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JULY 2012

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## On The Cover



Chuck Steger proves it's never too late to get fit.

*Photo by Opaque Visuals.*

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## Editor's Note

*Here's to Yankee Doodle and a dandy daddy!*

Everyone recognizes the month of July for Independence Day, but in our little corner of the world this month houses another significant event — my husband's birthday.

He's not a Fourth of July baby, nor does he expect parades or fireworks on the anniversary of his birth on July 18. His favorite celebration, in fact, was coming home to balloons tied to our mailbox and shouts of "Surprise!" from no one other than our

little boy and me. A few streamers, a homemade cake, and I've never seen him look more pleased.

What a blessing to have a husband and father who appreciates simple things. What a reminder that while independence is a treasure, being able to depend on someone is an equally important gift. Here's to celebrating those who maintain our freedoms and those we rely on each and every day!

### Angel

Angel Morris  
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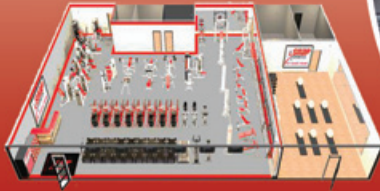
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# Ready, set GO!

— By Katie Almond

*One look at Chuck Steger and you'd say he's been exercising faithfully and eating healthy every day of his life. Nothing could be further from the truth. "Actually, I didn't start until I was over 50," Chuck confessed. At 51, a routine visit to his physician revealed both high cholesterol and high blood pressure. The doctor advised Chuck to start walking 45 minutes a day, five to six times a week, to get his heart rate up. "Look, I'm in construction, that's all we do," he replied. "We're out there working and hustling in the sun and all that." The doctor was unimpressed with Chuck's response. In fact, he laughed.*

Chuck took his doctor's advice and started walking regularly. He hit the pavement nearly every day and just kept going through heat, cold and rain. "Even when I didn't want to, when I wanted to quit, I just stuck with it. I just kept doing it," Chuck stated.

One day while he was walking with his wife, Lois, everything changed. "We were out walking in Bryan Terrace when a girl ran past us, and I thought to myself, I wonder if I could run? I wonder if I could do something like that? So, I set myself a goal to be able to run around that subdivision," Chuck recalled. It didn't happen overnight, though. It took significant time and effort to achieve his goal. "I'd run and walk, and huff and puff. But finally, the day came when I was able to run around that thing twice," Chuck grinned.

That was just the beginning. Twice around Bryan Terrace was quickly followed by a new goal: Bryan Terrace to Ovilla Road and back. "I would run and walk and run and walk. It's just baby steps, and I finally got to where I could consistently run for 30 to 35 minutes. I just built up my time," Chuck declared. The next goal was running from Red Oak to Waxahachie. "It's very addictive," Chuck admitted, "but in a good way."

The advantages of running were starting to show. Chuck's







**“If your mind is determined, your body will come along.”**

cholesterol and blood pressure returned to normal range, but an even greater benefit surfaced. “I could tell after I ran that stress had no effect on me. So, running is very beneficial both physically and emotionally,” Chuck said.

Diet was another area where Chuck was slowly changing his habits. While he was still in his walking phase, an acquaintance inquired if he had ever really read the food labels in the grocery store. Chuck was curious and asked for more explanation.

“She gave me all these key words, which I don’t even think I knew what they meant, like hydrogenated and enriched to look for,” Chuck said. He did a little research and then went to the grocery store. “I walked through there, reading labels, and I came out thinking, Man alive, I can’t eat anything in this store. What in the world can I eat? It was a bittersweet moment,” he said.

Chuck’s attitude toward nutrition was starting to change. “When I go to Red Lobster and I get seven Sprites because of free refills, maybe it’s not good for me,” Chuck confessed. He switched from soft drinks to juice as he was learning, little by little, how to make better choices. “I finally switched over to water with just a little lemon in it. I started to be very particular about what I ate. I quit eating fried food. I ate less red meat,” he explained. “I started eating more chicken and lots more fish.”

That series of small steps led to big results. “I was losing weight. I was feeling better, and I was handling stress a lot better,” he confessed. “I just felt better, so I determined to keep going.”

Setting and achieving goals is a recurrent strategy in Chuck’s success. It works for him, whether it’s a long-term or short-term goal. “I remember one time I was running from Waxahachie to Red Oak. I was running up the hill by the cemetery and the golf course. It’s a hill, and I was feeling the effects of it, but I’m saying to myself, I can make it to the next telephone pole. And once I got there, I said, ‘Well, I can make it to the next one.’ And before you know it, I was on top of that hill,” Chuck explained.

Chuck went on to emphasize the importance of mind over





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matter. “It’s like talking to your mind, telling it, I can make it here. If your mind is determined, your body will come along. It may not like it, but it’ll come along,” Chuck declared. “I still do it today. If things get tough, I hunker on down and



say, Well, I can turn it up one more notch. It’s the kind of thing that goes through your mind as long as you’re still setting goals,” Chuck maintained.

That attitude provided the foundation for Chuck’s next big goal. “That’s basically the story of how it all started. From there, I got pretty good at running.





I ran for about an hour and a half a day. So, what do you do for an encore, you know?" Chuck wondered.

Turns out the encore was pretty impressive — he ran a marathon. "I told my wife, 'I've heard about these marathons up in Dallas. I think I've got to go do one of those things.' I found out when it was, and I entered," Chuck said. He had it all planned out, knew what his pace would be and told his wife what time he thought he'd finish. He was right. Chuck ran his first Dallas White Rock Marathon at age 55. He ran 26.2 miles in under four hours. His official time was 3:56. "I was still standing at the end, feeling all right. That's quite an accomplishment, considering I started when I was over 50 years old," Chuck stated. Since that first race, Chuck has run five additional marathons.

He's also run the Turkey Trot, an eight-mile race held annually on Thanksgiving Day. "I was coming over the bridge on mile seven, and I remember thinking, I'm running eight miles today and in two weeks, I'll be running 26 miles," Chuck continued, "Your mind and your body just come together when you know what your goal is. For that day, it was run the eight miles. In two weeks it would be run the 26.2 miles."

Whether running an eight-minute mile, completing the 100-mile leg of the Cow Creek Classic Bike Ride or working the treadmill like a full-time job, Chuck's determination continues to take him across the finish line in style. **NOW**

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# Puppy Love at First Sight

— By Dianne Reaux

*When meeting Jennie Dunaway for the first time, her animation is apparent. She is warm and friendly and converses easily. But if you want Jennie to really light up, ask her about her dogs. “I’ve been dog-crazy since the day I was born,” she said excitedly. “When I was 5 years old, my father built me a wooden doll*

*bed. And for Christmas my grandmother gave me my first puppy, and that puppy slept in the doll bed,” she explained. “I’ve never been without a dog.”*

Jennie is currently the proud owner of four German Shorthaired Pointers, 6-year-old Cabela, her off-spring: 2-year-olds Cooper and Kip, and from Cabela’s latest litter of pups,



7-month-old Maggie. Her older dogs have played flyball, the national racing sport for dogs. In 1999, she helped form Hearts of Thunder, the first therapy dog group in Ellis County.

She has enthusiastically participated in all of these activities, but as she talks about her dogs, it becomes obvious her passion is showing them. She shows her dogs in three different venues — the American Kennel Club, the United Kennel Club and the International All Breed Canine Association. All four of her show dogs have garnered various levels of distinction during these competitions.

While Jennie loves all of her dogs, it's clear that she has a special bond with Cabela. To understand this bond you have to know their story. In 2005, Jennie had two German Shorthaired Pointers, Nicky, 14, and Clyde, 9, both of whom were advancing in age when she made the decision to get another puppy. She made arrangements with a breeder to take possession of her puppy when the litter was old enough. While she waited for the litter to arrive and reach the customary age of 8 weeks, life threw Jennie an unexpected curve.

Jennie had been participating in a sail boat race in Corpus Christi Bay when the boat she was racing in collided with a competitor's boat. She fell through the hatch and broke four ribs. She also sustained a concussion. At the hospital, a CAT scan was ordered to evaluate the severity of the concussion. As doctors viewed the scan, they discovered a brain tumor. Jennie underwent surgery that lasted nine hours.

She had been back home in Red Oak for exactly one week recovering from surgery when she received a call that her puppy was ready. She immediately felt overwhelmed and remembered thinking, "I don't think I can handle this. I can barely bend over and pick things up, let alone take care of a puppy." But when the puppy was delivered, Jennie took one look at the tiny little bundle and it was "love at first sight." "The puppy was absolutely beautiful," she remembered. For three weeks they laid together in a recliner while Jennie recuperated, with Cabela curled up sleeping on her chest and the bond began.

As Jennie looks back at that season of her life, she believes that Cabela had a



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therapeutic effect on her recovery. "It's hard to sit and feel sorry for yourself when you have something so full of life bouncing around. I really feel like she got me up and going, instead of me sitting around feeling sorry for myself," she stated. "I didn't have a choice."

Once Jennie began to regain her strength, she wanted to socialize Cabela, so she enrolled her in handling classes. Like any proud new mom, Jennie had always believed her new puppy was special. But it was the feedback she received from other puppy owners that convinced her she wasn't just being maternally biased. Cabela was special. "She's beautiful! She has beautiful lines! She moves so well!" were just some of the compliments received from other puppy owners and canine instructors. The glowing attributes to her puppy's appearance and form gave Jennie the confidence to start showing Cabela competitively.

In the past six years, Jennie and her dogs have won more than 100 awards. Cabela alone has won over 49 Best in Show awards. "We are currently undefeated in the International All Breed







Canine Association Family Group Best in Show, having won the award for the last five years straight,” Jennie said.

The shows have taken Jennie and her award-winning dogs all over the southwest. They have shown throughout Texas and competed in Michigan, Missouri, Georgia, Louisiana and Oklahoma. It isn't uncommon for Jennie to log more than 35,000 miles annually showing her beloved companions.

Traveling with four dogs isn't an easy undertaking, which is why Jennie relies on her best friend, Audrey Reed, to help her. Jennie considers Audrey, who is also the owner of three German Shorthaired Pointers, to be eyes and ears at the competitions.

Another cause close to her heart is the Cedar Hill pet memorial project. When it was discovered that the 1.8-acre plot of land was going to be auctioned off due to delinquent mortgage payments and taxes, Jennie and others with pets buried at the park galvanized and the nonprofit organization was formed. They started working last October to raise funds to save the Pet Memorial Park. Last March, they submitted the winning bid at the foreclosure auction.

Many consider dogs to be the most faithful companion a pet owner can have. “Dogs are always excited to see you after you’ve been gone, even if you’re just returning from an eight-hour work day,” Jennie explained. “They defend you courageously, even if it’s only from the mailman. Their love is truly unconditional.”

And any true pet lover will tell you — you don't forget the faithful companions that are no longer here with you. Jennie will continue to faithfully train and care for her four current charges. She will also display the same passionate devotion to their nonprofit organization's oversight of local pets' resting places — ensuring that, Nicky, Clyde and Porsche, her three canine angels, can continue to rest peacefully at the Pet Memorial Park in Cedar Hill. **NOW**



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# Doubly Blessed

— By Angel Morris

*Jason and Laine Smith always knew they wanted children.*

*While dating in college they considered the importance of adoption and even dreamed of opening an orphanage overseas. God seemed to be planting seeds in their hearts that would bloom years later, however unexpectedly.*

Currently the student minister for Hampton Road Baptist Church (HRBC) in DeSoto, Jason had initially worked in engineering, while Laine did social work after their marriage in 2002. When Jason felt called

*At Home With  
Jason & Laine Smith*





to the ministry, he entered seminary school, and he and Laine were thinking of starting their family.

"We were part of a big Sunday school, and it seemed everyone we knew there was pregnant. We were having baby showers for two and three families at once," Laine remembered. "We hadn't gotten pregnant in four years, so we did fertility testing, only to have the doctors say there was nothing wrong."

Jason and Laine saw their wait as confirmation from God to adopt. After his three years in seminary, Jason received the job at HRBC and the Smiths' lives became a whirlwind of activity, including efforts toward adoption.


In March 2009, they purchased a home in Oak Leaf to be closer to Jason's new job. They used their first-time homebuyer credit to make a few property repairs, then put the remainder into joining the Gladney Center for Adoption's African-American and biracial program.

"It is the less expensive of domestic adoption programs, but we still had to empty our bank account just to get started," Jason said. "We had the first \$5,000 but no idea where the remaining \$10,000 would come from."

Friends, acquaintances and HRBC members became aware of the new pastor and his wife's adoption goals. A week after the couple enrolled in the Gladney program, in fact, an unexpected blessing came from the community of people who'd heard their story.


"A church administrator walked into my office and said he'd had a call from an anonymous donor who was willing to donate \$10,000 toward our adoption," Jason said.

With the adoption fees taken care of, the Smiths still anticipated a year or



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had put an image of us in this 17-year-old girl's mind."

One-quarter African-American, one-quarter Hispanic and half Caucasian, the baby would not qualify for the African-American/biracial adoption program, but the Smiths were not

through infertility and watching others get pregnant through the years. As all of this was happening, I prayed God would protect our hearts, and that He would close the door on this process if this was not meant to be our child."

The Smiths got a call that doctors were inducing the birth a week earlier than expected, and their son was born the day before Thanksgiving in 2009. With a 48-hour waiting period before being able to sign over her child, the birth mother had second thoughts. Two days after the birth, the case worker called and told the

two wait before getting a child. They were only one month into the very involved process of pre-adoption paperwork when another miracle occurred.

"Jason's mom called and said a very good friend of the family had a daughter who was pregnant and going through Gladney," Laine said. "She had reviewed many family files and none fit the image of the family she wanted for her child."

Jason and Laine e-mailed photos and a snippet of information about themselves to the young mother. "It was amazing to find out that we were exactly the people she was looking for," Jason said. "God

required to pay additional funds for a different program and, with Gladney's approval, moved forward with adoption efforts for this child.

"It was just more proof that adoption was for us, and God had put us on this path. We couldn't have afforded another \$20,000 in fees for other adoption routes," Jason said.

Nonetheless, Jason was cautious about his and Laine's emotions as the process began to move very quickly. "My wife's heart had been



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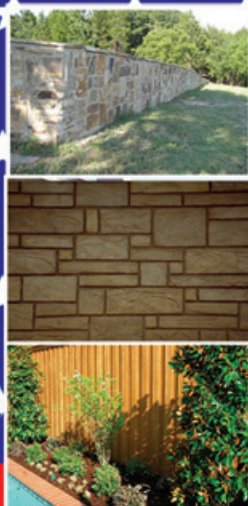
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I have seen several clients' mobility improve greatly after 2 or 3 months. Everyone I talk to that comes regularly says they feel better and have more energy as the result of *Get Moving!* I have recommended *Get Moving!* to all my friends and family. Some of them have joined and they really like it, too! I am still telling everyone about *Get Moving!* and would encourage anyone to come by and give it a try.

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Smiths the birth mom had decided to keep the baby.

"It was the most difficult time in both our lives. We were wrestling with all these emotions," Laine said. "But even during all that, God had reassured us that He was still good."

Four days after the heartrending call, on December 1, 2009, the case worker phoned again and told the Smiths to come get their son after all. "The birth mom did the most sacrificial thing, and I could see how difficult the decision was for her," Laine said. "I saw a sense of peace come over her when she handed me her son."

Three months into their new role as parents, the Smiths got news they never expected to hear. "Laine was pregnant," Jason revealed. Baby Eli was delivered December 1, 2010, and joined big brother, Eyan, one year to the date of Eyan coming home with the Smiths.

With babies 12 months apart in age, the Smiths were thankful the







previous owners of their new three-bedroom, two-bath home had made recent improvements. New paint, light fixtures, flooring and kitchen counters gave the home an updated feel, and they look forward to adding more of their own personal touches — including landscaping — as time and budget allows.

For now, a favorite room is the dining room with the first set of new furniture purchased since their move and a favorite print from San Antonio showcased alongside Laine's growing china collection.

Both boys have their own rooms, and the family room also houses favorite toys and even a pup tent for indoor camping. "We love playing with them, and we love snuggling," Laine said.

The home's large yard was a selling point for the Smiths who, even before becoming parents to two rambunctious boys, knew they would one day need land where their children could play.

The family-friendly home is often filled with children and young adults from HRBC and always with the beautiful noise of the Smith sons. Someday, the couple admits, they hope to add more children to the mix. "We would like to adopt an older sibling group. It's just something God has put on our hearts," Jason said.

Meanwhile, Jason continues to guide those in his ministry while Laine focuses on being a stay-at-home mom. "The most important aspect of our home is having a safe, comfortable place for our children to grow and play," Laine said. "We love the down-to-earth feel of our community, and we're so glad to have started our family here." **NOW**



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— By Angel Morris

When evaluating a location for any business, one must take into account certain conditions. Is there a need for their type of business in this community? How many competing businesses are in the area? Is this a neighborhood that they would personally want to grow their business around? For Joel Ward, director of operations at Pack & Stack Self Storage, and Carolyn Larey, supervisor, Red Oak was a good answer to their business questions. “We found that not only was Red Oak an ideal location for our storage facility based on the city’s projected growth, existing population and the community’s need for our type of business at the time, but we were also attracted to the city itself and the warm vibe Red Oak offers,” Joel said.

The self-storage business is a simple concept in that the

lockers are either empty, or they are full. It is also a price-driven industry. With more than 15 years in the business, the Red Oak owners offer self-storage and business suites at competitive rates. “We are confident we offer some of the lowest self-storage rates in the Dallas area. We also offer a free lock and free use of a moving truck to all of our tenants,” Joel said.

Joel and Carolyn have a shared philosophy of treating tenants more as guests in their large home with multiple storage rooms, rather than paying renters at a storage facility. “Our onsite managers take great pride in ensuring that every single one of our tenants is tended to in a warm, professional and courteous manner,” Joel said.

The self-storage industry has become extremely competitive



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with new facilities constantly being built nationwide. One of the biggest changes in the industry though, has been the implementation of new technology, specifically the Internet. "The Internet allows us to offer some very convenient tools for existing and prospective customers. Our online quote generator provides prospective renters with the ability to obtain a quick quote for their storage needs and our online payment and accounts options, assist existing tenants with tracking and maintaining their accounts with us," Carolyn noted.

Joel and Carolyn hope to grow the business and make it profitable. "We realize this can only be accomplished

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by providing our customers with the highest level of customer service, while offering competitive storage rates at the same time. Pack & Stack also offers prospective and existing customers the ability to participate in monthly draws and giveaways. "In the past, we have given away several iPods and floor seats to the Dallas Mavericks' games. We're always coming up with new promotions," Joel said.

Joel and Carolyn, along with the Red Oak onsite managers, said they feel fortunate to have relationships with the people of Red Oak. "People are what shape communities, and the people of Red Oak are amongst some of the friendliest and warmest people we have encountered," Carolyn said. "We have met some great individuals in the Red Oak community throughout the years, and we feel quite fortunate having done so." **NOW**



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### July 3

PrimeTimers Senior Group: 10:00 a.m.-2:00 p.m., Oaks Fellowship, 777 S. I-35 East. Open to seniors for fun, food and fellowship. RSVP at (214) 376-8208.

### July 4

Happy Independence Day!

### July 5

Local Author Group: 6:00-7:30 p.m., Museum Room, 200 Lakeview Pkwy. A discussion/critique group run by author Donald Horne. Open to public. For more information, call (469) 218-1230.

### July 14

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

### July 15-19

Vacation Bible School: 5:30-8:30 p.m., First United Methodist Church, 600 Daubitz Dr. For more information, call (972) 617-9100.

### July 21

Red Oak Class of 1981 Reunion: 6:00-10:00 p.m., Sleep Inn, 1701 U.S. Hwy. 77 North, Waxahachie.

Cost: \$15. Contact Renee Bryan Wood at (214) 399-7017 or reneewood1963@yahoo.com or Nancy Halloway Drake at (972) 989-3060 or njhdrake@yahoo.com for more details.

### July 23-27

Daniel's Courage in Captivity Vacation Bible School: 9:30 a.m.-noon, Ovilla Road Baptist Church, 3251 Ovilla Rd. For more information, call (972) 617-8544 or visit office@orbcb.org.

### July 25

Red Oak Chamber luncheon: Noon-1:00 p.m., Red Oak Municipal Center, 200 Lakeview Pkwy. Members with reservations: \$12. Members without reservations: \$15. Nonmembers: \$20. RSVP for this catered event: katherine@redoakareachamber.org.

### Thursdays through July 26

Summer Reading Club: 7:00-8:00 p.m., Red Oak Library, 200 Lakeview Pkwy. Free monthly educational presentation by various guests for adults, teens and children. No library card needed but registration is required. Contact (469) 218-1230.

### Ongoing:

### Sundays

Griefshare: 2:30-4:00 p.m., Cowboy Church of Ellis County. A grief recovery group focusing on

the journey from mourning to joy.

### Mondays and Wednesdays

Mommy & Me: 11:30 a.m.-noon, Red Oak Library, 200 Lakeview Pkwy. Mondays offer music and instrumental play for toddlers and their parent; 10:00-10:45 a.m. Wednesdays the library hosts craft/story time for children and their parents. For more information, call (469) 218-1230.

### Fourth Mondays

Blue Star Mothers of America meetings: 7:00 p.m., Ovilla Community Center, 1404 Red Oak Creek Rd. Blue Star Mothers of America is a patriotic educational, social and service organization. Contact Cheree at (972) 679-9425 or visit bluestarmothers.org.

### Third Tuesdays

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

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## In The Kitchen With Rhonda Real

— *By Angel Morris*

Rhonda Real uses cooking as a creative outlet and to express love for family and friends. “One of the best parts of my day is dinner with my husband and son. Sometimes we have simple, fast meals. Other times I make meals that get a ‘You’re the best cook ever, Mom!’ Regardless of the food, it’s our time to talk about our day. Making a nutritious, tasty meal is one of my many ways to say I love you.”

Rhonda likes to discover the taste of new recipes or spices. “I go to the Asian or Mexican market for food we’ve never tried. Sometimes I have to ask the cashier how to fix it, but it’s a fun way to broaden our horizons!” **NOW**

### Breakfast Casserole

- 1 lb. pork sausage**
- 1 cup cheddar cheese, shredded**
- 1 cup Monterey Jack cheese, shredded**
- 1/2 cup white onion, finely chopped**
- 1 4-oz. can chopped green chiles**
- 1 Tbsp. minced jalapeño pepper, optional**
- 10 eggs**
- 1 tsp. chili powder**
- 1 tsp. ground cumin**
- 1 tsp. salt**
- 1/2 tsp. garlic powder**
- 1/2 tsp. black pepper**

- 1.** Preheat oven to 375 F. In large skillet, cook sausage until no longer pink; drain.
- 2.** Place sausage in a greased 13x9x2 baking

dish and layer with cheeses, onion, chilies and jalapeño (if desired).

- 3.** In a bowl, beat eggs and all seasonings. Pour egg mixture over sausage mixture.
- 4.** Bake uncovered for 18-22 minutes or until knife inserted near center comes out clean.

### Stuffed Peppers

- 1 brick cream cheese, cubed**
- 1 lb. hot pork sausage (or mild sausage for jalapeño peppers)**
- 1 cup shredded cheese (your choice of flavors)**
- 8 large Anaheim peppers or 16-20 jalapeño peppers**

- 1.** Set cream cheese out to warm to room

- temperature. Preheat oven to 350 F.
- 2.** In large skillet, cook sausage until it is no longer pink, then drain.
- 3.** Remove skillet from heat; add cream cheese and shredded cheese.
- 4.** Slice peppers in half, lengthwise. Remove seeds.
- 5.** Using tablespoon, stuff peppers and place on greased cookie sheet.
- 6.** Bake for 30 minutes or until cheeses have melted.

### Cauliflower Salad

- 1 small head cauliflower, flowerets thinly sliced**
- 1 cup chopped celery, chopped**
- 5 green onions, thinly sliced**
- 1/2 cup pimento stuffed olives, sliced**
- 1/2 cup mayonnaise**
- 1/4 cup French salad dressing**
- 1 tsp. sugar**
- 1/2 tsp. salt**
- 1/4 tsp. black pepper**

- 1.** Combine cauliflower, celery, onions and olives.
- 2.** In separate bowl, mix remaining ingredients. Pour dressing over vegetables and mix well. Chill for at least 2 hours and serve.

### Balsamic Roasted Onions

- 4 lbs. red onions, medium sized**
- 1/4 cup olive oil**
- Salt and pepper, to taste**
- 6 Tbsp. butter**
- 3 Tbsp. sugar**
- 2 Tbsp. balsamic vinegar**
- 1 Tbsp. fresh parsley, chopped**

- 1.** Preheat oven to 500 F. Line 2 baking sheets with foil.
- 2.** Cut onions through root end into 3/4-inch wedges. Place in a medium bowl with oil and toss.
- 3.** Arrange onions, cut side down, on baking sheets. Sprinkle with salt and pepper.
- 4.** Roast until onions are brown and tender, rotating pans in oven and turning onions once, in about 45 minutes.
- 5.** Meanwhile, melt butter in saucepan over medium-high heat. Add sugar; stir until it dissolves.
- 6.** Remove from heat; add balsamic vinegar. Return to heat and simmer until mixture thickens slightly, about 2 minutes.
- 7.** Drizzle glaze over onions; sprinkle with parsley.





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