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M A G A Z I N E

June 2010

**NO SETBACKS  
HERE**

**Around  
THE BEND**

**TAKE MY  
Picture**

**SPECIAL  
UNDERSTANDING**

**AT HOME WITH  
John and  
Ruby Murray**







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Superintendent's Employee of  
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Red Oak ISD has announced the dates and times students will be able to pick up their schedules for the 2010-2011 school year.

### **Red Oak High School (grades 9-12)**

Aug. 11 & 12

9am-6pm

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5pm-8pm

Aug. 18 - 7th grade

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General Manager, *Rick Hensley*

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Managing Editor, *Becky Walker*

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Contributing Writers,

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*Cari LaCroix . Janice C. Johnson*

*Teresa Maddison . Nickie Weyrauch*

Contributing Editors/Proofreaders,

*Pat Anthony . Teresa Maddison*

*Melissa Rawlins . Beverly Shay*

## Advertising Art

Art Director, *Chris McCalla*

Ad Artists, *Julie Carpenter*

*Allee Brand . Cherie Chapman*

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## Editorial Art

Creative Director, *Jami Navarro*

Production Artists, *Brande Morgan*

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## Photography

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Photographers, *Ashley Kinney*

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## Billing

Billing Manager, *Lauren De Los Santos*

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the Surrounding Area  
MAGAZINE

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Volume 5, Issue 6



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## On The Cover

Class of 2010 Red Oak High School graduate Katelyn Lowe is on her way to Oral Roberts University on a six-year scholarship.

Photo by Amy Ramirez.



# Editor's Note

Dear Readers,

I would like to congratulate all of our graduates! We are all proud of you and wish you luck as you follow your dreams and goals. In honor of our graduates, we would like to introduce you to Red Oak High School graduate, Katelyn Lowe. Her summer will be spent helping with basketball camp at Oral Roberts University in Tulsa, Oklahoma, where she won a six-year scholarship!

With the temperatures warming up, how do you like to spend the long summer days? With topics such as: photography, special education, barrel racing, basketball and Victorian home restoration, I feel sure this issue of *Red OakNOW* will add to your summertime enjoyment.

Red Oak Public Library's eight-week summer reading club promises some fun adventures for the children. The theme "Catch the Reading Express" will feature "travel" to all seven continents. Registration is now open; see our community calendar for more details.

Have a great June, everyone!

Becky Walker  
Managing Editor  
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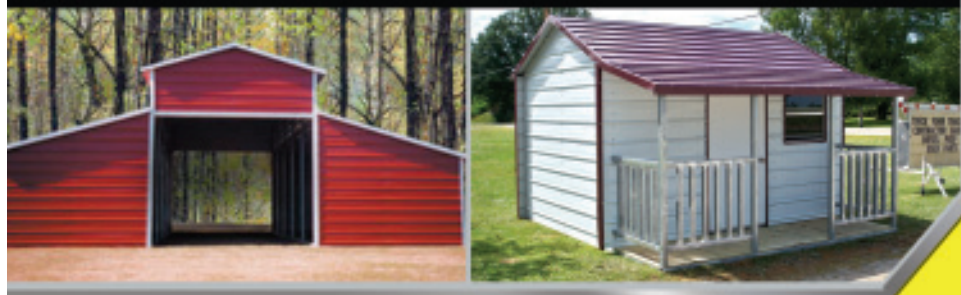
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# NO SETBACKS HERE

— By Janice C. Johnson

*was a good player. Summer lessons with professional trainers had built tremendous ball-handling skills, and she had always been known for quickness. But during field camp, she had injured the groin muscle; now she was unable to perform at top speed. Would she stand out enough to be considered for a scholarship? The coaches had been taking care of her injury, but she would much rather impress them on the court than be babied on the sidelines.*

Katelyn started out playing soccer at age 6, but when her four older sisters' guy friends would come over, they often played basketball on the driveway and included little Katelyn. Not only did they let her play; they taught her basketball skills, as well as the rules of the game. She loved basketball so much that, at age 10, she quit soccer and joined a youth basketball team. She has since spent many summer hours working on her game, earning the nickname "gym rat."

After four intense days of training at ORU, Katelyn returned home. The very next day, as she drove to church, her right front tire slipped off the edge of the road. Startled, she twisted the wheel to the left too hard. Time and thought froze as the SUV veered out of control, hit a post and rolled five times. Witnesses pulled over and hurried toward the crumpled vehicle, fearing the driver could not have survived. But then the car door opened and Katelyn stepped out. She was in shock and her left arm was bristling with glass shards. Otherwise, she was uninjured.

Hours later, Katelyn's mother, Melody Ginn, sat in the emergency room with her while a doctor sewed up the cuts on her arm. Learning Katelyn was a high school senior, he asked where she planned to go to college. "ORU," Katelyn replied. "I'm working on a scholarship." At that, Melody remembered, "I got tears in my

*A coach's whistle blew, ending the drill. Katelyn Lowe stopped running and winced as her pulled groin muscle complained — again. She gave a sigh of frustration. Here she was at the 2009 Basketball Camp at Oral Roberts University (ORU) in Tulsa. This was her chance to clinch her longtime goal: a scholarship to play for ORU. She had spent seven years in recreational and competitive basketball. Even though she had never found it in herself to be "mean" and "aggressive," as her parents kept advising her, she*





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eyes thanking God Katelyn was still alive.”

For the rest of the summer, Katelyn played with the select Team Texas, as planned. She often looked at her scarred arm regretting the accident and those “ugly” reminders of it. But over those weeks, her focus began to change. “I loved the game — anything to do with it,” she said. “I wanted to get better at it. I have always done my best, worked hard at something I love [in an effort] to get somewhere. But, I just didn’t have



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July 16<sup>th</sup> Fireworks Rain out date.

Artwork courtesy of Grubtree Design

the aggressive spirit — and I’m not ‘buff,’” she laughed. “That doesn’t really come in handy in sports.” That summer, Katelyn told her mother she believed God was taking her through the journey of basketball for a different reason than merely playing the game. “I know this game inside and out, and I understand the athlete. I want to take care of a team,” she decided and began planning to study physical therapy.

In September, Katelyn received her letter of acceptance from ORU’s admissions department. Then in October, the Athletic Office called for her. “It was a Wednesday, so I was at church, and they talked with Mom.”

Melody took up the story. “The coach said, ‘We want to give Katelyn an offer — probably not what you think. Now, she can come and play for us, if she wants, but we think it would be a better fit for Katelyn if ...’ and I said, ‘Because she’s not mean?’ and we both laughed. She said, ‘Yes. We would like to offer Katelyn something bigger, really. We’d like to offer her a six-year scholarship, so she can get her master’s degree, if she’ll come



on our support staff as a trainer.”

A better fit, indeed. One quality, which has always set Katelyn apart, is her unselfishness toward the team. After each of Katelyn’s summers with professional coach Carlos Ratliff in Fort Worth, Melody said, “She would always take what he taught her and invest it into her teammates. She was never afraid to pass on to her team what she knew.” The ORU scholarship will give her the opportunity to continue doing just that. Melody went on, “It’s going to allow her to train under Division 1 coaches, to be on the floor with the girls running drills and learning literally how to coach. It’s not just going to be working on her [skills] anymore; it’s going to be on the opposite end — learning how to coach a Division 1 team.”

The normal athletic scholarship for players is a four-year one. How did the ORU staff come to pick Katelyn for this unusual opportunity? Katelyn explained, “The reason they got to know me is because of that pulled groin. I was so bummed about it, so it was ironic they got to know me because they were caring for my injury. They got to know me as a person instead of just a player. It was kind of cool how that worked out.”

Her setbacks had turned into benefits. As Melody said, “We realize now that her ability to remain who God made her to be earned her more than what we could have ever imagined. The day we received the call, we told Katelyn, ‘We will never tell you to be mean again!’”

In March, Lay Witnesses for Christ awarded Katelyn the “Pay It Forward” award as an athlete who pours into others, rather than just furthering her own game. She currently trains junior high girls to play with confidence and passion. She will return to ORU this month to help at the same basketball camp she attended last year.

Now, when Katelyn sees her scars, she thinks of God’s love and protection for her and how her purpose is “much bigger than two points.” Although thrilled with the scholarship itself, she is most pleased about how God has been able to use her. “People ask how I got the scholarship, and I share how God provided it — how He used little incidents that I never thought would lead to this.” She has one more thing to pass along: “You’re never too young to follow big dreams.” **NOW**

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# A Road Less Traveled

— By Cari LaCroix



## At Home With John and Ruby Murray

*John and Ruby Murray are not afraid of uncharted territory. Married over 21 years, they have covered more ground together than most cover in a lifetime. They met at First United Methodist Church in Duncanville, where they remain active members. One day, while visiting a friend in Ovilla, they took a chance and drove down a narrow, winding, tree-covered street and found what has now been their home for 10 years.*

Sitting on a rectangular, two-acre lot, this Victorian two-story home gives the impression of a lifetime of tender loving care. However, it had been left untended. “When I first saw it, I thought, *That house has got potential*,” John said. With a detached four-car garage behind the home and a quaint guesthouse attached to the right, it has everything. However, 16 trees had to be cleared just so it could be seen from the road. Trash, weeds and poison ivy had taken over the creek that flows down the right side of their lot. Loads of dirt were brought in and

retaining walls were built to support the creek bed.

Now, driving up the circular driveway, it is as if approaching a bed and breakfast or a historical home. Strong white columns and lots of gingerbread trim and railings create that nostalgic feeling. Beautiful shrubbery, flowers and vines under the roof of mature trees are kept flourishing by the sprinkler system. A brick walkway leads to the front porch, complete with white wicker furniture.

Entering the home, the attention to detail continues. Directly above is an

ornate brass angel light fixture. Ruby had first seen it in an antique shop here in Texas. She passed it over and went home, but instantly regretted it. Upon returning, the fixture had been sold. “I couldn’t stop thinking about it,” Ruby said, “but I just prayed.” One year later, a friend called Ruby from an antique shop in Ruidosa, New Mexico. “She said, ‘I think I see something here you might like,’” Ruby recalled. “I said, ‘Don’t tell me, it’s my angel light fixture!’” It had been sold directly to this other shop, waiting to be rediscovered.

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into the formal dining room or left toward the spacious living and sitting areas. Both are equally inviting. Upgrades and improvements were needed inside, including replacing wiring, two hot water heaters and air conditioning units, light fixtures, flooring, granite countertops and kitchen appliances. However, these were just the icing on the cake. The home was masterfully built, originally intended for the builder himself.

High-gloss oak woodwork flows throughout the home, displayed in crown molding, paneling, built-in shelves, gingerbread accents, a serving bar, fireplace, mantel and stairwell. Antique tin ceiling tiles salvaged from a building in Chicago cover the kitchen, living, sitting and dining areas giving John and Ruby another great story to tell. Many

windows throughout the home feature gorgeous stained glass in vivid bird and floral scenes, with lots of natural sunlight shining through. The Victorian architecture also yields six bay windows, found both upstairs and down.

The front sitting area is perfect for viewing the expansive yard. A shelf stretches overhead, framing the bay window. Two chairs are just right for admiring collectibles displayed on the built-in shelves. These include perfume bottles and jewelry boxes the couple has picked up while traveling. They started out in 1996 on a church-organized trip to Israel. Since, they have traveled the United States, Canada and to over 40 countries, Egypt being their favorite! "Most people think your life ends with retirement; ours is just beginning," John

mused. Ruby echoed, "We wonder how we ever had time to work!"

This love for other cultures is evident in their assortment of Chinese furniture moved from their oriental home in Duncanville. The living area and master bedroom and bathroom display an extensive array of black lacquer furniture, hand-painted in Chinese art motifs, with mother-of-pearl seashell accents. Other pieces include an oriental grandfather clock, lamps, screens, art and even ornate fish water faucets.

From the back of the house, the sound of water trickling can be heard. One glance outside reveals a waterfall and fishpond, home to 18 koi and goldfish, flowing along the brick patio. "The waterfall is right outside our bedroom door, and it sounds so relaxing," Ruby

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said. Other prime spots outdoors include a rose-covered arbor with a wishing well beneath, a secret “sunken” garden and three fountains.

John and Ruby’s gazebo is just right for entertaining. “We might sit out on the gazebo and drink coffee. Here in Texas, the weather is good most of the year, so we like to be outside — except in August!” John laughed. The couple enjoys opening their home to their two daughters and three grandsons. “We also love to host our church Sunday school, which is a large group of about 50. Here they can spread out and enjoy fish fries, salad suppers and ice cream socials. When it’s cold, we have indoor game nights.”

Upon entering the guesthouse, dozens of skilled oil paintings can be found displayed and in progress. About five years ago, Ruby went to an art teacher in Oak Cliff and told of her desire to paint a picture of their home. “She told me, ‘You can’t paint a house; it’s too difficult. You have to paint a landscape first.’ So I painted a tree. Then I painted my house!” This painting is affectionately displayed in the formal dining room.

Leaving the guesthouse, the covered breezeway leads back into the kitchen. Here, a china cabinet holds a collection of vintage pink Depression glass. Ruby wants each grandchild to have a set “but now I’m out of room in that cabinet!” she said.

Family photos are prominently displayed along the stairs. A padded fabric wall backs the landing space at the top of the stairs, between two rooms. Three upstairs bedrooms were transformed into the home office; the costume room, created by Ruby for her dance team, “Sassy Seniors”; and the last, fondly called the Doll Room. Carefully stored within glass cabinets are



Madame Alexander dolls from every country they have ever visited. The dolls are dressed in outfits from the movie *Gone With the Wind*. After beginning her collection, Ruby realized every outfit was not available on a doll. “So I bought the movie, made a list of all the outfits and made them myself. I put them on undressed dolls I ordered.”

No matter which space, indoors or out, everything here has a purpose and is connected to a great story. And each of the stories is perfect for sharing with neighbors! **NOVY**

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# Take My Picture

— By Teresa Maddison

How do you know when a photo is really good? “You capture that peak moment, the one you rarely see,” said Steve Patterson, local freelance photographer and newly announced photo contest winner. “It has to catch your eye and make you look twice ... a ball coming off the bat; a kid catching the ball right before it hits the glove.”

Steve recently won second place from more than 10,000 entries in the Canon “Why Do You Love Football?” Amateur Photo Contest with a picture that really was “all that” — football player in full uniform, face down in a huge mud puddle, feet up in the air, football inches off the ground with mud flying everywhere. “You have to have an idea of what you’re trying to get; hopefully, the cards come together where everything goes right and you capture it!” Steve certainly captured the peak moment in that photo; and like every great photo, it immediately began to tell a story.

“In sports photography, you have to anticipate the great shots — the ones that tell a story like *Mud Hole*, his contest winner.

“It literally stopped time,” Steve reminisced. “I had tried every Saturday to get a player to hit that hole just right, and it just wouldn’t happen. Finally, I asked one of the guys to dive for the ball and everything lined up perfectly.”

The picture taken after that one had quite a story as well. “I went to apologize to the dad, but he shut me down immediately. ‘Don’t talk to me; go talk to his mama!’” Steve said laughing. The next picture showed the good-natured player being washed down with a hose. “Some pictures you think, *Man, there’s going to be heck to pay after this!*”

As Steve’s children were coming up in Red Oak sports, he realized there was very little professional action photography. “I approached the youth sports boards, and they told me, ‘We need someone who is nice to the parents and nice to the kids ... come on!’ A lot of people have opened doors for me and given me great opportunities over the years.”

Steve mainly shot youth sports for the first several years. It was not until 2007 that he started covering Red Oak Independent School District (ISD) sports. He freelances for the *Red Oak Record* and the *Ellis County Press* and is also a main contributor to *Hawkeye News*. “I’ve been in Red Oak long enough that all these kids [that] I’ve known since kindergarten are now in high school. I watched them play T-ball, flag

football and short-hoops basketball — photographing along the way. Now, 10 years later, I’m shooting high school; they see me, they remember me and come up and say, ‘Take my picture!’” Steve shared. “It’s really cool to see them go from these little kids





in Little League when “too hot” or “too cold” was an issue, to young adults on the high school football team knocking their heads together. The nice thing to see is that they are all good students; very respectful.” Steve noted. “It seems like the kids that stay in some type of organization, whether it’s band, sports, whatever, stay strong throughout high school and later in life. It’s impressive.”

Although freelance photography is not Steve’s full-time job, it is his full-time passion, and along the way, he started Moving Pictures, a Web site for those

## “I just go out, shoot and have fun.”

interested in viewing his photographs. “Sports photography is mainly about anticipating the shot and having the right gear. You have to have good equipment to get good photos. For me, the highlight is being able to provide exceptional photos for the parents.”

When Steve was asked about the biggest lesson he has learned, he responded, “Always treat the parents and their kids with respect. Take care of people, year after year.” Not given a technical answer to this question, you perceive that Steve is a people person. “I just go out, shoot and have fun. They put a picture or two in the paper from me and mention my name — that’s all good with me. I’m not about the celebrity photo,” Steve said. “But if someone called me and said, ‘Hey, can you come shoot the Dallas Cowboys tonight?’ I’d be there! That would be pretty cool.”

As for a single piece of advice that stood out all these years, Steve remembered, “During one of my meetings with the local youth sports, one of the coaches said to me, ‘Whatever you do, don’t yell at our kids.’ I never have, and I never will. I am happy I can do this. I have some skills and some equipment. A lot of people support me, and it’s allowed me to do some things I wouldn’t have been able to do. I even enjoy the sunburns and the freezes.” Remember to look for the guy with the huge lens on the field. He would love to take your picture. **NOW**

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# Around the Bend

— By *Diana Merrill Claussen*

In the sport of barrel racing, there is much more to worry about than your own speed, coordination and overall performance. As a team sport of sorts, barrel racing involves the special relationship between a horse and its rider. When a horse first begins its training, it learns how to respond to its rider, and slowly progresses into learning how to go full speed around each obstacle. Part of a barrel horse's training also involves conditioning exercises such as "breezing." "Breezing is sort of like sprints for humans," Amy Fenton explained. During training, the horse is also taught to have good neck bend while turning a barrel. "This helps the horse to make a good, smooth turn, because a good neck bend will help the horse be correctly positioned around the barrel."

Amy learned about horses and barrel racing not long after she learned to walk. "My mom rode horses while she was pregnant with me. Then, after I was born, she would have me in a little 'papoose' and ride with me strapped to the front of her.

"I have been riding and competing in horse events since I was 5 years old," Amy said. She learned to ride from her father. "Dad always had horses, and he was a barrel racer. So, I guess you could say I grew up in the sport," Amy said with a smile. Her first horse was a "little white Shetland named Daisy. She was very stubborn and definitely taught me how to ride."

While growing up, Amy and her family lived on a five-acre farm in Nebraska. "My grandparents, aunts, uncles and cousins would all meet up at an annual Fourth of July event. We would compete in speed competitions together," Amy remembered. "That was always fun; it was good family time, too."

Amy admitted she has a bit of a competitive streak. "Even at a young age, I loved to go to horseback events and compete," she said. "I enjoyed the different events — such as poles and



speed races — because they gave me and my horse a little variety; so it was always fun."

Later, Amy attended college at Concordia University in Nebraska, and she competed on the school's basketball team. After graduating, she met her husband, John. "A big part of our relationship is staying active playing sports together," Amy said. "Although he is a city boy, John will go horseback riding with me every once in a while on one of our three horses. John learned quickly that our lives revolve around the horses. Many people may see caring for horses as a chore, but I see it as part of



my life and something that I *like* to do.”

Amy's steeds are all Quarter Horses and her favorite to ride and barrel race is King. “King is a 12-year-old gelding whom I have ridden since he was 3,” Amy said. Amy and King have worked very hard together for the past nine years, learning a lot about each other and competing as a team. The sport of barrel racing is more than just navigating around obstacles. “The barrels are set up in a triangle and then you and the horse run a clover leaf pattern,” Amy explained. The horse and rider then choose which barrel they want to approach first. “I go to the right barrel first,” she said.

For the last few years, “I try to go to two or three events a month with King in the DFW area,” Amy said. Though there are opportunities at horse events for people to compete for cash prizes, Amy thinks it is much more fulfilling to simply



**“I have been riding and competing in horse events since I was 5 years old.”**

ride her horse. “Lately it seems that there is so much money given away at many of these events that people forget horseback competition shouldn't be for winnings; it should be for fun,” she stated. “Don't get me wrong, I wouldn't mind winning money. But I just love to ride, so winning money is not the most important to me.”

Amy is not the only one who enjoys the competition. “King loves to barrel race,” she said. “He knows his job! He and I can go to arenas to go through the motions and practice, but when there are other horses around, he gets really excited. You can tell he knows he is there to run.” **NOW**

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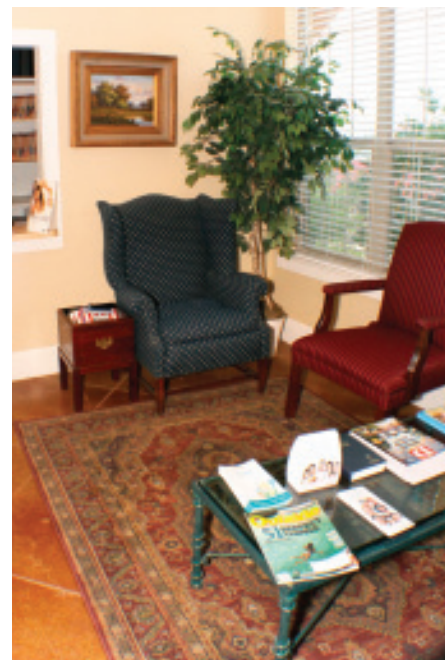


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### From left:

Dr. Carol Wald; Miranda Lackey; the office mascot, Sidney the dog; Melinda Hope and Charlsy Gideon place high priority on putting patients at ease.

# Fearless Care

Dr. Wald and her staff aim to take the fear out of a trip to the dentist.

— By *Diana Merrill Claussen*

Fearless Dentistry of Red Oak concentrates on offering their patients painless services and on giving each client high-quality care. One of the main goals of Dr. Carol Wald and her staff for their office and patient relationships is providing a positive experience from the time a patient makes an appointment until the end of their treatment.

“We started our practice here in Red Oak in 1998,” Dr. Wald said. The clinic has been growing by leaps and bounds. “We will soon be expanding into pediatric dentistry, where we will see children from the age of 4.” Going to the dentist can, at times, be a scary experience for anyone at any age. But Dr. Wald assures her patients and their families to “fear no more” when it comes to receiving dental care.

Dr. Wald is certified to provide sedation services during any of her procedures. This is especially helpful for anyone with an aversion to doctors, dentists and, of course, dental discomfort. In addition to this service, Fearless Dentistry provides almost any type of procedure a patient might need. “We offer a full range of dental services and gear our office schedules and appointments so we may provide personalized care and timely service,” Dr. Wald said. Fearless Dentistry’s approach to providing “total care” is catered to each individual’s specific needs. “I also have a group of specialists at the practice, who provide our patients with the smile of their dreams.”

A big part of maintaining timely service begins in the practice’s waiting room. “My patients generally don’t see the



inside of my waiting room for very long because of the way we schedule our appointments. Our goal is to ensure each client is allotted plenty of time for their procedure without feeling rushed,” Dr. Wald explained. Fearless Dentistry is a by-appointment-only practice and does not overbook. “It takes time to deliver quality care, and I think that sets us apart.”

When Dr. Wald is not at the office, she can be found practicing and performing guitar in a local bluegrass band called Chambers Creek Bluegrass. Being in the band is relaxing to Dr. Wald, who believes it is important to providing a calm environment and gentle care through her practice.

She also believes in being available to her patients, helping meet their personal needs and dental emergencies — a quality Dr. Wald and staff consider essential to

**“Our goal is to ensure each client is allotted plenty of time for their procedure without feeling rushed.”**

patient care. “There is nothing usual and customary about our office,” she said with a smile.

Due to the changing climate of the healthcare industry, “Some practices within the medical field will have to start limiting their services in general,” worries Dr. Wald. “No matter what, we will always work with our patients. I tell people that I’m the best insurance they could ever have,” she smiled. Fearless Dentistry is able to work with any patient, “We make realistic plans for people that involve payment options and offer payment plans, too,” she said. “Our practice’s main philosophy is about providing our patients with complete comfort. We will do whatever it takes to not only make our clients feel at ease, but to provide a stress-free experience. Our desire is to create an organization of compassionate and qualified professionals, who strive toward providing outstanding health care to patients who wish for an environment free from stress and especially free from fear.” **NOW**



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# Special Understanding

— By *Diana Merrill Claussen*

When Rachel Kistner moved to Red Oak 21 years ago, one of the first actions on her agenda was to find a teaching position. “One day, I went to Red Oak Elementary (ROE), spoke to the principal, and he gave me my first teaching job,” Rachel said. Rachel spent the next 10 years as a teacher at ROE. Later, she served as an assistant principal at both ROE and H.A. Wooden Elementary. “In 2000, I became principal at ROE until 2008, which is when I took the position of director of special education for Red Oak Independent School District (ROISD).”

“The services we provide in the special education department are for students whose disabilities impact their learning,” Rachel explained. “Those students have a need for specially designed instruction.” Before a pupil is considered a special-needs student, they are evaluated to

see if they fit into one of more than 13 categories. “We assess and evaluate children to find which criteria they meet in order to [determine if they need to] be a part of the program.”

“A student with a learning disability might be someone who simply needs help in reading or another subject. We try to close the gap between the subject and their difficulty with learning it,” Rachel explained. Other students in the special needs category may include those with conditions such as autism. Therefore, there are many different levels of diagnostics performed through ROISD, to ensure the children’s needs are accurately assessed and addressed.

“We test for learning disabilities and have our own diagnosticians on staff, along with teachers who work with the visually and auditorily impaired. There is also a school psychologist on staff who

evaluates and identifies students with emotional difficulties,” Rachel said. “I work with our staff behavioral specialists, who assist the teachers and give them instructions on how to cater their style based upon the needs of each child, especially if the child is diagnosed with emotional issues.”

ROISD’s special education program employs many other specialists to help the district’s students. “We have specialists for autistic students, speech therapists, adaptive PE teachers and transition specialists, who help the kids plan for their future — for when they graduate and transition out of high school. Every campus has special ed. teachers to meet the needs of our students.”

Rachel is able to work with each child, their parents, teachers and the specialists by being a resource tool. “I have worked at a lot of the campuses here in Red Oak. I have built relationships with the administrators and staff members, and that has helped me to provide the support and solutions that each student needs,” Rachel said.

Rachel does more than wear the



special education director's hat and the student resources hat. "I am the person people go to when they have questions about our special education program," Rachel said. Frequently people ask her about children who are not even old enough to attend one of the district schools. "It is usually before a child is of school age — such as 3, 4 or 5 years old — when a parent notices that their child might have developmental issues, such as poor social, motor or speech skills," she said. For these younger children, Rachel advises parents to call one of the Red Oak schools and speak with someone in the special education department or a campus administrator regarding their concerns. The sooner her department is aware of a potential learning issue, the sooner the parent may be able to have their child tested.

As for school-aged children, whether they are faced with a disability or not, Rachel shares a few recommendations on how to assist a student to become their best. "One of the most important actions a parent can do is to stay in contact with their child's campus, teachers and principals," Rachel said. The campus staff is knowledgeable on how to intervene when difficulties arise.

"After a potential problem with the student has been assessed, families need to give their child's school time to see if the intervention will work. This can only be done with the cooperation of the parents and the school," Rachel advised. "If an intervention does not seem to help, then special education testing can be used, but only as a last resort."

"When I worked at Red Oak Elementary, there were many special education students who needed our assistance," Rachel said. "I think immersion is how I became so involved in assisting these kids and how I learned a lot about special education. When you work with both the students and their families, you learn how to best meet each of their needs." When it comes to interacting both on- and off-campus, Rachel has a motto regarding every aspect of her life: "Having a good relationship and positive attitude with everyone is everything." Her motto encourages both the faculty and the students for whom she cares. **NOW**

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# In The Kitchen With Cherelle Berry

— By Faith Browning

Growing up, Cherelle Berry enjoyed watching her parents cook together in the kitchen, and later, she took junior high home economics in Hempstead, Long Island. "That just added fuel to the fire and the flame has been burning ever since," she said. "A co-worker and fellow New Yorker inspired me to go to school and pursue my passion. That spring, I attended Le Cordon Bleu and graduated

*magna cum laude*, in July of 2009."

Cherelle is also a talented singer. She has recorded with the Queens Community Choir in Hollis, New York, and with The Potter's House Choir in Dallas on their last album taped live in Kenya, Africa. "I aspire to learn to play the piano one day," she explained. "I suppose that will be my next endeavor." **NOW**



## BROCCOLI SALAD

**2 broccoli heads or 7-8 cups**  
**6 slices bacon, cooked crisp and crumbled**  
**1/2 red onion, sliced very thin**  
**2/3 cup sharp cheddar cheese, grated**  
**1/3 cup mayonnaise**  
**1/3 cup sour cream**  
**1/4 tsp. celery seed**  
**Salt and pepper, to taste**

1. Cut the broccoli into florets. Steam until barely tender, about 20 seconds. Cool completely. Drain and reserve.
2. Combine all other ingredients, mixing well. Fold in the broccoli. Season to taste, with salt and pepper.

## BROCCOLI CHEDDAR CORN BREAD

**2 boxes corn muffin mix**  
**1/2 cup whole milk**  
**1 8-oz. container cottage cheese**  
**4 large eggs**  
**1 Tbsp. salt**  
**1 cup plus 2 Tbsp. grated cheddar**  
**1 stick butter**  
**1 med. onion, chopped**  
**1 10-oz. pkg. frozen chopped broccoli, thawed but not drained**

1. Preheat oven to 375 F.
2. Mix together corn muffin mix, milk, cottage cheese, eggs, salt and 1 cup grated cheddar to create

a batter in a bowl.

3. In a 10-inch cast-iron skillet, melt butter. Sauté onions and broccoli until soft.
4. Pour batter over the vegetable mixture and sprinkle top evenly with remaining cheese. Bake in oven until golden, 30 minutes.

## FRIED CHICKEN

**2-2 1/2 cups Crisco**  
**3 lb. chicken, cut into 8 pieces**  
**1 cup all-purpose flour**  
**2 Tbsp. cornstarch**  
**1 tsp. salt**  
**1/2 tsp. freshly ground black pepper**  
**1 Tbsp. onion powder**  
**1 Tbsp. garlic powder**

1. Heat the fat for frying by putting the Crisco into a heavy skillet or frying pan over low heat for 30 to 45 seconds.
2. Season the chicken, as desired. Just before frying, increase the temperature to medium-high and heat the fat to 335 F. Prepare the dredge by blending flour, cornstarch, salt and pepper with onion powder and garlic powder in a shallow bowl or on wax paper. Dredge the chicken pieces thoroughly in the flour mixture then pat well to remove all excess flour.
3. Using tongs, slip some of the chicken pieces, skin side down, into the heated fat. (Do not overcrowd

the pan or the cooking fat will cool. Fry in batches, if necessary.) Regulate the fat so it just bubbles, and cook for 8 to 10 minutes on each side, until the chicken is golden brown and cooked through. Drain thoroughly on a wire rack or crumpled paper towel and serve.

## CHOCOLATE CHIP COOKIES

**2 1/4 cups all-purpose flour**  
**1 tsp. baking soda**  
**1 tsp. salt**  
**1 cup butter, softened**  
**3/4 cup granulated sugar**  
**3/4 cup packed brown sugar**  
**1 tsp. vanilla extract**  
**2 large eggs**  
**2 cups sweet or semi-sweet chocolate morsels**  
**1 cup chopped nuts**

1. Preheat oven to 375 F. Mix flour, baking soda and salt in small bowl. Beat butter, granulated sugar, brown sugar and vanilla extract in large mixer bowl until creamy. Add eggs, one at a time, beating well after each addition. Gradually beat in flour mixture. Stir in morsels and nuts.
2. Drop by rounded tablespoons onto ungreased baking sheets. Bake for 9 to 11 minutes or until golden brown. Cool on baking sheets for 2 minutes; remove to wire racks to cool completely.



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- Children can wear swim shirts in pools that are made with SPF materials.
- Stay out of the tanning beds, this can greatly increase your chances for melanoma.



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# Should Disaster Strike – Avoid Shutting Your Doors for Good Consider the Business Aspects of Life Insurance

— By *Nickie Weyrauch*

Your life insurance policy can do much more than provide peace of mind for your loved ones. It may also save and support your business in the event of sudden or drastic changes, which may include the death of a business owner, partner or the departure of key employees.

## Business Uses of Life Insurance

Life insurance can be a boon for a small business by helping retain key employees and ensuring a smooth business transfer if necessary. Here are some examples on how life insurance may protect the future of your business:

### Business Transfer

A business or its owners can execute a buy-sell agreement and fund it with life insurance. A buy-sell agreement is an arrangement for a business to continue in the event of the owner's death, disability, retirement or early withdrawal from the business. Life insurance, through the death benefit or cash values (if a permanent policy is used), can help provide the funds to purchase the business interest from an owner or his estate.

### Debt Coverage

Life insurance proceeds can provide a business with funds to help pay off business debts in the event of the owner's premature death.

### Key Employee Protection

The loss of a key employee can severely impact the financial health of a business in several ways: lost sales, costs of recruiting and training a replacement, costs to continue the salary to the employee or the family or loss of credit.

### Non-qualified Deferred Compensation (NQDC) Plans

NQDC plans funded with life insurance can help attract and retain key employees. Most NQDC plans provide for a stream of payments to be made to the employee following retirement.

The policy's death benefit can provide the funds to pay the employee's estate any amounts remaining due under the deferred compensation plan.

## Supplemental Executive Retirement Plans (SERPs)

SERPs provide key employees with supplemental retirement income generated by the cash value of a life insurance policy.

Preparing for extreme changes doesn't stop with safety drills and lists of emergency phone numbers. Safeguarding your future with life insurance not only protects your family, but may also secure your business interests from unexpected occurrences at work and beyond. **NOW**

Note: Partial withdrawals and surrenders from life insurance policies are generally taxed as ordinary income to the extent the withdrawal exceeds the investment in the contract, which is also called the "basis." In some situations, partial withdrawals during the first 15 policy years may result in taxable income prior to recovery of the investment in the contract. Loans are generally not taxable if taken from a life insurance policy that is not a modified endowment contract. However, when cash values are used to repay a loan, the transaction is treated like a withdrawal and taxed accordingly. If a policy is a modified endowment contract, loans are also taxable, and loans, withdrawals and surrenders are treated first as distributions of the policy gain subject to ordinary income taxation, and may be subject to an additional 10 percent federal tax penalty if made prior to age 59 1/2. Loans, if not repaid, and withdrawals reduce the contract's death benefit and cash value.

*Nickie Weyrauch is an Allstate agent based in Red Oak.*



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# Happening **NOW**

## Mondays

"Catch the Reading Express" summer reading club, each Monday June 7-July 26: 6:00-7:30 p.m., Red Oak Public Library, 200 Lakeview Parkway. Get your passport and travel weekly to one of the seven continents. There will be stories, crafts, games and more. Bring your reading log to receive a prize and a raffle ticket for the grand prize drawing. For more information, call (469) 218-1230.

## Third Monday

Ellis County Aggie Moms meeting: 7:00 p.m., Waxahachie First United Methodist Church, 505 W. Marvin. [www.elliscountyyaggiemoms.org](http://www.elliscountyyaggiemoms.org)

## Fourth Monday

Creative Quilters Guild of Ellis County meeting: 6:30-8:30 p.m. at the Waxahachie Bible Church, 621 Grand Avenue. Guest speaker: Kari Ott with her program on "Repurchasing Vintage Fabrics."

## First Tuesday

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

AA meeting: 8:00 p.m., Lonestar Cowboy Church, 1011 East Ovilla Rd. (972) 576-0900.

## First and Third Tuesdays

Red Oak Lions Club meeting: 7:00 p.m., 207 W. Red Oak Rd. For more information, call (214) 864-8014.

## Tuesdays and Thursdays

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

## Every Wednesday

Family Story Time: 10:30-11:30 a.m., Red Oak Public Library, 200 Lakeview Pkwy. All ages welcome. For more information, call (469) 218-1230 or visit [www.redoakpubliclibrary.org](http://www.redoakpubliclibrary.org).

## Third Wednesday

The Ellis County Christian Women's Connection, affiliated with Stonecroft Ministries, monthly luncheon from 11:30 a.m.-1:00 p.m. at the Waxahachie

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Country Club, located at 1920 W. Hwy. 287 at I-35 East (Exit 401B). The cost is \$13, inclusive. Nursery vouchers are available for those with young children. Reservations are preferred, but walk-ins are welcome. Contact Kay at (972) 937-2807 or windchime423@yahoo.com or Mary at (972) 937-9984.

### Wednesdays and Thursdays

Red Oak Senior Citizens Club meeting: 8:30 a.m.-1:30 p.m., 207 West Red Oak Rd. Games, exercise and activities. Call (972) 576-2777 for details.

### First and Third Thursday

Glenn Heights Lions Club meeting: 7:00 p.m., Bienvenidos Restaurant, 920 N. I-35 E., Lancaster.

### June 5

Annual Pancake Breakfast Fly-in: 8:00-11:00 a.m., Mid-Way Regional Airport, located off Highway 287 between Waxahachie and Midlothian. The public is invited. The event and parking are free. Breakfast tickets: Ages 8 and above, \$6; ages 3-7, \$3; and all those 2 and under eat free. Call Tammy at (972) 923-0080.

### June 11-13

DFW Summer Balloon Classic will be held at Mid-Way Regional Airport. The event offers something for all ages and is free to the public. Visit [www.summerballoonclassic.com](http://www.summerballoonclassic.com) or call Debby Standefer at (469) 644-4576.

### June 12

The annual Trash Off Day: 7:30-10:30 a.m., ROISD football parking lot.

### June 15

Interns from the Dallas Children's Theater will conduct a fun acting workshop for children ages 5 and up: 2:00-3:00 p.m., Red Oak Public Library, 200 Lakeview Parkway.

### June 23

Reading with Ringling Bros. Story Hour: noon, Red Oak Public Library.

### July 3

4th Annual Red Oak White & Blue: 6:00-10:00 p.m., Red Oak City Park. Food, fun and fireworks.





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