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ON THE COVER



Red Oak's Sarah Stallings is working her way to the top in karate.

Photo by Amy Ramirez.

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Editor's Note

Guess what? It's hot!

An investigation of average Texas temperatures this month indicates we awaken and fall asleep to mid-70s and face mid-90s throughout the day. The older I get, however, the more it feels like 100-plus, pretty much 'round the clock.

Having lived my whole life in the Lone Star State, I'm continually surprised at how continually surprised we all are every July. How do we forget that we have two seasons here — "summer" and "slightly-cooler-

than-summer?" I suppose it's a coping mechanism, for those of us who hate the heat, but love Texas too much to leave.

Here's to iced tea, swimming pools and air conditioning as we survive — surprise! — another hot summer!

Angel

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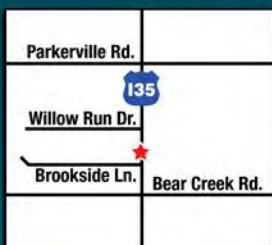


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OF KARATE IS GOING
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JUST FOR KICKS

— By Callie Revell

Sarah Stallings, a fifth-grader at Red Oak Intermediate School, loves ice skating, Legos and playing with her dog, Brutus. At first glance, her bedroom could belong to any 10-year-old girl. Bright decorations cover the walls, matching equally bright colors on the bedspread. The nook by the window, however, shows what sets her apart: around 45 trophies, 30 medals and 25 plaques adorn the walls and floor. As a statewide karate champion, Sarah spends most of her free time working toward her black belt and strengthening her skills.

Sarah started out sampling other sports like soccer, softball and cheerleading before expressing an interest in karate. She began learning the fundamentals of karate in 2011 at a Red Oak dojo. She signed up for a month and ended up loving the activity more than any other she'd tried. After two years, Sarah was invited to become part of Team Elite, a competition team hosted and sponsored by a dojo in Duncanville. "It was a hard choice, but I really wanted to be on the Duncanville Team Elite," Sarah said.

Much of Sarah's success is owed to her outstanding senseis, or teachers. Anthony Hare taught Sarah the foundational katas (sets of punches and kicks), and she has learned a lot from George Trevino, Jr., both in a group setting and in private karate lessons. She has also been taught by Grand Master William Shelton, who has helped to hone her kata and sparring skills. Erik Weideman is a sparring (fighting) coach, who has taught Sarah to anticipate and react to an opponent's moves. "There are lots of other great instructors who help me, too," Sarah added.

Participating in karate as a serious competitor requires Sarah to devote hours of practice and patience. "On weekdays I go to

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karate class for up to three hours a day,” Sarah said, noting that she practices every day after school without fail. She usually attends between eight and 11 classes per week. She doesn’t take time off on the weekends, either. “Most of the weekends are competitions, but on Saturdays we sometimes have little classes that take two hours,” she said, adding that extra time with her instructors helps her develop special skills.

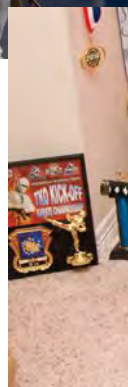
The structure of karate operates on a belt system. Beginners start with a white belt and can advance through colors like orange, green, purple, blue and red before arriving at brown, an advanced level, and black, the most advanced color (hence the popular term black belt). “With every belt you have to learn something new,” Sarah explained. “You start out from white and learn certain things. If you don’t know it, you don’t get to test for your next belt.”

A panel of eight to 12 black belt judges determine whether a student is fit to advance to the next belt level. When students reach their brown belts, the levels are called gups, and when they reach their black belts, levels are



known as dans. There are 10 dans (commonly called degrees) for a black belt. Sarah is currently a third gup brown belt. “I had to spar 12 times for third gup,” Sarah admitted. She has three more tests to go before obtaining her black belt.

So far, all her hard work has paid off. “I’ve won medals, plaques, trophies and a ring,” Sarah enthused, referring to the championship ring she won in Galveston in November 2013 as the Texas Karate Organization’s State Sparring Champion. She also



won second place in Specialty Forms (weapons and music) and third place in Traditional Kata. She won three first place titles in Sparring, Specialty and Traditional Kata in the Texas Winter Games sponsored by the Texas Athletic Association. Sarah participates in numerous competitions across the state, including events with the Amateur Organization of Karate. In order to go to the state level with AOK, Sarah must



place in the top five in her region. In 2013, she finished in the top five in the state for kata and sparring in both the North Division and Central Division.

Practicing karate has brought out the best in Sarah's character and has taught her determination,



sportsmanship and discipline. "My favorite part of karate is going to competitions and judging belt tests," Sarah observed. When she first started,

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she was afraid of being hit too hard and would get upset. "Now, I've learned not to cry and to always be nice to other people," she pointed out. "The hardest part is learning the new kicks. It takes me up to two months to learn a new kata."

To Sarah, there are countless benefits to practicing karate. "It would help you if someone tried to hurt you, and you would know how to defend yourself. Karate is only used for self-defense," she explained. Besides self-defense, karate is also a great way to exercise and stay healthy. The sport teaches self-respect and confidence. "Sometimes I am shy, and karate helps me to stand out in crowds," Sarah added. As Sarah's dojo requires their students to earn A's and B's in school to participate, karate also provides academic motivation.

Not only that, but the talented youth has made dozens of new friends through her dojos and competitions. "My karate friends and I encourage each other to keep working harder to earn higher belts," she said. "Lots of my friends are already black belts, and I really want to be a black belt, too."

Sarah has grand goals for her karate career. "I want to become a Grand Master Black Belt," she declared. "It's the highest rank that you can achieve. It takes years to get your first dan, and it can take a year or more to get to second dan, and it goes all the way up."

Sarah plans on karate being a huge part of her life. As long as her grades remain high and she gets enough rest to be healthy, she hopes to continue pursuing her karate ambitions. "I want to have my own karate dojo when I turn 18 and get into college," Sarah mused, adding she wants to share her love for karate by teaching others. "I want karate to inspire them like it does me." **NOW**



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From BARNs to YARNs

— By Angel Morris



At Home With
JESSE AND ALYSSA WALKER

Many homeowners can relate to a garage full of castoffs and keepsakes, with barely enough room for the family car. Jesse and Alyssa Walker are unique in the fact that when their garage became full they didn't simply clean it out. Instead, they decided they needed a barn.

"The need for more storage became apparent when our garage started getting full between Alyssa's car, the mower and yard tools, and my woodworking and metalworking machinery," Jesse explained.

In 2010, Jesse's co-worker described his plans to build a barn using "wattle and daub," the term for woven wood panels with mud between timbers for stabilization. The conversation reminded Jesse of old buildings — *fachwerkhaus* — in Germany, where he lived for a few years.

"After reading several books, I decided to build a timber frame barn using pegs, mortise and tenon joints, wedges, dovetails and no power tools," Jesse said.

Jesse found working without power tools relaxing, and it kept him in touch with the wood being shaped. "Airborne sawdust isn't a problem, safety glasses and hearing protection aren't needed, injuries are typically less severe, and it's a good workout," he added.

Like most do-it-yourself jobs, the process was longer and harder than anticipated. "I expected it to take six months," Jesse admitted. "Three years later, I'm finally done. I had to develop skills working with rough sawn lumber, which varies in thickness and can have a significant amount of warping and twisting."

Maneuvering, assembling and raising the large beams and more than 1,000-lb. bents was also difficult. "Several times neighbors, friends, family and co-workers would come to help me raise the bents. I raised them as I built them, but I did one by myself, and raised both 8 inch by 8 inch by 20 foot beams alone," Jesse pointed out.

The barn was almost exclusively made using hand tools — mostly old ones, but some new, and some Jesse made (including a 40 lb. "commander," a large mallet/hammer).

"I learned to tune and sharpen old tools for accurate and efficient work," Jesse noted. "Most of the lumber



was custom sawn by a sawmill in Willis, Texas, but the double-hung windows and sashes were reclaimed from early 20th century houses."

The barn isn't the only Walker property boasting reclaimed items. Inside their home, the Walkers showcase a number of family heirlooms. "Most of our keepsakes and inherited furniture are on display in our living room," Alyssa said. "We have a curio cabinet from Jesse's grandmother that has both old tools and breakables on display. We have two silk maps Jesse's grandfather stuffed in his flight gloves when he was an aviator during World War II, and we have several pieces of furniture that belonged to Jesse's grandmother or other relatives."

Also in the living room, a photo wall showcases family images. "My family had a photo taken in Branson, Missouri, every year, and we are continuing the tradition with our own family," Alyssa enthused.

Two paintings by Jesse's mom, Ann Kraft Walker, are in this room as well — one of sunflowers was given to Alyssa at her bridal shower, and the other is of Alyssa's pointe shoes. "She is an up-and-coming artist who has won many awards," Alyssa shared. "We love having some of her original work."

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The Walkers have also collected souvenirs from the foreign countries they have visited. Even their living room's lace-curtained windows were inspired by a trip to Europe. A small rocking chair rounds out the living room, stained to match the barn. The chair is especially for 2-year-old Karl, who may one day share the seat with his sister, Margaret, who was born in March.



Before starting their family, Jesse graduated from Texas A&M University and Alyssa from Baylor University. They met in Washington, D.C., in 2006 when they were both interning for different organizations. "We had a mutual friend who suggested we meet," Alyssa recalled. "We didn't start dating until we met again at the same friend's birthday party in 2007."

Two years later, Jesse found what would become their family home in Red Oak. "I wanted somewhere close to my work in DeSoto and to Alyssa's work at Ferris High School, so Red Oak was a perfect central place to live," Jesse said. Jesse closed on the home in February

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2009, and Alyssa moved in after their October 2009 wedding.

"Much of the landscaping was here when we arrived," Alyssa noted. "A Bradford pear is in front, shrubs surround the house, and there are a few trees throughout the yard. Also, we have a grapevine and several blackberry shrubs. Jesse has planted several more trees while we've lived here. I've lost count of how many!"

Entering the traditional brick home, guests first find a bench made by Jesse and a bookcase and mirror inherited from his grandmother. Jesse's family also contributed the guest bedroom's chifforobe — a combination armoire and chest of drawers.

The master bedroom showcases furniture picked by Alyssa in eighth grade and a roll-top desk that belonged to Jesse's great-grandfather. While the couple favors heirlooms, hopes for their spacious yellow kitchen include new countertops and a double oven, and plans are for all three bathrooms to be remodeled. "We have several updates



we'd like to do as the home becomes older," Alyssa confided. "But we enjoy the spaciousness of the kitchen, the real brick fireplace and the home's overall coziness."

"We also like the location," Jesse added. "It's fun taking the kids to neighbors' houses to visit longhorns, cows, horses and chickens."

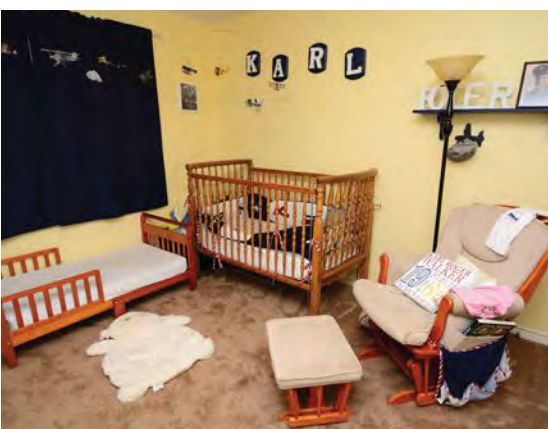
Noting Red Oak's small-town feel as part of the city's charm, the couple likes to give back to the community. "We go to First Baptist Church of Ferris and are both involved in volunteering there," Alyssa said. "I do a Meals on Wheels route that I hope to return to when Margaret is older."

Alyssa also enjoys crocheting and keeping up her personal blog when time allows. Jesse continues to relish woodworking, photography and finding old hand tools, perhaps for his next



barn-raising. "If I had to pick the most important outcome of the barn, it would be the experiences I had building it," Jesse concluded. "There are things that would never have happened, and people I would never have met or grown as close to, without having built it."

Although he may try timing it better, Jesse still looks forward to his next build. "While building the barn, I competed in two Ironman triathlons, took over



40 hours of classes in graduate school, worked a full-time job, and had two children with my loving and patient wife!" Jesse said. "But I enjoyed setting an example of hard work, vision and perseverance for my son, and I hope to build a bigger barn with him in the future!" **NOW**

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The Versatile Stripe

— By Amy Walton

It's no secret that trends between home design and fashion are closely related. They not only coordinate in color scheme, but also in pattern. For example, I'm sure we've all noticed the pastel trend over this past year — coral and mint to be exact. We've also noticed the chevron trend, first in home design, and then quickly transitioning into the fashion realm. As much as I love recent trends, I want to focus on a more classic style that also has the ability to remain trendy — stripes.

Stripes have been thought of as rather traditional, and in a lot of cases, I have to agree. I love the look of a classic stripe, no matter what the color or application. In the classic form, a stripe can be displayed in a horizontal or vertical manner. In home decor, you might consider a vertically hung stripe on a set of drapes to be more formal; whereas, a horizontal, bulky stripe might feel a bit more casual. Another big trend has been placing thick horizontal stripes on the interior walls of your home. I love this trend, because rather than using wallpaper to create interest on your wall, you are simply using paint. For this application, a smoother finish on your walls is ideal, as a textured surface might interfere with achieving clean paint lines.

Color also plays a big part in the look of a classic stripe. A lighter fabric or color choice may come off as more approachable and

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welcoming compared to a bolder black and white print. If you are looking for a more intense look, a high contrast stripe might be the choice for you. To achieve a calm, relaxed feel, lean toward lighter tones with less contrast between the hues of your stripes. The same theory applies to fashion. A softer color scheme will represent a lighthearted and relaxed look as opposed to a bold print, which will signify a larger, more obvious fashion statement. These bold prints have been seen anywhere from maxi dresses to handbags. They are especially popular during the summer months in both high contrast hues and tone-on-tone applications.

But stripes don't have to take on a traditional appearance. They can have a very trendy, casual feel, as well. For example, when applied to a nautical or beach theme, stripes undergo



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a complete transformation and quickly represent the essence of a relaxed environment. There is nothing more relaxing than the look of a navy-and-white-striped rug nuzzled up against a bright white linen couch with some burlap trimmed pillows sitting atop. Ahh! I can hear the waves rolling across the beach right now and envision my toes in the sand! Just imagine, an aged driftwood coffee table supporting a beige-and-white-striped storage basket and some scattered seashells to complete the look. Maybe it's just me, but that scenario sounds like sheer perfection. Without going too over the top with your theme, this beachy design can really create a peaceful and serene room with a casual, effortless elegance.

The nautical theme doesn't stop with home design either. We have been seeing this trend transition into fashion for quite some time. Beginning with gold jewelry making its comeback a few years ago,



it then became more obvious. Anchors became prevalent in jewelry, and stripes, while they have always been popular in fashion, began pairing up with the nautical aesthetic, as well. The nautical stripe has been applied to many things such as nail art, handbags, shoes, shorts — you name it. Even pairing a classic striped sundress with an anchor charm bracelet or ring has become trendy. Pair



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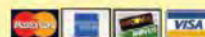
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Aside from the nautical theme, stripes have many other ways of taking on a casual look. I call this the rustic stripe. You might see this in the French country design style, along with the shabby chic and cottage look. I've also seen this rustic stripe in the industrial style. You can find them printed on a kitchen towel, a grain sack pillow or even roughly painted on a table or dresser as a charming accent. You won't find clean lines when observing this type of style, but the imperfect elements of the rustic stripe are where you find its true charm.

The rustic stripe can also be seen in the fashion world when applied to items such as the boyfriend jean, or even when printed on a summer scarf or canvas tote. I love pairing a bright and simple summer dress with a more rugged "rough around the edges" striped scarf. The contrast of those two elements creates interest and meaning behind an otherwise simple look.

It's hard to imagine that such a simple aesthetic can be applied to so many different design styles, but it's true. Whether you are going for the latest trendy look or the traditional classic look, stripes have the ability to take on many roles. What I find most appealing about stripes is their ability to never go out of style. They are timeless in so many ways and will always find a way to make a statement in both interior design and fashion. **NOW**

Editor's note: For more information, please visit www.theblissfulbee.com.

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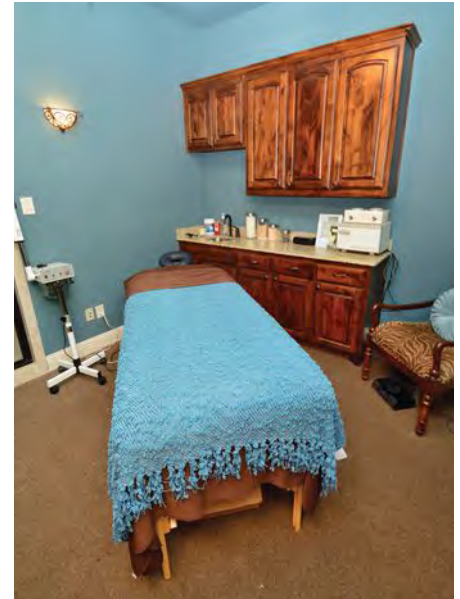
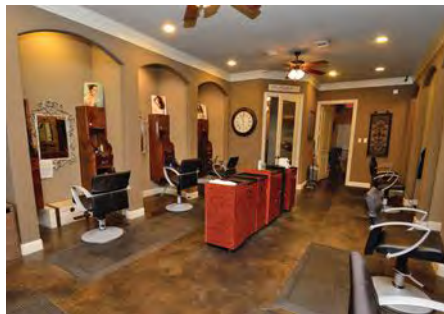


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Along with cuts, colors, nails and facials, Impressions prides itself on other “above and beyond” services — from boutique shopping to cozy waiting coves.

Sweet Style

Tasty treats go hand in hand with chic hair and accessories at Impressions Salon Etc. — By Angel Morris

After 27 years of providing upscale service with a down-home feel, Impressions Salon Etc. continues to thrive, and recently expanded to even better serve its faithful clientele. Located just off I-35 at Red Oak Road for three years, the full-service salon increased square footage to add more private space for its spa services, which include body treatments such as wraps and scrubs.

“We meet a variety of needs for our clients, with nine stylists, two estheticians and one full-time nail technician in a private suite,” said Vonda Jo Whaley, salon director. “Our expansion just builds on our ability to offer the very best services to our clients. We want to rival the best salons in North Dallas but with a warm, welcoming feel.”

One step inside the salon and it’s easy to see why Vonda and owner Reba Chandler decided to make the Red Oak location Impressions’ new home. “We’d been in DeSoto for 25 years and the salon had gone through all the various trends in design,” Vonda explained. “It was beautiful, but this place topped it.”

Four of Impressions’ original stylists, including Vonda, Alanna Bishop, Gina Burba and Sherry Hollenbeck have worked together for more than 20 years. “It’s a wonderful location, and it wasn’t too far for our regular clients to make the transition,” Vonda said, noting all Impressions employees are devoted to their faithful customers.

“From the second they walk in and are greeted by Misty Parker at our front desk, customers feel at home,” Vonda added.

"Misty wants everyone to be happy, and she lets them know they are loved here!"

Impressions employees are required to attend at least three continuing education seminars each year to stay up-to-date on beauty industry trends. They are also expected to develop an honest rapport with clients. "We listen to what our clients want, and we have an open exchange about how that will really work for them, if a style suits the shape of their face, their lifestyle, etc.," Vonda noted. "It doesn't serve the client to

"We meet a variety of needs for our clients, with nine stylists, two estheticians and one full-time nail technician in a private suite."

give them a hairstyle they think they want, only to have them go home and discover they cannot style it themselves or that they are too busy to maintain a particular cut or color. Our goal is for them to leave looking and feeling their very best from that moment forward. They are our best advertisement."

Along with cuts, colors, nails and facials, Impressions prides itself on other "above and beyond" services. The special treatment includes custom coffees and teas, delectable sweet treats and cozy, soothing waiting coves. Also offered are makeup application and bridal party styling. "We also have special offers and discounts in our ads in NOW Magazines each month," Vonda pointed out. "We try to vary those so that old and new customers both benefit."

As an Aveda Salon since 1987, Impressions features a full line of Aveda products, even a mini boutique of handbags, jewelry, shoes and the like. "We're here to treat our customer," Vonda shared. "They can have a glass of wine or browse the boutique before they sit back, relax and trust that we are going to pamper them and make them feel amazing. We are called Impressions, after all, and we want every customer to leave with the very best impression of us!" **NOW**

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Hank Samuels of Red Oak, right, enjoys Sky Ranch Launch Camp.



Ellis County's Clayton Foster gets congratulated by his Congar Cub kindergartner following graduation from DeSoto Canterbury Episcopal School.



Zoe Silas performs in Red Oak Elementary's fourth grade musical, *Mighty Minds*, directed by music and art teacher, Deborah Sikes.



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Ellis County Juniors 15U Blue Volleyball Team takes fourth place in its division of the Lone Star Classic, the largest volleyball tournament in the country.



Brian Caudell of Red Oak (center) and his castmates recently performed "Dirty Rotten Scoundrels."



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A mother of two young children, Dr. Reese-Holley has special interests in obstetrical care and patient education that assists and supports women in making informed healthcare choices.

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JULY 2014

Through July 23

Summer Golf & Wellness Camps: 9:00 a.m.-12:30 p.m., **Mondays-Wednesdays**, Waxahachie Country Club, 1920 Hwy. 287 Bypass W, Waxahachie. Contact Laura Hargrove at (817) 673-0356 or laurahargrovegolf@gmail.com for more details.

July 3

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.

July 7 — 11, 14 — 17

Summer Camps at CES: Hours vary by camp. Canterbury Episcopal School, 1708 N. Westmoreland Road, DeSoto. Choose from Mad Science, Athletics, Art, Cheerleading and Chess, open to ages ranging from kindergarten-ninth depending on camp. Open to the public. Register: www.thecanterburyschool.org.

July 8

342 Morning Networker: 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.

July 10

Synergy Red Oak: 11:30 a.m.-12:30 p.m., 342 Bar & Grill, 205 S. Main St. A networking event hosted by Red Oak Chamber of Commerce every Thursday of the month.

July 11

Movies on the Square: 8:30-11:30 p.m., Downtown Ferris. Bring your chairs and blankets for this community showing of *Charlotte's Web*.

July 19

Self-Defense Class: 9:00-10:00 a.m., City Hall, 301 Locust Dr., Oak Leaf. Visit www.oakleaftexas.org to learn more.

Mobile Dairy Classroom: 10:00-11:00 a.m., Pearson Park, 200 Lakeview Pkwy. Red Oak Library presents a traveling milking parlor featuring a live cow and an oral presentation. Families share an experience that includes math, science, health/nutrition and agriculture.

July 20 — 24

Vacation Bible School: 5:30-8:30 p.m., First United Methodist Church Red Oak, 600 Daubitz Dr. Are you ready for a fun-filled week of learning about God's love for your child? Register them for a "Jungle Safari" themed

VBS by contacting Bailey Malone at (469) 387-3827 or fumcrovbs2014@gmail.com.

July 21

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


July 23

Chamber Luncheon: 11:00 a.m.-1:00 p.m., 200 Lakeview Pkwy. Networking opportunity for businesses. Members with reservations \$12; members without reservations \$15; non-members \$20. Contact chamberassist@redoakareachamber.org for more details.

July 28 — August 1

Vacation Bible School: 9 a.m.-noon, First Baptist Church Red Oak, 320 E. Ovilla Rd. Red Oak. For kids who have completed first-sixth grades. In this one-week adventure kids will learn to trust God through Bible stories, high energy music and games. To register, contact Amy at (972) 617-3591 or aduckett@firstredoak.com.

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



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In the Kitchen With Brian Rezendes

— *By Angel Morris*

Brian Rezendes began cooking in an Italian restaurant almost 30 years ago, training with five-star chefs through the years at various kitchen stations from grill, pastry and salad, to pasta and meats. Whether it's grilling or gourmet cooking, Brian enjoys reinventing the traditional recipes he gets from friends and family.

Overseeing and managing the cooking at The Lonestar Burger Bar since October 2013, Brian feels right at home in Red Oak. "I love it and feel fortunate to have started here in this restaurant's beginning," said Brian, whose favorite meal to prepare is lobster.

"I also enjoy downhome cooking," he added, "which works perfectly with my job. And much of my food is influenced by my Portuguese background, which makes for some really delicious meals." **NOW**

Chicken Marsala

1 cup fresh mushrooms, chopped
1 Tbsp. garlic, minced
1 Tbsp. butter
1/2 cup Marsala wine
1/4 cup chicken stock
1/4 cup beef gravy
2 eggs
1 cup flour
Bread crumbs, to taste
2-4 chicken breasts, tenderized
1 cup oil

1. Sauté mushrooms, garlic and butter together.
2. Away from heat, add Marsala (It is highly flammable.)
3. Add chicken stock and beef gravy, allow to slowly simmer.
4. In a shallow bowl, mix eggs, flour and bread crumbs. Coat both sides of chicken in

breeding mixture.

5. Pan fry chicken in oil, turning at least once, until cooked through.
6. Add chicken to sauce and serve immediately.

Bluebonnet Burger

1 lb. ground chuck hamburger meat
Your choice of Cajun, fajita or garlic seasoning, to taste
Salt, to taste
Pepper, to taste
5 oz. cob-smoked sliced ham per burger
Sliced pineapple, to taste
1 pkg. Swiss cheese slices
Corn-dusted Kaiser buns
Barbecue sauce (optional)

1. Sprinkle meat with Cajun, fajita or garlic seasoning, and salt and pepper to taste.
2. Cook on flat top grill to desired doneness.

3. While burger meat is cooking, grill ham and pineapple.
4. When burger is finished, add ham and pineapple to top of burger. Melt Swiss cheese on top.
5. Place on slightly toasted Kaiser buns, add barbecue sauce if desired and enjoy.

Chicken Quesadillas

1 Tbsp. olive oil
3-4 average-size chicken breasts
Pico de gallo, to taste
Butter, to taste
1 pkg. tortillas (any size, quantity and brand)
Cajun spice, to taste
Fresh garlic, to taste
1 pkg. Mexican-blend cheese, shredded

1. Heat oil in a skillet over high heat.
2. Add chicken to skillet and sauté over medium-high heat until done, about 4 minutes per side. Add pico de gallo while cooking. Shred chicken.
3. Butter tortillas; add Cajun spice and garlic to taste.
4. Grill one side of the tortilla, adding cheese on top side while grilling.
5. Place chicken atop cheese and tortilla. When bottom side of tortilla is golden, fold and cut into wedges.
6. Repeat with remaining tortillas and fillings.

Italian Meatballs

8-10 slices white bread (or any stale bread), cut into small pieces
2 eggs, slightly beaten
1/2 tsp. garlic powder
1 tsp. Italian seasoning
2 tsp. parsley flakes
1/4 to 1/2 cup grated Parmesan cheese
1/2 tsp. salt
1/4 to 1/2 tsp. black pepper
2 lbs. ground beef
Vegetable oil (for frying)

1. Mix all ingredients gently in a large bowl until well-combined.
2. Roll meat into balls 1 3/4-inch in diameter.
3. Cover bottom of a large frying pan with about 1/4-inch of oil over medium heat. Fry meatballs in oil, rolling frequently, until evenly browned and juices run clear.
4. Drop meatballs in your favorite sauce, and let simmer for a while to flavor sauce or serve with favorite pasta and sauce.

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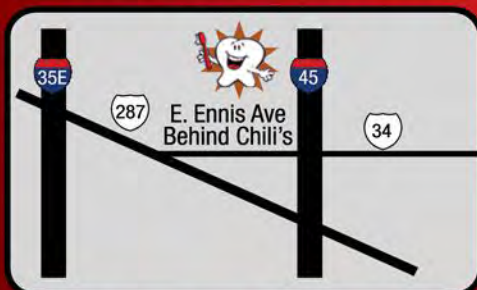
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