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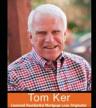
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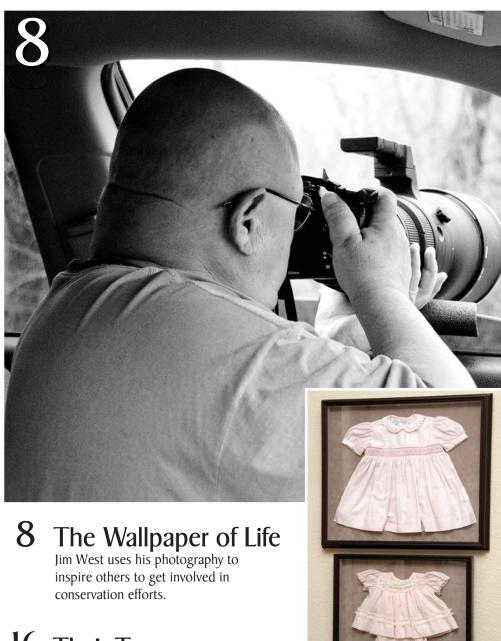
ON THE COVER



The Case family blends old and new treasures to make their house a home.

Photo by Amy Ramirez.

CONTENTS May 2014 • Volume 9, Issue 5



16 Their Treasures

At Home With Jimmy and Kimberly Case.

22 Child's Play

From reading to camping, kids can take their pick of summer fun.

36 BusinessNOW 38 Around TownNOW 44 CookingNOW

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Editor's Note

The best of times ...

"It's certainly not the best time," a friend, who'd just discovered she was pregnant, remarked of the unexpected news. To which I offered the less-than-comforting response, "Is there ever really a *best* time?"

While my husband and I were officially "trying," we never expected to be blessed so quickly. The *best* time for us probably would have been a year or so after our son was born. On the flip side, there are couples who try forever and the best time, unfortunately, never comes.

Here's to moms-to-be, birth moms, adoptive moms, like-a-mother-to-me moms and even surprised-by-the-timing moms who discover, no matter when, children are the *best* gifts of all.

Angel

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1 John 5:3

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God still cares WHEN we sin against Him Isaiah 59:1-2

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God still cares that we love one another *Ephesians 5:30-32*

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1 Corinthians 7:1-2

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God still cares that we worship Him AS HE DESIRES

John 4:21-24

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God still cares about the Lord's Church

Matthew 16:18

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1 Peter 3:21

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God still cares about our salvation
Romans 5:8



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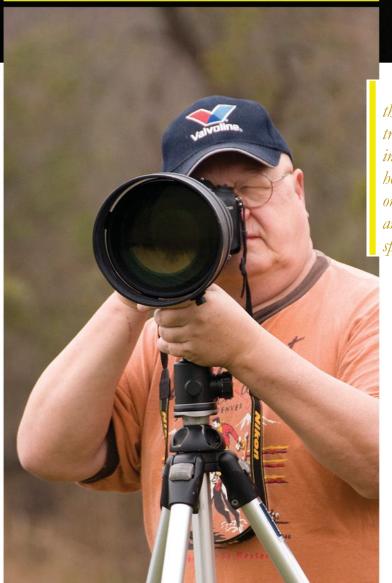
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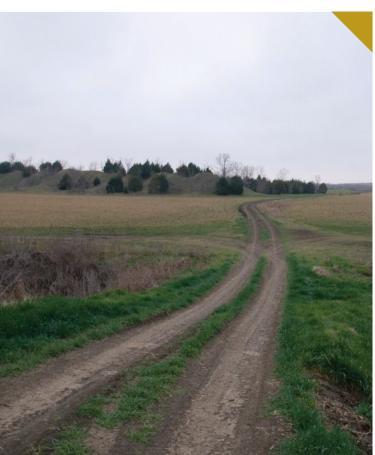
Jim West has found his own slice of paradise in the outskirts of Ferris. Dodging the ruts down a trail paved with dust, he finds the beauty of nature in flowers and birds. He knows each species by heart and can spot a coyote where most would see only brush. In this land he adores, he acts as an ambassador, sharing beautiful photographs and speaking up for threatened species.

Jim found his passion for photography after the Vietnam War. He served as a mechanic in the United States Air Force from 1967 to 1971 and was stationed in Vietnam for a year. "After the service, I came back with a really nice camera, and I used it to win a national award," Jim said. He won the Kodak Award of Excellence in 1978 with a portrait he shot of a friend. After college, he worked as a graphic designer and artist, shooting catalog layouts and portraits on the side.

Nineteen years ago, he moved to Ferris "by accident" after his wife found a house on the edge of town that she loved. Now retired, Jim doesn't plan to leave the area any time soon. "This has become so fruitful out here for me," he added.

Nowadays, Jim draws most of his creative inspiration from the countryside in northeast Ellis and southeast





Dallas counties. The land is mostly privately owned, and visitors are deterred by padlocked gates. "Over the past few years, I've become friends with some landowners," Jim explained. "They gave me the key to their gates, so I'm free to come and go whenever I want." Though some of the land is plowed over for sod farms or cotton fields, "Much of this land will never be disturbed, because it's in the flood plain," he pointed out. "That's what's responsible for most of the wildlife out here." By exploring the land, Jim has discovered rare birds and unique flowers. He has gained the trust of local landowners by picking up trash, creating more accessible roads and watching for illegal trespassers. "Everyone knows I don't mess up stuff," Jim said. "I keep an eye on things."

Jim's daily drives usually lead him along Wolf Springs Road toward the Trinity River. "There's so much here," Jim said, pointing off the road. "If you took 10 square feet of that pasture, you'd probably have hundreds of species. I never know what I'll see."

The road twists and turns until it abruptly ends at the river. There, Jim turns off his engine and exits his car. "I've always been an outdoors person," he said. "I like the silence."

The distant rumbling of I-45 is absent; the only sound comes from the soft murmuring of the river, the breeze rustling the leaves in the trees and a rabbit or snake sneaking through the grass. "There are great sunrises here," Jim added.

One of his favorite animals is the coyote, a creature for which he holds a deep respect. "I love coyotes," Jim said. "The Indians called them God's dog." One of Jim's deep regrets is that his





sightings of coyotes are becoming rarer as they get hit by cars, shot or caught in traps. "People say, 'I shot a coyote the other day,' or, 'There are too many out there.' No, there's not," Jim countered. "If there were, nature would balance itself out, and there would be coyotes starving to death. You don't need to shoot them. They're harmless to humans."

Jim remembered an intimate moment he shared one night with several packs of coyotes. "I was shooting the moon,"





"I've always been an outdoors person. I like the silence."







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he explained. "It was the biggest it had been in 33 years, and I came out here to watch it rise. There were three packs of coyotes, one in front of me, one to the right of me, and one behind me, and they all started howling at once. Beautiful!"

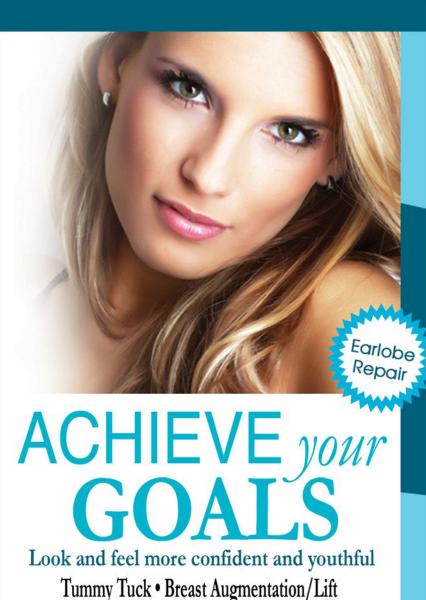
To better protect the land and the animals living on it, Jim became a Texas Master Naturalist, a volunteer for the Parks and Wildlife Department. "It's a bunch of volunteers trying to keep natural things natural," he commented. Jim is also a member of the National Audubon

Society and is active in the Dallas County chapter, working to document wildlife activity and protect natural lands.

He hopes the beauty in his photography will inspire people living in the surrounding urban area. "I show people my photography," he said, "and they ask, 'Where did you take that?' And I say, 'Just out here."' Jim added that many people in the Dallas/Ft. Worth area don't know what's in their own backyards. "People in town don't know this is out here, because they're not allowed to get on the land."

He hopes his photography will also cause a greater appreciation for nature and inspire people to take action. "Anything they do in their own yards will





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help," Jim enthused. "Recycle as much as you can. That's the best thing you can do to preserve nature, though you may never see it. I don't have any children, but I do what I can to make sure someone else's children have a place to live."

Jim has plans to release photography books soon to share his work. One will focus on Texas wildflowers. "One year it rained so much, and I started to see all these flowers," he recalled. "I made a little studio, and I'd take these plants home and shoot them." Soon, he had enough photos for a book. Jim also wants to document his daily path down Wolf Springs Road. "I think I have enough images that I could do one that's just about the road."



Photography will continue to be a big part of Jim's life. "It's fun for me, and it will always be fun for me," he confessed. "This is stuff you just walk over every day. It is basically the wallpaper of your life. There is a lot going on in every footstep you take."

And Jim continues to push for the conservation of the land he loves. "Unfortunately, I'm afraid some of this will be plowed for crops," he said. "A quiet place is hard to find, but as long as it's like this, I want to enjoy it as much as I can." NOW



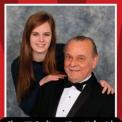
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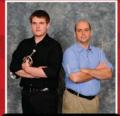
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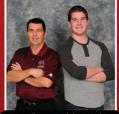
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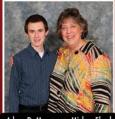
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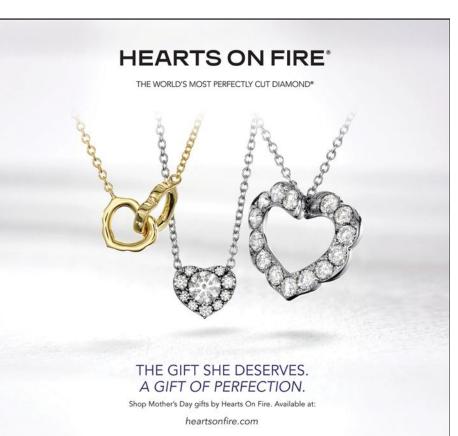
Preserving family tradition and creating a legacy are the primary purposes for the collecting, picking, junking and antiquing Jimmy and Kimberly Case enjoy. Incorporating furniture handed down across generations with Jimmy and Kimberly's own recent treasures, the Case home is both inviting and unique.

The couple met in 1990 while employed at Home Depot. Kimberly was working on her teaching degree and Jimmy on his criminal justice degree, both at Dallas Baptist University. Beyond their instant attraction when they met as co-workers, Jimmy and Kimberly had many interests in common. One of the strongest bonds has been their love for all things antique. "Junking is kind of our thing!" Jimmy acknowledged. After marrying, they lived in Oak Cliff for more than a decade, where they welcomed their three daughters: Bailey, Lindley and Delaney. They relocated to Ovilla and custom-built their current home in 2001. Upon entering the home, visitors are



greeted with an heirloom spinning wheel and an impressively ornate hall tree built by Kimberly's great-grandfather in the mid-1800s. Custom built for travel during covered-wagon times, each piece of the hall tree was designed to detach for compact, easy transport.

Off the entry, several unique and treasured pieces complete the office décor, making the room functional but not fussy. An early 20th century Zenith radio sits in one corner, a vintage pinball table in the other. A giant metal letter C adorns the opposite wall. All of these things are finds from their bargain hunting adventures. Kimberly actually found the C in a dumpster on her way to a nail appointment one afternoon. "I just





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couldn't pass it up," she said with a smile. "It was a great find."

The formal dining room is filled with antique oak furniture, including a buffet, a corner hutch, a portrait chair and a small decorative table, all of which formerly belonged to Kimberly's maternal great-grandmother. The dining table and chairs were purchased by Kimberly's mom as a housewarming gift and, by a stroke of luck, match the rest of the pieces perfectly.

The home features a spacious living area connecting the living room, dinette and kitchen. In the living room, family portraits and comfortable seating are

found. Livening up the room is a giant wooden hayfork atop custom cabinetry, among many other trinkets.

The couple has found that their design style is sometimes ahead of the curve. "The fork came from Holland, and I know that because the little lady I





bought it from told me her daughter brought it back with her," Jimmy said. "Two years after I bought ours, we saw the same exact hayfork in Pottery

The kitchen is nestled in the center of the home. The custom-made, handcrafted cabinetry features four-leaf clover and Ichthus motifs, representing faith and family. A marble-top island designed by Jimmy occupies the center of the kitchen and sees most of the action for mealtime prep. The kitchen also houses a few of Kimberly's many collections. Rounding out the collection are her vintage thermoses, which adorn the tops of the cabinets, and her rooster collection, including her grandmother's Roosters

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and Roses china. An oversized, light-up Weatherbird Shoes clock and a giant metal rooster, which Jimmy jokingly calls "Thunder Chicken," complete the room.

Much of the family's time is spent in the media room. The vintage western decor, accented with antique Italian Western movie posters and a few of Jimmy's grandfather's cowboy hats, gives the room a cozy and comfortable feel.

The most personalized touch in the home, however, may well be the featured artwork of the couple's three daughters. Lindley's rooms is filled floor-to-ceiling with framed drawings, paintings and sketches by the girls. Rooster paintings can also be found in the kitchen, and photographs from artwork inspired by the State Fair of Texas decorate the office. Each year, Jimmy and Kimberly encourage their daughters to submit their creations to contests at school and the fair. Several of the drawings and photographs have actually won, so winning ribbons are featured with the appropriate piece. "We are huge fair people," Jimmy admitted. "It's a family thing. It's about building traditions."

The vintage feel of the home is very inviting. Each item of furniture, each knickknack, each piece of every collection has a story. And that's what makes the pieces so special to the family. Their

importance comes from the history each item holds. And it's in the preservation of these legacies that Jimmy and Kimberly are interested, not the actual items. According to Jimmy, "If the house were to burn down tomorrow, we'd be fine, because they are just things."

Every piece in the home, whether a table or figurine, has a tale and a meaning the couple hopes will be preserved. "One day I hope my girls will say, 'I want that!' And I'll say, 'Great! Take it!" Kimberly shared. "We want to pass these things down to them."

Several of the antiques the couple found or inherited from family members were in poor condition, many of them seemingly beyond repair. But because the couple has always enjoyed picking and junking, the disrepair, for them, merely masked a hidden treasure. A perfect example is one of the pieces from Kimberly's side of the family — a small wooden sofa known as "Trigger." The infamous horsehair stuffed sofa has been recovered and repaired since they



obtained it, so it will live on for future generations. "My grandma used to play on this as a little girl," Kimberly added.

Another example is the piano top found on a curb in north Dallas. Someone had set it out with the trash, and Kimberly's great-grandmother just couldn't accept that such an ornate piece was garbage. She reclaimed the piece and Kimberly was able to use it on the wall in her hall bathroom, which also features a forgotten dresser (now a sink) and claw foot tub that the girls actually played in as children in their backyard.

Repurposing, refurbishing and recreating are what it's all about for Kimberly and Jimmy. The challenge is in taking something discarded and breathing new life, new purpose into it, a practice the couple enjoys dearly, and one they take great pride in. NOW

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With summer around the steamy corner, moms and dads everywhere are considering ways to keep their kids cool, entertained and challenged until school activities rev up again. Busy parents, especially, want safe options for amusement and education they can depend on for their children during workday hours.

Summer Camps





encourage you to plan all activities using the 'everybody plays, everybody wins' philosophy," the site suggests, adding by changing the rules to give a personal touch and not keeping score helps make competitions upbeat and fun.

Susan Merrill, director of programs for Camp Fire Camp El Tesoro in Granbury, believes in the importance of reaching children through activities for all tastes and skills. In her 25 years in the camp industry, Susan has observed the positive effect the interactive enjoyment of work, play and team building has had on young campers. "Going to camp should be a part of every child's life," she said. "The experience develops their independence and confidence, and it provides the opportunity for children to learn decision making."

At large camps, some extraordinary features include: horseback riding, canoeing and kayaking, hiking,





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basketball, tennis and soccer. Whatever children's interests might be, Misty Luttrell, director of overnight and family camps at Camp Fire, recognizes a common denominator: togetherness. "With all the electronics out there, kids spend more time plugged in and less time interacting face to face," she pointed out. "But camp fosters an atmosphere that allows kids to build relationships with peers and their counselors."

Vacation Bible Schools

Another staple, yet ever diversifying, alternative for meaningful summer activity for children is Vacation Bible School. Nearly every church sponsors a program blending faith-based instruction with challenging amusement, covering a range of ages.

Nora Beane, a contributor to the online clearinghouse Yahoo Voices, cites five good reasons for parents to consider VBS as a viable outlet for kids' entertainment and education:

- 1. Scheduling: "The majority of VBS programs run for a single week and many only operate for a half day during that week. Almost every family can plan around that."
- 2. Content: "There are a million sites where kids can go to learn how to play baseball, but considerably fewer places where kids can learn to respect others and have faith in God."
- **3.** Quality companionship: "Parents can guess that their child will be



attending VBS with other kids who come from families where values are important and faith is central."

- **4.** Engaging entertainment: "Kids at VBS don't just spend time reading the Bible. VBS programs have curriculums built for and around kids that are full of adventure."
- **5.** Economic value: "Because they are church based, most VBS programs are not set up to make a profit. They are set up to share a message."

Library Programs

An increasingly varied venue for parents seeking relief from the heat for their kids this summer is the local library. Not only can the little ones (and the older ones, too) hone their reading skills, but they also acquire valuable social sensibilities and teamwork through contests and other interactive programs. From talks by authors to magic shows and clown acts, children learn to associate books with fresh new experiences and exposure that will aid their future reading development and desire for knowledge.

According to the American Library Association, 95 percent of public libraries offer summer reading initiatives for children, so there's no shortage of programs for which parents can sign their kids up. Many libraries select themes each summer for their programming, which involves not only literature but special events. Local themes for summer reading programs in the recent past have included tie-ins















to popular family movies, cartoons and comic books.

The ALA lists the three main benefits for youth-geared summer reading programs as:

- 1. Maintaining reading skills between grades.
- **2.** Attracting reluctant readers by activity-oriented events.
- 3. Encouraging reading as a lifelong habit.

YMCA and Community **Recreation Centers**

More fun in the sun opportunities for kids this summer at local YMCA centers or other community recreation facilities include: basketball and football, swimming, outdoor art installations, tie-dveing T-shirts and numerous other craft projects.

One North Texas area YMCA craft idea proved especially popular last summer with young children returning from a field trip to a popular water park, and it promises to entertain many again this year. Boys and girls created a souvenir of their outing by gluing sand and shells onto a wooden or particle board backing in the shape of a starfish or dolphin. These were then affixed to a painted stick or straw, which girls in particular enjoyed waving around, calling the toy their "mermaid wand."

Whether camping out or taking a dip, curling up with a new book or displaying artistic creations, the summer sky's the limit. There are plenty of choices available for exciting recreational and educational opportunities for your kids this year! NOW





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Saratoga Springs shares its secrets of health, history and horses.

As with certain people, some places work a kind of magic. Such is the special grace of Saratoga. Nestled in the foothills of the Adirondacks, Saratoga Springs combines Old World charm with modern day conveniences. Health attracted people to Saratoga as early as the 1700s, when the area was sacred ground to the native Iroquois Nation. In the early 1900s, the wealthy came from near and far to take in the healing waters in America's European-style bathhouses. Today, visitors still enjoy The Queen of Spas' natural, flowing waters at local spas or on a walking tour.

Decades ago, the city embraced its slogan: Health, History and Horses. Taste-testing the healing water is just one attraction for the hundreds of thousands who come back to Saratoga year after year. Victorian streets — lined with specialty boutiques, art galleries and studios, exquisite cuisine, cozy coffeehouses, jazz hot spots and so much more — are walked year-round by visitors content to enjoy the charm of Saratoga Springs.

Horses and Saratoga go hand-in-hand. The Saratoga Race Course, named one of the Top 10 Sporting Venues in the World

by Sports Illustrated, celebrated its 150th year of racing in 2013. Some of the finest and greatest thoroughbred horses have raced on Saratoga dirt and turf. Saratoga hosts a 40-day meet from mid-July through Labor Day. The meet's first and final weekends are marked by two free music festivals, Hats off to Saratoga and Final Stretch. Horses are also found at the Saratoga Casino and Raceway — with one of the most





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the country — as well as on local farms, in horse sculptures throughout town, at the National Museum of Racing and Hall of Fame, in national horse shows, at the Fasig-Tipton Sales Pavilion and in every store offering Saratoga memorabilia.













The city's rich history is apparent while strolling Broadway or quiet side streets filled with grand Victorian and Gothic buildings and homes. Registered historic districts within Saratoga city limits ensure preservation of over 1,000 existing structures. Museums celebrate horse racing, dance, military and automobiles. Saratoga National Historical Park marks the spot where heroes fought the Battles of Saratoga and American rebels overtook the British military forces. The park's over 3,000 acres offer breathtaking landscape, virtually untouched since the 1700s. Saratoga has been fondly noted as the birthplace of the potato chip, the first bottled water and the oldest, continuously operating coffeehouse.





SARATOGA

amenities of a big city in an

One glimpse of Broadway and downtown makes it easy to see why Saratoga was named one of "America's Best Small Towns" by Money magazine. While searching specialty shops for treasures, take time to taste Saratoga's grace. Dozens of eating establishments suit every palate, from award-winning cuisine and wine from around the globe, cozy coffeehouses and jazz clubs to scrumptious bakeries and ice cream treateries. Culinary events include Saratoga County Restaurant Week in early December, and the Saratoga Chowderfest warms visitors every winter in early February.



Saratoga's fabulous art scene rounded out by a designated art district, a dedicated arts center, numerous artist studios and galleries featuring local artists — hosts ever-growing and popular festivals, including the four-

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day SaratogaArtsFest at the beginning of June and First Night Saratoga, an alcohol-free, family-friendly New Year's Eve celebration. Saratoga is home to the prestigious artist retreat, Yaddo, recently awarded as a National Historic Landmark for its significant and tragic past. Skidmore College, located at the north end of town, offers not only a liberal arts education, but also the first-class Frances Young Tang Teaching Museum and Art Gallery along with the state-of-the-art Arthur Zankel Music Center.



Locals and visitors enjoy year-round entertainment, education, outdoor recreation and fun in Saratoga, a place of grace easy to get to from anywhere. The closest commercial airport is Albany International Airport (ALB), which is about 30 miles south of downtown Saratoga Springs. Bus services, taxis, limousines and rental cars offer daily service to the downtown. Private pilots make use of the Saratoga County Airport, and Amtrak serves a station in Saratoga Springs (SAR) only about one mile west of Broadway.

When exploring downtown, visitors are awed by Saratoga Spa State Park, a 2,200-acre park just off Broadway. This National Historic Landmark is filled with classical architecture, two golf courses,

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 - · Has a recent car accident caused you a knee injury?
 - · Have you had a direct blow to the knee from a fall?

Consider these facts before surgery

People who suffer from knee pain typically try supplements or pain medications before seeking help from a doctor. When all else fails and the pain is too much, some feel that surgery is the only option. Before you put yourself through months of immobility, pain, rehab, and hefty medical bills, consider something else.

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two swimming pools, a Georgian hotel circa 1930s, an exquisite spa, two museums including the National Museum of Dance and Hall of Fame, nature hiking trails, pavilions with picnic areas, playground, geysers and mineral springs — plus a stocked creek! The nationally known Saratoga Performing Arts Center is also hosted there as the summer home to the NYC Ballet in July and Philadelphia Orchestra in August, along with dozens of pop concerts and festivals, including Freihofer's Saratoga Jazz Festival the last weekend in June and Saratoga Wine & Food Festival and Concours D'Elegance every September. Hidden in the park is the intimate Spa Little Theater that hosts Saratoga's own theater company, Home Made Theater, as well as the Saratoga Chamber Music Festival in August and Opera Saratoga in June and July.



Surrounded by horse farms, apple orchards, corn fields, peaceful lakes, rivers, preserve lands and national and state parks, Saratoga Springs is an outdoorsman's paradise. Year-round adventures are easy to arrange, whether hiking, biking, kayaking, fishing, skiing, cross-country skiing, snowshoeing or ice fishing. Affectionately known as the city in the country, Saratoga graces every visitor with the amenities of a big city in an intimate setting. For more information, visit www.saratoga.org.

By Erin Klein. Photos courtesy of Stockstudiosphotography.com.









Business NOW







Red Oak Driving School

119 South Hwy. 342, Ste. 105 Red Oak, Texas 75154

Hours:

Monday-Friday: 4:00-7:00 p.m.



Owners Eboney and Shane Myers, along with their children, pose with the staff of Red Oak Driving School.

Striving and Driving

Shane and Eboney Myers aim to set drivers on the road to success. — By Angel Morris

"Striving and Driving Toward Excellence" is Red Oak Driving School's motto. There, teenage and adult driver education is more than business. "Our motto means we offer the best driver education experience one can have," said Shane Myers, who coowns the school with his wife, Eboney.

In business four years, Red Oak Driving School's formula is simple. "We train student drivers, so they are fully prepared when they depart our school," Eboney said. We're flexible in every way we can be to accommodate students' needs."

This approach has been a success, enabling the Myerses to expand to a second location in Mansfield. "The expansion has been a blessing," Shane commented. "We're excited to offer Mansfield the winning service we give Red Oak. We are winning every time

a student becomes a more confident driver. Winning is when our customers are truly satisfied and their needs are fulfilled."

Earning one's driver's license is a typical rite of passage, and driving schools are pretty common from city to city. Red Oak Driving School strives to stand out.

"We set ourselves apart in several ways, one being our teaching style," Eboney pointed out. "Typically young adults are not interested in learning driver safety laws and state regulations. But we take a fresh approach to this material."

Red Oak Driving School coordinates mini field trips to garages to show students working parts under the hood of a vehicle and hosts guest speakers who address safe driving. "And, of course, we feel our customer service is excellent," Shane said. "Most of

Business NOW

our instructors have been with us since we opened, which speaks volumes about our work environment. We're a team."

With a second school under their belts, the Myerses still hope to grow. "This is our passion, and we would love to be able to share that with as many as possible," Shane admitted. "We're constantly taking classes and seminars to become better business owners. The better equipped we are, the better we can serve clients."

Setting a goal toward longevity, Shane recently became a certified supervising teacher, allowing him to train aspiring driver educators. Meantime, Eboney has taken on the role of facility trainer, ensuring front desk personnel are as knowledgeable about drivers education as instructors.

"Typically young adults are not interested in learning driver safety laws and state regulations. But we take a fresh approach to this material."

"We're blessed to have accomplished a lot, but always feel we can improve," Eboney said. "There's a wealth of drivers education information, so we have plenty of opportunities to expand instruction."

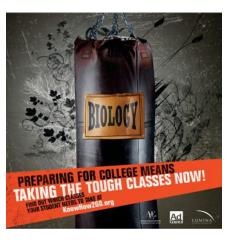
Shane and Eboney love owning a hometown business. "Opening a business is a scary adventure, especially the first time," Eboney shared. "This community embraced us, and we are living our dream. Our personal goal is to leave a legacy for our children, Madison and Jordan, and we hope to do this by having a vital community business."

At ages 9 and 12, the couple's children know more about drivers education than most kids. "Lucky for us they have welcomed the experience," Eboney observed. "We just love those two so much! They and our other students really keep us on our toes with their interest and curiosity."

Alongside drivers ed, the Myerses hope to pass on life lessons to students. "It's important we show gratitude to our parents, our instructors, the community and, of course, to God," Shane said. "Being thankful, determined and confident leads to perseverance, and we want this to be something our students see in us!" NOW









Around Town NOW



Ballet Folklorico joins Red Oak Library for DIA! Diversity in Action Day.



Teachers lead a pep rally for the Ovilla Christian School Boosterthon Fun Run.



Ellis County SPCA places one of many loving pets with a new owner.



Families with special needs celebrate Easter at Ellis County's Paws for Reflection.



Ferris's Adrianna Galindo earns second place in girls singles in the District 11-3A tennis tournament to advance to regionals.



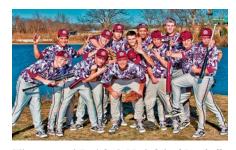
Representatives from Acapulco's of Red Oak receive the Gold Award for the restaurant's contributions to Oncor Waste Management's United Way campaign.



The Red Oak Hawkettes celebrate their annual Spring Show.



Mark Louis Rybczyk, aka KSCS country radio station host "Hawkeye," presents his book at Red Oak Library's Meet the Author event.



The seniors of Red Oak High School Baseball kick off their season with some fun.



Jacob Stanford, sponsor Brent Stanford and Caleb Moore place for the Red Oak High School Bass Club in the 2014 Texas High School State Fishing Championship. Cody Comeaux, sponsor Rodney Pickard and Kyle Pickard, not pictured, also participated.

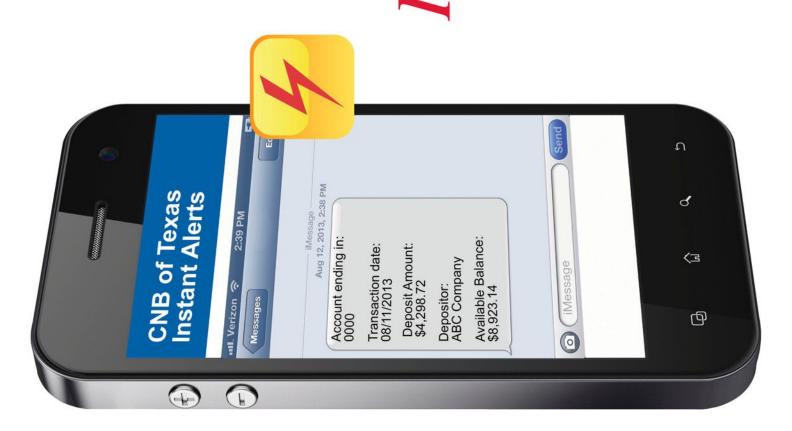


DeSoto Canterbury Episcopal School girls basketball team, including Ellis County players Jaida Lemmons, Triniti Lemmons and Salma Sharaf, completes their season as Area Champions. Jaida Lemmons (front row, left) earned First Team All State.

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Health NOW



When It Comes to Colorectal Cancer, Put Facts Over Fears

Nobody likes getting a colonoscopy. But the fact remains that it's the best way to prevent colorectal cancer or catch it in its earliest stages. If you are over the age of 50 and have never had a colonoscopy — or if you are 60 or older and it has been 10 years since your last one — it's time to talk to your physician about getting a colonoscopy.

Likewise, men and women with a digestive disease, such as: inflammatory bowel disease, ulcerative colitis or Crohn's disease, or who have a family history of colorectal cancer, should talk to their physician about colonoscopy much sooner. The procedure typically is not as bad as most people think, and it's the best way to stop colorectal cancer early, or before it even starts.

Knowing the Facts

- A leading cause of cancer deaths. According to the National Cancer Institute, colorectal cancer is the second leading cause of cancer-related deaths in the United States.
- Equal opportunity offender. Unlike some cancers, colorectal cancer impacts both men and women in nearly equal numbers. In 2013, the American Cancer Society estimates approximately 73,000 men and 69,000 women were diagnosed with a form of the disease.
- No symptoms doesn't mean no problems. Unfortunately, most people won't experience any symptoms of colorectal cancer, such as pain and bleeding, until it's already in its later stages, often making treatment more difficult.
- Prioritize prevention. By removing precancerous tissue called polyps from the colon during a colonoscopy, you can prevent them from ever becoming cancer.

Overcoming Your Fear

Here are three common fears (or excuses) physicians hear for not getting a colonoscopy, and why they shouldn't hold you back anymore:

• The day before: Preparing for a colonoscopy usually involves fasting and drinking a laxative to flush your system before the procedure. In the past, patients often complained about the taste of the laxative. However, depending on where you're having the screening done, the laxative may just consist of a powder mixed with Gatorade, so it

While there is no way to sugarcoat the diarrhea that accompanies a laxative cleanse, keep in mind that for most people a colonoscopy is a once-a-decade screening, and it could save your life.

• Pain and discomfort: Patients are under sedation for the duration of the procedure, which usually only lasts 20 to 30 minutes. Normally, patients come out of sedation with no memory of it. Even if polyps are found and removed during the procedure, it doesn't hurt.

In addition, advances in colonoscopy over the last 10 years have improved the procedure. For instance, often CO₂ is used instead of air to access the colon with the scope, which is absorbed much quicker by the body. So the gassy feeling that some patients were once left with after a colonoscopy is normally much less now.

• An abnormal finding: Some people fear medical tests because of what might be found. But that should serve as motivation. Especially with a colonoscopy, since it is one of the few screening tests that can also eliminate potential troubled tissue at the same time, all while you're sedated. And not only is cancer, if found early, more treatable, the treatment is usually a lot easier. NOW

Valerie J. Gorman, MD, is chief of oncology, chief of surgery and a general surgeon on the medical staff at Baylor Medical Center at Waxahachie.



May 1

Local Author Group: 6:00-7:30 p.m., Museum Room, Red Oak Library, 200 Lakeview Pkwy. A discussion/critique group run by local author Donald Horne.

May 2

25th Annual Texas Scramble Golf Tournament: 7:00 a.m. sign-in and breakfast; 8:00 a.m. shotgun start. Hosted by the Red Oak Chamber of Commerce at Country View Golf Course, 240 W. Beltline Road, Lancaster. Entry fee of \$115 includes green fee, cart, goody bag, lunch and door prizes. Hole prizes will also be awarded. Contact Shelley Martinez at (972) 617-0906 or admin@redoakareachamber.org for more details. Rain date is May 9.

Red Oak Masonic Lodge No. 461 Beans and Cornbread Fundraiser: 5:30-8:00 p.m., First United Methodist Church of Red Oak, 600 Daubitz Dr., Red Oak. Enjoy beans, cornbread and all the trimmings. Meal donations: \$7 for teens and adults, \$5 for children under age 14. Event includes a silent auction. This is a come and go event. Auction winners will be notified if they are not present.

May 2 ---4

Waxahachie Community Theatre presents Dirty Rotten Scoundrels: Friday and Saturday, 7:30 p.m.; Sunday, 2:30 p.m.; Chautauqua Auditorium, Getzendaner Park, Waxahachie. Tickets are \$12 for seniors and students; \$15 for adults. Preschool children get in free with a paid adult admission. Tickets can be purchased online at www. waxahachiecommunitytheatre.com and are also available at the Waxahachie Chamber of Commerce, The Ellis County Museum and the offices of Jerry Ellis DDS in Midlothian. For more information, call the box office at (972) 646-1050 or email at www.wct.texas@gmail.com.

Breaking Free Seminar: Friday, 6:30-9:00 p.m.; Saturday, 8:30 a.m.-4:00 p.m.; Sunday, 9:15 a.m.-noon, Grace Church of Ovilla, 519 Westmoreland Rd., Ovilla. Tickets \$15. Break free of the bonds that keep you from experiencing the freedom Christ offers. (972) 617-0429 or www.eventbrite.com/e/breaking-freeconference-tickets-10847690735.

May 3

Red Oak ISD Education Foundation 5K, 1-Mile Fun Run and Color Dash: 7:30 a.m. registration, 8:30 a.m. race, 9:30 .m. Color Dash, Goodloe Stadium, 154 Louise Ritter Blvd. Dash portion is a non-timed race and participants will be dusted with various colors (powder) throughout. Visit www.redoakisdfoundation.org for registration details.

Race for the King 5K Run/Walk: 8:00 a.m., Yellow Jacket Stadium, 1002 E. 8th St., Ferris. Benefiting the Kyle King Scholarship Fund, the race features a children's fun run in addition to the 5K. Contact Traci Rodriquez (972) 544-2279 or tdrodrig@ferrisisd.org.

Love Your City Theater auditions for Disney's Beauty & the Beast: May 4, 3:00-9:00 p.m.; May 5, 5:00-9:00 p.m., 1231 E. Pleasant Run Rd., Cedar Hill. To schedule auditions for ages 8 to adult, call (469) 454-8456. Performances are July 18-20. For more information, visit www.loveyourcitytheater.com.

May 5, 12, 19, 26

Hot Yoga Community Class: 5:45-6:45 p.m., Dynamic Yoga for Love Studio, 558 Bluebird Ln., Red Oak. Beginner to advanced levels welcome; modifications offered for various body types and ages. Donations accepted. Visit voga4love.net.

May 13

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

May 15

Senior Spring Luncheon: Noon-1:00 p.m., Municipal Center, 200 Lakeview Pkwy. Hosted by the city Parks and Recreation Department for residents age 55 and older. Meal catered by Randy's Barbecue. RSVP by May 8 to (972) 576-3424.

May 19

Book Club: 7:00-8:30 p.m., Red Oak Library, 200 Lakeview Pkwy. Email sandyg@aircanopy.net for this month's book selection.

May 31

Household Hazardous Waste Collection: 9:00 -11:00 a.m., 2118 S Uhl Road. Sponsored by city of Glenn Heights. Contact Tonya Lonzie at (972) 274-5100 for more information.

Glenn Heights Family Festival: Visit www.glennheights.com for details.

June 7

Annual Pancake Breakfast Fly-in: 8:00-11:00 a.m., Mid-Way Regional Airport, located off Hwy 287 between Waxahachie and Midlothian. Breakfast tickets: \$6, adults and children 8 and over; \$3, children under 3. Free parking. Event will include classic airplanes, open cockpit biplane rides, full motion simulator instructional flights, helicopter rides, fly-overs, live music, activities for children and so much more. For more

information, call (972) 923-0080 or visit www.mid-wayregional.com.

Ongoing:

Mondays and Wednesdays

Mommy & Me: Mondays, 10:30-11:30 a.m., music and instrumental play for toddlers and their parent; Wednesdays, 10:00 a.m.-10:45 a.m., crafts/storytime for children and their parents, Red Oak Library, 200 Lakeview Pkwy. (469) 218-1230.

Fourth Mondays

Bluebonnet Blue Star Mothers: 7:00 p.m., Ovilla Community Center, 1404 Red Oak Creek Rd., Ovilla. www.bluestarmothers.org or BluebonnetBSM@gmail.com.

Tuesdays

After-School Game Time: 3:30-4:30 p.m. (ages 7-10) and 4:30-5:30 (ages 11-17), Ferris Library, 301 E. 10th St. (972) 544-3696.

Tuesdays and Thursdays

Alcoholics Anonymous meetings: 7:00 p.m., First United Methodist Church, 600 Red Oak Rd. (972) 617-9100.

First and Third Tuesdays

Red Oak Lions Club meetings: 7:00 p.m., 207 W. Red Oak Rd. (214) 864-8014.

Third Tuesdays

Veterans Networking Group meetings: 5:00 p.m., Ryan's Steak House, Hwy. 77 north of Hwy. 287 Bypass, Waxahachie. (214) 763-0378 or vetsnetgrp@att.net.

Wednesdays and Thursdays

Red Oak Senior Citizens Club meetings: 8:30 a.m.-1:30 p.m., 207 W. Red Oak Rd. Games, exercise and activities. (972) 576-2777.

Wednesdays and Fridays

Free tutoring: 3:00-5:00 p.m. Ferris Library, 301 E. 10th St. Afterschool tutoring provided by former teacher through Covenant Church of Ferris. (972) 921-1244.

Thursdays

GriefShare meetings: 7:00 p.m., The Oaks Fellowship in Red Oak, Room E-104. This is a recovery group for those who have lost loved ones. (214) 376-8208.

Second Saturdays

Lone Star Cowboy Church motorcycle ride: 1011 E. Ovilla Rd. (972) 576-0900.

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

Cooking NOW



In the Kitchen With Mary Young

— By Angel Morris

The best Mother's Day gift for Mary Young is watching her certified chef son, Travis, carry on her lessons by teaching children to cook during mission trips. From a large family, Mary herself was taught by her mom and grandmother. "Grandma Mabel taught me how to measure small ingredients with my hand!" Mary noted.

Today, Mary makes cookbook and Internet recipes her very own by adding spices and ingredients. She then turns them into meals for 50 to 75 people at family and church gatherings. "I inherited great pumpkin pie, peanut brittle and cranberry relish recipes," Mary said, and she shares that cranberry relish recipe below. "I love making those and other baked and grilled dishes, because good food makes people feel good." **NOW**

Grandma Neu's Cranberry Relish

Makes I quart.

3 apples 1 orange

1 lb. cranberries

2 cups sugar

- **I.** Wash fruit and remove spots. Core apples but do not peel.
- **2.** Remove and discard half of orange rind. Remove seeds, if any.
- **3.** Put cranberries, unpeeled apples and orange with half of rind through food chopper using coarse blade.
- **4.** Add sugar and stir until combined and sugar is dissolved. Keeps in refrigerator for 2-3 weeks or can be frozen.

Blueberry Squares

10 boxed blueberry muffin mixes and their required ingredients

3 sticks butter, softened 1 cup brown sugar 1/2 cup flour 2 tsp. cinnamon 1 tsp. salt

- **I.** Pour prepared blueberry mixture into large cake pans.
- **2.** In a bowl, mix together the remaining ingredients to make crumb topping. Sprinkle atop blueberry mixture.
- **3.** Bake according to the directions on the blueberry muffin mix package.

Oven Fried Chicken

25 lbs. chicken, boneless and skinless

I quart buttermilk

6 eggs, beaten

3 cups white bread crumbs

3 cups Italian bread crumbs

1 Tbsp. salt

1 Tbsp. garlic powder

1 Tbsp. onion powder

1/2 Tbsp. black pepper

1. Line pan with parchment paper. In a bowl, mix buttermilk and eggs.

2. In another bowl, mix dry ingredients.

3. Dredge chicken in liquid mix and then in the dry ingredients; place in prepared pan.

4. Bake in 350 F oven for 30 minutes.

5. Brush chicken with melted butter and leave in warm oven until browned and an internal temperature of 170 F has been reached.

Pasta Salad

2 lbs. garden rotini pasta

2 lbs. smoked turkey

2 large cucumbers

2 red onions

2 pkgs. cherry tomatoes, halved

2 large bottles zesty Italian dressing

6 Tbsp. white vinegar

Salt and pepper, to taste

1. Boil pasta until done; drain and cool.

2. While pasta cools, cut turkey into cubes and chop vegetables.

3. Mix all ingredients together and chill overnight in refrigerator.

Baked Four-cheese Ziti

10 qts. crushed tomatoes (6 28-oz. cans)

2 qts. tomato puree (6 15-oz. cans)

2 large onions, finely chopped

2 Tbsp. dried basil

2 Tbsp. dried oregano

2 Tbsp. dried parsley

1 Tbsp. black pepper

3 Tbsp. salt

6 lbs. ziti, cooked and drained

10 lbs. hamburger, browned and drained

3 lbs. mozzarella cheese, shredded

6 lbs. cottage cheese

3 lbs. Swiss cheese, shredded

3-4 Tbsp. dried parsley

2 lbs. provolone cheese, shredded

- **1.** Combine tomatoes, tomato puree, onions and seasonings in a large kettle. Cover and simmer about 15 minutes. Turn off heat.
- **2.** Layer as follows into three or four large pans: sauce, ziti, meat, mozzarella, cottage cheese and Swiss cheese.
- **3.** Repeat, ending with remaining sauce.
- **4.** Sprinkle parsley over sauce. Sprinkle provolone on top.
- **5.** Cover and bake at 350 F for 25 minutes or until cheese is melted.



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