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ON THE COVER

The Ferris Girl Scouts work hard and enjoy the benefits.

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Jill

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Are you ready to "spring forward" this month?

I don't know about you, but I look forward to March 11 when we move our clocks forward an hour and begin enjoying longer daylight hours again. I know every day has the same 24 hours in it, but more daylight makes me feel as though I can accomplish more things. It's a refreshing time.

Spring cleaning will likely be part of my plans. Hopefully, I will be able to pack away winter gear and begin preparing for warmer weather. But who knows if I'll be in shorts or sweaters this month? Maybe it will be some of both. Texas weather definitely keeps us guessing.

Since this time of year is so often connected to a sense of rebirth and new beginnings, I'll be thinking of ways to keep my New Year's resolutions alive. I'll also be spending time with loved ones as we celebrate Easter and all the things it means to us.

Being outside, taking in the flowers and greenery that will be sprouting up, always makes me feel a little more alive and energetic. May your days be filled with all the good things that spring brings!

Have a great month!

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Sweet Success

— By Rick Mauch

Who can turn down Girl Scout Cookies? Not very many people in Ferris, it seems. Troop 6878, led by Heather Brosette, aimed to sell 15,000 boxes this year. In the 2017 campaign, they sold more than 14,000 boxes. That's an average of 2,333 boxes per week and an average of 400 boxes per girl. "They sold to families and friends, anyone you can think of," Heather said. "Some even set up booths outside their homes. My daughter did that." Troop 6878 will be donating 165 of those boxes to deployed military personnel through the Troop to Troop program.

The significant number of boxes sold demonstrates the growth within the organization since Heather took over as the leader in 2015. At one time, they had six girls in the troop. Currently, there are 37 girls involved. Heather has always gotten results. In 2016, the first year she ran the cookie sales drive, 15 girls sold 4,200 boxes. A 10,000-box increase in a three-year period is phenomenal. "I have eight leaders who help me out a lot," Heather said. "It started with me and Candice Childers," she said, referring to her good friend.

There are several leaders in the troop. Sydnie Talley leads the Daisies (grades K-1); Candice and Katrina Tinnon lead the Brownies (grades 2-3); Aubrey Blodgett, Leslie Wiechman and Destyni Dearing lead the Juniors (grades 4-5); and Heather and Jessica Welling lead the Cadettes (grades 6-8).

Heather was helping the troop when the previous leader stepped down. When asked if anyone was interested in taking over, Heather volunteered, calling on Candice as her right-hand helper, as she still does. "We make all the big decisions together," Heather said.

"I was the girl who decided to go for it, so I became a Girl Scout," said Jennifer, a member of the troop. "I am making great memories with my friends. This was my first cookie season, and it was a very exciting experience."

Her sister, Sofia, was equally excited. "I love everything about being a Girl Scout."



S



The girls used part of the money from their 2017 sales campaign to take a weekend trip to the beach in Galveston. Heather believes in working hard and playing hard. "They sold all the cookies, and they earned it," she said. "We try to let them make as many decisions as possible themselves, and they really wanted to go to the beach." This year, the troop has their sights set on a sleepover at NASA in Houston.

Of course, a lot of fun is had on these trips, but then it is back to work. They love to work, and they do a lot of it. "It's an important part of being a human, doing things for others," Heather said. "We also want them to be leaders. When they see a need to be filled, they go and do it."

For these girls, filling needs includes an annual clothing drive





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with North Ellis County Outreach and Goodwill, a blanket drive with Sleep Experts, helping with the annual Christmas Parade in Ferris and participating in the city's Pioneer Day. In fact, they won a prize for their float in the 2017 Pioneer Day Parade, which they built by themselves using a green tablecloth, banners and balloons.

During a prior Ferris Christmas celebration, the troop made Christmas cards for Dallas CASA. Children from the Ferris community were invited to join in to help create them. "People say all the time, 'My girl is in preschool, but we're looking forward to joining,'" Heather said. "We had a girl join Girl Scouts recently because she saw us at Pioneer Day. We try to be involved in as much of everything going on in the community as we can."

Ironically, Heather was never heavily involved in Girl Scouting herself. She wanted to be active. "I tried, but I never found a troop that was doing stuff that interested me," she said. "We try to do a wide variety of things and let the girls pitch in."

Heather and her husband, Shawn, whom she met in fourth grade while growing up in Duncanville, have two children. Daughter Nicole is in third grade and is a Brownie Scout. Son Blake is 5 years old and is already asking about being a Boy Scout. "He wants to be a Cub Scout, but they don't start until first grade," Heather said. "Shawn was an Eagle Scout, and he'll probably help Blake."

Several Junior Girl Scouts in Heather's troop received their Bronze



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Award last year. To accomplish that, they had to put in 20 hours of community service. They created a donation box for a local church in which people could donate clothing. "They built it themselves, had a clothing drive, helped organize the clothes and got about 12 bags full," Heather said.



Those who received their Bronze Award are Ashlynn, Parker, Addison, Sabrina, Sarah, Karyzma and Tylar. It was the first time they'd had enough Junior Girl Scouts to do a Bronze Award project. "I love getting to earn the badges by going on adventures and having fun," Addison said. "I also love getting to meet new people and making friends. During cookie season, we get to go to a store and set up a booth. I love the Samoas."

This spring, the Cadette members will focus on earning the Silver Award. They will need to perform 40 hours of community service work. Also in the future, the Senior Girl Scouts (grades 9-12) will concentrate on earning a Gold Award with 50 hours of community service, a solo effort for each.

Heather sees her current leadership role as a second chance for herself in Girl Scouting. Having this means the world to her, and she wants it to mean the world to her girls. "My best friends in the world I met through Girl Scouting. My daughter's best friends are also Girl Scouts," Heather said. "Bringing up these girls to make a difference, to go out and be Girl Scout leaders themselves — that means so much to me." **NOW**

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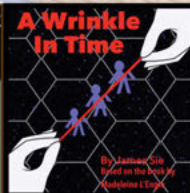
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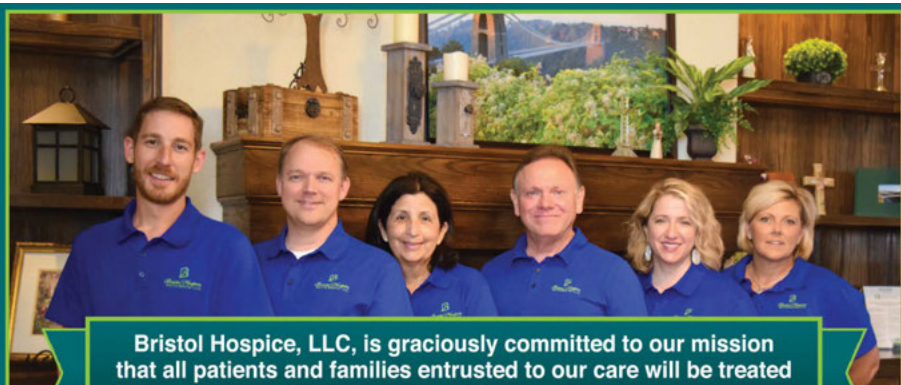
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The year was 1967. The trees were either young saplings or not yet planted when Michael and Bernice Saens' cozy ranch-style home was built. But so much has changed over the years. The trees have grown to shade most of the yard and street, and the house needed a facelift. It was time for renovating, while repurposing some of the materials used. "We created the new layout, and this project just morphed as it went. We've come up with solutions for every challenge we've encountered," Bernice said.

Michael had owned the home before the couple met and married. They had sold Bernice's home and jointly bought a large home that would accommodate their blended family, including Bernice's dad and her daughter, Isabel, now 13. It wasn't long, however, before Bernice's dad passed away and their beautiful, shared home seemed too large. The family made the decision to downsize. "We put that home on the market, and it sold within a week," Bernice recalled. "We had done some work to Michael's former bachelor's home for tenants' occupancy, but we decided to do much more when we moved into it."

It wasn't easy. The hallway and bedrooms were fine, but the couple tore out all the common living space, including some



— By Virginia Riddle

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walls. "We were without electricity for 10 days in September, resulting in no air conditioning, so we stayed with friends," Bernice recalled. "We ate off plywood counters, and I washed dishes in the bathtub." The kitchen was completely reconfigured, a door and back window were sealed and a new window and door frames, hardwood floors, countertops, cabinets and appliances were added.



"Michael can literally do everything," Bernice added, "and friends from church would show up unexpectedly to paint and help. Isabel has been involved, too. We've been teaching her as we go. She's pulled up tile with Michael and learned to install a ceiling fan by herself." "You got it started," Michael said, "but I kept you going." He's happy and comfortable in his role as the only

male in their home. The family dogs, all female animals, include Abby, Sasha, Bailey and Aspen. "Me and my brothers grew up with dogs," Michael said, explaining his love for their cute canines.

"Michael's so blessed. He has six girls," Bernice said. "But Michael knows he's king of this castle." The couple dated for a short time, after meeting in their church's singles group, and married two years ago. "It's been a whirlwind, and we're still getting to know each other," Bernice said. "This remodeling has tested us."

Their home's facelift has been worth all the challenges and hard work. Created in Chip and Joanna Gaines' *Fixer Upper* TV show style, the home has a farmhouse feel and is decorated in a black, white, cream and brown color scheme. Visitors can "sit a spell" on the inviting front porch with its bench and rocker or go right into the open living room, kitchen and dining room. Comfortable leather couches allow Michael to enjoy watching the Dallas

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Lee Longino
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Cowboys on the gridiron. "When I was playing ball for Plainview High School where I grew up, Tom Landry came into the locker room after a game and shook my hand. I've always been a Cowboys fan," Michael explained.

Natural light floods the living space through a newly installed patio door and solar tube. The kitchen's breakfast bar is lined with old fencing from the couple's previous home and topped with newly installed, polished granite countertops. "We've learned not to discard things that are old," Bernice said. "Often, there's still value."

A large kitchen table accommodates dinners with friends or other family members, and Michael's two grown sons, Michael Brandon and Billy Blake Saens, live nearby and visit. "We've blended our family together. Michael's sons and Isabel even went on our honeymoon," Bernice remembered. "Brandon has a sister pup to Aspen, and we get the two dogs together for play dates often."

A home office shared by Michael and Bernice occupies one of the three bedrooms. Michael has owned his own business and now is employed installing both printing press chilling equipment and solar tubes. "With two jobs and time spent working on our home, I work all the time," he said. When he gets an occasional break from work, Michael enjoys hunting and fishing.

Bernice works from home with Aetna Health Insurance handling appeals. A naturalized American citizen, she was born in Cape Town, South Africa, and came to the U.S. with her parents and brother in 1983.





Daughter Isabel shares her parents' enthusiasm toward animals and displays a large horse drawing in her own room, with its sea green, black and white color scheme and collection of school mums. "Isabel is passionate about animals, especially horses. She's an eighth-grader at Life School and a wrangler at Flying G Ranch in Waxahachie," Bernice said. "Isabel is a server. Her joy comes from serving others."

To better serve Michael and Bernice, the master bath door was reconfigured for an easier entry, and the couple has plans for more updates in the master bedroom, additional baths and utility room. "We've lived in a construction site for the last three months. We'll take on these jobs as we can now," Bernice said.

Their newly poured patio extends the full length of the home. It allows for construction work space and storage for Michael's outdoor toys. "I enjoy smoking and grilling, and I'm passionate about my motorcycles," Michael said.

This family enjoys traveling, walking their dogs and riding bikes together. They are members of The Oaks Fellowship Church. "If we ever move again, it can't be farther than a tight radius around our church," Bernice said.

But if they were to move, they wouldn't regret the downsize they designed for the family's current needs. "It's been fun watching our home improve from then to now and sharing our progress on Facebook," Bernice said. "We wouldn't trade this experience. It's turned into a joy." **NOW**

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The Lunch Bunch

— By Jill Martinez

There are kind souls all around us who volunteer to deliver hot meals to homebound people with Meals on Wheels of Johnson & Ellis Counties. “In 2017, we had 600 volunteers who served over 225,000 meals to almost 1,300 people,” said Lisa Deese, community development coordinator for MOWJEC.

They, in fact, deliver more than a meal. “We’ve been involved with Meals on Wheels of Johnson & Ellis Counties since 2003. It is so rewarding to be able to visit with so many sweet people. Providing a hot meal is important, but it’s the personal interaction that really means the most. Sometimes, we’re the only people they’ll see each day, so it’s nice to be able to give a hug and put a smile on their faces,” said Brian and Kim Holley of Ennis.

Nearly 80 percent of the individuals served by MOWJEC last year were senior citizens, and all were homebound for a short or long period of time. By providing meals and other support services, people can remain in their homes, saving

thousands of dollars in nursing home or hospital expenses. “MOWJEC can serve one individual a year of meals for roughly the same cost as a one-day stay in the hospital or a 10-day stay in a nursing home,” Lisa explained.

There are more than 80 routes where volunteer drivers deliver each weekday, serving 15 Ellis County and 12 Johnson County communities, including Lillian. All of this can be a challenge, but it is one that Lisa has taken on happily for nearly 10 years. “I love seniors and love to serve! I know there is a need in our community, and I have the privilege of sharing that need in all of our communities throughout Johnson and Ellis counties,” she said.

One of the beautiful things about this organization is that people of all ages come together to serve. Some mommy/toddler groups deliver, as do working adults and healthy, mobile seniors. Several organizations also volunteer, such as universities, car dealerships and athletics groups. “Being part of Meals on Wheels has been a blessing to me and my team. Each one of us who delivers views it as a privilege to serve,” said Steve Stafford, general manager of North Texas Jellystone Park.

Community leaders join this lunch bunch, too, from time to

time. Every year during the month of March, Meals on Wheels carries out a campaign called March for Meals. "This is our month-long celebration where we raise funds and awareness. We have businesses, churches and individuals who sponsor meals in their community or county," Lisa said.

One week during this month, called Community Champions Week, draws elected officials from both counties and local celebrities to help. "Dale Hansen joined us last year in Waxahachie!" Lisa said enthusiastically.

Delivering meals is not the only way folks can get involved with this endeavor. Many school-aged children contribute by making placemats or cards. Others donate holiday gifts or their time to wrap them. Recipients' faces light up with joy when they see that others have taken time to remember them. It's beautiful.

Many of those served by MOWJEC have pets that act as their steady companions. Through the AniMeals program, deliveries are made once a month, providing precious food for these furry friends, as well. "We have some middle and high school student groups that help to deliver these on a special Saturday route. It's a great way for them to earn their community service hours," Lisa added.

All of the services that MOWJEC provides are covered through donations and government funds. "Last year, 50 percent of our revenue came from local support. We are extremely blessed to serve in very supportive communities," Lisa said. A major fundraiser for the organization is the annual golf benefit held each September. People play individually or in teams, having fun while they support this vital pillar in our community.

Because the aging population continues to grow at a rapid pace, more volunteers and donations will be needed to keep the individuals MOWJEC serves in their home sweet homes. **NOW**

Editor's Note: For more information on the Meals on Wheels program, visit www.monjec.org.



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CookingNOW

In the Kitchen With IAN SCOTT

— By Rachel Smith

Ian Scott's cooking journey began as "mommy's little helper" when he was just 2 years old. "I took it very seriously," he said. "I received my chef coat and hat for Christmas when I was 4, and I have finally grown into them. I started pursuing cooking on my own at about age 9, helping a local chef with his catering business."

This remarkable 11-year-old knows he best expresses himself through the culinary arts. "I've actually had someone hire me to cook them a special dinner for a date night!" Ian exclaimed. With his unique interest in ingredients unknown to most people, he has a fantastic talent for making mouthwatering meals. "I think," he confessed, "it's extremely satisfying to combine ingredients that make something enjoyable for everyone." **NOW**

Steller Steelhead

- 1 large fillet of steelhead trout (with skin)**
- 1 cup olive oil**
- 1 cup soy sauce**
- 4 Tbsp. Dijon mustard**
- 1 tsp. garlic powder**

1. Add all ingredients to a gallon Ziploc bag. Marinate a minimum of 4 hours.
2. Grill fillets on medium heat for approximately 5 minutes on each side, or until fish is opaque.

Herbed Garlic Butter

- 1 1/2 cups heavy whipping cream**
- 3 cloves garlic, minced**
- 1/2 tsp. finely ground salt**

- 6 sprigs tarragon, finely chopped**
- 2 sprigs rosemary, finely chopped**
- 2 sprigs thyme, finely chopped**

1. Chill bowl and the whisk attachment in freezer for 10 minutes.
2. Place all ingredients in bowl; whisk until very stiff peaks form.

"Dreamside" Whipped Cream

- 1 1/4 cups heavy whipping cream**
- 1/4 cup confectioner's sugar**
- 1 tsp. vanilla**
- Zest from one small orange**

1. Chill bowl and the whisk attachment in freezer for about 10 minutes. Whip the cream until soft peaks form.
2. Add remaining ingredients; continue

whipping until just combined. Do not overwhip.

White Wine Cream Sauce

- 2 Tbsp. butter**
- 2 Tbsp. flour**
- 1/2 cup dry white wine**
- 3/4 cup cream**
- Salt, to taste**

1. Mix butter and flour in a medium saucepan over medium heat until combined.
2. Add dry white wine and cream. Allow mixture to come to a boil; continue boiling for about a minute, stirring constantly. Salt to taste.

Sunchokes

(aka Jerusalem artichokes)

Delicious when topped with the White Wine Cream Sauce.

- Sunchokes, to taste**
- Salt and pepper, to taste**
- Extra-virgin olive oil, to taste**

1. Preheat oven to 325 F. Wash, peel and thinly slice sunchokes. Place on a cookie sheet; sprinkle with salt and pepper. Drizzle with extra-virgin olive oil.
2. Bake sunchokes until they are tender enough to cut with a plastic fork.

Chocolate Bourbon Sauce

- 2 Tbsp. bourbon**
- 4 Tbsp. butter**
- 1 tsp. vanilla extract**
- 1 cup bittersweet chocolate chips**

1. Put bourbon in a medium stainless saucepan (not coated). Use a long-handled lighter or a long matchstick to light the bourbon on fire. Let it burn until the flame dies. (This burns off the alcohol.)
2. Turn burner on medium-low heat; add butter and vanilla.
3. Once butter is melted, add chocolate; stir constantly until melted. Do not overheat. (You can also use a double boiler if desired.)

Macchiato Ice Cream

Delicious when topped with the Chocolate Bourbon Sauce.

- 2 cups heavy whipping cream**
- 1 cup milk**
- 3/4 cup sugar**
- 2.5 oz. espresso**

1. Mix all ingredients thoroughly in a large bowl. Chill in freezer for about 20 minutes, or until ice starts to form around the edges.
2. Pour chilled ingredients into the chilled bowl of an ice cream maker. Turn ice cream maker on; churn until it reaches desired consistency.
3. Remove mixture from ice cream maker; freeze until ready to serve.

Ian's Special Snack

- 1 pear**
- Several strips prosciutto (dependent on number of pear slices)**
- Parmesan cheese, to taste**

1. Thinly slice pear. Lay a strip of prosciutto on each slice.
2. Top with freshly grated Parmesan cheese.

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

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— By Sandra Strong

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As the company continues to grow and the customer base increases, it's only natural that things would change for Steve Widrick, owner of Central Kubota, LLC. The properties next door to the dealership's original location were purchased, thus doubling the size of their "outdoor showroom." More lot area meant the addition of a new line of Kubotas. "We added a construction contract line," Steve said, "and that allowed us to add a great deal more inventory."

The new line of Kubotas includes excavators, compact track loaders and skid steers for construction. Additionally, hay tools and higher horsepower tractors are available for those in agriculture. "Our customer base still includes the weekend ranchers," Steve shared, "but we are seeing a large growth in commercial sales, both in construction and agriculture."

Steve's son, Justin Widrick, has taken on a much larger role in the company with the expansion. Currently, Justin's duties include sales, inventory control, invoicing all whole-good sales and making sure the lot stays organized. His philosophy about the industry is spot on. "If you don't grow," Justin said, "you are actually going backward." Inventory control for Justin means keeping six to nine months' worth of inventory on the lot throughout the year.

Other staffing additions to the family-owned business include Steve's daughter, Jamie Quiros, and her husband,

Christian Quiros, who moved back to Texas from Costa Rica a year ago. As the receptionist, Jamie's voice is generally the first customers hear when calling and the first smiling face seen when visiting Central Kubota. Christian, along with several other long-term staff members, works as a shop technician.

Faithful employees that have been with Central Kubota for years include Steve's brother, Jay Widrick, and salesman Larry Thedford. "Jay has been with the company as the controller since day one, but he didn't come on board full time until a couple of years ago," Steve added. The staff now totals 14, including those previously mentioned.

Kubota is continually expanding its product lines, and to meet those demands, Steve added a fully equipped service truck to provide quality care and repair for Central Kubota's customers. Each service call from Kubota customers is given individual consideration.

Since the beginning, Steve has believed in offering what his customers want when they want it. "Our mission statement is still to be a premier retailer of tractors, while implementing services that offer a lasting value to our customers," Steve said. "Our goal will always be to exceed customers' expectations today and into the future."

Central Kubota's location is great, and the visibility of Kubota's bright orange branding color seen from the Interstate has helped grow the company to its current size. A tall sign with Kubota's logo and Central Kubota's name has been installed for better exposure of the dealership. Also, the large lot area is easily accessible for customer pickups and inventory deliveries.

Steve foresees great things for the future of Central Kubota, as well as Waxahachie and its surrounding areas. "The 287 Corridor is going to continue to expand," Steve stated. "In time, North Ellis County and South Dallas will meet. It's inevitable." **NOW**



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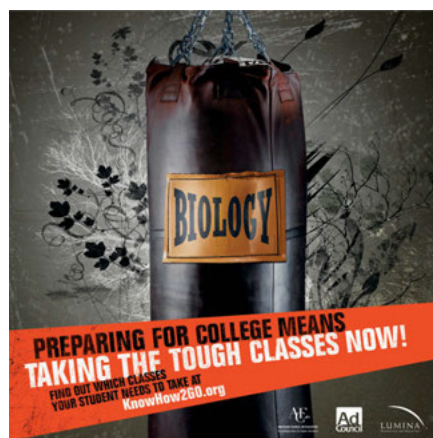
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TravelNOW

An Ozark Haven for Art and Architecture

— By Linda DeBerry

A forested hollow in the Ozarks may seem like an unordinary place for a nationally recognized art museum, but Crystal Bridges Museum of American Art in Northwest Arkansas, is no ordinary place. This jewel of a museum brings together art, architecture and the natural landscape for a total package unlike anything you've likely experienced.

The museum itself is an architectural wonder. Designed by international architect Moshe Safdie, the structure is nestled into a ravine in a 120-acre wooded park. Its monolithic concrete walls and curved copper roofs make the building appear to be almost a part of the surrounding landscape. A stream runs through the complex, its waters slowed by a series of weirs to create ponds encircled by the museum's galleries. Two glass-sided bridge structures span the ponds and inspired the museum's name.

Inside, massive oak beams support the soaring ceilings of the galleries, and the walls are graced by hundreds of American masterpieces. You'll encounter familiar favorites like Gilbert Stuart's portrait of George Washington, Norman Rockwell's *Rosie the Riveter*, and Andy Warhol's *Dolly Parton*, as well as breathtaking works that are sure to become new favorites. From colonial portraits to contemporary works, the entire history of America is laid out here in art. Quiet reflection areas offer an opportunity to relax, as well as to take in views of the museum's breathtaking landscape and architecture.

Architecture is central to the Crystal Bridges experience. On the museum's grounds are works by two American icons of architecture and design: Frank Lloyd Wright and Buckminster Fuller. The Bachman-Wilson House, designed by Wright and

built in New Jersey in 1956, was relocated to Crystal Bridges' grounds in 2015. It is located near the museum's south entrance and is open for public viewing. On the museum's north lawn is a 50-foot dome designed by theorist and architect Buckminster Fuller. Constructed as a prototype for a revolutionary affordable and efficient style of housing Fuller envisioned, the "Fly's Eye Dome" is built of fiberglass — a new material in the early 1980s — and covered in round openings like the lenses on a fly's eye. It, too, is open for public viewing.

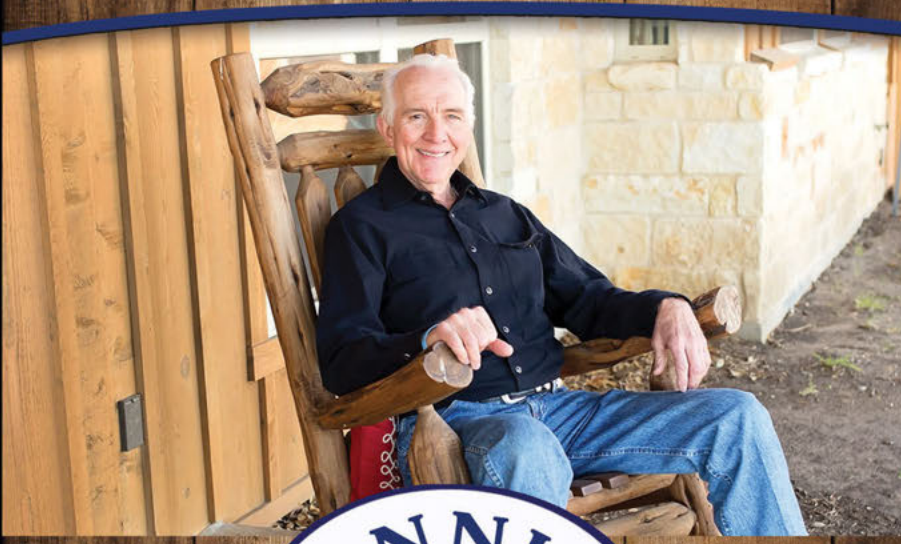
Crystal Bridges' expansive grounds are another attraction. The native hardwood forest is threaded with walking and biking trails, and the landscape features natural springs, soaring trees and stone outcrops, as well as several outdoor sculptures scattered along the way. Crystal Bridges' trails connect with downtown Bentonville, offering independent restaurants, galleries, shopping and the modern luxury of a 21c Museum Hotel. Just 40 minutes away is the lively nightlife of nearby Fayetteville, and the funky, artistic Victorian Ozark village of Eureka Springs is just an hour away.


Northwest Arkansas, as a whole, offers an additional array of outdoor activities. From kayaking the beautiful Buffalo River — the United States' first National River — to boating on Beaver Lake, trout fishing at the White River and hiking the many trails at Devil's Den State Park, adventures abound that will make it clear why Arkansas is known as "The Natural State." If cycling is your thing, the area's mountain bike trails are rated among the best in the nation. And the Razorback Regional Greenway is a 36-mile, shared-use trail system that links six communities from Bella Vista to Fayetteville.

Year-round, it's fun to explore the area beyond Bentonville and Crystal Bridges. All you need is a map and a car. But beforehand, check out www.crystalbridges.org/visit/#regional for help planning your total experience. **NOW**

Photos Courtesy of Crystal Bridges Museum of American Art, Bentonville, Arkansas.

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Herbs and Honey

— By Zachary R. Urquhart

As food from around the world has become more readily available, a trend has developed with people growing their own crops. If you want to plant an organic garden or harvest honey yourself, here is a quick guide to help get you started.

Have a Plan

- *Know Your Goal.* You may be trying to avoid certain chemicals, wanting to control what goes into your body or just trying to save money. There are many good reasons to start a garden or harvest honey, but different goals might require different plans. You may need other materials for a varied garden than you would if you hope to be the neighborhood tomato supplier.

- *Pick Your Spot.* Before you start tilling soil or installing

beehives, make sure you have the right location in your yard. Some cities either prohibit beekeeping or require a permit, but even if that is not a concern in your area, you will want to keep your hive or garden away from your lot lines so that you do not impinge on your neighbor's yard.

- *Set a Budget.* As with any big project, you will have some cost as you get started. Something to keep in mind is this: If your garden does not produce in its first year, how much money are you willing to invest in the project? If you use your whole budget and get little to no return, you could face the choice of spending more money or calling it quits.

Get the Right Supplies

- *Organic Can Mean Simple.* Depending on your location and soil quality, you may only need to put seeds in the

ground and keep them appropriately watered. If you do need to buy soil or fertilizer, you can get materials at any lawn and garden supply store. Just make sure you see *Organic* on the bag. For ground covering, you can use your own grass clippings or mulched leaves for a cheap and easy solution.

- *Bees Take a Little More.* You will need a beehive, a suit and a few tools to begin harvesting honey. Unless you happen to live near a specialty bee supply store, you will have to order your supplies online. There are brushes and tools for separating the honeycombs, as well as a smoker, which is crucial for keeping the bees calm as you collect your honey. And, of course, you will have to buy bees from either an existing, local beekeeper or an online retail site.

Time for Work

- *Get Your Garden Ready.* Once you have the perfect spot, decent soil and seeds picked out, you need to start planting. You can, but do not have to, make rows in your garden. Get the soil wet before getting the seeds down. If you water after laying your seeds, you risk pushing them right out of the ground. After you have the seeds down, put a small amount of soil on top and keep the ground moist until you start seeing sprouts.

- *Let Your Bees be Bees.* While there is more involved in the original setup for your beehive, once you get the bees in their hive boxes, they will do most of the work. Early spring is a great time to start a hive, but you should anticipate it taking several weeks before you can start collecting honey.

Growing organic crops and collecting your own honey can be a money-saving and fun new endeavor to start this spring. **NOW**

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Zoomed In: Matt Oakes

By Jill Martinez

Matt Oakes, along with his two daughters, Imogen, 6, and Bella, 8, enjoy dancing the night away at Ovilla Road Baptist Church's annual daddy/daughter dance. This was their first year to attend. "Sharing a special night that celebrates my girls lets me teach them how much God and I love and value them," Matt said.

He loves watching his girls as they grow into their personalities and discover what they are gifted at. These things are revealed daily. "This event definitely gives us a special memory together, a concrete reminder that they are so important to me, a way to show them that they are my priority. It is an honor and a blessing to be their father."

Around Town



School board member Johnny Knight engages with the Lautricks during Soup with the Superintendent.



Sean Robbins and children, Ethan and Madeline, wrap up a fun day at day care in Ovilla with directors Casey Valdez and Kristie Johnson.



The new Taco Bell in Ferris hosts a ribbon cutting.



Red Oak Elementary students dress up for the 100th day of school.



Maggie Gray and Angie Murphy serve the Ferris ISD community each day.



Ferris ISD Superintendent James Hartman works hard for students.



Farryn Harrison and Dusty the Clown celebrate the 6th Annual Take Your Child to the Library Day in Ferris.



Kathy Dickey is surrounded by her good friends.



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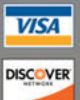
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Sun. - Thurs.: 7 a.m. - 9 p.m. (Bar until 10 p.m.)

Fri. & Sat.: 7 a.m. - 10 p.m. (Bar until Midnight)

See Website for Full Menu

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Calendar

March:

1

National Weather Service
SKYWARN Storm Spotter Training:
6:30-8:30 p.m., SAGU Hagee
Communications Center, Waxahachie.
Visit www.weather.gov/fortworth for
more information.



2

TSTC Open House: 9:00 a.m.-1:00
p.m., 119 N. Lowrance Rd., Red Oak.
High school seniors are invited to
join for lunch and a tour to learn of
the high-demand programs available.
Visit www.tstc.edu to register.

2, 3

Deeper Journeys Women's Event:
Friday, 7:00-9:00 p.m.; **Saturday**, 8:00
a.m.-noon. General admission is \$35
per person. VIP admission is \$50 per
person. For more information or to
make reservations, call (972) 937-5301
or visit www.deeperjourneys.com.

4

Mighty Hawk Band Mattress
Fundraiser: 11:00 a.m.-6:00 p.m.,
ROHS Band Hall. Get a better night's
sleep and support the band. New,
name brand mattresses for below-
retail prices. Every purchase benefits
the ROHS band. Contact [smills@](mailto:smills@customfundraisingsolutions.com)
customfundraisingsolutions.com for
questions.

10

Sons of the American Legion Flag
Retirement: 2:00 p.m., Waxahachie
VFW Post 3894. Bring any flags that
have served their usefulness, and they
will be properly retired. For questions,
call Robert Sonnier at (469) 552-6723.

13, 15

Red Oak Library Spring Break events:
2:00 p.m., 200 Lakeview Pkwy.,
Red Oak. On Tuesday, children will
create recycled crafts from a range of
materials. On Thursday, children will
create reading rocks. Rocks provided.
Call (469) 218-1230 for more
information.

23 — 31

First Ellis County Fair & Rodeo: times
vary daily through March 31, Ellis
County Expo Center, 2300 U.S. Hwy.
287, Waxahachie. Vendors, livestock,
junior/adult rodeos and more. Details
at www.waxahachiechamber.com.

24

Easter Egg Hunt: 10:00 a.m., Rockett
Christian Church, 135 Maple Leaf
Dr., Palmer. Everyone is welcome.



April:

7

North Ellis County Market and
Business Showcase: 9:00 a.m.-2:00
p.m., Red Oak Municipal Center. Free
admission.

Ongoing:

Second Mondays

Ellis County Veterans Networking
Group meeting: 6:00 p.m., Ryan's
Steak House Waxahachie. Join the
group for dinner and listen to the
guest speaker. To RSVP or for more
information, call (214) 763-0378 or
email vetsnetgrp@att.net.

Tuesdays

Writing for Enjoyment Group
meeting: 12:30-1:30 p.m., First United
Methodist Church of Red Oak, 600
Daubitz Dr. For more information,
call (469) 383-5365 or email
joanpomero@att.net.



Lariat Bridge Club: 6:30 p.m., Boy Scout
Cabin, 1139 Brown St., Waxahachie.
For more information or to confirm
the meeting, email Shari at [weatherscf@](mailto:weatherscf@yahoo.com)
yahoo.com or call (505) 270-4017.

Second Tuesdays

342 Network Group: 7:30 a.m.,
Denny's, I-35E Service Rd., Red
Oak. RSVP to Melton McKown at
(214) 244-2829.

Wednesdays and Thursdays
The Red Oak Senior Citizens Group:
8:30 a.m.-1:00 p.m., 207 W. Red Oak
Rd., Red Oak. Join for games and
activities. Light breakfast provided
both days. Lunch provided on
Thursdays. \$2 per week membership
fee. Call (214) 864-9014 for more
information.

Thursdays
SYNERGY: 11:30 a.m., Sparacello's
Deli, 600 Methodist St., Suite
3120, Red Oak. This is a Red Oak
Chamber of Commerce networking
opportunity.

Third Thursdays
Ferris Lions Club meeting: 6:30 p.m.,
First United Methodist Church, 101
Redbud Rd., Ferris.

Third and Fourth Thursdays
God's Woven Hearts Ministry: 7:00

p.m., Lone Star Cowboy Church, Red
Oak. Join in on efforts to gather and
create items for homeless veterans
and visit the elderly to do crafts and
have fellowship. Feel free to bring
your talents and attend a meeting.
For more information call Peggy
Butler at (214) 417-1173.

Second Saturdays
Red Oak Opry: 7:00 p.m.-9:00 p.m.,
Lone Star Cowboy Church, 1011 E.
Ovilla Rd., Red Oak. Tickets sold
at the door. \$12 for adults; \$5 for
children. For more information, visit
www.redoakopry.com.

Third Saturdays
Ferris Trades Day: 101 S. Main St.,
Ferris, 8:00 a.m.-4:00 p.m. For more
information, call Tina Miller at
(817) 992-9204.

Ferris Police Department's Coffee
with a Cop: 8:00-10:00 a.m., I45

Donuts, 502 E. 8th St., Ferris. Spend
time visiting with your local police
officers. Get to know them and
express your concerns. For more
information, call (972) 544-2233.

Third Sundays
Matthew 7:7 Riders Motorcycle
Ministry: For the next meeting and
ride, visit [www.facebook.com/](http://www.facebook.com/Matthew77RidersMotorcycleMinistry)
[Matthew77RidersMotorcycleMinistry](http://www.facebook.com/Matthew77RidersMotorcycleMinistry) or
contact Mark Rose at (972) 748-4076.



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HealthNOW

Breast Cancer Screening Is Essential

In the U.S., one in eight women will be diagnosed with invasive breast cancer during her lifetime. While awareness of breast cancer has improved, the disease, unfortunately, remains the second-deadliest cancer among American women.

Early detection with regular mammograms remains the single most effective way for combating the disease. As physicians, we know that the earlier we can detect the disease, the more effective treatment can be. When detected early before it spreads, women have a 99 percent survival rate after five years. Mammograms can detect the majority of breast cancer in women, but they are not the only way to identify breast cancer.

Women should begin monthly breast self-exams in their 20s. Women in their 20s and 30s should have a clinical breast exam every three years. Women in their 30s and 40s should discuss their breast cancer risk level with a physician to determine the most appropriate cancer screening options. Women age 50 and older should have a mammogram and a clinical breast exam at least every two years and, if recommended by a physician, an annual MRI screening. If any changes in the breast are detected, contact a physician immediately to be evaluated.

A common myth is that only women who have a family history of the disease develop breast cancer. While the majority of cancer happens by chance,

about 5-10 percent of people with cancer have an inherited cancer. Women with a family history of breast cancer should discuss genetic testing with their physician. If genetic tests indicate a woman is BRCA-positive, there are a number of risk reduction strategies to discuss with her physician.

Age, diet and exercise can also impact risk. Approximately two-thirds of invasive breast cancer cases occur in women over age 55, though the disease can occur at any age. Being overweight and/or physically inactive increases your risk.

It's also important to watch for warning signs and symptoms. The signs for breast cancer are not the same for all women, and some women show no signs in early stages.

- A lump in the breast
- Change in breast size or shape
- Thickening of breast or underarm
- Nipple retraction
- Dimpled skin near the breast
- Tenderness
- Pain in breast or nipple
- Nipple discharge
- A lump under arm or around collarbone
- Irritation, redness, scaliness or swelling on the breast, nipple or skin near the nipple

Until a cure for breast cancer is found, regular screenings, awareness and healthy lifestyle choices, such as eating well and exercising regularly, are among the best tools a woman has to reduce her risk of developing the disease. **NOW**

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APRIL 1ST

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