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September 2007

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At Home With
**Bill and Mary
Ann Hamilton**

RED OAK



HAWKS

Hawks Football

Varsity Schedule

Date	Time	Opponent	Place
Sat., Aug 18	TBA	Granbury	Away
Fri., Aug 24	TBA	Springtown	Away
Fri., Aug 31	7:30	Denton Guyer	Home
Fri., Sept 7	7:30	Lake Dallas	Away
Fri., Sept 14	7:30	Hillsboro	Away
Fri., Sept 21	7:30	Thomas Jefferson/Homecoming	Home
Fri., Sept 28	7:30	Open	
Fri., Oct 5	7:30	*Waxahachie	Away
Fri., Oct 12	7:30	*Lancaster/Alumni Night	Home
Fri., Oct 19	7:30	*Midlothian	Away
Fri., Oct 26	7:30	*Arlington Seguin	Home
Fri., Nov 2	7:30	*Ennis	Away
Fri., Nov 9	7:30	*Corsicana/Senior Night	Home



Date	Opponent	Teams	Site	Time
Sept 1	Trinity Double T Tournament	VARSITY	Trinity	ALL DAY
Sept 4	Mesquite	9th, JV, VAR	Mesquite	ALL 3 @ 5:00
Sept 7	Arlington Juan Seguin	VAR / 9th, JV	Red Oak	5:30 / 7:00
Sept 8	Arlington Lamar JV Tournament	JV	Arlington Lamar	ALL DAY
Sept 8	Boswell 9th Grade Tournament	9th Grade	Boswell	ALL DAY
Sept 11	Waxahachie	9th, JV, VAR	Red Oak	5:30 / 7:00
Sept 14	Ennis	VAR / 9th, JV	Ennis	5:30 / 7:00
Sept 18	Lancaster	9th, JV, VAR	Lancaster	5:30 / 7:00
Sept 20	Waxahachie 9th & JV Tournament	9th / JV	Waxahachie	TBA
Sept 21	Corsicana	VAR / 9th, JV	Red Oak	5:30 / 7:00
Sept 22	Waxahachie 9th & JV Tournament	9th / JV	Waxahachie	ALL DAY
Sept 25	Midlothian	9th, JV, VAR	Red Oak	5:30 / 7:00
Sept 27	Allen JV Tournament	JV	Allen	1:00
Sept 29	Allen JV Tournament	JV	Allen	1:00
Oct 2	Arlington Juan Seguin	9th, JV, VAR	Arlington Seguin	5:30 / 7:00
Oct 5	Waxahachie	VAR / 9th, JV	Waxahachie	5:30 / 7:00
Oct 6	Arlington 9th Grade Tournament	9th Grade	Arlington	ALL DAY
Oct 9	Ennis	9th, JV, VAR	Red Oak	5:30 / 7:00
Oct 12	Lancaster	VAR / 9th, JV	Red Oak	5:30 / 7:00
Oct 16	Corsicana	9th, JV, VAR	Corsicana	5:30 / 7:00
Oct 19	Midlothian	VAR / 9th, JV	Midlothian	5:30 / 7:00

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This month we are relocating to our new 1000 seat state of the art worship facility on Ovilla Rd., right in the middle of where everything is happening in Red Oak. We are very excited about this process and invite you to be a part of it with us. Check us out! We'd love to meet you.

OUR SCHEDULE

Sunday

Adult, Children & Youth Ministries

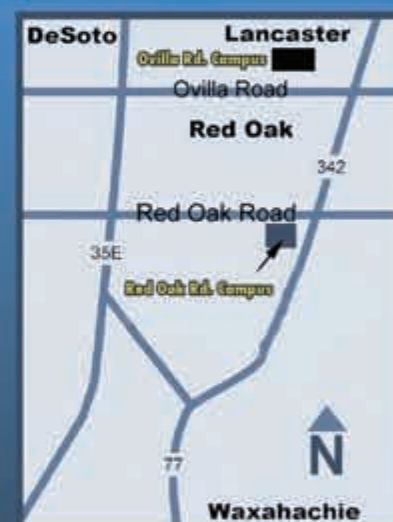
9:00 am - 11:45 am

Worship Service - 10:15 am - 11:45 am

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Photo by Diana Merrill Claussen.

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Editor's Note

Dear Readers,

This month Red Oak, Ovilla and our sister cities will be celebrating such events as Heritage Days and Founders Day. In light of these celebrations, may we present this issue, which has been inspired by this time of honoring the rich histories of our cities. Please enjoy as we present local artist, Amber Parker, who uses her barbed wire artwork as a true reflection of Texan heritage and craftsmanship. If historical architecture peaks your interest, join us as we explore Red Oak's "unofficial" first brick house owned by local residents, Bill and Mary Ann Hamilton. We also wish to introduce local resident, Michelle Loera, whose story of positivity through adversity will leave an imprint of heartwarming hope. Through this issue may we be encouraged to live and leave a spectacular legacy for future generations.

Diana Merrill Claussen

Red Oak Editor

dclaussen.nowmag@sbcglobal.net



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OUR PROGRESS

► Leading Change

Successful change starts at the top. We're proud to introduce Zach Chandler, FACHE, as the president of Methodist Charlton Medical Center. Formerly the CEO of Baptist Memorial Hospital in North Mississippi, Mr. Chandler has an impressive record of successfully leading and improving the organizations he has served. He brings renewed focus and energy to the future of Methodist Charlton.



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A Brave and Living Legacy

— By Diana Merrill Claussen

Some of us handle trials and tribulations better than others. Then there are those like Michelle Lorea, who, when faced with life or death situations, inspire us all to not give up.

Michelle lives in Red Oak with her husband, Jesse, and three of their four children. She is a former business professional, describing herself as having always been a good, honest person and a regular church attender. However, in the spring of 2006, Michelle's faith faced a devastating challenge. That March, she was officially diagnosed with locally advanced stage 3 breast cancer. In a split moment, her world stopped.

Six months before the diagnosis, Michelle had informed her doctors of a lump she had discovered during an exam. None of her physicians took her concerns seriously, because she did not fit the profile of a person who would have this disease. "No one in my family had ever had breast cancer, and I was considered 'too young' to have it," Michelle said. "So they continually refused to give me a mammogram, and told me what I was feeling during my exams was just a harmless cyst."

After months of persistence, Michelle's physician finally relented and ran some tests. When the results came in, the nurse confirmed Michelle's fears, giving her a hug and a prayer for strength.

"What the nurse did for me that day really helped set me strong from the get-go," Michelle said. This act was also a confirmation that there were some changes she needed to make in various facets of her life.

"When I was first diagnosed, I knew I had to get straight with God before I could do anything," Michelle said. "I knew I had nowhere else to go but on my knees." Hard situations were in her future, and she knew only God could help lessen the blows of her upcoming trials. Some of those trials were to be expected, others were not.

"My biggest struggle was telling the kids," Michelle admitted. "I really prayed hard about having to do this. At first, I was afraid about how they would accept the news, but Jesse and I decided to always be open with them because



we didn't want them to be left in the dark. So, we set up a plan on how we would help them cope."

Michelle tried to put a positive spin on the situation when sharing news, like the test results, with the children. At times, she used elements of humor to help them cope. "When I first started chemo, my daughter, Gabby, and I went out and bought matching hats and scarves," she said. "We made a pact that we wouldn't wear them until my hair started falling out. Then one day when I was in the kitchen, a big clump of hair fell right onto the counter. It was weird, but I ended up making a light-hearted situation out of it by joking with the kids that I would shave my head while they were at school. Later, when they came home to mom and her 'new look' we all had fun trying on my wig and taking silly pictures of the kids wearing it."

By giving her disease "positive spins," Michelle said she was able to "embrace" the situation. "I'm glad we tried to make things positive, because it really makes a big difference to you and your family when you can treat this kind of an illness as an adventure," she said.

When Michelle was thrown negative curveballs, her faith and her family continually helped her to hit home runs. "During my treatment, I underwent six rounds of chemotherapy and a mastectomy," she said. "I still worked a little while going through chemo, but eventually lost my job. That's when I decided I no longer wanted to be the kind of person my bosses and my job needed me to be."



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The job, however, was not her only unexpected loss. At times, it seemed the disease was not only trying to take her health, but some of her relationships as well. "I lost friends through all of this," she said. "Many of the very people I thought would stand by me and support me the most, were the ones who left me high and dry during those times."

Amazed at how some of her closest friends had turned their backs on her, Michelle could still smile as she reflected on why she had to go through those losses. "Since all of this happened, I think, 'That's OK,' that I lost work and friends," she commented. "It's OK because it has changed me tremendously. And now I consider every situation to be a new and exciting opportunity, and I am a different and better person because of it."

There have also been many positive experiences for Michelle, gained through new friends and fresh perspectives. "Some of the people who I thought didn't care about me, are the very ones who came to my rescue," she confided. "I have really made some wonderful



Michelle spends time with her husband, Jesse.

new friends along the way. I have also discovered that the things I used to worry about aren't as important as they used to be. I realized the most important thing is to spend time with, and be there for, my kids."

Through her children, Michelle was able to make an unexpected new friend, her husband's ex-wife, Sharon. "After my decision to draw closer to God, I felt a little lost and had so many questions," Michelle said. "With that, I turned to Sharon because she is



Last year, while still undergoing treatment, Michelle participated in the Susan G. Komen Walk for the Cure.

a very strong, Christian woman. I knew she would be there to cry with me, teach me and encourage me."

Michelle is thankful for those who stood by her and credits her family for being her biggest supporters. "Something like this really affects the whole family and causes them to make sacrifices," she said. "My family sacrificed a lot. I am so thankful for my kids because they did chores and cooked dinners when I was ill, while my mom and husband gave me extra strength to carry on. Without my family, I wouldn't have made it."

Michelle wholeheartedly shared how the good experiences have outweighed the bad. "Although I hate how the kids have had to grow up a little faster because of this," she said, "it has caused us all to become closer. I now make every second here with them count. They're what keep me going, sane and laughing. During this time, I have been able to talk to younger people who have been diagnosed with the disease, and I've participated in events such as the Susan G. Komen walks," she said. "Also, my relationship with God is now totally different, and going through something like this really helped me realize just how important a relationship with Him is."

Michelle and her family will be participating in the Susan G. Komen Race for the Cure on October 20th at North Park Mall in Dallas. To sponsor or join their team please contact Michelle at: jessieloera@sbcglobal.net or visit rfcda.convio.net/goto/michelleloera. **NOW**

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Thinking of Happy Yesterdays

— By Sandra McIntosh

Bill and Mary Ann Hamilton have been making memories in their three-bedroom, two-bath Ovilla home since January 1975. At the time of purchase, the 1,800-square-foot home, constructed in 1959 and still believed to be one of the first brick homes built in the area, rested on 20 rolling acres. Today, the property still includes a combination tractor shed/barn that is original to the home.

The Hamiltons' two children were in junior high when they decided to move, leaving the rental property on what is now known as Johnson Lane behind. "We really liked the Red Oak school district," Mary Ann



At Home With
Bill and Mary Ann
Hamilton





said, "so we looked for a home within the district."

Bill and Mary Ann find great comfort in reminiscing. Country living has included many Sundays spent at Ovilla Road Baptist Church, where they are charter members. Memories also include 15 years of volunteer time Bill spent as fire chief with the Ovilla Fire Department and the work Bill and Mary Ann have both accomplished with the Texas Baptist Men.

Their boys grew up loving the country life, as did their three grandchildren. "Our boys raised cows," Bill said. "Our grandchildren raised cows. It was a wonderful time and place to raise a family. It was probably one of the most meaningful, important moves that Mary Ann and I ever made."

They are still taking an active role in rearing the fourth generation on the farm. The only difference is now they are doing it on just two acres. "Now, we are enjoying our 5 and 1/2



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great-grandchildren," Mary Ann said, smiling proudly as she made reference to her sixth great-grandchild, who is due in January.

Family projects throughout the years have been popular with everyone – both old and young alike. Bill and Mary Ann wanted their great-grandchildren to know what happens when a seed is planted in the ground, so the family's project for the summer and early fall has been a backyard garden. "We wanted them to experience the harvest," Mary Ann added.

The children planted corn, tomatoes and pumpkins, as well as sunflowers. Mary Ann laughed aloud as she remembered



reading about gardening in a Neil Sperry publication. "We have done everything opposite from what the book says to do," she said. "We have walked on the corn and staked it back up, only to have a great harvest."

Bill pointed to the small patch of pumpkins that were already nearly as big as basketballs. "The kids wanted to grow their own jack-o'-lanterns," he said. "The pumpkins will be ready long before Halloween gets here, but I'm hoping the kids will let them keep growing to see just how big they'll get."

So many things have changed since 1975, beginning with the home's interior. Back in the late '50s, the home boasted




Please join the Red Oak Chiropractic family in welcoming Dr. Neil Dukes to our team! Dr. Dukes and his family are relocating from the Garland area where he has practiced for the past couple of years. Dr. Dukes, along with his lovely wife Chambrey and their two children, enjoy the small town atmosphere Red Oak offers and look forward to establishing relationships here with new friends, family, patients and church members. Dr. Dukes has extensive training and expertise in Chiropractic Care, Sports Medicine, ART, Physio Therapy, Nutrition, Applied Kinesiology, Cancer/Cardiac Rehabilitation, Chiropractic Neurology and also Personal/Fitness Training.

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of attic fans. At the time of purchase, there were several window units in place. Bill and Mary Ann modernized it even further by upgrading with central heat and air conditioning. Mary Ann said that every room has been remodeled at least once since 1975. "I enjoy moving things around," she commented, referring to her oil paintings, which can be found in key locations throughout the home.

Mary Ann has a style all her own as she displays her own paintings alongside pieces she has found, as well as those painted and given to her by friends and neighbors. Her favorites are the ones she has painted of turkeys. Two tom turkey gobblers are what one sees when first entering the home. Another family of turkeys is found in the den, which also serves as the dining room when family gathers. They are colorful, and at first glance, appear as if they might jump off the canvas.

The home is cozy, warm and comfortable. The recliners and rockers



in the family room beckon visitors to come sit awhile. The hand-embroidered pieces hanging on walls and resting on tabletops, sofas and wooden benches only add to the country ambience. "We live in our home," Mary Ann said, as Bill shook his head in agreement. "We live in every single room." When family comes to call, it takes every single room to hold their large, ever-growing family.

When asked about collections, both



said they really do not have collectibles. After a few more minutes passed, Mary Ann remembered Bill's assortment of antique and classic cars. Since retiring, his hobby has included restoring his old cars, as well as vehicles that belong to some of his close friends. "I owned the Ovilla Service Center until 1996 when I sold it," Bill said. "My dad was in the car business, so I was raised around them. I grew up loving automobiles!"

That love is evident in the five cars he is currently working on. He made a firm promise that he would finish the restoration process on a 1934 Lafayette he has had for the 53 years he and Mary Ann have been married. "It's been a work in progress for at least 51 years," he said, with a smile. "It's time to get

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serious. I hope to finish it before 2008 arrives." Mary Ann, also smiling, said she was "optimistic."

Bill did not hesitate to point out several heirlooms displayed in the family room. Mary Ann's parents collected four curio cabinets with the plan of passing one on to each of their four daughters. The lighted one Mary

Ann chose is filled with items, including Carnival glassware; a Waterford crystal bowl; a hand-carved, wooden ink pen presented to Bill by the city of Ovilla, a cup and spoon from the 2001 Bush Inauguration and several souvenir pieces from countries near and far. "Mary Ann's aunt was a doctor until a few years ago," Bill explained. "She

gave a lot of wonderful items to Mary Ann when she retired."

Mary Ann also pointed out a "lobster bowl" and a fluted fruit dish that dates back to the days when her paternal grandmother was rearing her own family. The hutch has allowed Mary Ann to display her red glass collection for all to see, while she keeps her red Blenco thumb print glasses in a safe place.

One of the most meaningful arrangements can be found in the main hallway. The school photographs of Bill and Mary Ann's three grandchildren are portraits of happy children. The evidence is found in their smiles. Mary Ann embroidered words from Psalm 144:12 and a commentary by Matthew Henry to represent what family means to the Hamiltons. "They are a reward from the Lord for raising our own children," Bill said. Mary Ann agreed. "It's been a good life," she said, thinking of each happy yesterday. "We are truly blessed." **NOW**

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Celebrating Western Heritage Through Art

— By Diana Merrill Claussen



When it comes to all things Western, local resident Amber Parker lives the true Texan lifestyle. She and her husband, Lloyd, reside on two acres in a lovely ranch house in Ovilla with their son, Colton. Both the exterior and interior of their home, are the epitome of Texan heritage and flair.

Inside the Parker's home you will find a bearskin rug, along with various accent items made from cowhide, steer horns and even barbed wire. The outside of their home is just as warm and inviting. Amber said her residence would not be complete without the family's collection of handcrafted accent pieces, many of which, came from out-of-the-blue inspiration.

"Many years ago, I was looking through a magazine and saw a really nice horse sculpture made from bailing wire," Amber said. "I thought, 'Wow, that is really cool,' but then thought there was no way I could do all of that intricate work to create it."

Amber did not think about the sculpture again until she was browsing in a store one day and happened upon a cross made from the same type of material as the horse figure from her magazine. This cross inspired her as had the horse piece. She was determined to try her hand at making similar art pieces.

Deciding to make her sculptures from bailing and barbed wire, Amber ventured to her horse barn to collect the materials needed. She grabbed some bailing wire from her horse's hay bales and Lloyd made patterns for her to use from a block of wood and four nail spikes. Then, Amber wrapped the wire around the spikes to create her own crosses.



Typically, Amber's crosses are made of bailing wire and rocks, which her son, Colton, helps her collect. The larger crosses, however, are made with barbed wire.

"I remember when I first started wrapping and making the crosses, I would strip the rust off of the metal so that it would be a little more shiny. Then my son, Colton, reminded me that I like rusty things," she said. In addition to the crosses, Amber also creates handmade cards, wire hearts, butterflies and dragonflies. She readily admits that creativity runs throughout her immediate family. "Colton, is in charge of making our hand-drawn Christmas cards we send to our family and friends every year, while Lloyd modified our cross pattern to create the original design for our bailing wire guardian angels."

ARTS NOW

To shape her angels, Amber uses a socket from a wrench to help mold their form. Then, she adds glass stones for accents. "When I use bailing wire, the metal is so pliable it bends really well – especially with needle-nose pliers and wire cutters," she said. "While I form my pieces from the metal wire, I like to leave signature twists on them to symbolically show that the piece is created from an actual wire."

Surprised at the popularity of her angel designs, Amber said, "We have a 'fan' who loves our angels so much, she has started a guardian angel club in honor of our work. This makes me even more proud, especially since our angels are made from our own original design."

Amber's handcrafted items decorate her home and her lawn. Many of her textile, stone and yard art pieces are in her vast and tranquil backyard. An antique fountain representing Amber's family heritage is on their garden path. "I made this fountain out of an old cream separator that came straight from my grandpa's farm," she said.

Other things found in the garden are the wind chimes Amber made, which are not only eye-catching, but very creative. Many of the chimes come with accents like bells and red, metal jalapeños. "I got the idea to make the jalapeños by cutting horse shoes in half and then painting them like chili peppers," she said. "Some of my ideas, though, have come from things I've seen in shops or on various vacations."

Amber enjoys creating her pieces, describing her hobby as a craft turned art. To her, the best part about art is creating it at her own outside workbench. "My workbench was fashioned from our old barbecue grill," she said. "I love to create my pieces outside at my bench because my horses, cats, dogs and duck will come up to me and visit while I work." While nature, animals and family are her inspiration, Amber's art has become a local legacy. **ARTS NOW**

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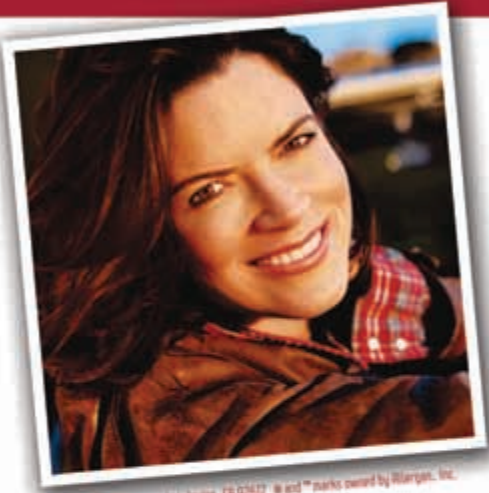
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The Legends of the Leagues

— By Diana Merrill Claussen

Peyton and Taylor Bridgers are not only similar in many ways, they are also quite talented. Because they are fraternal twins, the boys have always received the attention of others. However, these dynamic 8-year-olds have become good examples of how to be legendary in life and in sports. They are not only recognized for their fun and playful personalities, but also for their daring and skillful athletic abilities.



"The boys have always been in sports since they were three," their mom, Kam Bridgers said. "We initially got them involved in athletics because I was a stay-at-home mom, and the boys didn't have much of an opportunity to

interact with other kids. So, sports was a great way for them to play with local children their age."

For the last few years, the boys have consistently played baseball, soccer, football and basketball. They continue to play because they love it. Kam and



Batting cages, soccer goals and trophies — what more could a boy want? Peyton and Taylor Bridgers pose with their proud father, Rodney.

join a team, we join as well. We fully support them and actively participate in all aspects, including: fundraisers, practices and games."

In many instances, parents are allowed to be a part of the coaching staff. Rodney has coached the boys' football and baseball teams. "Rodney has his teams practice their skills, learn the rules and he teaches the boys how the games are played," Kam said. "He is also a really fair coach and has all of his players, including our own boys, earn their positions."

Rodney's manner of coaching not only helps the kids learn fundamental lessons and invaluable skills, but it also allows them the opportunity to have fun. "What they learn carries over from their field lives to their school lives," Kam said. "The lessons learned in sports help kids to build friendships inside and outside of school."

Rodney agreed stating the lessons the boys learn while they play will be

her husband, Rodney, said they fully support the boys' decision to participate in athletic activities.

"Sports is our family activity," Rodney said. "Every sport they've played has been their choice, and when the boys

Sports NOW

vital principles, which will help guide them throughout the rest of their lives. "Sports help to build one's ability to interact with people and to work in a team environment," Rodney said.

Just ask the boys, and they will happily elaborate on how much fun they have learning and playing on the

"The lessons learned in sports help kids to build friendships inside and outside of school."

field with their teammates. Whether they are shooting baskets, scoring goals or performing signature touchdown dances, for which Peyton is becoming infamous, they always have a blast. "Peyton really gets the crowd going, he's the entertainer," Kam said. "He'll get out there and just put on a show, which usually involves lots of dancing. He's also an acrobat on the field because he has no problems diving or charging just to get the ball. Plus, he's [a] great soccer goalie, who is not only fast, but fearless."

"I love sports, especially soccer and football. I really like to tackle people in football," said Peyton, who has become legendary for taking on guys twice his size. Kam said she has the pictures to prove it. As for confirming her boys' abilities, Kam said both of them have really come a long way in their game, and Taylor is just as talented as his brother. Although he may not be as well-known for his dancing, Taylor has definitely distinguished himself as being one of the few in the local leagues who can shotgun a football.

"I'm also a good hitter in baseball," Taylor added. "I usually hit my balls to the outfield during every game. I like both baseball and football, but I love playing center position in football,

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Peyton Bridgers



Taylor Bridgers

“Sports is like a family within a family, because you get to know each and every different kid, their personality and their parents.”

because I like to block people.”

Talent, however, is not what is most important to the Bridgers. Spending time with each other and with their extended sports family is their biggest priority. “Sports is like a family within a family, because you get to know each and every different kid, their personality and their parents,” Kam said. “The parents on all of our teams are really supportive and great, they’re just so proud of the kids, whether they win or lose.”

Rodney agreed. “Our team parents are so dedicated,” he said. “They’ll attend the full two-hour practices and show all aspects of their support.” This kind of parental support not only creates a stronger bond for the teams and their families, but it also helps solidify the bonds of each individual family. “I like spending time with the kids – my kids as well as the others. I’m a big kid myself, so I fit right in with the rest of them,” he chuckled.

As for the boys, it seems they not only have an appreciation for their parents, but also appreciate those who support them. “I like it when my parents come to my games, and love when they are rooting for me,” Peyton said. “I love the fans!” Taylor exclaimed. **NOW**

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— By Diana Merrill Claussen

to the Community

“We have a desire to support the community and to be here for the community, like Jesus was for us.”



When Pastor Karen Chagnon first opened the doors of Abundant Life Assembly Church, she knew the Red Oak/Ovilla area was exactly where she was supposed to be. “We first decided to come here because we wanted to get out of the big city,” she said. “So every weekend, we would just drive around the outskirts of DFW, until one day, we turned down Ovilla Road and saw the property that we immediately bought to become our home.”

On a very rainy day shortly after settling into her residence, Karen went out to take another drive. Through the gray of the rain, she saw a shining beacon, which reflected her calling and answered more of her prayers. “As I was driving, I saw this building and knew it would become our church,” she said. “We decided to buy it and

call it Abundant Life Assembly, because we wanted the church and its name to reflect Jesus’ mission and promise. The church and its name are based on John 10:10, which promises to give us life, and to give it more abundantly.”



In July, Abundant Life Assembly celebrated its first anniversary, and Pastor Karen said she could not be more

thankful for the opportunity to live and serve in the community alongside such a wonderful group of family and friends. “The church was started by a group of senior pastors, pastors, friends and church members that came together

in a joint effort to help create the church and to worship together,” she said. “Some of us have even been friends for 30 or 40 years. Through the years though, our congregation has become a vast collection of

members from all age groups.”

The church offers many different types of services for all of its members

Business NOW

and the community including: weddings, baptisms, baby dedications and counseling. They are also working on adding a few community events to their calendar. "We feature a southern gospel singing trio that has been together for over 30 years, ministering across the state in song," she said. "The church supports several missionary and evangelistic workers, and we are also working on building up our youth department to continue to reach the local youth. Currently though, we are planning a southern gospel festival, which will take place at the church on Saturday, September 29."



Besides growth and outreach, Pastor Karen said the church is fully focused on their ultimate calling and mission. "We're interested in spreading the Word of God," she said. "We are all community-minded, and together, want to be an integral part of bringing the Gospel to the Red Oak/Ovilla area. We also want to be here for the community in times of spiritual and natural need," she said.

Church member Sarah Frazier agreed with Pastor Karen, adding how the church not only has a strong commitment to the community, but also to those in need. "We have a desire to support the community and to be here for the community, like Jesus was for us," she commented.

In order to do that effectively, they offer many programs, especially for children, a Thursday Bible study at 7 p.m. and Sunday services at 2:30 p.m. so that members and visitors from all across the metroplex have plenty of time to travel and attend. "Like Jesus, our doors are open for everybody. We invite everyone from all walks to come and worship with us," Karen said.

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Around Town NOW



A ribbon cutting, top left, was held at All About Kids. Haley Murphy, top right, was seen around town in her family's '55 Chevy. A ribbon cutting, middle left, was held at Dance Expressions. Jo Ann Brewer, middle right, received the Business Woman of the Month award from the Red Oak Area Chamber of Commerce. The Red Oak Cowboys "A" Division, bottom left, held a bake sale for their pee wee football team. The Red Oak Lions Club, bottom right, served complimentary hot dogs to the crowd during the National Night Out event.

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The Parade will be Sat. Sept. at 10:00 starting at Main Street Plaza and ending at the City Park, (sponsored by Knapheide Southwest) Fun & games will immediately follow the parade.

There will be historical demonstrations, an antique car show, pony rides, bounce houses, rock climbing wall, dunking booth, arts & crafts, great food, and lots of other fun activities!

Around Town NOW



Local ROISD, council, area and Texas PTA board members, top left, took a break between meetings to pose for a picture. Red Oak/Glenn Heights Soccer Association, top right, held sign-ups for the upcoming season. CareFlite, middle left, landed during National Night Out to the surprise of the children. Ribbon cuttings were held at Innerworks, middle right, and Tier One, bottom left. Laurie Stanford, bottom right, gave Lacey a big push on the swings at Glenn Heights Park.



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Paying It Forward and Leaving a Legacy

— By Alex Allred

When author Catherine Ryan Hyde wrote the story *Pay It Forward*, Red Oak resident Terry McAdams was already living it. The main character of the fictional tale is a teacher named Reuben St. Clair who gives his class the challenging assignment to change the world. On the chalkboard, he wrote this instruction: “THINK OF AN IDEA FOR WORLD CHANGE, AND PUT IT INTO ACTION.” He was encouraging them to give of themselves without asking for anything in return.

Terry McAdams has been a living example of this mission since 1982. She grew up “on the Texas side” of Texarkana, with working parents who had little time to offer volunteering for organizations or after school programs. For that reason, Terry said, “I just wanted to do what they couldn’t.”

“One day, I reflected on my activities and then told my husband I wanted my work to help have an impact and to make a difference to kids. That was just really important to me,” she added.

Terry has been married for 26 years, and because her husband, Johnny, works at the USDA, they have been relocated frequently. Yet she never let the moves deter her from volunteering and getting involved in community service projects wherever they lived. One of her first big-hearted acts was to create a Girl Scout troop because the town where she was living at the time did not have one. “There’s always something to be done,” Terry laughed,



Terry McAdams spends the day on an ice skating field trip with her Girl Scout Troup.

but the true challenge was to come when Johnny and Terry learned they were pregnant.

Most new mothers would have taken a hiatus from their community work, but Terry simply brought her son, Jake, into the fold and kept on her mission. Now that Jake is older, he is carrying on the legacy of serving others.

While there are many stories of Jake’s own activism, Terry shared a recent inspiring event Jake experienced. While working with the Boy Scouts, Terry discovered a rehabilitation camp that offers therapeutic riding for children with special needs. At the camp was a horse named Trooper who was used as one of their therapy horses. To the outside world, Trooper was a slow, unappealing and uninspiring creature. To one special camper who was afflicted with a host of medical problems, Trooper was a hero, as was Jake the Boy Scout.

On that day, Jake was volunteering at the facility and he was charged with leading this special child on horseback around the riding arena. During her

ride, she started sitting a little higher on the horse, looked down upon everyone and experienced a thrill of empowerment, possibilities and hope. “That,” Terry said, tearing up with tremendous pride, “was just amazing.”

Motherhood did not hold Terry back from volunteering, but it allowed her to experience it on a whole new level — especially after she welcomed her second child, Anna Mae. Providing support to the Girl Scouts, Boy Scouts, book fairs, library reading programs, booster clubs, the PTA, Bible school classes, Sunday school and substitute teaching were as regular to Terry as washing the morning dishes. Terry was also inspired to photograph the children at local Red Oak events.

“What I like to do is take ‘pics’ of our kids — positive things like that,” Terry said. “Jake’s Cub Scout leader even nicknamed me ‘Snapshot.’”

Her history of serving others has been Terry’s legacy for over 25 years. She is the quintessential model of paying it forward, yet she seems unaware of the

Education **NOW**

tremendous impact she has had as a role model to Red Oak's children and to society as a whole.

Her work, however, has not gone unnoticed by Red Oak Elementary School Principal Rachel Kistner, who asked her to become the physical education aide for the school. This, in addition to all of her other community service functions, would be enough to overwhelm most people. "It's what she does," her husband said. "She always wants to do something to help other folks. She just really cares about other people."

Terry humbly calls her commitment a passion rather than a volunteer spirit. It is this passion, she said, that leads her into new adventures.

"Somehow, I ended up as the school representative for the Mr. and Mrs. Red Oak Pageant," Terry laughed. Somehow, she also ended up as carpool- and den-mother, civic spokesperson, an acting photographer for local newspapers and, most recently, a Dolly Parton impersonator.

"Well, in fairness," she said, smiling, "I actually started out as Dolly Parton's sister, Molly, for the cancer society in Arkansas, but then at the ROISD Pageant, I eventually became Dolly. If it's for a good cause and if I can make a difference ... what's it going to hurt to dress in platform shoes, sequin dresses, big hair, among other things, while lip-synching Dolly Parton songs?"

Do not be fooled. Terry would have you believe she simply falls into historical society meetings and drug-awareness programs. Yet the devotion she carries for her children and the children of the community is her driving force. Her actions are deliberate and her convictions are strong. In a world of those who do and those who watch, thank goodness we have a Terry McAdams. With that, she encourages the rest of us to make a difference. "Think of an idea for world change," she said, "and put it into action." **NOW**

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Look Who's Cooking

— By Melinda Hines

IN THE KITCHEN WITH CAPRICIA WILLIAMS

EASY LEMON CHESSE PIE

2 cups sugar
1 tsp. flour
1 tsp. cornmeal
1/4 cup butter, melted
1/4 cup milk
1/4 cup lemon juice
4 eggs
9" deep dish pie shell

Place sugar, flour, cornmeal, butter, milk and lemon juice in a bowl and mix well with a fork. In another bowl, beat eggs with a mixer set to high speed. Add eggs to sugar mixture and mix at medium speed until blended. Pour into pie shell. Bake at 350 F for 35 - 45 minutes. Cool for a few hours before eating.

BLACK BEAN DIP

2 15-oz. cans black beans, drained and rinsed
1 11-oz. can corn, drained

1 10-oz. can Ro-Tel tomatoes, drained
1 small can chopped black olives, drained and rinsed
3 Roma tomatoes, scoop out the seeds and dice remainder of tomato
1 small purple onion, diced
1 - 2 diced avocados
1/4 tsp. cumin
1/4 cup orange juice
1/4 cup grilled red peppers, diced
1/2 tsp. minced garlic
1/4 tsp. pepper
chopped cilantro to taste

Mix all ingredients and chill for 1 hour. Serve with tortilla chips.

SWEET POTATO CASSEROLE

2 - 3 large sweet potatoes
1 cup sugar
3/4 stick melted butter

2 eggs
1/2 cup milk
1 tsp. vanilla
3/4 cup packed brown sugar
2 Tbsp. butter, melted
2 Tbsp. flour
1/2 cup chopped pecans

Peel sweet potatoes. Cut into cubes and boil until tender. Drain remaining water and set aside once done. In a large bowl, combine potatoes, sugar, melted butter, eggs, milk and vanilla. Mix with a mixer until smooth. Pour into a Pyrex dish. Mix together remaining ingredients for the topping with a fork until crumbly. Pour on top of potato mixture. Bake at 350 F for 30 minutes. Cool before serving.

PEPPER STEAK

1 1/2 cup white rice
1/4 cup olive oil

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Who's Cooking NOW

- 1 1/2 lb. boneless steak, cut into thin strips
- 1 minced garlic clove
- 1/4 tsp. black pepper
- 1 - 2 large onions cut in half, then into 1/4" thick slices
- 1 - 2 large green bell peppers, thinly sliced
- 1 cup water
- 1/3 cup soy sauce
- 1 1/3 cup, mild picante sauce
- 1/4 tsp. garlic powder
- 2 1/2 Tbsp. cornstarch

Cook rice following package directions. Heat olive oil in a non-stick skillet over medium heat. Mix steak, garlic, black pepper and onion. Cook, mixing frequently for about five minutes. Add bell pepper and cook, stirring frequently until vegetables are tender. In a bowl, add water, soy sauce, picante sauce, garlic powder and cornstarch. Mix well with fork. Add to meat and vegetables. Stir frequently while cooking for about five more minutes on medium to low heat or until the sauce begins to thicken. Serve over rice.

EASY LASAGNA BAKE

- 1 pkg. lasagna noodles
- 1 lb. ground beef
- 1/2 cup chopped onion
- 2 large garlic cloves, chopped
- 1 Tbsp. black pepper
- 1/2 Tbsp Lowry's seasoning salt
- 1 jar of Ragu, Old World Style
- 1 Tbsp. sugar
- 1 16-oz. container low fat cottage cheese, small curd
- 2 - 3 cups shredded mozzarella cheese
- 2 - 3 cups shredded mild cheddar cheese
- 1 1/2 cups shredded Parmesan cheese
- 1 - 2 cups shredded Velveeta cheese
- Pam cooking spray

Heat oven to 350 F. In large pot, boil lasagna noodles as directed on package. While noodles are cooking, add ground beef, onion, garlic, pepper and seasoning salt to a skillet. Cook ground beef mixture until done. Drain excess grease. Add Ragu and sugar. Simmer on low for five minutes. Set aside and spray large oblong Pyrex dish with Pam cooking spray. Once noodles have finished cooking the layering process begins. In dish, place one layer of lasagna noodles. Spread a layer of meat mixture on top of noodles. Next, spread a small amount of cottage cheese on top of meat mixture. Spread a layer of mozzarella, cheddar, Parmesan and Velveeta cheese. Repeat layering starting with lasagna noodles. Finish off casserole with a top layer of noodles. Sprinkle remaining cheeses sparingly on top. Bake at 350 F for 25 minutes or until cheese is melted throughout. Do not let burn on top.



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Providing for Your Children Through a Living Trust

— By John D. Hale

When we become parents, the good Lord instills in each of us a certain wisdom we never knew existed before. It is wisdom, that by virtue of hindsight, we realize our own parents had before us. Why then, should we allow this gift of good judgment to lapse when we die?

The answer is, of course, we should not. But how can our good judgment in rearing our children live on even after we have passed? You may be surprised to know a last will and testament cannot help you here — revocable living trust can.

Unintended Beneficiaries

Do you know where your property is going when you die? Chances are, if you have a will, you may *think* you know. However, the only thing a will guarantees is the probate process. Lawyers, guardians, creditors and the

court are all paid out of your estate before your children see a dime. Moreover, this process can last several months! Did you really intend to make lawyers, creditors and the court the primary recipients of your property? Of course not! How frustrating to gaze down from the Pearly Gates on the probate circus with Saint Peter “tsk-tsk-tsking” at your side. A revocable living trust *avoids* the probate process altogether.

“There is nothing so unequal as the equal treatment of unequals.”

One mistake most parents make, despite their good intentions, is to leave their property to all of their children *per stripes*, or share-and-share-alike, granting exactly equal shares of their property to each of their children. The problem is, different children have different needs. Your 12-year-old, aspiring ballerina has an entirely different set of needs than your 25-year-old college graduate. You love your children equally, but that does not mean that their needs are equal. By executing a revocable living trust, you decide not only who cares for your children, but you decide *how* they are to be cared for. You appoint a trustee

or trustees (usually a valued friend or family member) to distribute your property to your children based upon each child’s needs. The trustee’s job is to appropriate the property to your children in the way you would have done it if you were still alive.

Providing for your children in one lump sum

You would not give your children a large lump sum of cash while you are living, because you want them to spend it carefully and learn how to use it effectively. So why, upon death, should you throw caution out the window? A revocable living trust allows you to distribute your property to your children exactly the way you see fit. An illustration may help you understand the importance of this principle:

Let’s say you have a 23-year-old son. We will call him Ernie. Upon your death, after your will is probated and all the attorneys and creditors are paid, Ernie receives \$300,000 worth of property in one lump sum. You reared Ernie to know the value of hard work and, it was not an easy thing to do in today’s world. Now, with one fell swoop, your work is undone. Ernie, the same Ernie who opened a lemonade stand in

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your front yard, falls victim to the temptations of bad investments and resting on his laurels (cue Saint Peter).

Why should death dramatically alter the way you care for your children? Using a revocable living trust allows you to distribute your property to Ernie carefully in a way that fosters the values you worked so hard to instill when you were living.

Death might stop you, but it should not stop your good intentions. Allow your good judgment to stick around a little while longer by executing a living trust. **ADVIS**

This article provides only general information, which may or may not reflect the most current legal developments. This information is neither provided in the course of an attorney-client relationship nor is it intended to constitute legal advice or substitute for obtaining legal advice from a licensed attorney.

John D. Hale is an attorney based in Red Oak.



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Health NOW

Diabetes: Millions Suffer From It and May Not Know It

Diabetes is a chronic disease affecting more than 20 million people in the United States. It is a condition that results from the body's inability to produce or properly regulate insulin, a vital hormone needed to convert sugar, starches and other food into energy.

Common symptoms of diabetes include an increased thirst, increased urination or change in appetite. Other frequent symptoms include fatigue, blurred vision, slow-healing infections and impotence in men. Diabetes can be caused by genetic and environmental factors, such as being overweight and inactive.

There are three common types of diabetes:

Type 1 - The pancreas fails to produce insulin. Roughly five to 10 percent of Americans with diabetes have Type 1.

Type 2 - The body fails to properly use the insulin that it produces. Type 2 is the most common form of diabetes,

affecting adults and sometimes children.

Gestational diabetes - Four percent of all pregnant women or about 135,000 cases are diagnosed in the United States each year.

"All patients with diabetes or pre-diabetes should work with their physician to develop a healthy diet and exercise program, as well as discuss medication options," said Dr. Jeffrey Astbury, internal medicine physician on the medical staff at Baylor Medical Center at Waxahachie and the volunteer medical director of the Baylor Diabetes Center at BaylorWorx Fitness Center in Waxahachie. He teaches his patients that "learning about diabetes is essential in managing your blood sugar," recommending all diabetic patients attend a diabetes education program.

Over time, high blood sugar can damage the blood vessels, nerves and organs and, if left untreated, can eventually cause serious complications or death. Following is a list of some of the most common complications:

- Increased risk for heart disease, heart attack, heart failure and stroke. According to the American Diabetes Association, over 65 percent of people with diabetes die from heart disease or stroke.
- A diabetic's risk for a heart attack is as high as someone who has had a

previous heart attack.

- Increased risk for diabetic retinopathy, a condition linked to blood vessel problems in the eyes. Diabetes is a leading cause of preventable blindness; cataracts and glaucoma.

- Increased risk for peripheral neuropathy, a condition caused by reduced blood flow to the nerves. This condition, brought on by high blood sugar, can cause nerve pain, burning and numbness.

- Development of serious leg and foot infections due to poor blood circulation, lack of oxygen and nutrients to tissue and nerve damage.

- Diabetic nephropathy, or kidney damage can cause kidney failure.

Risk factors for diabetes include:

- A parent, brother or sister with diabetes
 - Age greater than 45 years
 - Ethnicity (particularly African Americans, Native Americans, Asians, Pacific Islanders and Hispanic Americans)
 - Gestational diabetes or delivering a baby weighing more than nine pounds
 - High blood pressure
 - High blood levels of triglycerides (a type of fat molecule)
 - High blood cholesterol levels
- "While there is no cure for diabetes,

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treatment usually involves medication, a healthy diet and exercise to control blood sugar and prevent symptoms and complications," Dr. Astbury explained. "But the good news is that complications are not unavoidable. With proper management of the disease, diabetes can be controlled."

If diabetes is left untreated, serious complications can develop. Some people can go for years without knowing they have diabetes, so if you are considered high-risk or begin to experience some of the symptoms mentioned above, do not wait — consult with your doctor right away. **NOW**

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September 2007

Community Calendar

Red Oak Public Library offers practice tests for TAKS, SAT, PSAT, GED, GRE, EMT, Realtor, police officer and about 200 other practice tests: available online. For information, visit RedOakPublicLibrary.org

First and Third Tuesdays

Red Oak Lions Club meeting, 7 p.m. at 207 West Red Oak Road. Call (972) 617-3577.

First Saturdays

CPR and First Aid Classes, 9 a.m. at Red Oak Fire Rescue, 547 N. Methodist Street. To register online, visit www.redoaktx.org or call (469) 218-7713 for information.

Every Monday (September - October)

Junior Golf Classes, 6:30 - 7:30 p.m. at Jeremy's Golf Center. Call (972) 351-9223 or visit www.jeremysgolfcenter.com.

Second and Fourth Mondays

Texas Ladies Networking meets from 11:45 a.m. - 1 p.m. at Fire Mountain Grill in Waxahachie. Call (214) 587-1221.

Second and Third Wednesdays

Red Oak Public Library and Red Oak Fire Department host a children's story time from 11 a.m. - noon at the

library. Call (469) 218-1230 or visit RedOakPublicLibrary.org.

Every Thursday

Celebrate Recovery, a Christ-centered recovery ministry, meets at First Baptist Church of Red Oak, 103 West Red Oak Road. Call (972) 617-3591.

Second Thursday

A cancer dialogue support group, sponsored by American Cancer Society, meets at 7 p.m. at First United Methodist Church of Red Oak, 600 West Red Oak Road.

September 1

NTJGA & TGEF 2-Day Open
(Day 1) Mansfield National Golf Course. For more information, call (972) 351-9223 or register online at www.jeremysgolfcenter.com.

September 2

NTJGA & TGEF 2-Day Open
(Day 2) Jeremy's Golf Course - Ellis County, TX. For more information, please call (972) 351-9223 or register online at www.jeremysgolfcenter.com.

September 7

Red Oak Founders Day, 7 - 11 p.m. at Red Oak City Park. Free to the public with entertainment and games.

September 8

Red Oak Founders Day Parade, 9 - 11 a.m. at Red Oak City Park. Founders Day festivities end at 5 p.m.

September 22

Oktober Fest will be held at St. Joseph Catholic School in Waxahachie. The event will include a 5K run. For information, call (972) 937-0956 or visit www.oktoberfestwaxahachie.com.

City of Ovilla Heritage Day, 9 a.m. - 4 p.m. at 105 S. Cockrell Hill Rd. (behind Ovilla City Hall). Free to the public. For further information, or to rent a booth, please contact the city (972) 617-7262.

The Lights of Ennis fundraiser gala will be held at La Galleria.

September 27

Taste of Red Oak & Silent Auction, 5:30 - 9:30 p.m. at Red Oak Municipal Center. Auction proceeds benefit the North Ellis County Outreach. Please call Lauren Whatley at the city of Red Oak for information (469) 218-1202; to donate an item, call Denise Butler at the Outreach (972) 617-7261.

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