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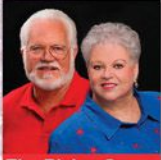
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## ON THE COVER



This Red Oak High School student has earned acceptance to the Texas All-State Band for the fourth year in a row.

Photo by Amy Ramirez.

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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](http://www.nowmagazines.com).





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Today we distribute our magazines to over 260,000 addresses every month free of charge, and have a readership of more than 600,000 across the 10 markets. Our readers are so kind to express their enjoyment in reading about their friends, neighbors and the good things happening in our communities. Thank you all! And to our more than 650 monthly advertisers — many who have been with us from the very beginning — thank you! We couldn't do this without you! I'd also like to thank our wonderful NOW Magazines staff, whose hard work and dedication make this all happen every month!

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# TOP TRUMPET

*The summer after fifth grade is usually a time of transition for children as they prepare to attend middle school. For Jake Oien, the shift was made easier by the discovery of the instrument that would change his life — the trumpet.*

A senior at Red Oak High School, Jake has been active in school band programs throughout his secondary education. His love of music began at an early age. “My dad plays the trumpet as well, and he would always practice when I was in the house,” Jake said. “I knew I wanted to be in band and that I wanted to play the trumpet, because I heard him all the time.”

Since then, the trumpet has remained a constant companion in Jake’s life. “The trumpet is my favorite instrument by far,” he explained. “It’s really powerful. Honestly, it’s kind of easy to play — only three buttons. It feels really natural to hold.” His musical style of choice is jazz. “Jazz is fun,” he confirmed. “It’s great to listen to. It’s great to play. You just get to be loud and fast. It’s a blast.”

Jake was recently accepted into the Texas All-State Band for the fourth year in a row, an accomplishment achieved by very few high school students. This year, he made the exclusive All-State Jazz Ensemble, the first student in the history of ROHS to do so. Each year, Jake has competed against thousands of other high school band students from across the state. Earning a space in



Band directors Richard Thomas (left) and Phillip Cadenhead (right) have been invaluable to Jake Oien’s success.





— By *Callie Revell*

the band even once, especially as a freshman, is a rare feat. “I felt fantastic making it as a freshman,” Jake enthused. “I couldn’t believe it. I was beaming the whole day I found out.”

Retaining his titles has been a struggle, however. Most challenging was his sophomore year. “I had just made it as an All-Stater the previous year, and I got this notion in my head that I didn’t need to work as hard as I actually did,” Jake admitted. “When I tried out for the orchestra band, I didn’t place nearly as well as I was hoping to. That really showed me, ‘No, you need to practice a lot more than you are.’ Once that happened, it seemed to get easier as time went on.”

The Texas Music Educators Association sponsors the All-State program to showcase the talents of young musicians. Earning a space in an All-State group is the highest honor a high school musician can receive. A student’s audition in front of a panel of



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**"Music feels like it just fits as a part of me."**

qualified judges requires months of preparation. "The music comes out in mid- to late-summer," Jake explained. "The region audition is usually in early December. If you place high enough in the region audition, you can move on to the area level. For the trumpet, it's the top three at the area level who move on and make the All-State Band."

Jake has fond memories of TMEA conventions in San Antonio. "I remember we walked into the rehearsal room, and we all sat down and were warming up when the director came out and cut us off and said, 'Alright, play concert F' which is our first note," he said. "Playing that first note — that's my favorite moment in music. It was such an amazing feeling playing that first note and having it sound so fantastic."

There are other benefits to being in All-State Band, besides receiving a plaque and T-shirt. "All-State is pretty much at the top of what colleges will look at for placement in a music program," Jake explained. "On a personal level, it's good to have the recognition, and I feel I'm held at a higher standard so, consequently, I can help my peers."

Jake has had many people help him along the way. "I had fantastic band directors from sixth grade on, so that was very helpful for me," he acknowledged. He also noted that his current band directors, Richard Thomas and Phillip Cadenhead, and his private instructor, Rick Baker, have been invaluable to his success. "My band directors are extremely supportive," he said. "They care so much, and I'm thankful for them."

Jake's time at TMEA conventions and his experience in music have shaped his character. "Music feels like it just fits as a part of me," Jake observed. "I would not be a complete person without music,



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and I just love it so much. I have a much higher work ethic than I did coming into music just because of having practiced so much. I'm kind of a perfectionist when it comes to my music, and that has carried over to other parts of my life."

One area it has influenced is academics. Some studies suggest students in music programs perform better in school. "I don't really know if it's the music that shapes the academics, or if it's music that attracts people who do well in academics," Jake pointed out. "I think I would not do as well in school if I didn't have band to help me."

Jake's passion for music extends beyond the trumpet. "I think music is a key part of society, and it's always been that way," Jake explained. "Without music, there's not much anyone could take joy in. You could ask a random person on the street what their favorite type of music to listen to is, and no one would say, 'I don't like music.'"

Jake calls on members of his community to support local musicians and programs. "Don't ever let music die," he cautioned. "Music is such a fantastic thing. I just can't imagine living without music, and I can't imagine the world without music."

Jake has narrowed down his choice of schools to the University of North Texas in Denton or Southern Methodist University in Dallas. "I want to major in computer science, and I also would like to get a degree in music," Jake said. "I want to go to school primarily for computer science, but I'm always going to play my horn. I don't want to lose it." **NOW**



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# BUILDING *Tomorrow*

— By Sara Edgell

*When Lee McCleary accepted the economic development director position with Red Oak in June 2013, it felt like he was coming home. With a long track record of civil work in Ennis and Corsicana, Lee said taking the job was a no-brainer. “No. 1, I got to come back to Ellis County and in Red Oak of all places,” he said. “Red Oak has outstanding city leadership, and I am thrilled to be a part of it. And No. 2, it moved my wife and me closer to our family.” For Lee, these are among the most important things in life — leadership and family.*

Lee and Hanna McCleary have been married for more than 40 years. They have two children, Amy Quimby and Matt McCleary, and three grandchildren. Over the years, work has taken the couple all over Texas although they have managed to stay primarily in the Texas Triangle, which for Lee, is exactly the place to be. According to him, 75 percent of the population and wealth in Texas lie within this area.

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In comparison to other cities in the area, Red Oak is truly unique. The town offers a variety of incentives to entice business owners to set up shop within city limits. The Freeport Tax Exemption pertains specifically to fast-moving inventory. According to Lee, as long as inventory is shipped from a facility out of state in 175 days or less, no property tax is charged. This local level inventory tax exemption applies to brand new or established and expanding businesses. The exemption is designed to offer business





owners the opportunity to improve and further develop existing companies, or to launch an all-together new business. The Chapter 13 tax credit, which incorporates the ROISD, freezes real property tax rates while the Foreign Trade Zone exemption relates to duty, import and export taxes.

Finally, there is also a double-layered sales tax program that hinges on the town's retail business sales. Type A sales tax returns 1/2 cent of all sales tax to the Red Oak Industrial Development Corporation specifically for industrial development. Type B sales tax is basically the same concept except that the 1/2 cent is returned to the Red Oak Economic Development Corporation for economic and community development. Lee stressed the fact that these funds are generated by local business' retail sales. "This money goes right back into our community for business retention and recruitment, economic development and community improvements, and to stimulate growth," Lee explained, referring to the incentives. "So, the greater the sales, the greater the potential for growth and improvements for businesses and the community. Red Oak is extremely innovative and creative. The city leadership thinks very much out of the box, so much so that there really is no box at all."

On the surface, Lee's job may sound complicated, perhaps even cumbersome as he deals with numbers and figures day in and day out, working with city officials and planning constantly under the confines of state, county and city laws and policies. But in reality, Lee finds it exciting. He gets to advertise and

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promote existing businesses and new business growth and overall development for the entire city. Because Red Oak offers plenty of economic development incentives to small businesses, entrepreneurs and big corporations alike, the city boasts a unique and appealing locale. The intention is to draw in retail, restaurant, office and professionals and industrial businesses to the community without jeopardizing the town's unique identity.

"Red Oak has a strong culture and history that are extremely important to maintain despite the inevitable



growth," he said. "Growing Red Oak yet preserving the town's culture, character and charm are among my top priorities."

Over the years, Lee's dedication to his work has brought him much success. Lee and the cities he has served have been nominated for numerous awards including the Outstanding Achievement in Community Economic Development Award-Texas Economic Development Council in 1999, 2000, 2003 and 2004. In 2013, his nomination for this same award resulted in a win. He has been featured in articles for Northrop Gruman





Information Technology National Workforce Center in both the *Los Angeles Times* and *Dallas Business Journal*. His accomplishments in the field of economic development have been both effective and noteworthy. This is something he intends to continue during his tenure with the city of Red Oak.

While Lee's career is a big part of his life, he enjoys several things outside of work. Since he is a semiretired tennis pro, he dabbles in preserving the history of the sport through the Texas Tennis Museum and Hall of Fame located in Waco. The Texas Sports

Museum and Hall of Fame was actually founded by his father, Charlie McCleary, and Lamar Hunt.

"My priorities in life are God, country and family in that order," he said. "My job is to keep the small town charm and appeal of Red Oak intact — to remember our roots while building a stronger community.

My primary goal is to work with city leadership to continue Red Oak's movement forward and into the future. And, I have to say, it's in excellent shape as is!"

The community can look forward to several new additions around town including high tech industrial and higher education-based businesses. Texas State Technical College North Texas (TSTC) campus in Red Oak recently celebrated its ribbon cutting, which kicked off the first phase of the TSTC North Texas facility. According to Lee, this TSTC North



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While building up the business side of Red Oak is what Lee's job is technically all about, for him, it means more than crunching numbers and soliciting big business. "I'm actually in the people business," he maintained. "My goal is to continue to make Red Oak a great community by helping people with their businesses."

Lee's happy to be in the position of making these things happen within the community. "Red Oak may be considered a small town, but it's headed for big things," he said. "This city's future is so bright that you need sunglasses. Red Oak is definitely where you want to be." **NOW**



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# The PERFECT MATCH

— By Angel Morris



AT HOME WITH  
Cole & Sarah Butler

*Cole Butler was born and reared in Red Oak, but his wife, Sarah, had never heard of his hometown when they met. Although she grew up not far away in Dallas, it took the Internet and Match.com to bring the pair together. “We met online in January 2010,” Sarah noted, “and not long after that, I moved to town to be with Cole.”*

One of Sarah’s first visits was in February of that year, when record snowfall hit the area. Trapped in town without electricity, Sarah stayed several nights at Cole’s grandparents’ home. “They had a fireplace, and we were all using it to stay warm for several days,” Cole recalled. “Needless to say, Sarah got to know the family more than expected on that visit.”

Since Cole’s heart was in Red Oak, staying here with Sarah was a given. Also, his then 8-year-old daughter, Grace, was already settled in local schools. With Sarah’s extended family all in Dallas, it wasn’t too much to ask for her to make the move just half an hour south of the big city. “I spend a lot of time at work or on weekends in Dallas, so it’s nice to be close by,” Sarah said.

With toddler Hudson and another baby on the way, the Butler family will total five this year. “Hudson will be 2 in July and Grace is going to be 13 in March,” Sarah said. “They say the worst years are age 2 and the teens, and we will have both!” As





a result, Cole and Sarah look forward to a larger home down the road to give everyone their own space. For now, however, they are content with their cozy abode.

"We like going to Rangers games and taking walks," Cole said. "Anything to do with spending time as a family, we enjoy. And part of that is just spending time at home together when we can."

Working from home means Cole is there more than the rest of the family, and his office is the first room guests see. It houses hunting and sports paraphernalia from Cole's bachelor days, plus a large leather couch for visitors. "Believe it or not, it's inviting," Sarah said. "Grace and I find it a comfortable place to hang out when Cole decides to work past 6:00 p.m."

While the home's living room has been dubbed "the dogs' den," because the family pets spend more time there than the Butlers do, a nearby game room is where Cole, Sarah and the kids prefer to play. "The kitchen is small and the dogs own the den, so the game room is where we spend a lot of time as a family," Sarah



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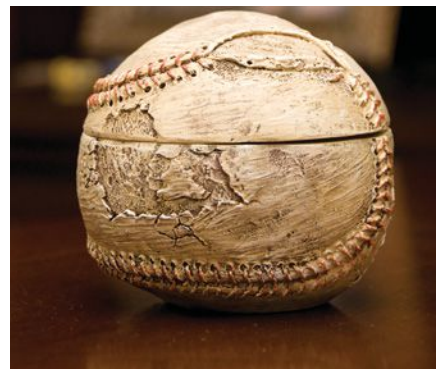


explained. "It's a space that keeps our mobile baby in mind ... anything in sight is OK for him to touch or play with!"

Grace describes her room as the typical teen space, surrounded by colors she loves. Spending time with family and friends is important to Grace, and it shows in her room through a collage photo wall. "I like to get decorating ideas from Pinterest, and I'm constantly changing things around," Grace commented.

Young Hudson's room was designed

to suit a baby boy. "Our son was born three months early," Sarah pointed out, "so while he was getting healthy and growing in the NICU, we spent hours painting his room for him to have the perfect haven for him to come home to. My son's room is probably my favorite of all. He is a miracle baby. His room makes me so happy,



because we were not sure if he was going to make it home."

While safely nestled at home is a favorite place to be, the Butlers do spend a lot of time watching Grace play her school sport of volleyball or spending time with their church family at The Avenue in Waxahachie. They try to make time for charitable work each month, as well, keeping a storage bin in the living room to remind them to fill it with donations for those less fortunate. "It's important to give back to the community, and this is just our way of keeping that on our minds all the time," Sarah said.

The family's love of spending time



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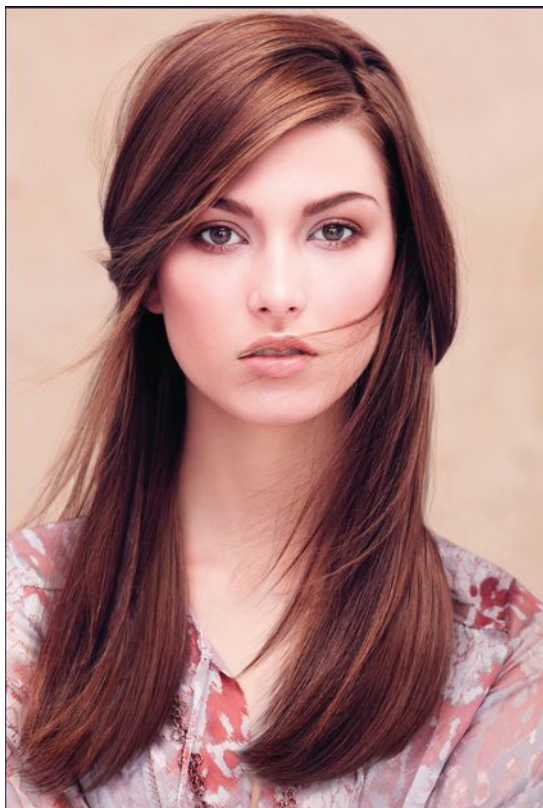
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together participating in various activities is showcased on the home's walls.

"Sarah loves pictures, and our house is surrounded by images of loved ones and special times together," Cole said.

These special times often include Cole's parents, Phil and Sha Butler, as well as his grandparents, Bill and Catherine Butler, and Glendon and Wynona Haney. Lately much family time is being invested in preparing space for the little one on the way. "I'm enjoying preparing for our future baby here, but I look forward to moving into a home with more space for our growing family," Sarah confessed. "I would like a front porch to sit on to watch my kids play in the front yard and would love a big backyard with a pool. Everyone in Texas needs a pool!"

While the Butlers may expand the back patio and extend fencing across the driveway to make the backyard more usable, in the meantime they can take advantage of their neighborhood park and enjoy their community pool in the summertime. "Those things have been really nice for the family," Cole added.

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Other than growing pains, Sarah admits to one other challenge in their current home. "My biggest struggle is to come up with a look on my own," said Sarah, who describes her style as mostly rustic. "I am very guilty of stealing looks from Pottery Barn and Restoration Hardware."

One style Sarah has claimed as her own is neatness. "Oh yeah, she's super organized," Grace confirmed. "You can see that in every room!"

Nevertheless, the Butlers' home is welcoming and warm. A little bit of space is carved out for everyone — Cole, Sarah, Grace, Hudson and baby-to-be — all blended together in traditional style. "We work together as a family," observed Sarah, who previously worked as a nanny. "I believe everything happens for a reason, and I know God put Cole and Grace in my life. Being an instant family was totally normal to me. I'm so blessed to have the full package now, and to join Cole and the generations of his family who have grown up here. We love the small-town feel and simplicity of life out here." **NOW**

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# So How Does Your Garden Grow?

— By Randy Bigham

*Unlike contrary Mary of the classic nursery rhyme, you probably don't have silver bells or cockleshells in your garden. But as spring escapes winter's gloom, you're no doubt as ready as she for the bounty the season brings to your little patch of Mother Earth.*

Robin Smith, an Ellis County Master Gardener, is poised to start her routine

fired with the enthusiasm brought on by warm, blue skies and green leaves sprouting. "At this time of year, I find it hard to contain my excitement," Robin admitted, "and I tend to get ahead of myself a bit. If you're like me, a bit of restraint is in order."

Robin insists a checklist is a good method for prioritizing time and effort in the garden, even for experts. "It will allow you to have fun but still get great results," she explained. Items on Robin's list include pruning evergreens, summer flowering trees and shrubs early in March. "For trees and shrubs that bloom

in the spring," she cautioned, "wait until they have finished blooming, and prune fruit trees before bud break." She also advocates cutting back all groundcover early in the month, so it "looks nice and tidy when it sends out new shoots later."

Raising vegetables in small city gardens is increasingly common, and Robin has useful tips for those just starting out. "Don't be in a hurry to put out young pepper or tomato plants," she cautioned. "Wait until close to the end of the month to be sure all chance of frost is gone. And be prepared to cover them if temperatures dip low one night."







Joseph Masabni, assistant professor and extension horticulturist for the Texas A&M University System, also has words of advice for new urban gardeners. "Home gardening continues to grow in popularity," he wrote in the *Texas Home Vegetable Gardening Guide*. "One of every three families does some type of home





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gardening.” He ensures great results for vegetable and herb gardeners who observe basic, practical considerations. Joseph believes the following rules can make all the difference between a merely functioning veggie patch and one producing high-quality, delicious specimens year-round:

## Choosing a Garden Site

The city offers limited space for growing herbs and vegetables, but a well-placed and tended garden can be a productive one. “The ideal garden area gets full or nearly full sunlight,” Joseph specified, “and has deep, well-drained, fertile soil. The garden should be near a water outlet but not close to competing shrubs or trees.”

## Selecting Crops

Choosing vegetables suited to the size of the garden space is an important consideration. Vine crops like watermelon or squash require more room unless situated near a fence or trellis. For the small garden, beets, broccoli, onions, spinach, carrots and eggplant are ideal. For larger spaces, cantaloupe, cauliflower, pumpkin, okra and cucumber work well.

## Garden Planning

The placement of long-term crops like Brussels sprouts or sweet potatoes, which mature in 80 days or more, shouldn't interfere with caring for and harvesting short-termers like leaf lettuce or turnips. “When you plant a new crop, it should be totally unrelated to the crop

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it is replacing,” Joseph cautioned. “This is called crop rotation. Crop rotation helps prevent the buildup of diseases and insects. For example, follow early beans with beets, squash or bell peppers.”

### Preparing the Soil

For top production, make sure the garden soil is aerated and drains well. Adding organic matter can improve soil that has a heavy clay or sand component. “Never work wet garden soil,” Joseph advised. “And seeds germinate better in well-prepared soil than in coarse, lumpy soil.”



### Fertilizing

“Heavy clay soils can be fertilized much more heavily at planting than can sandy soils,” Joseph pointed out. “Heavy clay soils and those with lots of organic matter can safely absorb and store fertilizer at three to four times the rate of sandy soils. For most soils, two to three pounds of 21-0-0 (ammonium sulfate) per 100 linear feet of row, applied in the furrow and watered in, is adequate.”

### Planting

For successful production, plant vegetables in early spring or early fall.

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"Using transplants rather than seeds, when possible, allows crops to mature earlier and extends the productive period of many vegetable crops," Joseph shared. Beets, lettuce and cabbage are among easily transplanted crops. Carrots and pepper plants require more care while sweet corn and peas are hard to transplant without the use of containers.

## Watering and Mulching

"Apply enough water to wet the soil to a depth of at least 6 inches," Joseph recommended. "For best production, most gardens require about 1 inch of rain or irrigation per week during the growing season." Organic mulches like straw, leaves, peat moss or compost, applied to a depth of 1 to 2 inches, are commonly used.

## Weed and Pest Control

A long-handled hoe is the tool of choice for removing unwanted growth in a vegetable patch. To eradicate pests, use only approved chemicals.

## Harvesting

"A vegetable's full flavor develops only at peak maturity," Joseph pointed out, "resulting in the excellent taste of vine-ripened tomatoes, tender green beans and crisp, flavorful lettuce. For maximum flavor and nutritional content, harvest the crop the day it is to be canned, frozen or eaten."

As home vegetable gardens continue to multiply, the influence of organic gardening methods has spread as well. That's a good thing, according to Robin. "The awareness of the environment," she concluded, "has opened up this earth-friendly approach, and it's another great way to enjoy gardening." **NOW**



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### Chaney's Designs

206 S. State Hwy. 342, Ste. B  
Red Oak, TX 75154  
Phone: (972) 576-5800  
Fax: (972) 576-5801  
<http://chaneydesigns.com/>

### Hours:

Monday – Friday: 9:00 a.m.-5:00 p.m.



Laura Moreland and Tina Beaudoin make customers' personalization wishes come true at Chaney's Designs through embroidery and more.

## A PERSONAL TOUCH

*Chaney's Designs helps customers make any item one-of-a-kind.*

— By Angel Morris

Chaney's Designs transforms everyday apparel and accessories into eye-catching wearables and gifts using embroidery, screen printing, vinyl and bling. From clothing and caps to jewelry and home decor, Chaney's creates high-quality, personalized products. "We can come up with a new design or digitize an image you give us," owner Laura Moreland said. "We have lots of items to choose from, or you can bring something in for us to personalize to your specifications."

The company's most popular services are embroidered logos on school and company shirts, monogrammed bags and blankets and letterman jackets. "We also do custom banners, decals, car magnets and vinyl lettering," Laura noted.

Laura moved from North Dallas to Red Oak in 2002 to work for a sign company. Originally from DeSoto, she was familiar with Red Oak and knew of its good schools for her daughter, Saxon, who was then 4.

"I was drawn to the hometown appeal," Laura recalled. "I worked as a graphic artist and production manager until 2010. Then I was a freelance artist until I started doing embroidery in 2012. Last year, I purchased the business I was working for and currently run the day-to-day operations of two businesses."

In Red Oak, Tina Beaudoin is "a wiz with the sewing machine and my embroidery guru," Laura said. With more than 10 years' experience doing embroidery, Tina is knowledgeable



## Business **NOW**

and helpful in meeting customers' needs. Open since 2003, sister company Southlake Logo, at 525 Commerce, Suite 110 in Southlake, is run by Elaine Allison, Laura's go-to for letterman jackets and all things Southlake.

Chaney's Designs provides services for police and fire departments, schools and businesses, also offering sponsorships to various clubs and events. "My professional goal was to own my own business with freedom to be creative and work with people," Laura pointed out. "My most important personal goal is to provide a good upbringing for my children. I want to be a role model, so they have the tools and courage to go after their dreams. Also, it's important to give back to the community I live in."

In addition to customizing most anything, Chaney's showcases gift sets, jewelry holders, picture frames, decorative signs, rustic tables, candle holders, embroidered towel sets and customized children's gift sets. "We have expanded our knowledge in the industry, added more services and developed new ideas for embroidery," Laura continued. "Last year, we opened a new shop and added our retail store. We strive to give the best quality products and the most helpful service. And we offer customers creative vision, when they don't know exactly what they want."

Laura is engaged to marry Raymond Chaney, gaining a new stepdaughter, Ally. Both daughters attend Red Oak schools, making the business' central location even more convenient. "Working close to them was an important factor," Laura shared. "We chose to be near the high school, because we offer services for numerous school activities. We also work with other small businesses in the community and feel our location is easily accessible."

With experience and expertise, Laura and her team of Tina in Red Oak and Elaine in Southlake, make just about any personalization dream a reality. "Creativity is our specialty," Laura maintained, "and seeing the sheer joy in a customer's eyes when they pick up their order is like giving out presents year-round!" **NOW**



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*Laugh and Learn — a certified Mother's Day Out Program — celebrates its grand opening with a ribbon cutting.*



*Christian Knight, of DeSoto, and Emily Hopkins, of Glenn Heights, medal in Canterbury Episcopal School's Science Expo.*



*Superintendent Scott Niven, Tim Day, Michelle Owen, Tina North, Exxon's Walid Alameddine, Kevin Freels, Shondra Jones, Megan Corns and Cristi Watts at the Exxon Mobile Educational Alliance presentation of \$1,000 to seven ROISD campuses.*



*Red Oak High School Competition Cheer Squad takes first place in the CGA National Championship in Garland.*



*Red Oak Volunteers in Policing receive training from Investigator Brian Ingram on the safety of social media and how to keep kids safe on the Internet.*



*ROHS recognizes these students for All-State honors in the areas of band and athletic association's academic achievement.*



*Ferris Library marks Take Your Child to the Library Day.*



*Red Oak Police Chief Wolf, Sgt. Langham and Lt. Brock have coffee with citizens at Cancun's Restaurant.*



*The Red Oak Area Chamber helps introduce Virundé Spa and Salon into historic downtown Red Oak.*



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# Urinary Tract Infections

— By Betty Tryon, BSN

“Just drink some cranberry juice, and you’ll feel better soon.” This little piece of advice has weaved its way between family members and friends for many years for urinary tract infections (UTI). But, does it work? The answer is a resounding — maybe. Research shows that cranberry juice inhibits bacteria from sticking to the walls of the bladder. This is most helpful for frequent sufferers of UTI. However, for infrequent sufferers, the findings are not so hopeful. In addition, not enough research has been done to determine how much to drink, how frequently and at what strength to get relief or even if cranberry pills would work just as well.

A UTI is an infection, usually bacterial, of the urinary tract system. The urinary tract system consists of two kidneys, two ureters, one bladder and a urethra. This system is the body’s way of producing, storing and eliminating urine. A UTI usually begins with bacteria entering the body through the urethra and traveling into the bladder. Normally when bacteria or other harmful organisms enter the urinary system, the body quickly takes care of it by flushing it from the system. However, the invasion can take hold and overwhelm the body’s defenses. Most of these infections occur in the bladder and are called bladder infections. If it is not resolved, the infection can travel up the ureters to the kidneys and cause a kidney infection.

Since cranberry juice is not a cure-all for a UTI, most patients must rely upon antibiotics, which are the best course of treatment for the infection. The type of antibiotic will depend upon the specific organism causing the problem. It is important to take all of your medication as prescribed. Increasing your fluid intake will help to flush out your urinary tract system. UTI can be painful, so your physician may prescribe an analgesic for comfort. Often a warm heating pad over the area can bring some relief.

One preventive measure that can help females avoid a UTI is to empty their bladder immediately after sexual intercourse. Females should also wipe themselves from the front to the back to avoid dragging germs from the rectal area to the urethra. Empty your bladder frequently throughout the day. In males, an enlarged prostate will limit the ability to empty the bladder, and surgery may become necessary.

UTI can be stubborn to treat. Due diligence in following medical protocol is important to limit the infection and also to prevent one. If you think cranberry juice can help you then by all means, drink up. **NOW**

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

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### March 1

Family Fun & Fitness Fair: 9:00 a.m.-2:00 p.m., Eastridge Baptist Church, 732 E. Ovilla Rd. Health fair and mobile blood drive at 9:00 a.m., AWANA Grand Prix and Car Race at 11:00 a.m., along with bounce houses, animal balloons and face painting. Lunch will be available. Call (972) 617-2338 for more details.

### March 3, 10, 17, 24, 31

Hot Yoga Community Class: 5:45-6:45 p.m., Dynamic Yoga for Love Studio, 558 Bluebird Ln., Red Oak. Beginner to advanced levels welcome; modifications offered for various body types and ages. Donations accepted. Visit [yoga4love.net](http://yoga4love.net).

### March 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.

### March 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).

### March 11

342 Networking Group: 7:30 a.m., Denny's Restaurant, 408 N. I35 Service Rd., Red Oak. Breakfast and business owner networking. Business owners from all communities welcome. RSVP to Melton McKown at (214) 244-2329.

### March 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.

### March 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.

### March 22

Bristol Opry: 7:00 p.m. Old Bristol Schoolhouse, Union Hill Road at Church Street. Call (972) 846-2211 for details.

### March 24

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

### March 26

Chamber Luncheon: 11:00 a.m.-1:00 p.m., 200 Lakeview Pkwy. Networking opportunity for businesses. Members with reservations \$12/without reservations \$15; non-members \$20. RSVP: [chamberassist@redoakareachamber.org](mailto:chamberassist@redoakareachamber.org).

### March 29

14th Annual Master Gardeners Lawn & Garden Expo: 9:00 a.m.-5:00 p.m., Waxahachie Civic Center, 2000 Civic Center Ln. Educational opportunities for the whole family will be available, as well as the popular plant sale. Visit [www.ecmga.com](http://www.ecmga.com) for details.

### April 5

Second Annual Business & Home Improvement Expo: 10:00 a.m.-3:00 p.m., Red Oak High School Cafeteria, 122 SH 342. Vendors, giveaways, prizes, food. Free admission with a canned good donation. Visit [redoakchamber.com](http://redoakchamber.com) to learn more.

*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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**Wednesday, March 19, 9:30-11 am**  
Admissions Coffee  
Learn about the educational opportunities at CES for the 2014-15 school year.

**Sunday, April 6, 2-4 pm**  
Admissions Open House  
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## In The Kitchen With Angie Todd

— *By Angel Morris*

Angie Todd is at home in the kitchen, but she wasn't always a cook. "I'd never made anything except cookies until I woke up one morning and realized I had five kids and a husband who wanted dinner every day!" she admitted.

Angie enjoys recreating foods she tastes at restaurants and isn't afraid to attempt things she's never made. She calls her cooking instinctive and "semi-homemade." "I don't feel it's cheating," she explained, "to start with something packaged and add your own artistry to make it special."

Today she makes other people's events special at her family's Heritage House — home to The Snow Shack, her catering kitchen, and a multipurpose room. "It's pure delight to see a room full of people laughing, talking and eating food I made for them!" **NOW**

### Chocolate Toffee Bars

*Crust:*

- 3 cups chocolate Teddy Grahams or chocolate graham crackers, crushed**
- 1 stick butter, melted**

*Filling:*

- 1 cup milk chocolate chips**
- 1 cup walnuts or pecans, chopped**
- 1-2 cups chocolate toffee (such as Heath bars), crushed**
- 1 5-oz. can evaporated milk**

- 1. For crust:** Combine ingredients and press into a greased 9x13-inch baking dish. Bake at 350 F for about 8 minutes.
- 2. For filling:** Sprinkle milk chocolate chips, nuts and chocolate toffee evenly over baked crust. Pour evaporated milk over all ingredients.
- 3. Bake at 350 F for 12-15 minutes.**

- 4. Allow to cool thoroughly, and then cut into squares.**

### Mushroom Mozzarella Chicken

- 4 boneless skinless chicken breasts, butterfly cut into halves to make 8 pieces**
- 2-4 Tbsp. flour**
- 1/4 cup grated Parmesan cheese**
- 3 Tbsp. butter (divided use)**
- 8 oz. mushrooms, sliced**
- 2 green onions, chopped**
- 1 cup chicken broth**
- 2 cups shredded Mozzarella cheese**

- 1. Preheat oven to 350 F. Dredge chicken breasts in flour and Parmesan.**
- 2. Drop 2 Tbsp. butter into sauté pan over**

medium heat on stovetop. Cook chicken for about 3 minutes on each side until a slight crust is formed.

- 3. Lay chicken breasts into a greased casserole dish. Set aside.**
- 4. In the same sauté pan, add another Tbsp. of butter and sauté sliced mushrooms and green onions until lightly browned.**
- 5. Add chicken broth and scrape edges clean to create a broth-like sauce. Pour over chicken breasts.**
- 6. Sprinkle with Mozzarella and bake for 20-30 minutes or until golden brown.**

### Green Bean Bundles

- 1 lb. fresh long cut green beans**
- 6 slices bacon**
- 1/4 cup sliced almonds**
- Salt and pepper, to taste**
- 1/2 cup Catalina salad dressing**
- 2 Tbsp. butter**

- 1. Preheat oven to 400 F. Divide beans into 12 equal bundles. Cut bacon slices into halves. Wrap a half strip of bacon around each bundle. Place into greased casserole dish with bacon edges facing down to hold in place.**
- 2. Sprinkle with almonds, salt and pepper. Drizzle salad dressing over all.**
- 3. Place butter in bottom of pan to add flavor. Bake uncovered for approximately 30 minutes or until bacon is crispy.**

### Old Faithful Sesame Seed Chicken

- 1 10.75-oz. can cream of mushroom chicken soup**
- 1 cup sour cream**
- 4 boneless skinless chicken breasts, boiled and diced**
- 1 sleeve Ritz or Club crackers, crushed into crumbs**
- 2 Tbsp. sesame seeds**
- 1/2 stick butter, sliced**

- 1. Preheat oven to 350 F. Grease a casserole dish. In a medium-sized bowl, mix soup and sour cream until thoroughly blended.**
- 2. Add chicken and blend. Pour into dish and spread evenly.**
- 3. Sprinkle crushed cracker crumbs over entire pan.**
- 4. Sprinkle sesame seeds over entire pan.**
- 5. Drop pats of butter over all.**
- 6. Bake 20-30 minutes or until bubbly and golden brown.**



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