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Falling Head Over Heels

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Betty Tryon

Editors/Proofreaders,

Pat Anthony . Pamela Parisi

GRAPHICS AND DESIGN

Creative Director, Chris McCalla

Artists, Julie Carpenter . Martha Macias

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PHOTOGRAPHY

Photography Director, Jill Rose

Photographers, Ashley Kinney

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On The Cover



*A country boy's appetite made
this man hungry for writing.*

Photo by Ashley Kinney.

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Editor's Note

May Day! May Day!

I'm not talking about the holiday, May Day, celebrated in other countries to recognize the coming of summer. Nope, I'm sending a distress signal as the end of school nears.

While my son crosses off remaining school days, I'm shouting, "S.O.S.!" How will I get this child up on time for four more weeks? What will keep his brain awake all summer? Will he finally be excited about school this fall?

If you, like me, are in parental panic mode, consider area church and school programs designed to keep little minds in gear while letting them enjoy the break. You'll find some on our calendar this month and next. And keep in mind there's nothing wrong with a bit of lazy this summer. Several hours a day of nothing but imaginative play is what childhood, and summer, is all about.



Angel

Angel Morris
Red OakNOW Editor
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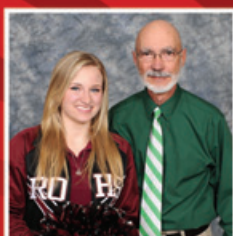
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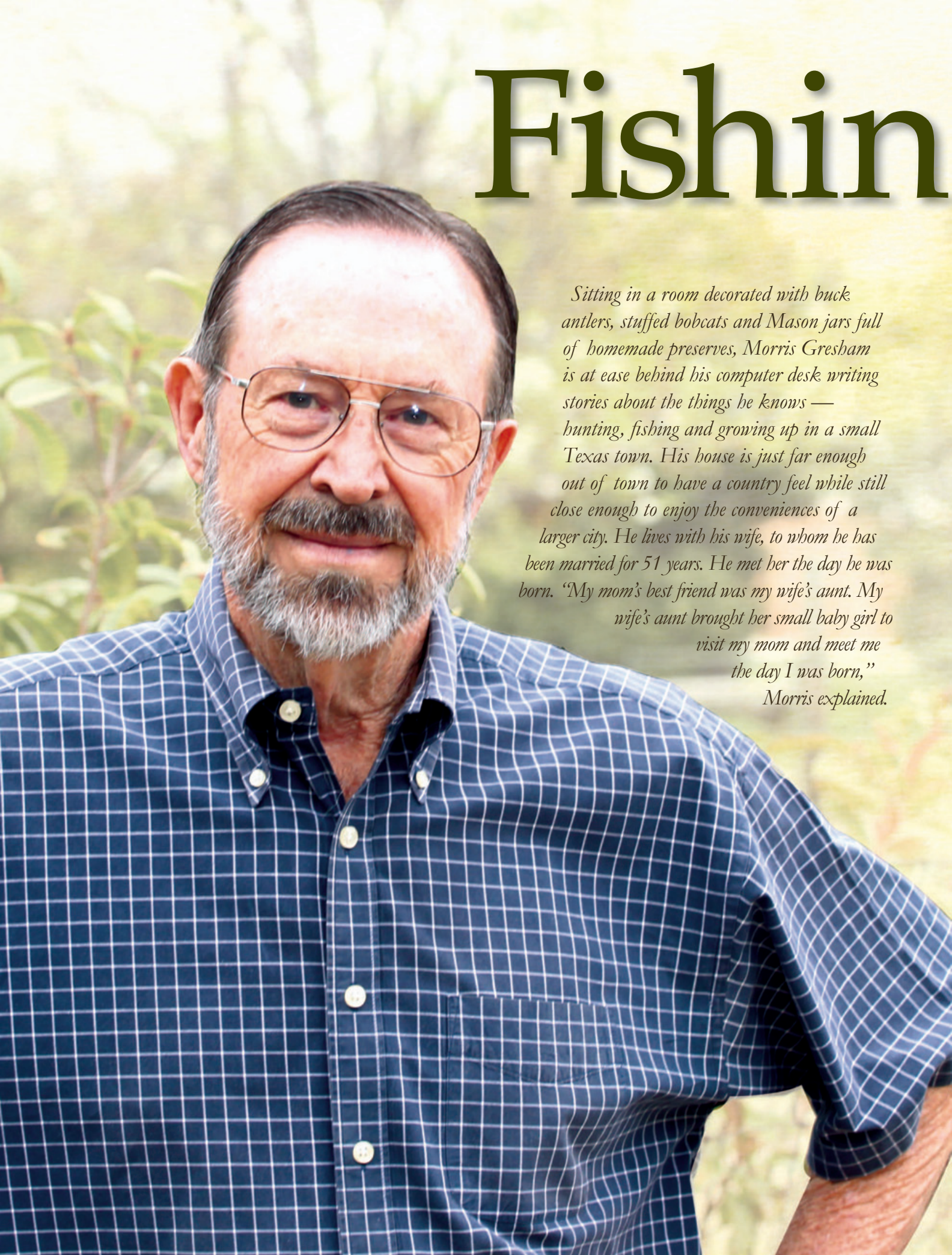
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Fishin

A portrait of an older man with a grey beard and glasses, wearing a blue and white checkered button-down shirt. He is standing outdoors with green foliage in the background. The text is overlaid on the right side of the image.

Sitting in a room decorated with buck antlers, stuffed bobcats and Mason jars full of homemade preserves, Morris Gresham is at ease behind his computer desk writing stories about the things he knows — hunting, fishing and growing up in a small Texas town. His house is just far enough out of town to have a country feel while still close enough to enjoy the conveniences of a larger city. He lives with his wife, to whom he has been married for 51 years. He met her the day he was born. “My mom’s best friend was my wife’s aunt. My wife’s aunt brought her small baby girl to visit my mom and meet me the day I was born,” Morris explained.

g Hooks

Writing to Books

— By Cindy Malone

Morris was born in Bennett, which no longer exists. The small town was built around a brick plant. Everyone who lived there worked for the brick factory. “On pay day, the company would take out whatever rent we owed and [pay] whatever bill we had run up at the company store, and Dad brought home what was left,” Morris recalled. Acme Brick owned the small brick plant by the time the Greshams moved to Erath County near Lipan, and the family became share croppers, living near their cousins on one farm, and sharing profits from the eggs of several hundred chickens. “I guess we were also share-egggers!” Morris remembered. “The drought ran us off the farm in 1953, and we moved to Mineral Wells. That is really the town I grew up in.”

Thanks to a high school bookkeeping class, Morris’ father was hired as the bookkeeper at a brick yard where he worked until he was 70 and was forced to retire. “It made him so mad. He got another job and worked several more years,” Morris laughed.

After graduating Mineral Wells High School with 91 other students, Morris went to college for a little over a year, but quit to work and help take care of his family, which included his grandfather and two younger sisters, whom he calls Little Sister and Baby Sister, the latter affectionately shortened to simply “BS.” Although he didn’t have the same degree as some of his co-workers, Morris had a knack for mechanical engineering. “I was lucky enough to have a supervisor who cared more about performance and knowledge than a piece of paper,” Morris said. So he was able to move up within the ranks because of his work ethic and eye for detail.

Not having seen his future wife since the day he was born, Morris was set up on a blind date with

Bettie Nevil, and the two have been inseparable ever since. After the company he was working for cut back, Morris went to work for Continental Electronics, and then for the government working on the Superconducting Super Collider.

In 1974, Morris was telling a hunting story to a friend and co-worker who suggested Morris write down the story and submit it to a local magazine for publication.

“I didn’t even know you could do that,” Morris replied. “But hey, if I could get paid for telling stories I was going to tell anyway, I’d give it a shot.”

That night, Morris wrote his story down on a Big Chief yellow pad and sent it to *Outdoor Times*. He made \$40 on that first story, and a writer was born. He immediately wrote another story and that one was purchased, too. One year later, he became the editor of the magazine. The fourth article he wrote was passed on to and picked up by a national magazine that paid him \$200. He was making real money then.

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Morris went on to write for, and intermittently edit for, several hunting and fishing magazines. For a year, he was the outdoors columnist for the *Focus Daily News* in DeSoto. One of those columns



earned him a national competition award in 2002, just two years after winning a national competition for an article in *The Skeet Shooting Review*. From 1995-2002 and again in 2004, he covered the World Skeet Shooting Championships held annually in San Antonio. At one point, Morris was working 70-80 hours a week as a lead engineer for Continental Electronics and editing *USA Outdoors Magazine*, reading letters, working out picture layouts and reading articles before 6:00 a.m. and after 9:00 p.m.

Morris retired in 2002 and about four or five years ago began writing a book. He started on his first book, *Coming Up a Country Boy, Surviving the '40s and '50s*, in 2005. However, half way through writing it, a classmate who was reading it and offering praise and suggestions, asked him about the food he kept mentioning. Morris credited his friends with the idea for the second book. "They said, 'So much of your life revolved around getting together and eating these wonderful sounding meals. You should write the recipes in the book.'" Morris didn't feel like the recipes fit in the flow of his story, so he took a break from the book he was writing and began the book that would actually end up being published first, *A Country Boy's Appetite – Following Life From One Meal to the Next*.

In this book, Morris tells anecdotes and uses homespun humor to introduce the reader to his family and his life through specific times and home cooked

foods. He then includes the recipes from each meal. "It's not really a cookbook. When you grow up in the South, the food is just as important as the reason for gathering," Morris explained. After that book was off and running, he finished the original book, and now it has been printed, published and ready for purchase.

Morris' self-published books are an entertaining and informative read, especially for people who grew up country and understand the nuances of southern country living he brings to life with his vivid imagery and amusing side notes. But Morris is a writer, not a marketer. Morris stole a line from John Irsfeld to explain his philosophy. "God just told me to write 'em, He didn't tell me to sell 'em."

Now that his time is free to spend however he chooses, he is able to indulge in his hobbies — gardening and canning. He's an expert at bread and butter pickles and homemade preserves, and frequently



treats the city workers to his creations. Occasionally, a magazine asks him for an article which he is happy to write anytime — except deer season. **NOW**



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Special EDUCATOR

— By Dianne Reaux

At first glance, the classroom in Red Oak Junior High looks like many other classrooms throughout the city. A brightly lit room with colorful decorations, positive affirmations of self-worth on the board and proud examples of students' achievements adorn the walls. But it doesn't take long to see there is something unique about this class. The students are animated and lively when their teacher stands at the front of the class giving instructions. She will point to the image of a horse being displayed on the overhead projector, and ask the student standing beside her to point to the horse's tail.

The teacher then challenges the student by asking if he can think of another name for a baby horse. Although it may take a while, when the student finally responds, she is amazed by his answer.

"Yes," she said with excitement. "That's right! Foal is another name for a baby horse. You are so smart. The word I was looking for was colt, but, yes, you are absolutely right!"

The student will then head back to his seat, brimming with pride as he has just pleasantly surprised himself and his teacher — Mrs. Paula Butcher.

Paula is the community-based instructor at Red Oak Junior High School (ROJH).

Her students are the most physically and developmentally disabled, and they benefit from the small class size, which affords them a one-on-one, student-teacher ratio. Each day the students work on activities that aid in the development of growth in areas such as: education, communication and socialization. The fundamental objective for Paula and her support staff is to foster and nurture



the students to help them become more functional and self-reliant.

Paula was born in Wichita, Kansas. Her family moved frequently because of her father's occupation as an aircraft mechanic with Vought Aircraft. In sixth grade, Paula's family settled in Lancaster, Texas. As a youngster, serving others was always important to Paula. "Even in high school I wanted a mission in life," she simply stated. "I was looking for a way to serve." During her last two years of high school, she began volunteering for the Arc of Dallas.

The Arc of Dallas, a nonprofit organization, was an early champion of those with developmental disabilities. For years, many people with disabilities lived in the shadows of society. No legislation was available to protect them, nor were any mandates requiring a free public education available to them. At the time, The Arc of Dallas was one of the few places where the disabled could go and feel a spirit of acceptance and inclusion. "While there," Paula shared, "I remember reading and playing with the students. I met a whole group of students who, back then, weren't in our schools with us. I found I liked this group of people. They were very much like me, very loveable and capable of so many things. I realized I had been misled through ignorance about who they were and what they were capable of accomplishing." While volunteering with the Arc of Dallas, Paula realized she had a love for working with special needs individuals, regardless of their age.

After graduating from Lancaster High School, Paula wanted to continue her



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education in the field of her newly found passion — working with the mentally handicapped. “At the time, it was difficult to get into special education because Baylor University was the only school that offered that degree,” she explained. As a college student, Paula had to work three jobs to pay for her education, and with the distance between her home and Baylor, she chose to be practical. She attended The University of Texas at Arlington instead where she graduated in 1984 with a Bachelor of Arts in theater and history.

Although she had not initially been able to complete a degree in the field of special education, she continued her studies and enrolled in The University of Texas at Dallas. She completed 24 hours toward her master’s in special education, and she continued to help the underserved community she had grown to love while in high school. In 1988, Paula started working with children in Red Oak ISD’s Special Education Department. Not long after starting her job, she became the recipient of the same kind of care and compassion she had always afforded others.

Shortly after she was hired by ROISD, Paula’s husband, Charles Chapman, was diagnosed with brain cancer. She was still new to the rigors of being a special education teacher, and was also a new mother to Amanda, who was



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born in 1989. To say that Paula's plate was full was an understatement. But ROJH is a community that embraces its own.

She still remembers how her new family of co-workers and students rallied around her and her family. "Everything we needed, from meals to toys for my

daughter at Christmas, we received. I can't tell you how supportive my co-workers were." Paula's husband passed away in 1992, and again, her school community was there for her.

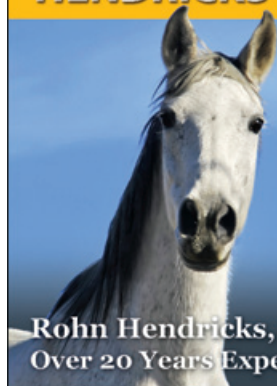
The bond between Paula and her school family was evident yet again when in 2003 she began to have headaches she attributed to caffeine. Paula was rushed to the Lancaster hospital where she, like her late husband, was diagnosed with a tumor in her front left lobe. Fortunately, the tumor was not malignant, but it still required surgery. Once again, her fellow co-workers supported her.

For the last 24 years, Paula has worked with her students demonstrating patience, persistence and a determination to help her students achieve as much individual independence as possible. Over and over again, the bond between this teacher and her students has been evident as the tie that binds them together. She has watched over and cared for the students who have needed her most. In turn, they, and the entire community of educators, have watched over and taken care of her.

The close bond between Paula and ROJH has really been limitless. Paula was introduced to her husband, Steven Butcher, through an ROISD co-worker and they have been happily married for 16 years. When they were married, Steven formally adopted Amanda. They have one son, Joshua, who is a sophomore at Red Oak High School. She and her family are active members of Crossroads Baptist Church in Lancaster. When she finds spare time, Paula enjoys reading and scrapbooking, but teaching is her passion.

"The proudest day in my career was when I was named ROISD Secondary Teacher of the Year 2006-07. When I received this honor, my joy was beyond measure," Paula said. "I teach because I have a yearning to do so, and I am proud to be a part of the Red Oak family." **NOW**

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At Home With Eddie



Perfect Harmony

— By Angel Morris



You could say Red Oak residents, Eddie and Pam Vaughn, are a successful duet. Celebrating 35 years of marriage last year, the two agree home and family are their priorities, and a few common interests don't hurt either. They particularly love music, and that shared interest led them to found the Red Oak Opry in 2008, which features local musicians.

Long before the Opry, however, the Vaughns began making music together, so to speak. Eddie, an only child, and Pam, from a blended family of seven children, grew up with different lifestyles that ultimately complement one another today.

"She took good care of my mother," Eddie said.

"And he is very

and Pam Vaughn



supportive of all of my family,” Pam added. “We make sure to find time to attend all the family events.”

The two were linked before they became romantically involved. In high school, Eddie boarded a horse on Pam’s



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father's land and was friends with one of her brothers. "But I didn't even know there was a Pam until much later," Eddie recalled.

Once their paths crossed, however, there was no turning back. "I taught her to drive, and she taught me to ride a horse," Eddie said. "We started dating in 1973, married in 1976, and here we are today."

The couple moved to Red Oak from DeSoto in 1979. "We participated in Founder's Day and thought Red Oak would be a nice place to raise a family. We are very glad our children got to go to school in Red Oak from the first through the 12th grade," Pam said.

Their three grown children are their pride and joy: Katie, who graduated from Texas Tech University, is a nurse who lives in Plano; Daly earned his Ph.D. from Auburn University and lives in Cleveland; and Taylor, a Texas A&M University graduate, who, ironically, now resides in Austin and is an industrial tax consultant.

The four "granddogs" of the house are Red, Lucky, Charlie and Molly. Two of these were inherited from the Vaughns' children. "Charlie was Katie's, and Molly was Taylor's. We adopted them after what started as a temporary situation became permanent. Actually, Eddie wouldn't give them back," Pam confided.



Today the six cohabitate at the Vaughns' relaxed, four-bedroom home, where they have lived for 12 years. "I wanted a bigger house but less land to take care of," Eddie said. "Plus this house was just a mile from the high school, and that was important to me."

"Eddie likes to think our kids never veered off the path between our house and the school," Pam said with a laugh. Nonetheless, the short distance to the school and the home's drive up appeal sold the Vaughns on their current residence.

The neighbors were an added bonus. "Our sons were friends with the Keanes' sons in school, and the Keanes mentioned they had neighbors who might want to sell their home," Eddie said.

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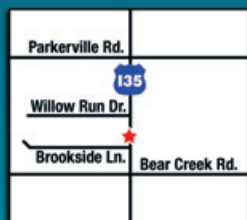
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Eddie and Pam visited the home and spoke with the owners who, at the time, weren't ready to relocate. "We asked them to keep us in mind whenever they decided to move. They called us a week later ready to sell, and we were shocked!" Eddie said.

The Vaughn family adapted easily to the home, where each child finally had a room to call his or her own. For the first few years, the home was mostly a place to eat and sleep.

"There were always so many activities



with the kids. Eddie's mom would pitch in, and we'd each take a kid to whatever they were involved in at the time," Pam said. "It was perfect because, with Georgie, there were three adults; one for each kid!"

As the children graduated and left the nest, the home became more of a refuge for the Vaughns. "We love our carport. Now we have time to sit there, drink our coffee and solve the world's problems," Eddie said.

But it wasn't long before Eddie, retired from Southwestern Bell AT&T, and Pam, retired from Southwest Airlines, were antsy for something more to do with their time.

"We went to a music show in Waxahachie, and I remember Eddie saying he wouldn't mind organizing something like that," Pam said.

Eventually Eddie organized some musicians from their church for a show, and the seed was planted for the Red Oak Opry. Today the Vaughns coordinate once-a-month performances of country and gospel talent held at the Lone Star

Cowboy Church. "I probably pulled the plug on the whole idea a dozen times in my mind, but somehow it eventually came together," Eddie said. "Now I'm constantly amazed at how much talent there is within a few miles of us."

Consumed by Opry efforts much of the time, the Vaughns are even more pleased with time to simply stay home. "It's where we get away from the world and revitalize," Pam said.

The Vaughns take special care to display family heirlooms, such as a grandmother's mirror in the entryway and another grandmother's art over the fireplace. The living room houses what Pam calls her "Amazing Grace" corner of crosses and church art, as well as a curio cabinet of crystal with an antique Bible displayed inside. "It was my grandmom's Bible, and as you can see, it was well used," Pam said.

A son's wooden trophy shelf was re-purposed for Pam's country kitchen mementos. And Eddie's mom's typewriter stand

has become a table for a cozy sitting area in the game room. Pam admits Eddie's Elvis and John Wayne images aren't her favorites, but they are OK relegated to a spot over the air hockey table.

Other prized pieces in the home are a poster of Eddie and Pam made from a photograph when they began dating in the '70s, and a picture of Eddie riding a bull. Last but not least, the couple really enjoys their yard. "Eddie is big on working in the yard and feeding the birds," Pam said. "He walks the entire length of our yard spreading food for them."

While Eddie might enjoy transporting their home to a thousand-acre horse and cattle ranch, he's content with the house as it stands. He and Pam find it suitable for both relaxing and planning their next Opry event. Within its walls Eddie and Pam have continued their harmonious duet through the years.

Ultimately, they say, the home represents what's always been most important. "Family is everything to us," Pam said. "And this house is full of memories." **NOW**



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Barbara Walker shares big smiles and the latest styles with customers at her Head Over Heels shoe and accessory boutique in Red Oak.

Falling Head Over Heels

Boutique fuels women's shoe and accessory passion.

— By Angel Morris

Barbara Walker chose to open Head Over Heels Shoe Boutique in Red Oak after moving here four years ago and falling in love with the community. “I believe there’s a need for a boutique, especially for women here,” Barbara said. “That keeps our money here, helps Red Oak grow and brings business to our community.”

Open since October 2011, Head Over Heels offers trendy ladies shoes and accessories. Barbara’s slogan is: Shoes can change a girl’s life! “When I’m having a bad day, I can put on a great pair of shoes and instantly feel better,” she said. “My attitude, demeanor and even, my walk, changes. I thought other women might want to feel that way, as well.”

Barbara believes making her customers feel at home is key. “I

think listening to your customers is one of the most important things you can do. I have customers who are here from one to two hours, taking their time shopping,” Barbara noted. “I never try to force merchandise on them. I want them to feel as if they are sitting in their own closet trying to figure out which shoes to wear for that day.”

Barbara is no stranger to making others feel comfortable. She is a registered pediatric nurse, who pushed her medical skills further when her husband was diagnosed with cancer just four months into their 2008 marriage. In January 2011, she quit working as a nurse and devoted herself to Donald’s care. He passed away in March 2011.

“He always encouraged me to do what made me happy.

Business **NOW**

After taking more time off from work, I decided to do what always made me feel better, but do it solely for women — in case there was someone else going through some hardship in their everyday life and needed a pick-me-up,” Barbara said.

Her business honors Donald because her head-over-heels love for him inspired its name. And the Donald Walker Foundation she created in his name allows Barbara to help others. Since its creation in October 2011, she has assisted two local families struggling with illness, medical costs and everyday expenses.

“I thank God everyday for the blessings my husband and I had, for giving me the vision to start a foundation, and I thank the families for allowing me to be a part of their lives,” Barbara said.


“I want them to feel as if they are sitting in their own closet trying to figure out which shoes to wear for that day.”

“Now I’m thrilled for the chance to be part of my customers’ everyday lives.”

Bringing affordable fashion to Red Oak drives Barbara. “My favorite part of this business is being exposed to all the newest shoes before they are on the market and traveling to expos to bring back the most recent styles,” Barbara said. “I also like to carry items that are not seen every day — attention grabbers. And, of course, I want beauty at an affordable cost.”


Today, with the support of sons, Jarvis and Cameron, Barbara juggles her job as a nurse director and the boutique. “I also appreciate my sister, Alicia Smith, and friend, Romella Vaughn, for their support and Farrah Crawford for being the most reliable store manager I could ask for,” Barbara noted. “These people and my church enable me to have two of the most fulfilling careers ever!”

Barbara invites women to share in her passion by visiting Head Over Heels. “I know a lot of women share my passion for shoes,” Barbara said. “I promise when you walk in the boutique you will feel right at home!” **NOW**



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Red Oak and Glenn Heights police officers along with the Ellis County Sheriff's Office partner with Denny's restaurant to raise money for local Special Olympics through Tip a Cop.



Life School teacher, Mr. Brown, sings during the school's Fine Arts Day, which also featured artists, dancers, musicians, storytellers and more.



Red Oak Elementary Watch D.O.G.S. dad, Scott Richards, works on letter recognition with students, Derek Ramirez, Tyler Daigrepoint, Michael Corson and Daillon McCollister.



Riley Horn has fun dressing up during an anniversary party held in honor of his grandparents.



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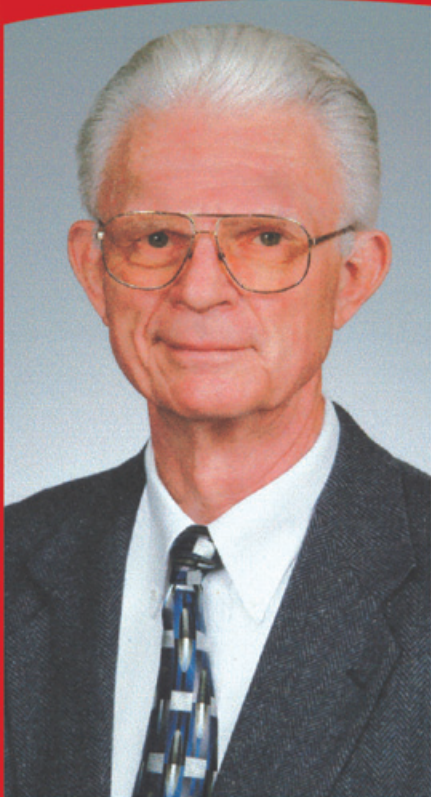
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May 1

PrimeTimers Senior Group meeting: 10:00 a.m.-2:00 p.m., Oaks Fellowship, 777 S. I-35 East, Red Oak. Open to all seniors. Fun, food and fellowship the first Tuesday of each month. RSVP (214) 376-8208.

May 5

Ellis County Bar-B-Que Cook-off: 9:00 a.m.-4:00 p.m., Getzendaner Park, 400 S. Grand Ave., Waxahachie. Benefits Daniel's Den. Contact

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May 7

Red Oak Chamber Golf Tournament: 7:00 a.m. sign in; 8:00 a.m. shotgun start. Country View Golf Course, Belt Line Rd., Lancaster. Prizes and giveaways. Contact admin@redoakchamber.org or (972) 617-0906 for details.

May 10

Teen Club: 6:30-7:30 p.m., Red Oak Library, 200 Lakeview Pkwy. Free craft/game hour for teens, run by library staff. Open to ages 13-19; nonresidents welcome. Contact (469) 218-1230.

May 12

Methodist Mission Golf Classic: 8:00 a.m. shotgun start, Countryview Golf Club, 240 W. Belt Line Rd., Lancaster. Benefiting Red

Oak Methodist Church youth mission assisting elderly and disabled. Contact (972) 617-9100 or visit www.fumcro.org.

Ellis County SPCA Volunteer Training: 11:00 a.m., 2570 FM 878, Waxahachie. Meeting for new volunteers with the ECSPCA or current volunteers wanting to be more involved with the organization. E-mail: coordinator@elliscountyspca.org.

May 14 and 21

Mommy & Me Game Time: 11:30 a.m.-noon. Music play for toddlers and parents: 4:00-6:00 p.m. Video/board game time for all ages. Red Oak Library, 200 Lakeview Pkwy. Contact (469) 218-1230.

May 23

Red Oak Chamber Luncheon: Noon-1:00 p.m., Red Oak Municipal Center, 200 Lakeview Pkwy. Members with reservations/\$12; members without reservations/\$15; nonmembers/\$20. RSVP: katherine@redoakareachamber.org.

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In The Kitchen With Angela Cameron

— *By Angel Morris*

Angela Cameron doesn't cook from recipes, although they do motivate her. "I get a new cookbook, read it and create something new inspired by one or more of its recipes," she explained.

Modifying meals for her family's needs, Angela favors simple dishes and casseroles that camouflage veggies from the kids. "It's important we all sit down to dinner together each night. That's when we enjoy talking, teaching the children table manners and thanking God for our blessings, including the food He provides every day."

Angela also thanks her grandmothers for passing down recipes. "When a grandmother is telling you her recipe for something she says, 'Oh, I don't know, put a little baking powder and enough flour to make it right.' You learn to improvise when all your recipes are written like that!" **NOW**

Nana's Chicken and Dumplings

1 whole chicken
1/2 tsp. baking powder
1/2 tsp. salt
1 Tbsp. oil
1 cup milk
2 cups flour
Salt and pepper, to taste as desired

1. Place chicken in large pot and cover with water. Boil chicken until done and falling off the bone, about 1 hour.
2. Remove chicken from pot, reserving broth. Remove chicken from bones; set aside.
3. In large bowl add baking powder, salt and oil to the milk.
4. Add flour a little at a time, mixing with a wooden spoon.
5. Divide dough in half. Turn 1/2 the dough out on floured board or mat. Knead dough until stiff.

6. Roll dough out to desired thickness. (We like thin, noodle-like dumplings, so we roll it as thin as possible.)
7. Cut dough into dumplings with pizza cutter and drop dumplings into boiling broth. (You may choose to salt and pepper the broth or season at the table.) If the pot becomes too crowded, remove some of the dumplings after they are done (they float to the top) and set aside.
8. Just prior to serving, add all dumplings and chicken pieces to the pot. Serve immediately.

Mexican Lasagna

1 lb. ground beef or turkey
1 pkg. taco seasoning mix
2 cans red enchilada sauce
Flour tortillas (9-10 inch size)
1 can refried beans
3 cups cheese

1. Brown ground meat in a skillet; drain

excess fat.

2. Add taco seasoning mix to meat (no added water).
3. Spray a 9-10 inch round glass casserole dish with nonstick cooking spray. Add thin layer of enchilada sauce to bottom of dish.
4. Layer: flour tortilla, refried beans, taco meat, cheese, enchilada sauce. (You should get 2 or 3 layers depending on the depth of your casserole dish.)
5. Cover with lid or foil. Heat in a 350 F oven for 30-45 minutes until cheese and sauce are bubbly and hot in the center.
6. Serve with Angela's Salsa.

Angela's Salsa

1 28-oz. can whole peeled tomatoes
1 bunch cilantro
2 cloves garlic
1/4 yellow onion
1-2 jalapeños
Salt to taste

1. Place all ingredients in blender or food processor; blend to desired consistency. For milder salsa, use only one jalapeño after removing seeds.

Mamma's Brownies

This recipe is a family favorite and creates a cookie-like brownie. Substituting margarine or butter for the Crisco will make a more cake-like brownie.

1 cup Crisco (do not substitute)
1 tsp. vanilla
2 cups sugar
4 eggs
1 1/2 cups flour
1/2 tsp. baking powder
1/4 cup cocoa
Pinch salt

1. Cream together Crisco, vanilla, sugar and eggs.
2. In separate bowl, sift together flour, baking powder, cocoa and salt.
3. Add dry ingredients to wet ingredients; mix well.
4. Spread batter into deep baking sheet. Bake at 350 F for 30 minutes.

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As co-owner of a karate school, Valerie Honeycutt, 47, leads a physically active life. But hip pain from chronic arthritis made it difficult for her to even tie her shoes. At Baylor Medical Center at Waxahachie, Valerie underwent hip resurfacing, an alternative procedure to total hip replacement. She then participated in physical therapy to regain strength and full range of motion. “It was an absolutely wonderful experience,” she says. “Everyone at Baylor was very compassionate and caring. My doctor was very clear in his explanation of what would happen during the procedure, and that was very important to me.” With her full mobility returned, Valerie is enjoying traveling, karate, swimming and even tying her shoes. “I’m back on my feet doing everything I want.”

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