and grew with the realization that the month often marks the end of winter weather and always includes spring break. Because, even when you're grown, you appreciate the idea of a whole week off to celebrate a new season's approach.



This month offers another reason to celebrate as an amazing group marks its 100th anniversary – the Girl Scouts of the USA. Like the Boy Scouts of America, which marked its centennial in 2010, the Girl Scouts have impacted countless lives. Whether you've been a member, a leader or just a fan of the famous cookies, you've experienced Girl Scout greatness at some point.

This month I hope you find time to sit back with a Thin Mint or Trefoil, enjoy one last cup of hot cocoa and prepare to embrace a new spring!



Angel Morris

Red OakNOW Editor

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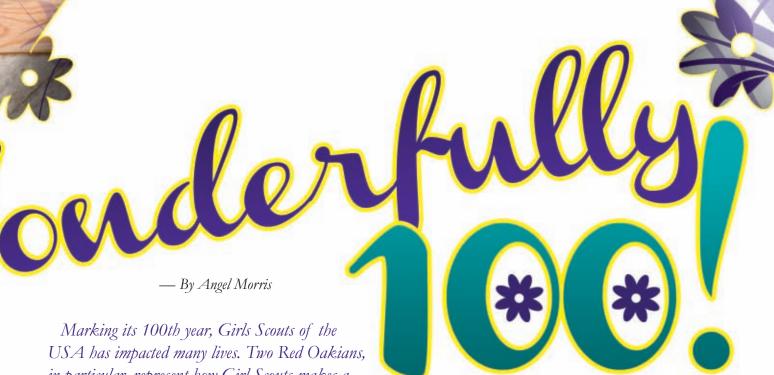












Marking its 100th year, Girls Scouts of the USA has impacted many lives. Two Red Oakians, in particular, represent how Girl Scouts makes a difference — from its youngest members to its adult leaders. Cheryl Hurst joined the Girl Scouts in first grade, some 30 years ago, while Kamryn Williamson, a local fourth grader, also began the Girl Scouts in first grade.

"My mom registered me, and I didn't have a choice! But the experiences the Girl Scouts gave me as a child turned out to be the same ones I want for my daughter today," Cheryl said. Off-and-on for three decades, Cheryl has participated in the Girl Scouts from troop member to camp counselor and finally as troop leader.

Kamryn was a Daisy for one year, a Brownie for two years, and is now in her first year as a Junior Scout. "There was a sign at the driveway of Red Oak Elementary about sign-ups for Girl Scouts, so my dad took me to register," Kamryn recalled. "Being in Girl Scouts, I have gained new friends and gotten to do lots of cool activities. We get to go to camp and meet new people."

Cheryl and Kamryn are living the experience intended by founder Juliette "Daisy" Gordon Low, who assembled 18 girls from Savannah, Georgia, on March 12, 1912, for a local Girl Scout meeting. With the goal of bringing girls out of isolated home environments and into community service and the open air. The first Girl Scouts hiked, played basketball, went on camping trips, and learned how to tell time by the stars and studied first aid.

Official Girl Scout history notes that Juliette believed all girls should be given the opportunity to develop physically, mentally and spiritually. In that vein, Girl Scouts are given opportunities to earn badges for proficiency in a range of categories — from environmental and financial to a wide array of career endeavors. Perhaps the most recognized opportunity in Girl Scouts is the annual cookie sale competition — for badges and prizes.

Kamryn took top honors in cookie sales last year, selling



Back row, left to right: Sara Bannister and Cheryl Hurst. Front row, left to right: Beth Hurst and Beau McAfee.

"For the mom who is thinking about being a troop leader it is a great way to make friends and spend time with your daughter."

2,303 boxes. "My dad would pick me up from school, and we would go around to all the businesses in and around Red Oak selling them. Then, we would eat supper and go door-to-door around neighborhoods selling them," Kamryn recalled. "On the weekends, we would go to businesses until lunchtime, then we would knock on doors in Red Oak some more."

The dedication paid off, earning Kamryn a plethora of prizes. "I got to throw out the first pitch at a Rangers' game and stay in a luxury suite with my family. I got to ride in a limousine for a day of pampering at a spa where I got a pedicure, manicure, my hair done and makeup, and then we went to eat at Jaspers in Dallas," Kamryn said.

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Kamryn's proud father poses with his daughter, who earned top cookie sales last year.

With her family and best friend, Carleigh Loden, along, Kamryn earned a trip to Great Wolf Lodge and to Hawaiian Falls with her troop and dad. "I also got a new iPod touch and some other cool prizes," Kamryn said.

Such unforgettable experiences are exactly what Girl Scouts is all about. And they don't end in childhood. "As a girl, I earned many badges and patches, but the highest awards I have earned are the silver and gold leadership awards and the silver award," Cheryl said. "As an adult I have been awarded Outstanding Volunteer, Outstanding Leader and the Green Angel award."

Ultimately, Girl Scouts is about empowerment. Through experiences such as field trips, sports skill-building clinics, community service projects, cultural exchanges and environmental stewardships, girls develop core values prescribed by Girl Scouts: discovering their potential, relating to others, developing values and contributing to their society.

"It is a great organization. You will make a ton of friends, learn a lot of new skills and have fun all at the same time," Cheryl noted. "I learned about giving to others, about giving of my time and being a volunteer, and most of all, how to be a leader in my community."

Kamryn agrees. "We do projects to help people, like taking gift bags to the veterans at the VA Hospital, which makes me feel good. We have gotten to meet the Dallas Cowboys Cheerleaders, attend lots of sporting events and the circus. We are also working on fund raising for a trip to Paris, London, Rome and Switzerland in three years," she said.

Perhaps more importantly, Scouts has helped Kamryn discover a hidden talent. "I enjoy selling cookies. I enjoy talking

to people and was surprised how easily this came to me," Kamryn said. That skill led to the development of another. "I worked really hard with my dad to learn how to throw a baseball so I could throw out a good pitch in front of all those people at the Rangers' game, and I threw a good one!"

Just like more than 50 million American women members, Kamryn and Cheryl are local proof of the Girl Scouts' ongoing impact. "I still recall going as a girl to resident camp or troop camping. I had a great leader. We sang all the time, and she worked very hard to be sure we had a good time. As an adult, seeing my daughter grow in the program from being a Daisy to earning her bronze award as a Junior Scout and knowing that I had a part in that is the most rewarding thing," Cheryl said.

Kamryn's goal is to go through Cadettes, earn her silver and gold awards, and then to be a troop leader. "I want to be in Scouts until I have done all that



I can, which will help me with college scholarships and job resumes when I am older. I hope to be a nurse, and then I hope to be a Scout leader when I have daughters of my own."

Cheryl, who teaches kindergarten in Cedar Hill and is president of the Red Oak Junior High Highsteppers Booster Club, encourages others to consider Scouting. "For the mom who is thinking about being a troop leader it is a great way to make friends and spend time with your daughter," she said.

Today Girls Scouts counts Cheryl and Kamryn as success stories in its mission of "building girls of courage, confidence and character, who make the world a better place." Cheryl remarked, "I love working with children, and I think I was always destined to. And I love being part of Scouts. Here's to its next 100 years!" NOW



Looking By Katie Almond

Just keeping her eye on the ball isn't enough for Samantha Gilmore. This focused high school senior looks at the big picture. She is a star athlete in golf and softball, as well as maintaining an academic record that put her in the top 10 percent of her class at Red Oak High School. "Grades are very important," Samantha stated. "With my personality, I want to be in the top 10, and I want my grades to be high."

Athletics and academics have gone hand-in-hand as long as Samantha can remember. She got her first set of golf clubs and hit the links with her family at the age of 5. Samantha is glad that golf is a cross-generational passion in the Gilmore family. "It's a huge family thing. It started with my grandpa, and he passed it down," she explained. "He's definitely proud of me and loves to come out and play golf with me." Her mother and father are avid golfers, as well.

Softball entered the picture when Samantha was 6, followed by gymnastics, basketball, volleyball, and later, even Powder Puff football. Softball became a serious area of interest when she was 10 and started playing on select teams and going to tournaments. "That's when it started taking up weekends ... and my life," Samantha grinned.

Always a first-rate student, Samantha's determination to excel at sports has brought some remarkable results. As a freshman, the golf coach and the softball coach chose Samantha for their varsity

teams where she earned a letter in both sports. Realizing this level of success as a ninth-grader is especially

demanding. "You have to be dedicated to your sport and a good student for coaches to rely on you and trust you on their team as a freshman," she said. Samantha played basketball and volleyball in junior high, but she always knew it would be softball and golf in high school. "For about 10 years, I just worked really hard to get there. To achieve a letter as a freshman was an awesome feeling," she admitted.

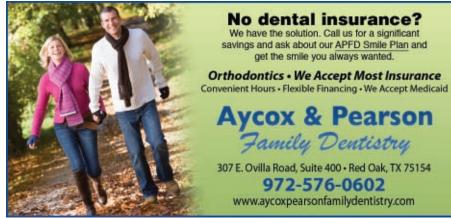
For the last year and a half, Samantha has chosen to concentrate on softball rather than golf, preferring the camaraderie of a team sport. She likes the closeness that develops between teammates, saying, "It's a family. You have so many teammates to pick you up, to tell you that you can do better or to have your back when you miss a ball." Samantha particularly likes the way teammates hold each other accountable and encourage each other to raise the level of their play. She also favors the faster pace of softball and the intense pressure of

In addition to the ROHS Lady Hawks, Samantha plays softball for

team competition.







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The Fastpitch School Texas, a select team. Their coaching methods are a good fit for her personality and playing style. "My coach now, Monti VanBrunt, was a consultant [for nine months in 2006] to the head coach for the Chinese National Softball Team that competed at the Olympics," she said. "He understands the game and how I view the game, and he just helped me see how far this could take me."

How far can Samantha go? Her posthigh school career will begin with both academic and athletic scholarships to St. Edward's University in Austin, where she will study sports psychology. Samantha chose St. Edward's over other college offers based on its location, atmosphere and size. She wants to be close to home, able to walk from class to class and enjoy a friendly environment where most students know each other. St. Edward's was an instant hit in all three areas. When Samantha toured the campus, the softball team members assured her of the balance between sports, academics and social life. They also sold her on the coaching staff.

When asked about her interest in sports psychology, Samantha replied, "I love the mental side of the game. When I learned that it's 90-percent mental and 10-percent athletic ability, I just became a different player. Once I figured that out, I just wanted to help other people realize it." Another big plus for St. Edward's are its coaches — head coach, Lindsay Gardner, and assistant coach, Cat Osterman, who come to the field with a great deal of experience.

Samantha's plan doesn't end with her four years at St. Edward's. She expects to go on to school for a master's degree and then a doctorate. Her goal is to stay at St. Edward's as a graduate assistant,

helping coach the women's softball team while pursuing her higher degrees. After achieving her doctorate, Samantha's dream job would be working as a sports psychologist for either a pro team or golfer.

While academics and sports are priorities, family and friends are also extremely important to Samantha. "The one weekend a month that I do have off, I definitely like to catch up with friends and hang out with everyone, but I'm a big family person and going out is not a big priority. I love staying home."

Her mom, Sharon, smiled as she recalled times that Samantha's social needs were a little more strongly stated. "Samantha would say I just want to be with my friends. I don't want to think about softball or golf. I just want to be with my friends.' We try to help her with that."

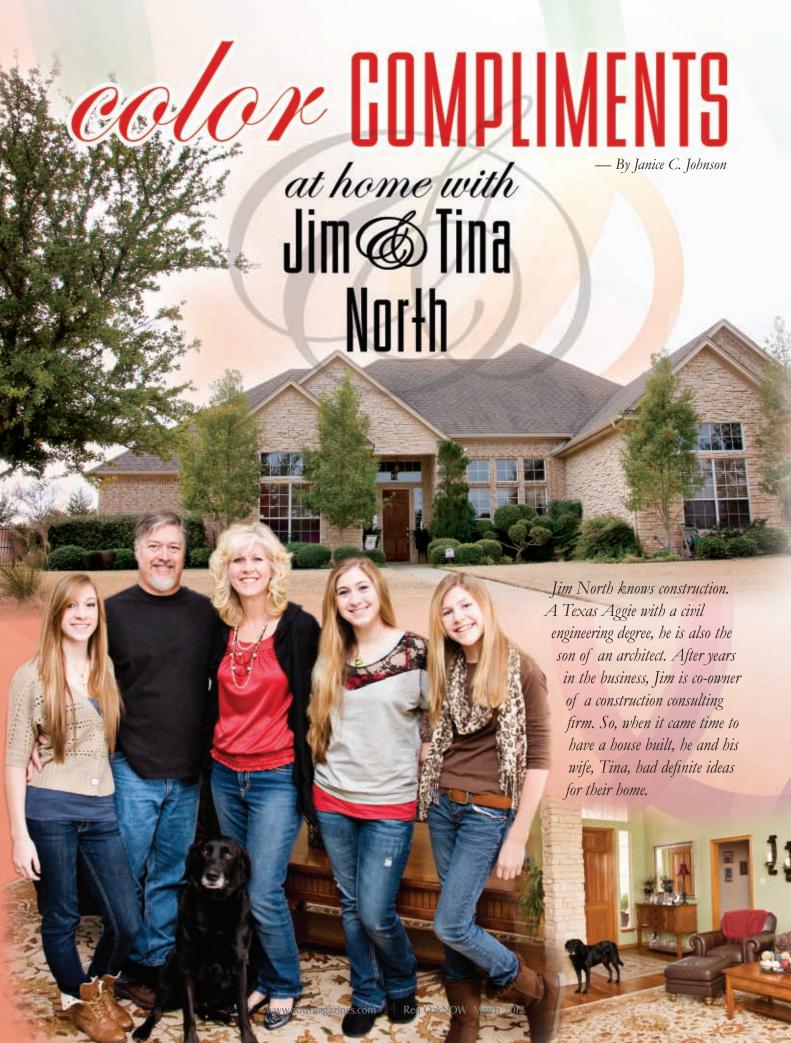
It's a good thing, too. Samantha's schedule would give even the most organized adult a twinge of anxiety. Right now, in the off-season, Samantha has strength and agility training on Monday and Friday, hitting lessons with her coach every other Tuesday and either indoor or outdoor team practice on Sunday. On her nights off, Samantha practices at the indoor hitting facility her dad built in their garage. Add extra practice and weekend tournaments when softball season opens this month for an even tougher test of time-management skills.

In addition, Samantha is especially pleased when she has the opportunity to participate in community service through her membership in the National Honor Society and Renaissance. She described herself as an "animal person" and enjoys spending time helping out at the Ellis County SPCA. She also acts as a mentor in the TFS (Team Fastpitch School) Big Sister~Little Sister program. Her advice to girls interested in excelling at any sport is to find good teams and good coaches, play on a select team and attend college sports camps.

Perseverance backed by hard work is the strategy that has taken Samantha from her first set of junior golf clubs to athletic and academic success. What motivates her quest for excellence? "I want to be someone and go somewhere," she explained. "I know you have to work to get that. Anyone can excel in life, they just have to be willing to work and drive hard for it." NOW







Tina is a Houston native, who earned a degree in education from Stephen F. Austin University. After graduation, Tina came to the Metroplex to live with her college roommate's parents.

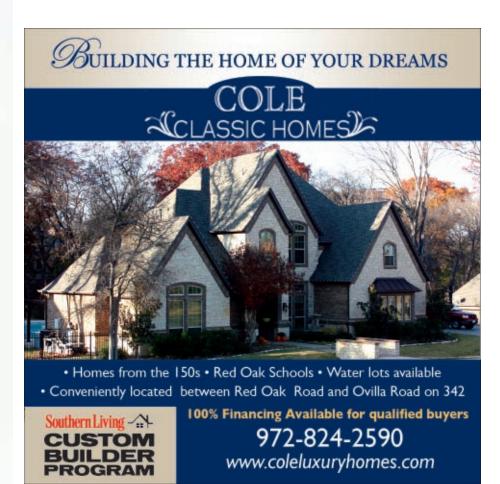
Tina met and socialized with her roommate's hometown friends, which included Jim. She also got to know Jim's father, and his mother, who worked as the secretary at Shields Elementary School in Red Oak Independent School District. One day Mrs. North let Tina know that D. T. Shields Elementary School had an opening for a third-grade teacher. She urged Tina to apply. Tina got the job and has been at the school ever since. Since becoming principal at Shields, she has seen former students' children come through the school.

Tina and Jim married in 1991. Within a few years Holly, now a senior at Red Oak High School, joined the family. Sara was not far behind; she is now in her junior year. The youngest sister, Emily, is a busy sixth-grader.

Eventually the Norths wanted to move to a neighborhood near Red Oak schools, some place that would be close to their daughters' school friends. Between Jim's experience with architecture and construction, and Tina's sense of color and style, they had such clear ideas about what they wanted that it made sense to have a house custom built rather than buy an existing one.

They actually purchased a lot in the Ovilla area, but for some reason, they could not explain they kept driving around different neighborhoods. One day they noticed a cleared lot in the earliest stage of construction — only the forms had been set up for the foundation, which had not yet been poured. When











Jim and Tina learned that the house was a "spec" home not intended for any client, they asked to see the plans. "We realized this house was almost exactly what we wanted," Jim said.

"And the neighborhood just felt right,"
Tina added.

The Norths decided to use the existing outline, but penciled in a more open interior and some upgrades. For instance, they chose a white mortar-less-looking stone exterior, also repeated in an interior column and around the fireplace. The

builder agreed to the changes, and the four-bedroom house was ready in November 2000.

During construction, they discovered the house did not accommodate one special piece of furniture: a century-old corner cabinet that had once displayed wares in a general store. The dining room ceiling was high enough for the 8-foot-tall cabinet, but the wall between the dining and living rooms did not extend far enough. The edge of the cabinet stuck out past the wall. "That's the only trouble

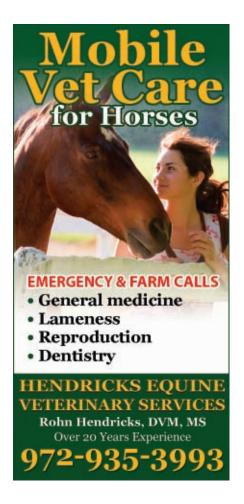
with an open floor plan," Tina observed. "There aren't many corners — or much wall space." Modifications were made to the wall to accommodate the cabinet.

Some of their choices took a little persuasion. Jim asked the painters to treat the interior trim and windowsills with stain rather than paint. They were skeptical, but Jim knew the warm, golden wood tone would lend elegance to the painted walls.

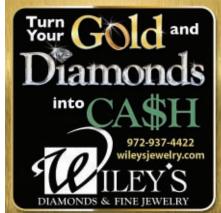
















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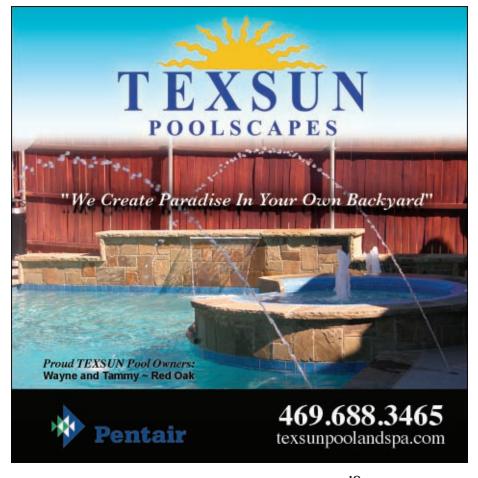
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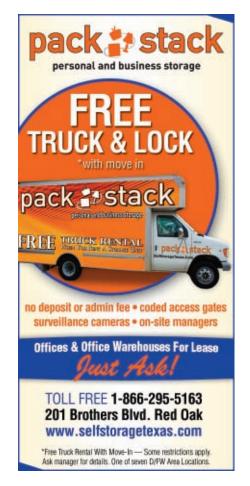














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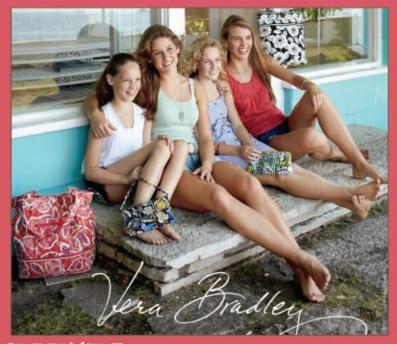
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Tina wanted a blue kitchen, and chose a paint shade that complemented the wood. "The painters thought it would be too dark. But once it was finished, the painters liked it so well that they took pictures of it!" The dining room also features blue tones — as a first-generation American whose parents emigrated from Denmark, Tina chose decor that would reflect classic Danish colors and patterns. Her collection of a dozen or so traditional blue Danish plates, hanging on the dining room wall, pales in comparison to her mother's 80-plus plate display.

Over 11 years, the couple has added a few more touches to make the house better fit their family. The back yard now boasts a pool, a cabana with a bathroom, a garden, a playground and a volleyball court. Jim also had a complete grill setup installed on the patio. In addition to doing almost all of the family's cooking, he loves to cook for guests, indoors and out.

Some evenings begin with Jim planning a quiet meal for his family of five, but it's not unusual on the weekends to end up with a patio full of friends having a potluck cookout barbecue. Big parties or small, "We enjoy being the gathering place," he said.

"It isn't stressful for us. We both grew up that way," Tina agreed.

Jim rinses the pans and dishes as he cooks, but then leaves them in the sink,





so Tina can do the heavy cleanup. "I couldn't do it right anyway," he grinned.

Where Jim shines in the cooking department, Tina makes her mark with the gardening and landscaping. In these chores, too, the two complement each other's strengths. Tina explained, "I mow the lawn, choose the plants, set out the flowers and do the pruning - but I let Jimmy do the cleanup, weed eating and hauling."

The Norths have fit comfortably in their inviting home, making few changes other than the enhanced back yard. The only major remodeling projects have been in the children's rooms. Each daughter was allowed to redecorate her own room for her 12th birthday. They all chose bold, energetic colors and designs that reflect each one's individuality.

Holly, formerly on the volleyball team, is already looking ahead to studying psychology at her mother's alma mater. She participates in the school choir and works part time. Sara balances school work with varsity cheerleading and babysitting, while Emily pursues theater, student government and club volleyball.

As their daughters' schedules grow busier, it has become more challenging to

> bring everyone together for family nights. But because Jim and Tina value the time they spend with the girls and their friends, they continue to make the effort. They appreciate Jim's flexible schedule, which allows him and Tina to attend and support the girls' activities. Also, Jim said, "We try to have dinner together at the table at least three or four nights a week." He laughed. "Of course, it's not always at a set time." NOW





Business NOW







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Jonathan Burke, owner of The Donut House, poses with his daughter, Kyla, in front of some of their delectable offerings.

Donuts With a Twist

Themed pastries make a trip to The Donut House even sweeter. — By Angel Morris

The Donut House offers the usuals, from glazed to chocolate covered, but also provides a twist (so to speak) on old favorites. "We specialize in seasonal donuts. In early February, patrons find heart-shaped donuts with Valentine messages," Jonathan Burke, owner, explained.

March offers spring spirit, colorful eggs and cross-themed donuts. December donuts range from snowmen to holiday lights. Every month guests find a cast of favorites, including fun characters, superheroes and athletic gear. "We even take orders and place names or jersey numbers on donuts for teams. It's greatness!" Jonathan said.

This all began in 2002, when Jonathan passed a local donut shop and decided he would own it one day. In early 2003, he offered to work for free if the owner would show him the ropes. "He tried to talk me out of it, but I knew my goal. He was so impressed by my determination he asked if I wanted to buy the shop," Jonathan recalled.

The shop became Jonathan's in August 2003, and he began making creative donuts after seeing them on TV. "I decided our customers deserved something just as good," Jonathan said. "It's great to hear customers comment on our creativity, and we do our best to keep plenty of everything on hand."

Fresh pigs in a blanket also come out of the oven all morning long. Standard fare, such as apple fritters and éclairs join the more unique banana-iced and blueberry and raspberry fritters, among others. "We also have croissants or breakfast burritos made fresh daily, with real eggs," Jonathan noted. "We had a customer mention he found eggshell in his burrito. My response

Business NOW

was, 'Made fresh daily – now you know we aren't lying!' We made it up to him, and he ate happily ever after."

While business is strong today, the beginning was tricky. "The first year is always most difficult. I have a supportive family and strong work ethic given to me by my father. My wife taught school and helped get us through that year," Jonathan noted. "She took off from teaching to help me the second year,



before returning to the classroom once the business was up and running."

The Donut House is located in Main Street Plaza near four schools. Jonathan credits this and familial dedication to the shop's success. "The location is crucial. And the fact that I'm married to the most godly woman on the planet helps," Jonathan said of his wife of 21 years, Ruthie Timmerman Burke.

Jonathan also acknowledges daughters Kara, 20; Kyla, 18; Kori, 16; and Kaci, 13. "All have had tenure at the shop. They loved it and were willfully employed volunteers."

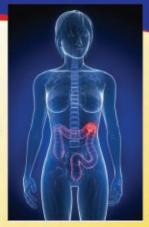
The Donut House wouldn't be the same without faithful employees, Kara Burke, Isabela Ortiz and Steve Gray, who help Jonathan meet Red Oak's donut demand. "I had no donut experience outside of eating them, but my family, my employees and the friendly people of Red Oak have made this business succeed," Jonathan said. "You build relationships here quickly and easily. There is so much room to volunteer and support people of the community, and they in return support us. That's really what our business is about — money comes and goes, but these relationships last forever."

Relationships that are made even sweeter when paired with a traditional or unique treat from The Donut House. **NOW**

MARCH IS COLON CANCER AWARENESS MONTH

See if you are at risk:

- People age 50 and older
- People who smoke
- People who are overweight or obese
- People who are not physically active
- People who drink excessive amounts of alcohol
- People who eat a lot of red meat
- People with personal or family histories of Colorectal cancer or benign polyps
- People with personal or family histories of inflammatory bowel disease



There are many test options that can be considered for screening and the best time is to do screenings before you have symptoms

Contact us and we will be happy to discuss your options.



Dr. Stephen Trammell 675 W. Main Street

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

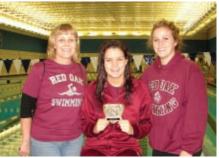




Around Town NOW



Phillip Mercer assists students Chris Ramos, Nicholas Lankford, Caden Holmes and Landon Carpenter with their alphabet skills.



Hannah Gnoza poses with her coaches, Kendra Blakely and Amanda Skinner, after earning runner up in the 50 freestyle at the Fort Worth Cowtown Shootout.



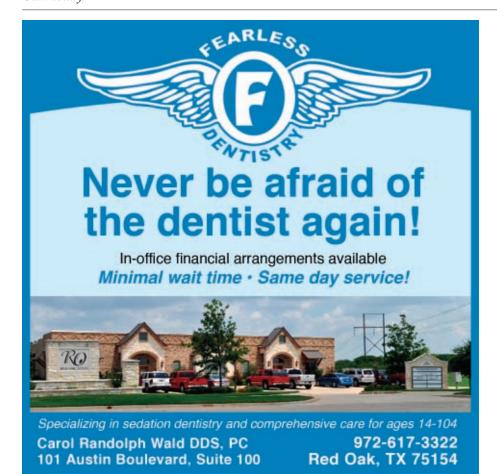
Ryan Baker shows off his hat with 100 pennies, and Wyatt Herrin pretends to be 100 years old as their school marks 100 days of classes.



Teens taste test six local pizza parlor foods and vote for their favorite at an event hosted by Red Oak Library.



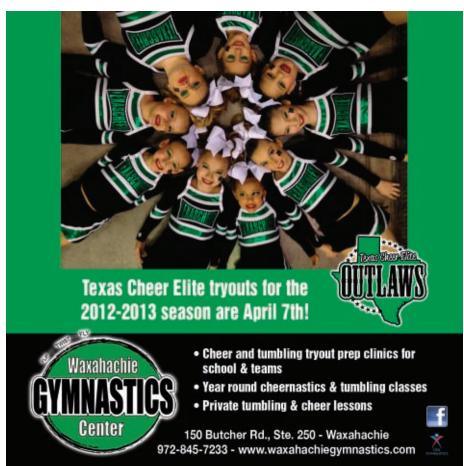
Tricia Prachyl's kindergarten class displays cards made for loved ones.

























Calendar

All Month

Miss Teen Ellis County Application Submission: Females aged 13-18 may request applications for the pageant in which contestants compete in personal interview, fitness wear, fashion wear and evening gown categories. The pageant is April 27-29 in Corpus Christi. (210) 403-0589 or kristin@texasinternationalpageants.com.

March 2-3

Knights of Columbus Barbecue Cook-off: Mid-Way Regional Airport, off of Hwy. 287, Waxahachie. Event benefits the Knights of Columbus Council 8417 and the Ellis County 4H and FFA Livestock Show. Contact Dennis Williams: (214) 399-0081, dmwilliams05@ sbcglobal.net or Ron Nazier: (817) 909-6484, rnaizer@yahoo.com.

March 3

The Canterbury Episcopal School Annual Gala: 6:00 p.m., Ruthe Jackson Center 3113 S. Carrier Pkwy., Grand Prairie. Dinner, music, dancing, live and silent auctions, retro costume contest and prize raffle. The event benefits CES, a K-12 independent school, serving Red Oak and surrounding communities. Visit www. CanterburyGala.com or contact Sherry Bowers at (972) 293-5877 or cesgala@yahoo.com.

March 10

Anniversary Garage Sale: 7:00 a.m.-2:00 p.m., Journey of Faith Baptist Church, 559 E. Ovilla Rd. The sale marks JFBC's first year in Red Oak and third year as a congregation. Donations accepted. (972) 576-3044.

March 15

Mosaic Madness: 2:00 p.m., Red Oak Library, 200 Lakeview Pkwy. Come create your own mosaic design for just \$5 toward supplies. Visit www.mosaicmadness.net or call (469) 218-1230.

March 24

Community of Neighbors Festival: 10:00 a.m.-6:00 p.m., Heritage Park, 400 E. Bear Creek Rd., Glenn Heights. Family festival includes local entertainment, artists, games, health screenings, business vendors and more. Visit www. glennheights.com/Family_Festival.cfm for details.

March 28

Red Oak Chamber Luncheon: Noon-1:00 p.m., Red Oak Municipal Center, 200 Lakeview Pkwy. Cost: members with reservations/\$12, members without reservations/\$15, nonmembers/ \$20. This is a catered event. RSVP to katherine@redoakareachamber.org.

March 29

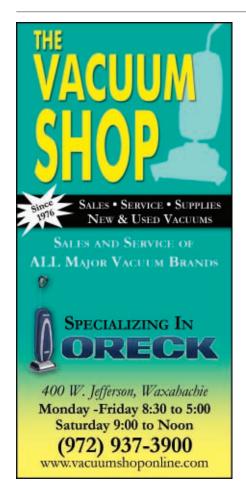
The Miscellaneous Actors in *Sail Ho*: 7:00 p.m., Red Oak Library, 200 Lakeview Pkwy. *Sail Ho* is an original script featuring pirate adventures on the high seas. Family activities follow. (469) 218-1230.

March 31

2012 Lawn & Garden Expo: 9:00 a.m.-5:00 p.m., Waxahachie Civic Center, 2000 Civic Center Ln., Waxahachie. Presented by Ellis County Master Gardener Association, adult tickets are \$5 and children under 12 enter for free. Free admission tickets available from participating sponsors. See ecmga.com for a list of sponsors and Expo details.

Healing Hearts Gala: 7:00 p.m., First United Methodist Church, 505 W. Marvin, Waxahachie. \$50/person. Proceeds help Healing Hearts in its mission of ending domestic violence and abuse in Ellis County. RSVP by March 1 at (972) 388-4777 or healingheartscenter@yahoo.com. www.healing-hearts-center.org.

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







Cooking NOW



In The Kitchen With Lisa Ware

— By Angel Morris

In 2000, with a mother undergoing chemotherapy, Lisa Ware realized the importance of healthy lifestyles. Motivated by her mom's positive attitude, Lisa founded Yoga 4 Love to bring health and wellness education to her community.

The Ovilla resident taught herself to cook using whole foods, avoiding additives and artificial items. "I experiment on my family and encourage them to 'eat the rainbow' on their plates," Lisa said of providing various colored organic foods with each meal.

A Colorado native, Lisa, and her husband of 20 years, Richard, have two children. They enjoy outdoor adventures and traveling. "For fun you can find me practicing Acro partner yoga with my hubby and kids, or hanging out in the creek with our five dogs," Lisa said. "I also like to blog about recipes I've converted to be a bit healthier, full of whole foods, nutrition and love!" **NON**

Ciabatta with Grilled Veggies in Balsamic Marinade

- 1/4 cup canola oil
- 1/3 cup balsamic vinegar
- 2-4 tsp. organic honey
- 1/2 tsp. garlic powder
- 1/2 tsp. sea salt
- 1/2 tsp. crushed red pepper (optional)
- 3-4 Portabella mushrooms (use stems, too; cut into 1 1/2-inch strips)
- 2 red bell peppers (cut into 1 1/2-inch strips)
- 2 medium organic zucchinis (cut into I/4-inch with a zig zag cutter if you have one)
- Ciabatta Organic bread loaf (cut in half lengthwise, brushed lightly with canola oil)
- 6-8 slices provolone cheese from deli

- **1.** Mix oil, vinegar and spices; marinate veggies in baggie in refrigerator for 1 hour.
- **2.** Create disposable pan with non-stick HD grill foil. Grill veggies on barbecue until soft, but not soggy. Take off in intervals as done.
- **3.** As veggies are grilling, brush ciabatta with canola oil on inside; grill on top rack until crispy. Place on fire for 1-2 minutes to create grill marks on inside and toast.
- 4. Place cheese on top half of bread, veggies on bottom and cut into diagonal sandwiches 3-inches wide.

Orzo Pasta Salad

Mustard Vinaigrette:

I Tbsp. dijonI Tbsp. dried shallotsI/2 Tbsp. minced fresh garlic

- 2 Tbsp. fresh parsley
- 2 Tbsp. red wine or raspberry vinegar
- 6 Tbsp. extra virgin olive oil

Salad:

1/2 cup mustard vinaigrette
2/3 cup dry Orzo pasta (or 2 cups boiled
and drained)
1/4 cup pine nuts, toasted
6 green onions, thinly sliced
1/4 lb. Kalmata olives, pitted and
coarsely chopped
1 head butter lettuce, use leaves only,
roughly chopped

- **I.** Whisk all mustard vinaigrette ingredients until well-blended.
- **2.** Mix with all salad ingredients except lettuce
- **3.** Arrange in shallow bowl or platter atop butter lettuce.

My BFF's Black Bean Tacos with Cilantro Mango Salsa

Black Bean Mix:

1/2 red onion (chopped)

2 Tbsp. olive oil

2 Tbsp. garlic

1/2 red bell pepper (or green)

1/2 tomato

2 cans organic black beans, rinsed and drained

2/3 cup fresh cilantro (finely chopped, reserve 1/8 cup for salsa)

1/2 tsp. Creole Spice Blend

3 cups wild Basmati rice medley, cooked Whole wheat tortillas

Mango Salsa:

1 1/2 cups mango, seeded and peeled 2/3 banana or Poblano pepper, seeded and finely chopped

2 Tbsp. water

3/4 Tbsp. organic honey

1 Tbsp. red wine vinegar

1/8 cup cilantro, finely chopped

- **1.** For black bean mix: sauté onion in oil until it begins to soften. Add garlic, then pepper; cook 2-3 minutes.
- **2.** Add tomato, beans, cilantro, spice and rice. Simmer very low.
- **3.** For mango salsa: puree all ingredients in a blender.
- **4.** Make each taco by combining bean mixture, rice and topping with helping of mango salsa.





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For a physician referral or for more information, call 1.800.4BAYLOR or visit us online at BaylorHealth.com/Waxahachie.

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