

Red Oak NOW

A young man in a military uniform, Jacob Hutson, is the central figure. He is wearing a dark blue or black uniform with a white shirt, a dark tie, and a white-topped officer's cap with a gold anchor emblem. He has several medals and ribbons on his chest and a sash over his right shoulder. He is holding a wooden rifle across his body. The background is a brightly lit hallway with wooden floors and walls.

M A G A Z I N E

MARCH 2013

By His Plan
At Home With Ken
& Linda Hicks

An Officer and a Gentleman
Jacob Hutson is suited for a successful military future

Plus:
Big League Dreams
Like Only Mama Can Make
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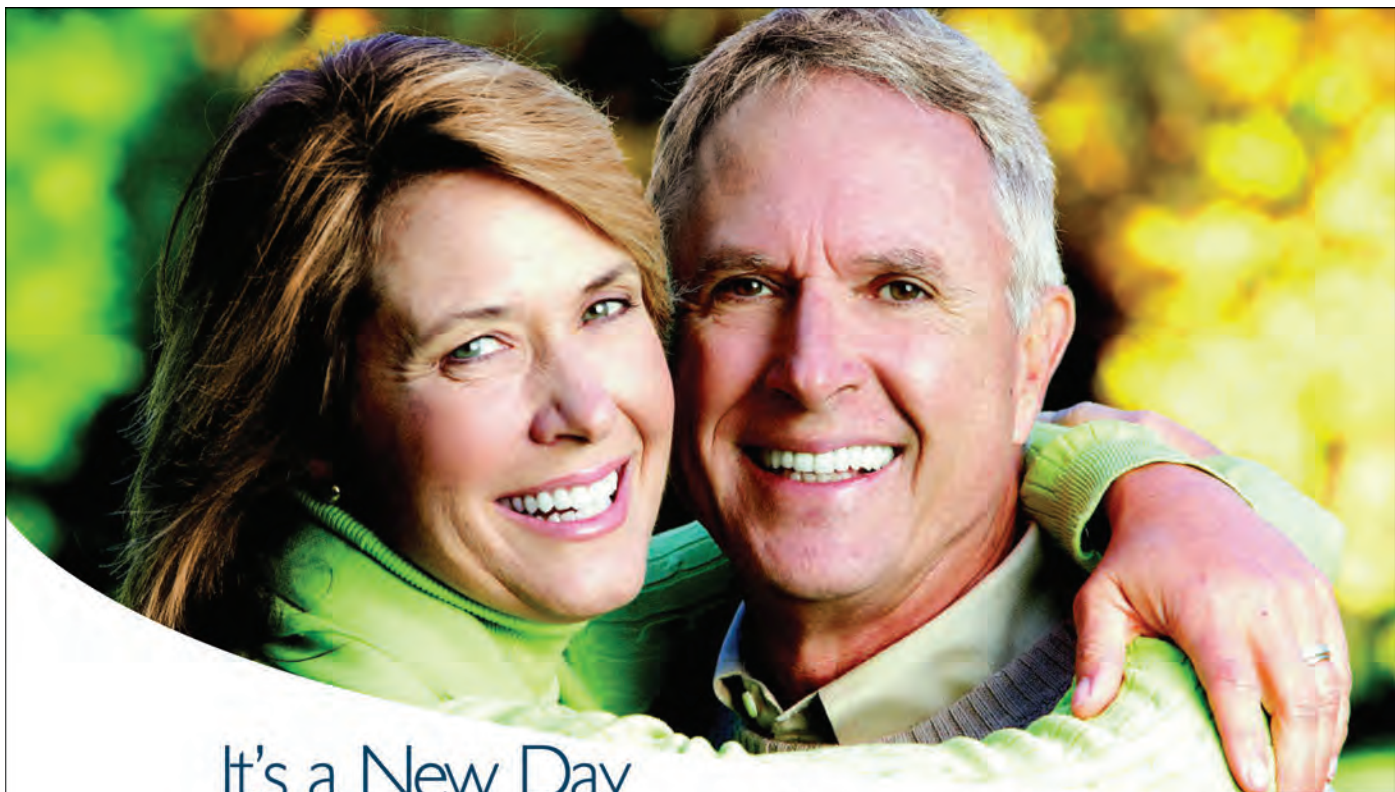
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ON THE COVER



Jacob Hutson holds the highest rank in the Naval Junior Reserve Officer Training Corps.

Photo by Opaque Visuals.

CONTENTS

March 2013 • Volume 8, Issue 3



6 An Officer and a Gentleman

Learning the value of self-respect, discipline and leadership helps cadets mature.



10 Big League Dreams

Matt Curry and Adam De La Garza are happiest on the field.



14 By His Plan

At Home With Ken and Linda Hicks.

22 BusinessNOW

24 Around TownNOW

28 CookingNOW

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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

Here comes the sun ...

While I don't suffer from Seasonal Affective Disorder — depression sometimes credited, in part, to a lack of sunshine — I'm excited about the return of Daylight Saving Time on March 10. Longer days and a bit more sunlight is cause for celebration, as far as I'm concerned. Even though we technically lose an hour, more time before darkness falls makes me feel as though I have more time to do all the things I never seem to have time to do.

Here's to St. Patrick's Day, the first day of spring and all the events leading to Easter, as well as a little more sunshine in our lives. More importantly, here's to finding extra time for the people and activities that really matter ... things that warm us like the sun, no matter the time of year!

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An OFFICER AND

By Dianne Reaux

Duty, honor and country — these three powerful words were indelibly marked into America's consciousness when spoken by General Douglas MacArthur in his famous 1962 farewell speech given to the Corps of Cadets at West Point. These words usually evoke images of present and former members of our nation's armed forces. But actually, many high school students learn about these principles every day in JROTC curricula across the country. JROTC is the acronym for Junior Reserve Officer Training Corps, and its primary mission is to motivate students to become better citizens.

Jacob Hutson is one of those students. He is currently a senior NJROTC (Naval Junior Reserve Officer Training Corps) cadet at Red Oak High School and was selected as the unit's commanding officer, the highest rank achievable in NJROTC. Jacob also has the distinction of being the first cadet chosen as commanding officer who has been in the program for four years.

As a child, Jacob exhibited characteristics that, in hindsight, could have served as subtle clues of one day having an interest in the military. "Jacob was a very thoughtful child. He was very orderly — extremely well organized to be so young. And unlike most kids his age, he didn't like getting dirty. Jacob always wanted to be neat and stay clean," Jacob's mother, LeAnne, said. Although these personal preferences don't usually align themselves with youngsters, they are ideally suited

for anyone contemplating a successful future in the military.

Jacob is a bright young man who takes the time to formulate and articulate his views. He recalled his first time seeing cadets when he was a seventh-grader at the old Red Oak Junior High School. "Before I saw my classmates taking part in drills, I had not been exposed to the military," he stated. "I remember seeing the older students in the hallways wearing their BDU's (battle dress uniforms) and standing in formation while their uniforms were being inspected." He also remembered students making model airplanes out of cardboard and thought to himself, *Boy, I'd really like to do that.*

The students Jacob recalled standing in formation were part of their school's Civil Air Patrol. At that time, Red Oak had the distinction of being only one of three school districts in Texas which offered the Civil Air Patrol as an elective. The program focused on leadership, character development, aerospace education and physical training.

Jacob initially recalled his first day in the Civil Air Patrol as being pretty uneventful, but then he remembered, "I did not know that the patch needed to be sewn on, and I was given one day of in-school suspension, because I left it off." That incident turned out to be Jacob's first encounter with the uniformity and attention to detail that is mandatory for all military cadets.

In life, timing can be everything —

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and this was precisely the case with Jacob. When he entered ninth grade at Red Oak High School, the school had just incorporated the NJROTC into its curriculum. When Jacob saw it was being offered as an elective, he didn't hesitate to sign up. It offered an accredited curriculum that had been designed to develop a high degree of personal honor, self-reliance and individual discipline. It had a dual objective: to help students cultivate a respect for authority, while simultaneously helping them to develop their own leadership potential. The cadets' classroom education was also enhanced in many ways, including physical training, land navigation exercises, field trips and opportunities to perform community service. But, there is no obligation to serve in the military after completing the program.

At the helm of the new NJROTC program was Commander Daniel Murphy, USN (Ret.). Commander Murphy is a 1975 graduate of the United States Naval Academy, and he served his country with distinction. "I served for 20 years in the U.S. Navy," he said. "As a Naval pilot, I served in the Anti-submarine field and flew the P-3 Orion aircraft all over the world. I also served as a flight instructor in Corpus Christi. My last assignment was in Florida with the NJROTC area manager, and I was responsible for the operation and management of 59 programs." After retiring, Commander Murphy became an instructor in the program and taught at four high schools in both Texas and Florida. Red Oak is the third program he started at a high school.



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Jacob's experience with NJROTC has proven to be a wonderful "internship" of sorts. As a cadet, he found himself well-suited to the rigors and rewards of the military training he received, and he exemplified many of the qualities the armed forces seek in its members. "Jacob has been an excellent commanding officer. He was a part of the first group of cadets who started the program four years ago," Commander Murphy shared. "The position he holds is a prestigious, but difficult one. He has to be the leader of the program, while still maintaining a friendship with those same classmates. Jacob has done a good job of balancing these requirements."

This past year, Jacob decided to enlist in the United States Air Force through the Delayed Entry Program. This program allows individuals to take their first oath and delay their ship out date for up to 365 days. Because of his accomplishments in NJROTC, Jacob will enter the Air Force with the rank of an E-3. "I haven't been assigned an MOS (military occupational specialty) yet," Jacob stated, "but I would like to work in military intelligence and be stationed in either Italy or Turkey."

Jacob's mother laughingly interjected her preference, "Hawaii!"

In May, Jacob will relinquish command of his unit during its annual Military Ball. The event is a formal occasion which includes the presentation of awards to distinguished cadets. A visually poignant part of the evening is The Empty Table. As part of the Lost Man Ceremony, a table is formally set for one person. The table is prominently displayed and remains empty throughout the evening. The purpose of the table is to remind everyone of fellow comrades who have given their lives defending their country.

As with everything in life, nothing is guaranteed, and neither is the Hutson military wish list. But regardless of Jacob's role in the military, or where his mission may take him, Jacob feels he is ready for the challenge. Through hard work and dedication, he has matured into a young man who is beginning to understand those three powerful words — duty, honor and country. For years, the Air Force motto was "Aim High," and as Jacob begins the next chapter of his life, that is what he plans to do. **NOW**



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Big League Dreams

— By Sydni Thomas

Lifelong friendships and rivalries are made on the baseball field, as was the case for 9-year-old Matt Curry and Adam De La Garza. The boys pitched for the two best teams Red Oak had one summer nearly 15 years ago and developed a strong rivalry. Adam had just moved into the area, and this was the first time the boys had met. After the season ended, Matt and Adam were both chosen for the Red Oak select team and

became teammates until they left for college nearly a decade later, leaving their summer rivalry in the past. Fifteen years later, Matt and Adam are living out their boyhood dream of playing professional baseball.

"Nothing makes me happier than being on a baseball field," Adam said.

Growing up in a small town influenced

Adam DeLaGarza and Matt Curry are proud to call Red Oak their home base.



how both Matt and Adam view their success. Both started playing the game at the tender age of 4. Throughout Little League they played on the same city league teams, as well as local and Dallas select teams. When high school started, they attended and played for Red Oak High School (ROHS) all four years and credit those years for their success. "Red Oak is home to me," Matt said. "It always will be. This is where my family is. Every off season, I come home to this small, country town, because I love it here."

"I'd been in five different schools in four different states by the time I moved to Red Oak in fourth grade," Adam said. "Red Oak became a place of safety to me. I put my roots down, and so did my family."

Matt and Adam went their separate ways after graduating from ROHS. Adam signed with New Mexico Junior College to play baseball before transferring to Sam Houston State University and then West Texas A&M University. Matt went to Howard College and then transferred to Texas Christian University (TCU) for the rest of his collegiate career. While at New Mexico Junior College and Howard College, Adam and Matt became rivals once again.



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“Matt’s team was the team to beat in our conference,” Adam said. “Even though we were on other teams, Matt and I stayed really close. We have been teammates for so long — it is hard to be rivals.”

College treated Adam and Matt differently. Adam thought his baseball career was over and began focusing on getting a degree in sports and exercise science. However, baseball was not yet finished with him. Adam began playing for the Amarillo Sox, a team in the American Association of Independent Professional Baseball. After a solid collegiate baseball career with TCU, Matt was drafted by the Pittsburgh Pirates in 2008 and has been working his way up the system ever since. Matt hopes this is the year he is called up.

“We get to play a childhood game and get paid for it,” Matt said. “Kids don’t grow up and say they want to be a banker or paper pusher. They want to be a fireman, policeman or baseball player. Something that’s exciting. We get to do that every day.”

“It took a lot of hard work and people to get us here,” Adam said. “It couldn’t have been done without the support of our friends and family. We come from a small town where we shouldn’t be noticed, but it happened. Our senior year, we played on a team with some incredible players, and they are why we’re here.”

These two friends have been through a lot of good and bad games together. With the help of Twitter, the two stay connected to each other’s game performances during their own games. They know each other’s swings better than anyone else. That’s one plus from playing together so long. “We’ll call each other and talk after games when we can,” Matt said. “We still help each other out and give the other advice when we can.”

“I know when I get in the locker room, and I have a missed call from Matt,

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he's had a rough game. But if it's a text or something, I know he had a good day," Adam said. "The day that Matt gets called up, I'll be on a plane heading to whatever field he is playing on. We've been chasing this dream for so long that if he makes it, I'll feel like I have made it in some way."

Both men agree that Red Oak has been a major contributor to their success. From Little League through high school, they were surrounded by families and a community which helped to rear them. Now that they are on the other side, Matt and Adam want to give back. During the off season, they return home to help local youth by giving lessons. They teach out of the Gear Up Baseball facility in Waxahachie and are able to use the center to stay in shape. "I saw this as a chance to help kids in our community get into college," Matt said. "We help kids as young as 9 all the way through high school work on their baseball skills."

"Matt called me up and told me about the work he was doing through Gear Up here in Ellis County," Adam said. "We owe a lot to the people in this area, and now it's time to give back."

Their young students aspire to be like them, and Matt and Adam tell them their goals are possible with hard work. "I tell the kids they can't give up if this is their dream," Matt said. "They have to work on it every day until they can't anymore. The guys they see out there playing the game work hard every single day."

"I thought my dreams of playing professional baseball were over," Adam said. "I was OK with that. I got to play the game for a long time, and it sent me to college where I got a free education. When my students talk about playing professionally, I make sure they know that even if they don't make it, baseball is still their key to getting places. You may not end up having a career on the field, but it's the road to somewhere."

Matt and Adam remember their Little League days and the ideas they had about making it professionally. Now that they have, both are playing the game as hard as they can until they can't anymore. "We don't know how many years we have left playing this game," Adam said. "Hopefully, it will be at least 20 for Matt. What I do know is that one day it will end, but our love for the game never will." **NOW**

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— By Angel Morris

At Home With Ken and Linda Hicks



Linda Hicks has come to realize, as the saying goes, "Life is what happens to us while we're making other plans." With that in mind, the Hicks family — including Linda, her husband, Ken; sons, Kenny and Kevin; and daughter, Lilli — goes with the flow, all the while dedicating whatever time may be needed to causes and organizations they enjoy. The Red Oak family is well-known for its dedication to the PTA and boys' baseball.



A recipient of the Life Member Award and the Extended Service Award, Linda has been involved in local PTAs for more than 12 years, since Kenny was in kindergarten. "We've been very happy with the school district and the opportunities it provides for our children, and I love helping at the schools



wherever needed and being with my kids," Linda said.

Since their sons were little, Ken has been involved with baseball programs, both recreational and select, having coached many current Red Oak High School baseball players at one time or another. "With the help of great moms and dads who take the time to volunteer, coach and promote the baseball program, I take great pride in seeing the young men my former players have become," Ken said.

Before the Hickses found their Red Oak niches, Ken hailed from Tennessee and then was in the Navy for eight years, specializing in naval avionics. Linda was born in Seattle, Washington, but has lived

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in the Dallas area since she was a baby. Ken settled in Red Oak in 1991, shortly before meeting Linda at Baylor University Medical Center at Dallas where they both worked — Linda as an RN, and Ken in the engineering department.



After marrying in 1993, Linda joined Ken in Red Oak, and the couple continued what would be their now 20-plus-year careers at Baylor, with Ken moving from the engineering department to biomed to anesthesia, and then

after receiving his degree in hospital administration, he was promoted to the administration area. “We decided to make our home in Red Oak because of its small-town atmosphere and proximity to our work in Dallas,” Ken said. “All of our children were born at Baylor, Dallas and raised here in Red Oak.”


The current 2,900-square-foot family home was built in 1984. “We moved into it in 1997, after our second son was born, because we had outgrown our previous


home. The house has a rustic, homey feel — like a cabin in New Mexico — lots of textured wood paneling, high ceilings,” Linda noted. Set on five acres of land, the Hickses live across from an open lot where longhorn cattle are raised.


In keeping with that view of nature, their home features a large brick fireplace covering most of one living room wall, which is flanked by two large bass. “I was formerly an avid fisherman,” Ken recalled. Pictures of the kids hang

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The first Doctor's Day was observed on March 30, 1933, by Eudora Almond, wife of Dr. Charles B. Almond. Eudora decided to set the day aside as a time to honor physicians and acknowledge their work and contributions to the community. Cards were mailed out and flowers were placed on the graves of deceased physicians. The red carnation is commonly used as the symbolic flower for National Doctor's Day. Interestingly enough, a resolution commemorating Doctor's Day was adopted by the House of Representatives on March 30, 1958. Then in 1990, legislation was introduced to the House and Senate to establish this specific day in the month of March as National Doctor's Day. February 21, 1991, President George Bush signed the Senate Joint Resolution document designating March 30th as "National Doctor's Day". Thank you Dr. Trammell and Dr. Phipps for your contributions to medicine!



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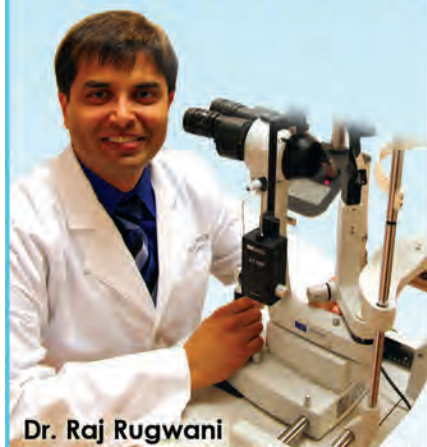
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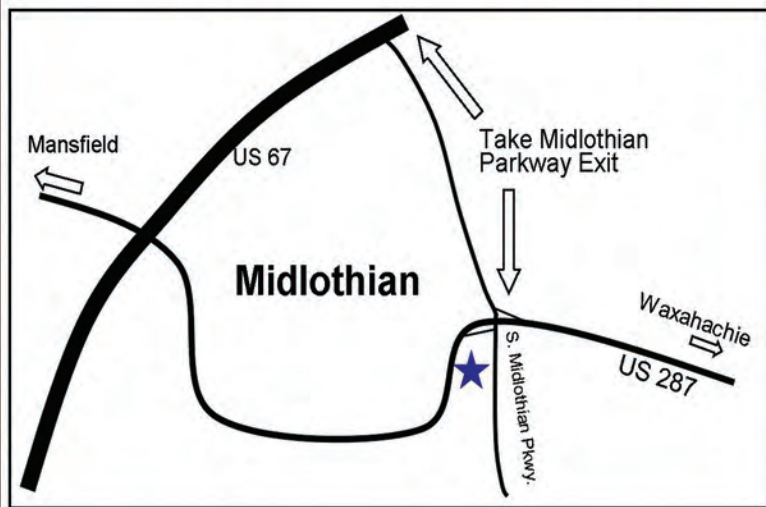
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from an iron branch above the mantel, showcasing their own family tree.

This large living room features red, brown and gold tones, along with an L-shaped brown leather couch. "It's big enough for all of us to sit on, for the rare occasion we're all together these days with so many activities," Linda said. The room houses a wall of VHS and DVDs they just aren't ready to part with yet.

The kitchen is the center of the home. "The table was mainly used in the past as a workspace for the kids' school projects, my crafts and as a PTA/computer workspace. We're trying to get back to using it for family meals, especially on special occasions," Linda said. A large counter divides the eating area from the kitchen, where the counters have a wood grain look that is a neutral foundation for Linda's red accents. A fruit-themed wallpaper border combines with the collection of chickens that began during Linda's college days. "Many are very sentimental, given to me by my grandparents and friends," Linda said. Ken's collection of kitchen gadgets has grown over time, as has the number of special pots and pans hanging above the kitchen bar. Some cabinetry with glass doors showcases special dishes and china.

In a game room conversion from the former garage, one wall is dedicated to baseball trophies and another to computer equipment. Other areas showcase sports equipment, a cap rack and plenty of games and toys. Here Ken also has a remote-controlled helicopter collection he enjoys.

The master bedroom accommodates Linda's softer side, with lighter blues and whites throughout. This is also where she displays her two prized PTA certificates and the cover of a book co-written by her husband. "Ken co-authored and published a book in 2009 with Dr. Peter Walling, an anesthesiologist and friend, after five years of research. It is called



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Consciousness, Anatomy of the Soul, which explores theories of consciousness and attempts to bridge the gap between science and religion,” Linda noted. Ken has also authored many articles in medical publications.

Filled with the typical interests of 17- and 15-year-old high schoolers, the boys share a room, and Lilli’s room houses the standard fare of a 12-year-old girl in intermediate school. Lilli is in Intermediate Merit Society, on the yearbook committee, plays volleyball at the YMCA and looks forward to playing at the junior high. Kenny and Kevin are both in National Honor Society, and all three children have been involved with the Gifted and Talented programs of their schools.

“It was a special night for our family in November when Kenny inducted Kevin into National Honor Society on stage. This means they both do volunteer work for the school and community and have to keep their grades up,” Ken said. “With

“Life is what happens to us while we’re making other plans.”

Kenny driving now and Kevin looking forward to it soon, they stay busy with friends and aren’t home as much, plus both also play ROHS baseball.” Another point of pride for the family was Kenny’s selection as one of 55 employees from 3,000 applicants to work at the In-N-Out Burger that opened last year.

The family belongs to First Baptist Church of Red Oak, and feels blessed to have “become friends with so many special people,” Linda said. “We’re just proud to call Red Oak our home. We are looking forward to a great baseball season and all the celebrations ahead as our children reach their college years.”

Just as she’s learned life happens while making other plans, Linda embraces whatever comes next for her family, keeping one particular Bible verse, Jeremiah 29:11, NIV, in mind: “‘For I know the plans I have for you,’ declares the Lord, ‘plans to prosper you and not to harm you, plans to give you hope and a future.’” **NOW**

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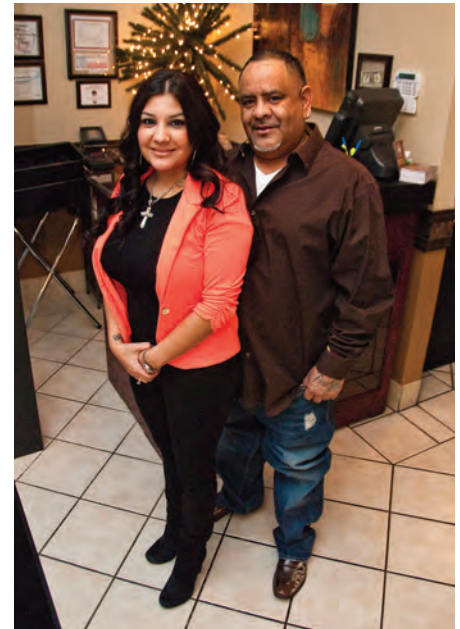


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Marisa Espinoza and her husband, Raul, combine family tradition and upscale Tex-Mex food to give Mamacita's its own flavor.

Like Only Mama Can Make

Mamacita's restaurant serves meals inspired by tradition.

— By Angel Morris

While she began her career in accounting, Marisa Espinoza was born to cook. Inspired by her chef father, Marisa brings a history of successful family business to Red Oak, opening Mamacita's Restaurant with her husband and business partner, Raul. "I used to see my father sitting at the table writing, and when I would ask him what he was doing, he would say, 'Working,'" Marisa recalled. Those notes would turn out to be her father's original recipes used in the restaurant business for years.

Open since November 2012 in Red Oak, Mamacita's offers some of those traditional recipes, alongside Marisa's own creations. "I want to serve customers the food I make

in my own kitchen," she said. As a result, Mamacita's menu has not only traditional Tex-Mex fare but family favorites named after her own relatives. It was her family, after all, who got her into the business.

"I was working in accounting when my uncle needed servers for the restaurant he was opening. I waited tables but eventually was hostessing and overseeing cashiers," Marisa said of her uncle's businesses in Addison and Uptown Dallas. "Eventually, I was operating accounts receivables and payables, and then I was head of operations for both his restaurants."

All told, Marisa worked in the family business for eight

years. Building a home in Red Oak two years ago, she and Raul enjoyed the slower pace and friendly people. "I grew up in the city, so I really appreciated the peaceful, quiet country where we built our home," Marisa said. Opening Mamacita's was her way of bringing the restaurant environment she knew so well to her new hometown.

"I want to give Red Oak an upscale Tex-Mex environment. I want them to know they are part of our family," Marisa said, noting she and Raul are at the restaurant day and night, and that customers will often see one or both of them checking on tables personally. "We are 100 percent about customer service here. We want to know that you were pleased with your meal and satisfied with your overall experience."

To that end, Mamacita's serves breakfast all day and offers customer-pleasing lunch specials Monday-Friday from 11:00 a.m. to 4:00 p.m. A variety of appetizers are available, as well as "veggie" meals, fajita meals and Mamacita's Specials — from chimichangas and tacos, to guiso, camarones and tilapia. Also, traditional dinners of enchilada, taco, tostada and flauta combinations; and homemade soups (tortilla, bean and fideo); and desserts (flan, sopapillas and tres leches cake) round out the menu. On Mondays, there is a chili relleno special, and Tuesdays feature a cheese enchilada special. The restaurant has also applied for a liquor license.

"We're getting a lot of good feedback and a lot of repeat customers. We love it when customers tell us they hope we're here to stay and, of course, that is our goal — to grow and succeed here in Red Oak," Marisa said.

When she remembers who inspired her to begin with, Marisa feels all the effort that went into getting Mamacita's off the ground and all the hours that go into running a family restaurant are worth it. "My grandmother always says, 'You are just like your father,'" Marisa said. "And I know he would be proud of me!" **NOW**

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Abraham Franks prepares Franks Holy Smoke barbecue at the new downtown Ovilla business.



Abryah Solis proudly wears her peace prize awarded at the library's Martin Luther King Jr. Day event.



Glenn Heights' Emily Hopkins signs a giant card bound for Canterbury Episcopal School graduate Nina Yancy who was named a 2012 Rhodes Scholar.



Lilli Hicks and Joban Perez during Red Oak Public Library community crafting activities.



Doug Ray with Texas Special Olympics and ROPD Officer Nathan Bickerstaff honor Denny's Manager, Sonya Hughes, for the restaurant's support of the Tip A Cop fundraiser benefiting Special Olympics 2012.



ROHS girls swim team places second and boys team places third in district.



Red Oak ISD Instructional Coach Kelly Hartman shares a favorite winter story with local students.



Red Oak Junior High's One-Act Play earns third at UIL with Rae Ann McCoy receiving the Tech Award, Jamie Washington Honorable Mention, James Vinson All Star Cast Member and Samantha Wooley Best Actress.



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March 2

Vaccination Clinic: 1:00-3:00 p.m., 411 W. Red Oak Rd. Low-cost pet vaccinations. Call (972) 576-3414.

March 2, April 6, May 4

Lions Club Pancake Breakfast: 7:00-11:00 a.m., 207 W. Red Oak Rd. \$5 All you can eat breakfast benefiting community projects.

March 7

Local Author Group: 6:00-7:30 p.m. 200 Lakeview Pkwy. Discussion and critique group for veteran and novice writers.

March 9 and 23

Prayer Shawl Ministry: 10:00 a.m., First United Methodist Church, 600 Daubitz Dr. Group meets to crochet and sew for those who might find comfort in a shawl. Contact (214) 392-0732.

March 15

Citizens Police Academy application deadline: CPA is designed for adults who live or

own a business in Red Oak. Classes are **Tuesdays** 6:00-9:00 p.m. for 10 weeks, plus one **Saturday**. Participants learn about the operations of ROPD. Visit www.redoaktx.org to complete application.

March 16

Ellis County Master Gardner Lawn and Garden Expo: 9:00 a.m.-5:00 p.m., Waxahachie Civic Center. Adults \$5, children under 12 free. Contact (972) 937-2440 or visit www.ECMGA.com.

March 18

Red Oak Book Club: 7:00-8:30 p.m., 200 Lakeview Pkwy. Discussions include activities related to the book, but one does not have to have read it to participate. Free and open to adults in Red Oak area. Refreshments served.

March 22

Young at Heart: 6:30-9:00 p.m., Ovilla Road Baptist Church, 3251 Ovilla Rd., Ovilla. Fellowship, dinner and fun for church members aged 55 and over. Call (972) 617-8544 or e-mail office@orb.org.

March 23

Easter Egg Scramble: 10:00 a.m., 400 E. Bear Creek Rd., Glenn Heights. Egg hunt, train rides, clowns, firefighters and police officers

to visit. Children under age 11. Contact (972) 223-2107, ext. 254 or policeadmin@glennheights.com.

March 25

Indian Trail Master Naturalist Chapter Meeting: 6:00-8:00 p.m. 200 Lakeview Pkwy. ITC is committed to education about and conservation of natural resources, completing thousands of volunteer hours in the community each year.

March 27

Chamber Luncheon: Noon -1:00 p.m., 200 Lakeview Pkwy. Networking opportunity for local businesses. Members with reservations \$12; members without reservations \$15; non-members \$20. RSVP to katherine@redoakareachamber.org.

March 28

Relay for Life Team Captain meeting: 6:30 p.m., 200 Lakeview Pkwy. Ellis County Relay for Life meets to discuss fundraising and event preparation. Contact fawn. martwick@navarrocollege.edu or (214) 949-9549.

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

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In the Kitchen With Amber Parker

— By Angel Morris

Amber Parker prepares healthy dishes but cherishes old family favorites. “My family reunion is a giant buffet of great food. The goal is to take your dish back empty,” she said. “I compiled recipes from Dad’s side and spearheaded another cookbook for extended family. I’m working on Mom’s side, next.”

Amber turns to church cookbooks and newspapers for recipes, letting husband, Lloyd, and son, Colton, vote on dishes. She also creates her own, and Lloyd has developed recipes with her. Mostly, Amber says, she was inspired in the kitchen by her mother. “She is a great cook. We always had family meals together.”

Amber also gardens and works with her 25-year-old horse. “She eats healthy, too — only fruits and vegetables, no grains!” **NOW**

Beau Monde Cheese Bread

A family reunion favorite!

- 1 loaf French bread**
- 8 oz. sliced Swiss cheese**
- 1/2 lb. softened butter**
- 2 Tbsp. grated onion**
- 1 Tbsp. mustard**
- 1/2 tsp. Beau Monde seasoning (This is not a very well-known spice; mine is Spice Island brand.)**
- 2 Tbsp. lemon juice**
- 1 Tbsp. poppy seeds**

- 1.** Cut X’s in top of bread, leaving 1 inch uncut at bottom; stuff Swiss cheese in X’s.
- 2.** Combine remaining ingredients; spread on top of bread.
- 3.** Lay on foil, with foil covering sides.

Don’t cover top.

- 4.** Bake at 400 F until cheese melts.

Mom Elwanda’s Squash and Carrot Casserole

- 5 or 6 carrots, sliced**
- 5 medium yellow squash, diced**
- 1 onion, diced**
- 1 stick margarine**
- 8 oz. cream cheese**
- 1 can cream of mushroom soup**
- Salt, to taste**
- Bread crumbs, buttered (optional)**
- Parmesan cheese, to taste (optional)**

- 1.** Cook vegetables separately. Steam the carrots; boil the squash; and sauté

the onions. Add vegetables to buttered casserole dish.

- 2.** In a mixing bowl, cream together margarine, cream cheese and soup.
- 3.** Pour over vegetables; add salt, to taste.
- 4.** If desired, sprinkle with buttered bread crumbs and Parmesan cheese.
- 5.** Bake at 350 F for 30 minutes.

Salmon Salad

Chicken may be substituted for salmon.

- 1 5-oz. can salmon, drained**
- 3 Tbsp. shredded carrots**
- 3 Tbsp. celery, chopped**
- 2 Tbsp. mayonnaise**
- 1/4 tsp. turmeric**
- 1/4 tsp. celery salt**
- Minced garlic, to taste**
- Cracked black pepper, to taste**
- 3 Tbsp. toasted walnuts, chopped**

- 1.** Mix together all ingredients except walnuts.
- 2.** Top with walnuts and serve with rice crackers or veggie chips.

Amber and Lloyd’s Broccoli and Carrots Original

- 1 bunch broccoli, chopped**
- 1 lb. pkg. baby carrots**

Topping:

- 1/4 cup honey**
- 1 Tbsp. lemon juice**
- 1/4 tsp. ground ginger**
- 1/4 tsp. salt**
- 1/2 cup toasted slivered almonds**

- 1.** Steam broccoli and carrots until tender but still crisp, approximately 10-12 minutes. Transfer to dish.
- 2.** Mix topping ingredients and pour over dish ingredients.

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

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