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APRIL 2011

NOW

ANTHEM TO THE WIND

Also Inside

Quiet Champions

New Office

Same Great Dentistry

In the Kitchen With
Lena Leal & Ruben Leal

An Author's Anthem

Self-publishing makes
this writer's dream reality.

BY
DON HORNE

Block-party Family
At Home With Heath
& Marla Nichols



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Judy McCord



Superintendent's Employee of
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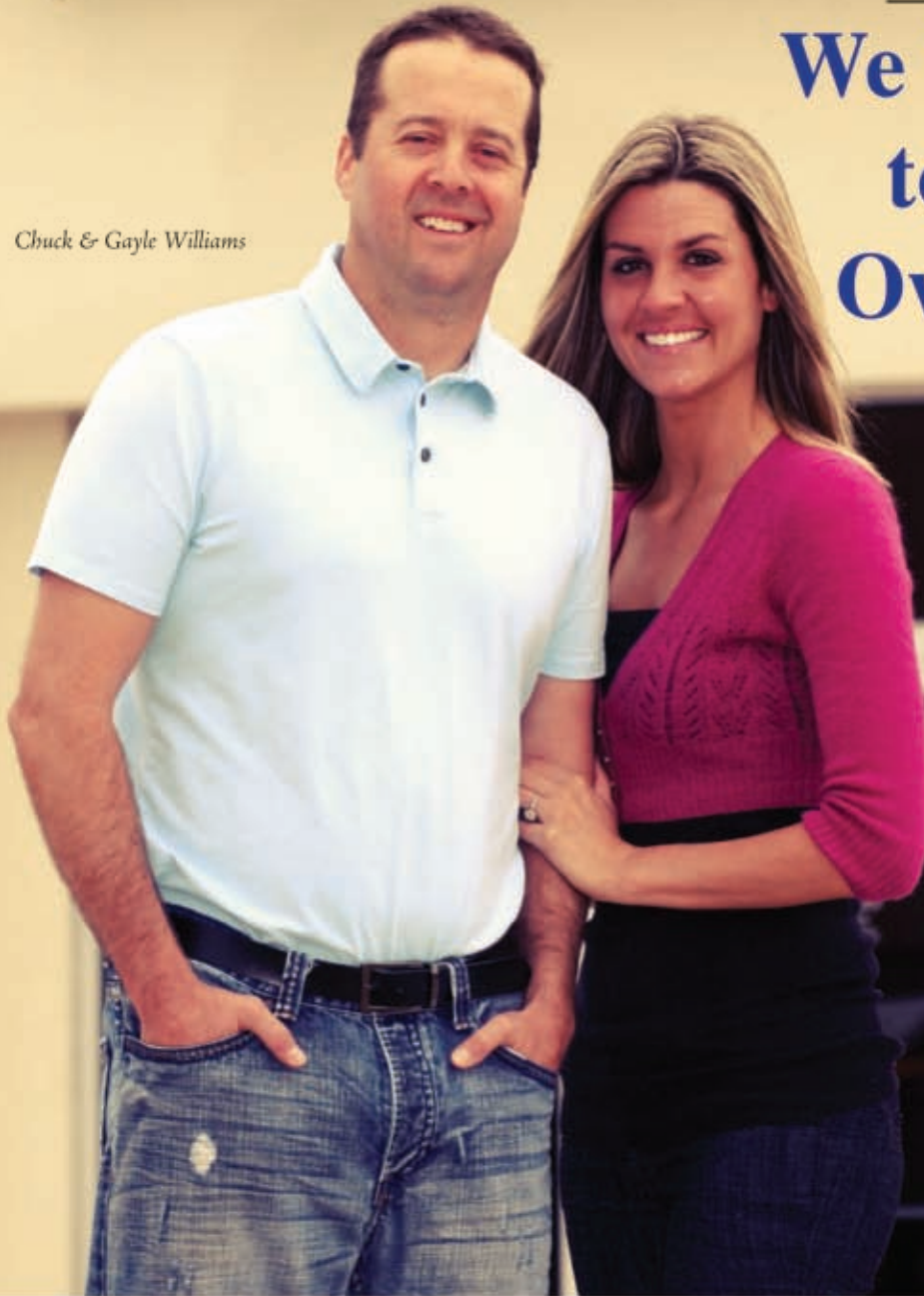




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On The Cover



One local author follows up his first published work with book two, *Anthem to the Wind*.

Photo by Amy Ramirez.

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Editor's Note

Well, hello, April Fools' Day!

I get giddy when winter hibernates and we spring into warmer weather. Forget this month's tendency toward rain, my spirits are lifted by all else April brings, from Easter to Earth Day and even a holiday for "All Fools." There is nothing my heart welcomes more than laughter, and a good-natured prank on April Fools' Day will sometimes suffice.

While there is nothing funny about potholes, stray animals or graffiti, Red Oakians can report these and other annoyances with the GOREquest iPhone mobile application. Download it for free at www.redoaktx.org and be part of the solution to local woes. But no prank messages, please!

Save the pranks for me or, all jokes aside, send me names of those who make your hometown better by bringing joy to others. I would really love to share their stories. And that, folks, is no foolin'.



Angel

Angel Morris
Red OakNOW Editor
angel.morris@nowmagazines.com

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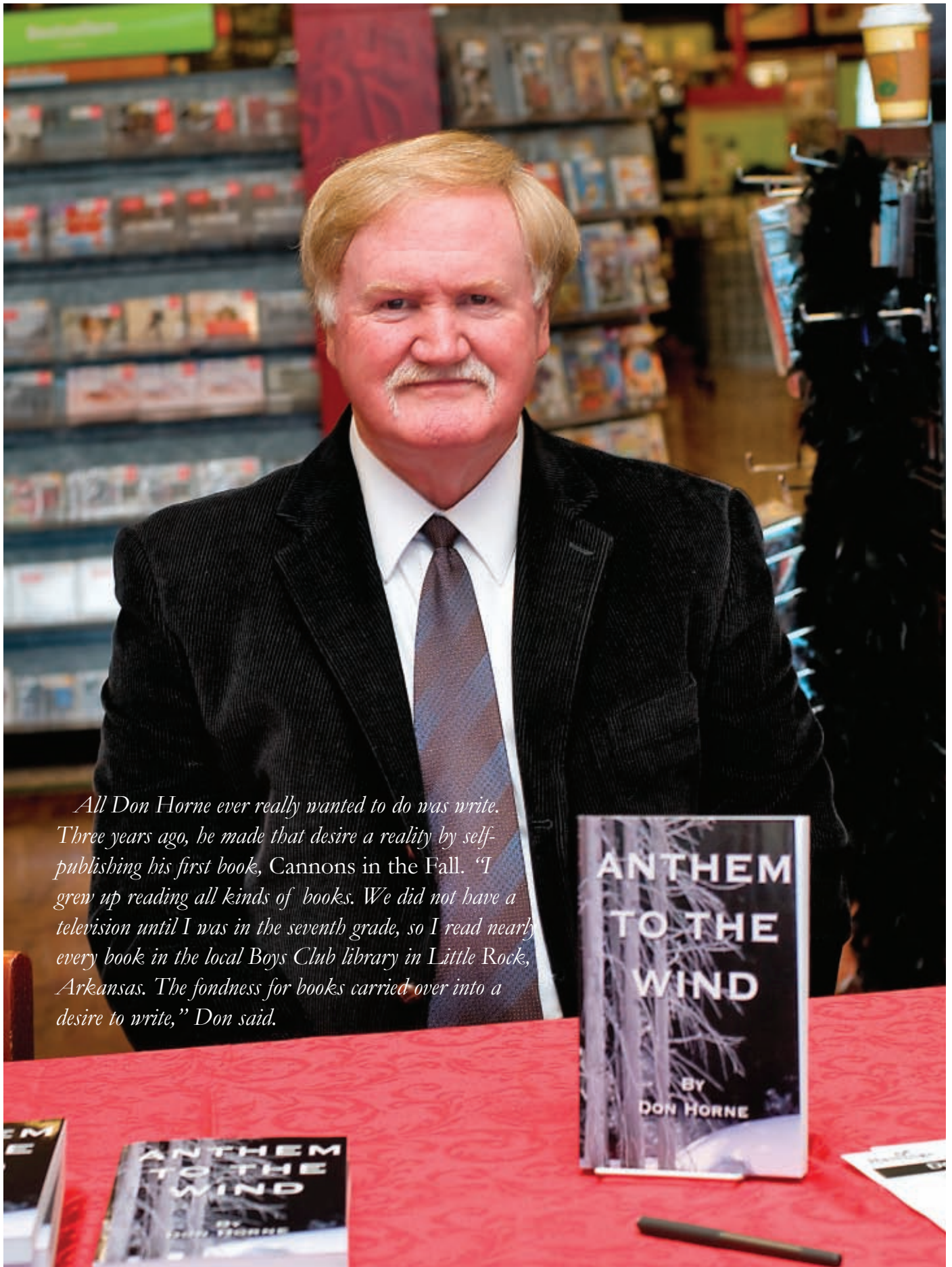
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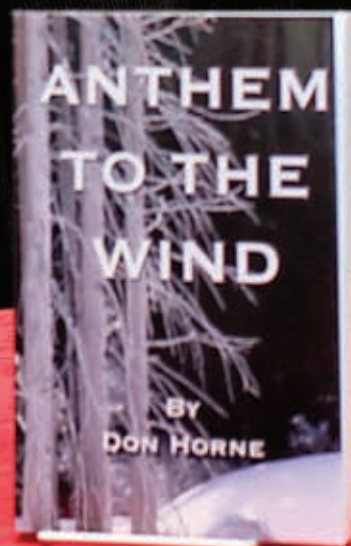
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All Don Horne ever really wanted to do was write. Three years ago, he made that desire a reality by self-publishing his first book, Cannons in the Fall. "I grew up reading all kinds of books. We did not have a television until I was in the seventh grade, so I read nearly every book in the local Boys Club library in Little Rock, Arkansas. The fondness for books carried over into a desire to write," Don said.



An AUTHOR'S ANTHEM

— By Angel Morris

Cannons in the Fall is based, in part, on Don's own story of coming back from Vietnam and going to college in Cookeville, Tennessee, from 1967-72. "Being self-published, it was hard to get the word out that I had written a book. Most of my friends and family were amazed I had actually done it. I told them I did not want to die and know I coulda and I shoulda, so, I did it," Don said. "I have sold the first book to mostly friends and family, and it is getting ready for its third printing."

Don's second book, *Anthem to the Wind*, was recently published through CreateSpace.com and Amazon.com. *Anthem to the Wind* is the story of twin sons of a Pentecostal preacher from Paris, Arkansas, set in the early 1900s. After an illustrious college career, the twins learn to fly fighters during World War I. After the war, they fly mail and passengers and even do airplane stunts for movies.

"The history of the first several decades of the 1900s is entwined in the story to create a sense of an America in the throes of change and to give the reader a pride for what Americans created," Don said.

Growing up, Don spent summers,

holidays and as much time as possible on his grandparents' farm outside of Centerville, Arkansas. Don was even born on that farm, in 1944, while his father served in World War II.

"I listened to my grandmother tell about the lives of people from the Fuller Brush man to itinerant preachers. She even told me some ghost stories, which I would like to write later," Don recalled. "People did not get into town on a daily basis, like we do today, and an outside world had to come to them. We had a battery-powered radio with a long external antenna, and we listened to the Grand Ole Opry on Saturday night. These stories of early Americana formed the basis for *Anthem to the Wind*."

Shelved in Christian fiction, *Anthem to the Wind* is a two-part love story, but has "just a very little kissing," according to Don, who said he doesn't want people to be embarrassed when choosing to read his work. "I am a Christian grandfather, and I would like to think all of my writing could be in a church library. I have a lot of Christian friends and family, and they can read my books without having to hide," he said. "I also like for all the stories to end well. There is so much tragedy in real life; it is just nice to get



Don's granddaughter, Keziah Perlmutter, shows up to support her grandfather's book signing.

away with a 'feel good' read."

Don is currently working on two more books, including the sequel to *Anthem to the Wind*, and hopes to write two books per year for the next several years. "It took about a year, from outline to print, to publish *Anthem to the Wind*. For me,

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writing a novel has to become almost an obsession to ever get it finished, and at times, I might work on it as much as 12 hours a day," Don said. "I found that if one truly is a writer, it has to be your only job."

With a degree in English from Texas Tech University, Don published a weekly newspaper before delving into book publishing. He quickly discovered the two industries are quite different. "I thought a journalistic exposure would make me a great writer, but after my first book came out, I got a professional editor to read it. She smiled and almost patted me on the head. She knew I did not have a clue about writing a book," Don recalled. "There is a different craft to book writing and a format that is adhered to. I just wrote a story like I would tell it. I had to learn the real way it's done!"

When not writing, Don enjoys shopping yard sales with his wife, DaLoma, in search of books to collect. Among his finds are a wartime copy of Ernie Pyle's *Brave Men* and Grace Metalious' *Peyton Place*. "I collect what I think is interesting — no particular genre," he said.

Don noted his favorite book is *Titanic Thompson*, by Richard Campbell, who said something Don will never forget about being an author: "He said, 'Until you write something, you are not a writer.' How simple is that?"

To that end, Don encourages other would-be writers to follow their dreams.



DaLoma and Don Horne

"Nora Roberts was a bored stay-at-home mom when she sharpened a box of No. 2 pencils and started writing on a yellow legal pad. She has sold more than 250 million books. The *Harry Potter* stories were initially written in a café between breaks," Don noted. "If you can read and write, you can be an author. The only thing to stop you is procrastination!"

Don's efforts came full circle as the Hastings Entertainment store, in Waxahachie, hosted a signing event when *Anthem to the Wind* first published, in October 2010. Many locals were introduced to his work then, and the book is still selling well on Amazon.com and CreateSpace.com. He has an author page readers may access by visiting Amazon.com and using search words "Don Horne."

"My granddaughters think it is 'awesome' to see Papa on the Internet, and I had to promise if I ever got on *The Oprah Winfrey Show* to pull on my earlobe to say hello to them," Don said with a grin.

Other than being father to three successful adult children and "Papa" to four granddaughters, Don said there is nothing more rewarding than positive feedback on his writing: "The first time a person told me he thought I had written the best book he had ever read made my day. To see even a modicum of respect in a person's face when I say I am a writer is very satisfying ... even more when he reads the book and still respects me!" **NOW**

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Quiet Champions

— By Alex Allred

It is a sport of true champions — a sport transcending team lines and school rivalries. Unlike the traditionally popular sports of football, baseball and basketball, the athletes of this sport do not dream of signing multimillion dollar contracts, living large or signing autographs for screaming fans.



"These are the kids who are there every morning at 6:15 to run at 6:30," Coach Preston Foster said. As the head coach for Red Oak High School's (ROHS) boys' cross country team, he continues to be impressed by his young athletes. "They do not get the credit they deserve," he added.

Admittedly, Coach Foster's first love is basketball. While he did run competitively in the one-mile, his passion throughout high school and college was always basketball. Upon graduation, he returned to his high school alma mater at MacArthur High School in Irving to teach biology and coach basketball as an assistant coach. Though a self-described "Irving boy," when an opportunity to act as head coach with the ROHS Hawks made itself available, Coach Foster was ready for the move.

There was, however, one catch. Coach Foster would also serve as assistant coach to the track team and, later, become coach to the boys' cross country team. "You know, when people find out that I'm a basketball coach, they never ask, 'Oh, do you scrimmage with the team?'" he laughed, shaking his head. "But as soon as they find out I also coach cross country, they always ask if I run with the team. Why is that?"

Coach Foster knows the answer. It is fun to watch the intense play between football or basketball teams. Many even dream about making that last-second touchdown or the three-pointer in a crucial game just as a buzzer sounds. But how many fantasize of running six or seven miles? How many can actually do it? So, while it is plausible that Coach Foster is running the floor with his basketball team, can he run six miles at a competitive pace with the boys? There is a slow smile. "No."

Coach Foster's passion for coaching the sport, however, is no less apparent. He speaks with such admiration of his athletes and their determination, it is clear he is equally driven. "I love this sport because every kid gets to play. It is an individual sport, but it's not. At the beginning of each event, each kid lines up on the line and knows what he needs to do. We keep records of each meet and track times, so we know where each runner needs to



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improve. We set goals, we push each one, but we also have rules. You never pass a teammate without saying something encouraging. We encourage our runners to stay together. You never leave someone out alone.”

The sport, the courses and times are, according to Coach Foster, too grueling to handle alone. Teamwork is imperative. While he loves coaching basketball, the pace of the sport, with screaming fans, sometimes disgruntled parents and frustrating calls, can be stressful. “Cross country is a breath of fresh air,” Coach Foster said. “Our meets are at a park or near a lake, the weather is perfect ... and the teams all get along! That’s what really struck me. There is such a family spirit among all the teams, not just in the high schools, but all the kids support each other.”

No one knew the significance of teamwork and family better than a local man named Ron Berlin. To many in Red Oak, he was known for his active participation in youth sports as coach, linesman and mentor. With three athletic children of his own, Ron believed in the importance of youth sports. But true to the heart of a runner, and a true champion of his sport, he embraced the family philosophy, giving back to his entire community.

Ron volunteered at the Red Oak Assisted Living Center and was a constant fixture at cross country and track events, in all kinds of weather. He cheered not only his own children at these events, but those of his community. “He was always so encouraging. He was just the nicest man,” Coach Foster said.

In college, Ron was an All-American

runner, running an astonishing 4:16-minute mile and completing a 26.2-mile marathon in just two hours and 43 minutes. But after a year of battling cancer, this champion passed away on November 6, 2009. At his funeral, a passage was dedicated to the former runner, coach and family man — 1 Corinthians 9:24: “Know ye not that they which run in a race run all, but one receiveth the prize? So run, that ye may obtain.”

In 2010, the Ron Berlin Scholarship was created. Through an anonymous local donor, two senior athletes, a boy and a girl, were each awarded a \$500 scholarship. While athleticism is important, the greater criteria for this scholarship are character, integrity, communal spirit and education — the true strength of Ron Berlin’s running spirit.

As Ron Berlin once was, Coach Foster is also a coach, mentor, family man and former athlete. And just as Ron Berlin was supportive of his own children, Coach Foster is supportive of his daughter’s athletic endeavors. “Professionally, I’m a coach. But when I go to see my daughter play, I’m a parent. I want to be able to sit back and just watch.” Of course, by being both coach and parent, he has seen both sides of that dynamic. “It gives me a better perspective of what my parents are going through [in basketball] when they see their baby sitting on the bench. I understand that. I want to win, and I’ll do whatever I can to make that happen, but I’m also here to coach.”

Coach Foster has learned that coaching goes far beyond winning. “I want my athletes to know that when the day is over, it is not about a score or a time. We’re teaching life skills and about not giving up and how to be a good person. They need to appreciate their education and strive to earn that diploma.” Like running a race, you must accomplish that goal and strive to reach your destination.

While he has tremendous respect for all of this athletes, Coach Foster continues to marvel at those students who rise at the crack of dawn, often in the cold, to run six or seven miles with nary a fan base holding up foam fingers and chanting star athlete names. These are his “quiet champions” ... running simply so they may obtain the true prize. **NOW**



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Block-party *Family*

— By Janice C. Johnson

AT HOME WITH HEATH AND MARLA NICHOLS

On one quiet Red Oak cul-de-sac you can hardly throw a rock without hitting someone in the Nichols family. Or if not, it will probably fall on the lawn of a home that Heath and Marla Nichols built. In fact, the sprawling two-story that they now occupy is the fourth home they have lived in — on this very same block.



Moving is nothing new to the couple. They met while both were teaching at Red Oak Junior High School. Marla's home was in Red Oak, while Heath had a tiny house in Duncanville. When they married 13 years ago, they sold Marla's house, and the four of them — including Marla's children, Preston and Chloe — lived in the Duncanville home for several years. Ethan, the youngest, was born while they lived there.

Eager to move back to Red Oak, Heath and Marla found a lot in an out-of-the-way neighborhood. They built one of the first few houses on the street and moved into it. Before long they started another house halfway down the block. The first house sold quickly, and while building the second home, they rented a duplex. "Space was tight. We took every chance we could to get out of there," Heath recalled. On many a summer night the family stayed at the new house, working until 9:30 or 10:00 p.m.

Once they had settled into the second house, Heath's father and brother both

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decided they liked the neighborhood and wanted to move to the same street. Heath bought the two lots on either side of his home and built houses for both of them. While he was building his parents' home, the senior members of the Nichols family lived with him and Marla.

Then one day Marla called Heath, "breathing really hard," as he described it, and told him the lot in the cul-de-sac was for sale. The sign had been on the property for no more than 15 minutes when they called and bought the lot, then began to draw up plans for their current home. After once again selling their own house before the new one was ready, they

moved in with Heath's parents next door while they completed construction.

If anyone can get a home built just the way they want it, surely a custom homebuilder can. And that is just what Heath and Marla have found. They learned and upgraded a bit each time they built a house, while living in the last one. "You never like 100 percent about the house you built; you live in one and find out — well, there's always something that bothers you. By the time we got to this one, we kind of had everything figured out," Heath said.

Having lived with Heath's parents (and vice-versa) for a time, the couple

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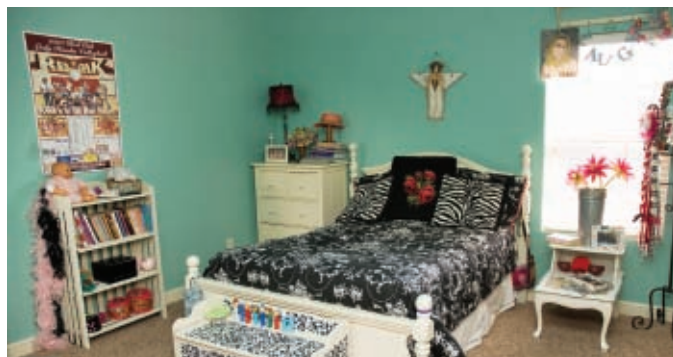
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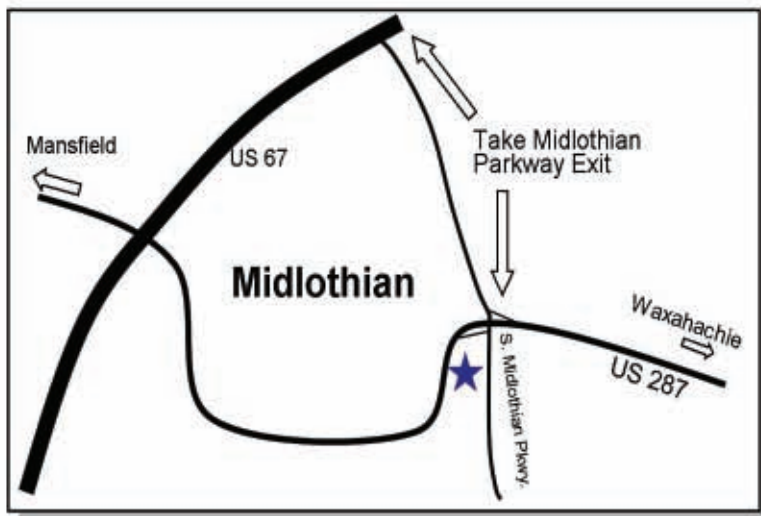
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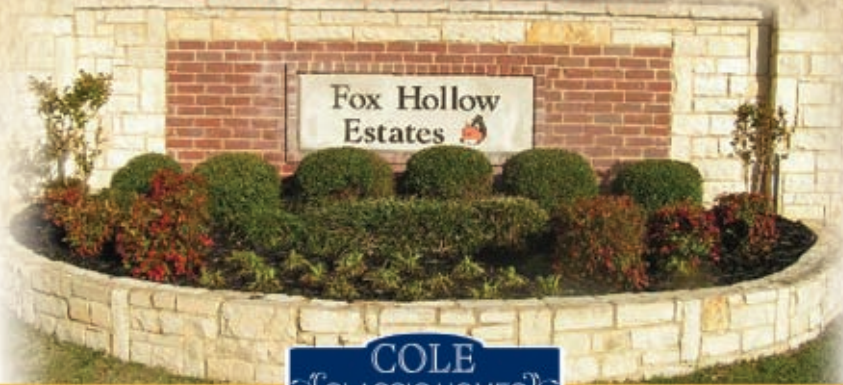
planned the home with an eye to the future. The first-floor suite they designed for the eldest son, Preston, will be available later in the event either of their parents might want to live with them. The open concept, smooth concrete floors and wide doorways and halls will accommodate wheelchairs, if needed. The comfortably furnished bedroom features a fireplace and some of Heath's baseball memorabilia. This is the first home in which energy-efficient features were emphasized. They placed vents in the roof and small high windows in the west-side walls to keep the house cooler in summer. One of their best decisions, they agreed, was to install tankless water heaters throughout the home.

Another "first" is the attention Heath and Marla paid to their master suite. "We never spent much money or effort on master suites in our other houses," Marla said. "We decided to go ahead and make this one bigger." Everything has a place; even Marla's dressing table occupies its own nook beside the ample bathroom.

At the other end of the house, the large mudroom that forms a buffer between kitchen and garage also houses the dogs, Charlie and Josie. The kitchen and two adjoining living areas are all open to each other and form an inviting place for groups to gather, as they often do: church youth, friends, neighbors and family. Marla is especially pleased with the dyed-concrete floors, which are durable and very easy to clean. "With stained concrete, the color eventually wears off," Heath explained. "This was a color powder mixed into the concrete right in the truck. It stands up to the crowds of teenagers."

Upstairs is the domain of Chloe, 14,

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and Ethan, 12. In Chloe's room, shelves full of trophies, football mums and other mementos give evidence of a busy high school freshman's life. Ethan's art and science projects overflow into the loft.

For all their expertise, home building has never been the couple's primary occupation. Heath started out working with his father, Pat, who had been a teacher but left the field of education when he opened the family science-supply business. After college, Heath taught for several years, then worked in insurance for five years. Some time ago, he returned to run the business alongside his father. Heath's mother, brother and sister-in-law have also joined the team, so they are all both neighbors and co-workers. Marla has continued to teach at Red Oak Junior High and has now accomplished 20 years of service. Meanwhile, the homebuilding has been a part-time endeavor that both provides comfortable places to live and finances family vacations. "We have also done room additions and built a guest house for others, but we have never advertised," Heath said.

Previously, they had lived in each new house only around two years — "Our goal was to move before anything needed painting," Heath joked. But they have spent four years in their current home, giving them time to continue fine-tuning things. Shelving that originally graced the loft wall has recently been moved to Ethan's room. Heath's latest project is to add cabinets above the antique-style kitchen sink. Outside, at one end of their shallow, but wide lot, a new gazebo stands beside the pool. It does a lot of summer entertaining duty.

Staying in one place has its advantages, since moving can be very stressful. Twice the family moved out of a house, only to have to go back and retrieve a whole closet full of clothes or a cabinet full of dishes they had left behind. Marla shrugged. "Everybody thought someone else had packed it."

The Nichols family has relied on years of experience, knowing what sells, meshing that with their own preferences and learning with each house. Does that mean this one is just about perfect? Marla laughingly admitted that they might have made a few too many tweaks. "A couple of those changes, we've realized, maybe it was better the other way." **NOW**

April is National Foot Awareness Month



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The foot contains 26 bones, 33 joints, 107 ligaments and 19 muscles? Women have about four times as many foot problems as men. High heels are partly to blame. Walking is the best exercise for your feet. It also contributes to your general health by improving circulation, contributing to weight control and promoting all-around well-being. There are 250,000 sweat glands in a pair of feet. Sweat glands in the feet excrete as much as a half-pint of moisture a day. And here is our favorite bit of knowledge: Walking barefoot can cause plantar warts. The virus enters through a cut.

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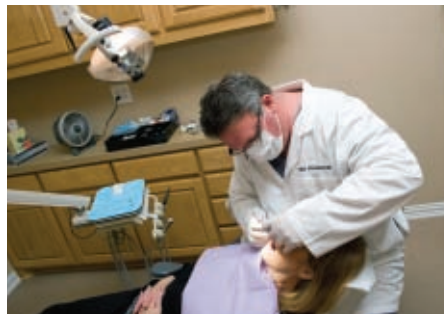
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Dr. Brad Schoonover and staff love their Red Oak office. Pictured front row, left to right are Cindy Brantley and Leslie Bone; middle row, Ronda Smith, Dr. Schoonover and Rubie Nigo; back row, Melissa Schoonover and Lee Turbeville.



New Office, Same Great Dentistry

Dr. Brad Schoonover's Red Oak locale puts a smile on patients' faces. — By Angel Morris

Dr. Brad Schoonover had been in Red Oak's neighboring city of Lancaster for 19 years when the opportunity for a move presented itself. "Red Oak and the surrounding area are really growing. When I was offered the opportunity to move my practice to a new location here, I didn't hesitate," Dr. Schoonover said.

Developer John Houston approached Dr. Schoonover about a shopping center he was building in Red Oak two years ago. As the person who built Dr. Schoonover's private residence in Midlothian, John was someone the dentist trusted. "I knew his work was top-notch, and I knew this center would be of the same quality," Dr. Schoonover said.

Now located off North I-35 at Red Oak Road, Dr.

Schoonover continues to bring his 23 years of business experience to patients seeking preventive, cosmetic and restorative dentistry.

"I decided to practice general dentistry because I don't enjoy just one area of this field. I really like to do it all," said Dr. Schoonover, who trained at The University of Texas Health Science Center in San Antonio.

Through the years, Dr. Schoonover's practice has continued to change with the times. "As technology improves, so does dentistry," he said. "Dentistry has become more aesthetically pleasing, and the materials used are increasingly stronger, not to mention the equipment that is available to us and our patients."

Dr. Schoonover noted that he can now share digital X-rays

and intra-oral teeth photos with his patients at each station in his office, as each is equipped with its own television screen. "It's important to be able to show patients exactly what we are seeing. We want to help them understand what is going on with their teeth and to address any areas of concern as soon as possible," he said.

High-tech X-rays help avoid the "out of sight, out of mind" approach some people take toward dental care. "Many people wait until they are in pain to pay attention to their teeth. We can identify problem areas with patients before they ever have to experience pain. If you wait until it hurts, it is often more complex and more costly to repair — in terms of money and the patient's time," Dr. Schoonover said.

Along with some new equipment and its attractive interior, Dr. Schoonover's Red Oak locale offers his patients something he believes is key to their return. "Our office is easily accessible from the highway. This is good news for returning patients and creates higher visibility to allow us to grow."

Speaking of growth, Dr. Schoonover notes new patients can go online and print health history and insurance forms to bring to appointments, which are available Monday-Thursday from 8:00 a.m.-5:00 p.m. He encourages anyone looking for a new dentist to stop by and visit. And he loves when former patients stop in to see the new place.

"We don't have any slogans or gimmicks — just quality dentistry in a compassionate, comfortable atmosphere. We want all of our patients to feel as if they are part of our family," Dr. Schoonover said.

He and his wife, Melissa, said their office motto is simple: to trust God and be the best they can be. "This includes my roles as husband, father, friend and healthcare provider," Dr. Schoonover said.

Ultimately, Dr. Schoonover loves his new office location. More importantly, He loves what he does each day. "I generally get to make an immediate, positive difference in someone's life," he said. "What could be better than that?" **NOW**



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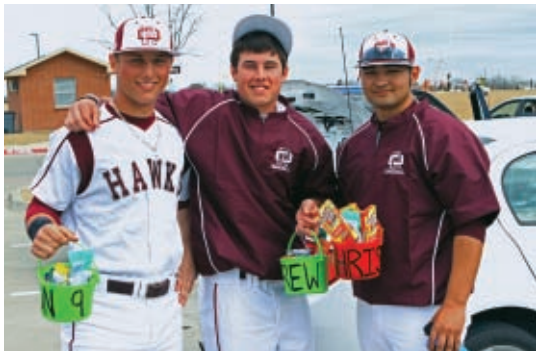
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Life School Red Oak Chief Operations Officer Brent Wilson, second grade leukemia survivor Joel Sanchez and Principal Wendy Dansby showcase funds raised by the school in Joel's honor.



ROHS baseballers Dillon Cartwright, Drew Trya and Chris Mota display their spirit buckets.



After filling spirit buckets with snacks for the entire boys baseball team and its coaches, Red Oak High School seniors Ashlee Patterson, Cassidy Landry and Emily Yetts pose on the field at Rangers Ballpark in Arlington.



Ms. Red Oak 2011 participants Angela Williams, Judy McCord, Elizabeth Sanden, Raquel Riojas, Joy Cook, Tina Stowe, Kim Furstenfeld, Amber Smith and Master of Ceremonies Scott Lindsey.



Fourth-graders in Mrs. Hancock's GT class, Kinsie Mitchell, Rhian Carson and Lilli Hicks, pose with Ben Bridges as they put the finishing touches on the computer they built from scratch with help from the ROISD technology department.



The Red Oak Intermediate second place winners of the University Interscholastic League academic competition show off their trophy while at Miller Intermediate in Ennis.

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Here's Your Tax Season "Checklist" — *By Michael Ewing*

Tax season is here. You've got until April 18, 2011, to file your taxes, so it is a good time to think about some moves to help improve your situation. With these thoughts in mind, here are some "tax-smart" moves to consider:

- **Boost your 401(k) contributions.** By making pre-tax contributions to your 401(k), you can lower your adjusted gross income. And if your employer offers a "Roth" 401(k), you may want to take advantage of it. Your Roth 401(k) contributions are made with after-tax dollars, so you won't lower your adjusted gross income, but your account has the opportunity to grow tax-free, and any withdrawals you make during retirement won't be subject to income tax, provided you're at least 59 1/2 and you've held the account for at least five years.

- **"Max out" on your IRA.** If you have a traditional IRA, your contributions may be tax deductible, and your earnings are always tax deferred, which means your money has the opportunity to grow faster than if it were placed in an investment on which you paid taxes every year. Taxes are due upon withdrawal and withdrawals prior to age 59 1/2 may be subject to a 10-percent IRS penalty. If you have a Roth IRA, the rules are similar to those governing a Roth 401(k): Your contributions aren't deductible, but your money has the opportunity to grow tax-free, provided you've had your account at least five years and don't start taking withdrawals until you're 59 1/2. (You'll have to meet certain income guidelines to qualify for a Roth IRA.) You've got until the tax-filing

deadline to contribute to your IRA for the 2010 tax year, for which the maximum contribution amount is \$5,000, or \$6,000 if you're 50 or older. And once you've "maxed out" on your IRA for 2010, you can start contributing for the 2011 tax year.

- **Increase your 529 contributions.** By putting money into a 529 plan, you can help your children, or grandchildren, save for college. Earnings on a 529 plan have the opportunity to grow free of federal income tax, and withdrawals, if used for qualified higher education expenses, are also federally tax-free. Contributions may be eligible for a state income tax deduction or credit in certain states for residents who participate. Plus, by using the 529 plan to provide financial resources to your child, grandchild or other beneficiary, all or a portion of the gift may be removed from your taxable estate.

- **Be charitable.** By contributing to a qualified charity, you can claim a deduction on your taxes, assuming, of course, that you itemize. And if you donate stocks or other assets, you can avoid paying capital gains taxes, because it will be the charity, not you, that eventually sells the asset.

- **Take advantage of favorable rates on capital gains and dividends.** Recent tax legislation included a two-year extension on the maximum 15-percent tax rate on long-term capital gains and qualified dividends. As a result, you still have incentives to be a "buy-and-hold" investor and to seek out quality companies that can potentially pay dividends.

Although tax season may end in April, you can make tax-smart moves throughout the year. So keep your eyes open for these opportunities, and take full advantage of them. **NOW**

Michael Ewing is an Edward Jones representative based in Red Oak. Edward Jones, its employees and financial advisors cannot provide legal or tax advice. Please consult your qualified legal professional or tax advisor regarding your particular situation.

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If you would like a free review of your IRA or any of your other investments to see if they are appropriate for your long-term goals, please call or stop by today.



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Calendar

APRIL 2011

April 5

Day Without Shoes: 5:30 p.m., Red Oak High School (ROHS), 122 State Highway 342. Walk barefoot from ROHS to Red Oak City Park. Join Renaissance Club to raise awareness for TOMS Shoes. Visit www.toms.com.

April 9

Red Oak Opry: 7:00 p.m., Lone Star Cowboy Church, 1011 E. Ovilla Rd. Live classic country and gospel music. Visit www.RedOakOpry.com.

April 10-16

National Library Week, Red Oak Public Library, 200 Lakeview Pkwy. Visitors receive prizes. For details, call (469) 218-1230 or visit www.redoakpubliclibrary.org.

April 13

Canterbury Episcopal School Open House: 6:00-8:00 p.m., 1708 N. Westmoreland Rd., DeSoto. Private school serving Red Oak and surrounding communities. Visit www.thecaterburyschool.org or contact Michelle Burks at (972) 572-7200, ext. 145.

April 16

Gerry Ann North 5K/Fun Walk/Health Fair: 9:00 a.m.-noon, Red Oak ISD Stadium, 154 Louise Ritter Blvd. Contact (972) 617-4320 or info@redoakisd.org.

April 21

Easter Egg Hunt: 6:30 p.m., Old Town Park, 101 Live Oak St. Children 1-8 hunt by age. Rain-out date: April 23, 1:00 p.m. Parents must attend. Call (972) 576-3414 for details.

April 26

Breastfeeding 101: 6:30-8:00 p.m. WEE RESALE, 113 W. Ovilla Rd., Glenn Heights. Certified lactation consultant instructs participants and partners. Reservation and \$30 payment required. Call (972) 768-5177.

April 27

Red Oak Chamber of Commerce Luncheon: Noon, Red Oak Municipal Center, 200 Lakeview Pkwy. Cost: \$12 with reservation; \$15 at door. Contact Shelley Oglesby at admin@redoakareachamber.org.

April 28

Seniors Spring Luncheon: Noon-3:00 p.m., Red Oak Municipal Center, 200 Lakeview Pkwy. Catered lunch for Red Oak seniors, 55 and up. Bring historical photos, stories, etc. for community archives. Photos returned same day. RSVP to Misty Hazen by April 22 at (972) 576-3414.

Every Monday

Mommy and Me!: 11:30 a.m.-noon, Red Oak

Public Library, 200 Lakeview Pkwy. Story time for families with babies and toddlers. Free. For details, call (469) 218-1230 or visit www.redoakpubliclibrary.org.

Saturdays through May 28

Saturday Tennis League: 9:00 a.m. ROHS courts, 122 N. SH 342. Junior- and adult-level free play. E-mail Dainta.Calhoun@redoakisd.org or call (469) 337-8738.

Upcoming events:

Tuesdays in May (Excluding May 3)

Free Kids Tennis: 4:15-5:30 p.m., ROHS courts, 122 N. SH 342. Kindergarten-sixth grade. E-mail Dainta.Calhoun@redoakisd.org or call (469) 337-8738.

May 7

Food Fest: 5:00-7:00 p.m., Red Oak Municipal Center, 200 Lakeview Pkwy. Free admission. Food: Adults, \$5; seniors/children 5-12, \$3; children 4 and under, free. For details, contact Lauren Findley at (469) 218-1202 or lfindley@redoaktx.org.

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



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Community Easter Sunrise Service - April 24 - 6:00 a.m.
Breakfast Following Traditional Easter - Service - 11:00 a.m.
Sunday Worship - 11:00 a.m.
Sunday School - 10:00 a.m.

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In The Kitchen With Lena Leal and Ruben Leal

— *By Angel Morris*

The parents of this brother-sister duo exposed them to a variety of cultural foods and great cooks. “At ages 6 and 8 we acted out Julia Child and Justin Wilson and knew cooking was in our future,” Lena said.

While Lena attended culinary school, Ruben was self-taught and learned a bit from his sister. Today they credit Hispanic roots and one another for their success.

“When your mom, aunts and grandmas have tasty recipes to share and give you generations of history in their dishes, you connect food with heritage,” Ruben said. “Today it’s fun being in a busy kitchen together seeing what we each come up with, and a little competition between us to get the most compliments doesn’t hurt!” **NOW**

Albondigas Soup

Stock:

- 9 cups water**
- 1 white onion, chopped**
- 1/2 tsp. dried basil**
- 1/2 tsp. dried oregano**
- 1/4 tsp. ground black pepper**
- 1 14.5-oz. can peeled diced tomatoes**

Albondigas:

- 1 lb. lean ground beef**
- 1/4 lb. pork sausage**
- 1 white onion, finely chopped**
- 1 egg**
- 1/2 tsp. salt**
- 1/4 tsp. pepper**
- 1/4 tsp. garlic powder**
- 1/4 cup chopped fresh basil**
- 1/2 cup white rice, uncooked**
- 3 Idaho potatoes, cut into 2-inch strips**

1. For stock: In a large sauce pot, mix water, chopped onion, spices and can of tomatoes. Bring to a boil, for about 5 minutes, then let simmer.

2. For Albondigas: Combine ground beef, sausage, onion, egg, spices and rice. Mix well. Form into about 2-inch-thick meatballs and place gently into pot.

3. Add potato strips to pot, cover and bring to boil; reduce heat and let simmer until meatballs are done and potatoes are tender. Serve in individual bowls. *Variations:* Add diced avocado for creaminess and color; also great with fresh cilantro and a dollop of sour cream.

Churros

- 1 cup water**
- 2 1/2 Tbsp. white sugar**
- 1/2 tsp. salt**

- 2 Tbsp. vegetable oil**
- 1 cup all-purpose flour**
- 2 quarts oil for frying**
- 1/2 cup white sugar, or to taste**
- 1 tsp. ground cinnamon**

1. In a small saucepan over medium heat, combine water, 2 1/2 Tbsp. sugar, salt and oil. Bring to a boil and remove from heat. Stir in flour until mixture forms a ball.

2. Heat oil for frying in deep fryer or deep skillet to 375 F. Pipe strips of dough into hot oil using a pastry bag. (If you don’t have a pastry bag, create one by cutting a corner from a Ziploc bag, making sure cut is large enough to make big churros.) Fry until golden brown; drain well on paper towels.

3. Combine 1/2 cup sugar and cinnamon. Roll drained churros in mixture. Serve and enjoy!

Chicken Caldo Soup

- 3 qts. water**
- 1 pkg. chicken, legs and thighs (about 6 pieces)**
- 2 Tbsp. garlic powder**
- 2 Tbsp. salt, to taste**
- Dash of pepper, to taste**
- 2 chicken bouillon cubes**
- 1 white onion, coarsely chopped**
- 1 8-oz. can tomato sauce**
- 6 carrots, peeled and chopped into 1/4-inch thick chunks**
- 4 large celery stalks (cut same as carrots)**
- 8 small to medium whole red potatoes**
- 1 small cabbage head, coarsely chopped**
- 1 pkg. frozen corn on cob (about 6 halves)**

1. In a large soup pot combine 3 quarts water, chicken and spices. Bring to a boil, stirring occasionally.

2. Cook chicken almost all the way through. Add all vegetables and bring soup to a second boil, stirring occasionally. Keep an eye on the vegetables and make sure the chicken cooks thoroughly. As soon as potatoes are tender, the soup is ready.

3. Place a single cob and chicken piece in a bowl; add plenty of vegetables and broth. Garnish with a lemon or lime wedge; sprinkle fresh chopped cilantro for added freshness.

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



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“Recognize me?”

“The biggest change is how I look at the world,” says Fercina Fudge, who had gastric bypass surgery at Baylor. “I walk into a room now, and I don’t have to look around to see if I’m the fattest person there,” she says. After struggling with weight most of her life, Fercina says, “I knew I had to make a change...it was affecting my blood pressure, my joints. There were so many things I couldn’t do.” Now, Fercina says, “not being recognized is a fabulous thing.”

For a physician referral or for more information about weight loss services at Baylor Waxahachie, call **1.800.4BAYLOR** or visit us online at BaylorHealth.com.

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