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SEPTEMBER 2011

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THE GENE POOL

Hunter and
Hannah Gnoza
lap up honors
through
swimming.

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On The Cover



This brother-sister duo
reaches new depths
in the water.

Photo by Amy Ramirez.

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Editor's Note

There's no place like home...

I'm a definite homebody. Cooler temperatures find my family enjoying more things outdoors, but it's still nice to end the day, the three of us together under the same roof — surrounded by familiarity and love.

Current and former Red Oakians will celebrate the place they call home at the 33rd Annual Founder's Day and Homecoming on September 17. The event kicks off with an 8:00 a.m. 5K and 9:00 a.m. parade at Red Oak High School, followed by a full day of food, fun and games. Call the Chamber at (972) 617-0906 for details.

Also this month, Heritage Day honors the hometown of Ovilla on September 24 from 8:00 a.m.-2:00 p.m. Call (972) 617-7262 for more information about this outdoor event featuring crafts, vendors and live, local talent.

Whatever your September has in store, may each day end with the comforts of home!



Angel

Angel Morris
Red OakNOW Editor
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The Gene Pool

— By Angel Morris



Siblings Hunter and Hannah Gnoza are lapping up honors through swimming, a sport they have enjoyed their entire lives. Hunter heads to college waters this fall, while Hannah pursues pool perfection at Red Oak High School (ROHS).

"I became interested in swimming when I was 3 years old and my older brothers were on the Waxahachie YMCA summer league. I never liked having to watch them. I always wanted to compete against them," 18-year-old Hunter said.

Hannah, too, has always been around water. "My older brothers were all swimmers, so I literally was going to swim practice and meets even before I was born," she said.

The duo has just wrapped up a summer of preparation and have their sights set on their latest swim goals. "During the summer, I left at 5:00 a.m. and went to The Colony to train for most of the day," Hannah said, as did Hunter. The two are no strangers to long hours of practice.

During the school year, they spent mornings with high school coach Kendra Blakley performing "drylands" — weight lifting, running and cardio exercises. After school involved trips to the Lewisville natatorium for pool practice and more drylands, typically until 7:00 p.m., training 30 to 35 hours per week. Summer finds the Gnozas training most of the day.

"You would be surprised how much a swimmer needs to train in and outside the pool. I practice year-round, even on holidays," Hannah said.

Hunter added, "I train an average of six hours a day, including Saturdays. We even practice on Christmas Eve."

Because so many years are invested in the sport, the Gnozas can't imagine life without it. "I started swimming competitively at age 4, but my parents would only let me do it in the summer when I was that young. I swam on the Waxahachie YMCA summer team, and it was all for fun," Hannah said. "Every year, I couldn't wait for summer so I could join the team again. It was so much fun, my brothers and I didn't



even want to take family vacations during the summer. Now it has become a year-round commitment."

Hunter recalls having a swim coach for as long as he can remember. "I've pretty much had the same coaches as I was growing up. I trained at the Duncanville Natatorium under Frank Gammon and Jay Chagnon since I was 5," Hunter recalled. "This past year, I moved my training to the Lewisville Natatorium in The Colony to continue training under Coach Chagnon."

Not surprisingly, coaches have greatly inspired the swimmers. "Coach Chagnon is my biggest inspiration because he has actually been where I've been in this sport. As a swimmer himself, he understands my darkest and my happiest moments," Hunter said. "He's made me realize if I do everything I can and still come up short it isn't because I failed; it is simply because the guy next to me was

"I've had to work to just pay attention to myself and to realize I deserve to be at those big meets just as much as everybody else there."

faster than I was on that given day. And the next day, we go back to work."

Unlike some teens, Hannah is more inspired by local athletes than famous ones. "I have teammates and competitors who inspire me. One is a girl from Waco who swims for Texas A&M," Hannah said. "She is very committed and never lets wins go to her head. She encourages me to have confidence and always makes a point to acknowledge my races."

Hunter, too, appreciates fellow swimmers. "Melissa Prince, who is on my high school team, loves this sport as much as I do, and we share a special passion when it comes to swimming," he said. "She taught me that it is about enjoying the moment. I look to her when I get down, and she always lifts me back up."

The Gnozas have learned to embrace the highs and lows of swimming. "It can be a very lonely sport if you let it be. There is little interaction with others at



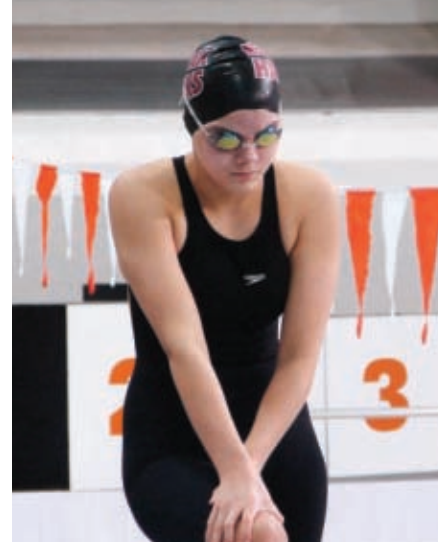
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practice because your face is in the water most the time,” Hunter noted. “But the coach and kids I’m surrounded by make it fun. It’s like a big, happy family.”

Hannah’s biggest challenge has been overcoming self-doubt. “Every meet I would get nervous and start thinking I wasn’t going to do well. I would watch everyone and think they were way better than me,” she said. “I’ve had to work to just pay attention to myself and to realize

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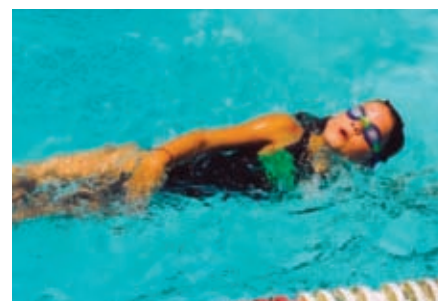
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I deserve to be at those big meets just as much as everybody else there.”

Such focus has led Hannah and Hunter to a number of swimming accolades. Hannah was 2010 District Swimmer of the Year, has been a regional record holder in the 100 freestyle, a regional champion and a state finalist. She earned All District, All Region and All State for the past two years.

“Since I’ve always been a swimmer, I never realized how hard it is for others starting out. I’ve seen kids in excellent physical shape that can run for miles, play several sports, etc., but put them in a pool and tell them to swim 100 yards and they either can’t do it, or they have to stop and rest. I average 6,000 to 8,000 yards every practice,” Hannah said.

In high school, Hunter earned All State and All Region four times. He was District Swimmer of the Year for three



years and District Freshman of the Year. "I've always had a lot of strength and endurance. I came to rely on these two factors without focusing on technique. It worked when I was younger, and I could usually beat my competitors at meets," Hunter recalled. "As I got older, it became harder to win, and like most athletes at some point in their career, I've had to make major changes in the way I train. Quality laps over the quantity



of them are now paying off for me. I understand the importance of correct training techniques rather than just going to the pool and racking up yardage."

Hunter now swims for The University of Texas of the Permian Basin and hopes to place at the NCAA Championship meet next spring. Hannah would love to win state while at ROHS. Beyond swimming, Hunter plans to become a physician's assistant after attending nursing school, while Hannah favors marine biology. Both agree, however, swimming will always hold a special place in their lives — but not only for the awards.

"Sports are so much more than competitions," Hannah said. "When I look back someday on my swimming career, I doubt I'll remember very many of the races, but I know I will remember all the good times I had with friends." **NOW**

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Called to Care

— By Zachary R. Urquhart

This is the time when children across the nation enter classrooms for a new school year. Unfortunately, students starting kindergarten do not all have the same educational foundation. For some students, it can be their first day of school ever. Other children have attended day cares where they learned the structure of school and conventional early lessons like letters and numbers. Child care centers, though safe and warm, are too often unable to offer the early education that is so beneficial to preschool learning. Shannon Hendricks is trying to change that.

After 10 years teaching elementary children, ages 6 to 9, in a traditional sense, Shannon found her true passion and calling. But she knew she wanted to make a bigger impact and needed to get out of the classroom to do it. “I started looking for ways to impact more kids,” Shannon said, “and found the Center for Non-Profit Management, a catalogue of sorts for nonprofit



Shannon Hendricks and Tasha Cerda.

organizations.” She applied for a mid-level position with Educational First Steps, a privately funded, nonprofit agency, which partners with child care centers to improve education. She was promoted before she was even hired, as she was offered the position of program director rather than the position for which she applied. Shannon now manages a team that trains teachers and parents and works with kids in low-income child care centers.

According to Shannon, when she began teaching 15 years ago, her goal was to “hopefully show them that learning could be fun and a lifelong venture.” As she continued teaching in Cedar Hill, Midlothian and Mansfield, she grew confident in her teaching, but her goals also continued to grow. She always knew she would not stay in the classroom. For a while, Shannon thought about counseling, but she knew it was not quite right for her. When she came across the application for Educational First Steps, she knew she had found her niche and has had no regrets.

Shannon and her team go into more than 100 low-income child care centers and work to make them more educationally focused. They are in the centers every day, seeing each location once every two weeks. Though Shannon misses the interaction with the kids, she sees her skills more in leading people and knows she has a broader impact in her role as a manager. She has learned how to guide people in this role. “It is similar to the classroom in some ways,” Shannon admitted. “You have to find ways to focus on individual strengths, not weaknesses.” She takes a variety of personalities and unites them into a team of people that will impact several thousand children every year.

Shannon and her team are directly responsible for enriching the education at each of their low-income child care centers. The team may do anything from getting resources for the centers to equipping the employees who work there. Shannon and her staff mentor the child care workers, train them in educational methods and even help them gain scholarships to further their own educations. “My goal is that each of the centers I work with would become nationally accredited,” she explained.

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- 1:50 PM WHS Jazz Band
- 2:15 PM Tommy Stringer, Ph.D. Navarro College
A Short History of Oil and Gas in Our Region
- 3:15 PM Old Fashioned Singers
- 3:45 PM Nowell Donovan, Dean of Academic Affairs TCU
Geology of our Region
- 4:30 PM Waxahachie Community Theater
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"Ultimately, I would like to one day run a nonprofit myself."

Shannon's passion is found in her work. There is never a day where she wonders if she has made a difference or that she dreads going to work. She knows that she is helping children get



Shannon enjoys singing karaoke with her daughters, Maci and Malori.

an education they might otherwise miss. Though Shannon's career is inherently rewarding, it might be the philosophy instilled by her father that has helped her become who she is. When she was a teenager, she worked at a local fast-food restaurant and was complaining to her father about going to work. Her father told her to think of her work as a privilege, and ever since, Shannon has remembered the idea that she "gets to go to work." Shannon says that in her work at the agency, she finally feels at home. She has brought her father's ideal to her team, and their motto is: "We don't have to go to work; we get to go to work."

Even though Shannon stated, "I am my job and this job is me," she has many other facets that make her who she is. While Shannon sometimes misses interaction with kids on the job, she gets plenty of hands-on teaching with two children of her own. Malori attends Red Oak Intermediate and Maci goes to Shields Elementary. The girls know how important education is to their mom, and they have learned many great life lessons from seeing what Shannon does. Shannon frequently sees her daughters' philanthropic tendencies, such as their willingness to donate toys

to the centers that Shannon serves. They are compassionate beyond their years. "They have tender hearts," Shannon proudly stated, "and they are especially drawn to kids who are different." This year at school, in fact, Malori was given the "Nobel Peace Prize" for her notable kindness and citizenship.



One of Shannon and the girls' favorite activities is singing karaoke. Shannon sings at her church and also performs for events at other churches in the area. Being involved in church is important to her, and she cites her faith in God as part of the reason she does what she does. Shannon sees her work as a calling. "Caring for people is how I show Christ to the world," she said. Some of the centers she works with are faith-based, so Shannon

sometimes gets to relate her faith in God while working with the child care centers.

Because of the work she has done, Shannon has served on a few committees aimed at improving child care on a large scale. As part of the Dallas Childcare Coalition, she meets with partners

"You have to find ways to focus on individual strengths, not weaknesses."

throughout the community to discuss how best to serve the area. While making child care centers more educationally sound is essential, Shannon continues to stress the importance of helping the parents as well. She also continues to help in the traditional education field, leading seminars for Ellis County early childhood teachers several weekends every year. Shannon does anything she can to ensure young people are given every chance to be successful. Wherever her future takes her, Shannon knows she will always continue helping children realize their full potential. **NOW**

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The Politics of Living

— By Sydni Thomas



Down a quiet street in Oak Leaf sits a house that displays the patriotic pride and past of its owners. Roy Orr, former DeSoto mayor and Dallas County Commissioner, and his wife, Janice, live in a one-story southern style home with a Texas lone star displayed on the front door and the American flag blowing regally in the yard. Eleven years ago, the

couple sold their horse farm in DeSoto and moved to their Oak Leaf home on seven acres. Soon after moving in, they realized that downsizing from a 6,000-square-foot farmhouse was not an easy task for a family that enjoys having company. They quickly started an addition and now have a sitting and family room large enough to accommodate their guests.



At Home With Roy and Janice Orr





When the couple moved in December 1999, it was the first time they had lived outside DeSoto for more than a year in their entire lives. Janice grew up on a cotton farm until she was 15 and then her parents owned the only grocery store in DeSoto. Roy was reared in town by his grandparents. They went to high school together, but didn't start dating until after graduation. "I graduated two years before Janice," Roy said. "My class at Lancaster High School had six people in it. I tell everyone I was sixth in my class, and they think I'm a genius."

Reminders of their heritage fill their home. When Janice learned her old family home was going to be torn down she rushed out to the site, took photographs and collected wood from the house to make shadow boxes for her siblings. A painting of the grocery store Janice's family owned hangs just off the entryway. The grocery store was located at the corner of Belt Line and Hampton roads in DeSoto. Just after they were married, Roy and Janice moved into the top floor of the grocery store.

At the age of 12, Roy began working on farms and hasn't stopped since. He also worked in the insurance industry and traveled to West Texas, leaving Janice at

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home to rear the kids. When he noticed a need for insurance in this area, he opened up his shop locally. From there he went on to establish DeSoto State Bank, the first bank in the city; the DeSoto Chamber of Commerce; and the first bank in Red Oak. Roy still works full time and travels frequently.

"I think when you retire you start to die," Roy said. "I won't be retiring until I die. I've worked for a long time and have learned a thing or two. If you try hard and don't cheat anybody, you can be successful. Too many people think they're owed a living. It's all about hard work."

When they got married, Roy promised Janice she'd never have to work as long as

she helped him rear a family. She worked for a few years after they got married, but as soon as she began having children there was no more time for work outside the home. Roy traveled a lot and Janice rarely got to go with him between caring for the children and all of the volunteer work she did. She served on the PTA, was president of the Future Farmers of America booster club, became the chairman of the board at Midway Park Hospital in Lancaster and was chairman of the board at Christian Care Center in DeSoto.

Janice also held up her end of the commitment toward rearing a good family for Roy. Today, when the family

gets together it takes both dining room tables and a children's table to have enough space. To date, the Orrs have four children, 10 grandchildren and seven great-grandchildren. "The best advice I was ever given was get into business for myself and save a little bit from each paycheck," Roy said. "We saved as much as we could those first few years of marriage so that Janice could be with the kids. We didn't have a television or drive fancy cars, but it kept us going."

Inspired by the years she spent showing Appaloosa horses with her son, Tim, Janice turned the hallway and guest bedroom into a gallery of American Indian and horse art. When they travel,

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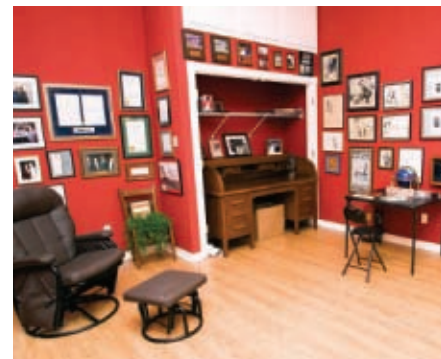
M-36814

Janice always tries to bring home a new piece of Indian art. For years she searched for one piece in particular that featured an Appaloosa horse. "I'd wanted



to get the original of this painting and looked for years for it," Janice said. "I finally learned that the original sold for \$90,000 and then began looking for a copy. Those were selling for over \$300, and I couldn't bring myself to buy one. The artist had a booth set up at one of the national shows, and I kept going by each day to look at it. On the last day of the show I went back to our stall, and the artist had a autographed copy."

Down the hall from Janice's art are a few pieces of Roy's memorabilia, like the shadow box displaying the golf ball, scorecard and comments from the golf



course commemorating the first and only time he ever made a hole-in-one. Most of Roy's art collection and memorabilia are stored in his Waxahachie office, but when he ran out of space there, he built a small guesthouse to hold the rest. The two-story building has a bedroom where

the grandchildren like to have slumber parties. Downstairs in Roy's office, are photographs, news clippings, editorials and awards spanning the walls up to its high, vaulted ceilings.



Bookshelves are lined with notebooks depicting a timeline of Roy's years in office. Some of his favorite collectibles include letters of correspondence between him and President Jimmy Carter, a gavel from Judge Lew Sterrett, his Chamber of Commerce Emeritus Award and a photograph of him kissing Governor Ann Richards. "I think I surprised her when I reached over and gave her a kiss on the cheek," Roy said. "One day nobody will care about any of these things, but I enjoy looking back at all the people I've met."

Roy and Janice are just as busy now as they were when they were rearing their



family. They spend a lot of time traveling for business, taking relaxing cruises and going on trips overseas with their church, Waxahachie Church of Christ. When they have down time at home, they spend their evenings out in the gazebo. It's fully wired, includes a TV, barbeque pit, ceiling fans for hot Texas nights and enough chairs for any visitor who stops by for a chat. Roy and Janice transformed their Oak Leaf house into a home suited for Southern living, hospitality and of course, politics. **NOW**

September is National Osteopathic Physician Month and Adult Immunization Month

DOs and MDs together take the same tests and practice in accredited facilities. Dos, however, belong to a different branch of American medical care and place "wellness" as a priority in care for their patients. They help their patients take more responsibility to make changes in their unhealthy patterns and can perform manipulation of the body. More than 60 % of practicing osteopathic physicians are in family practice, internal medicine, pediatrics and obstetrics and gynecology. Hey adults, you need to look at **your** immunization records to see when last Tetanus was (1 every 10 yrs) and keep annual flu and 5 yr pneumonia vaccines up to date.

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Sandy Forbes and Jerry Pirkle are ready to meet customers' surface needs through their Red Oak business, Concrete and More.

Concrete Gets a Makeover

This durable surface is not just for driveways anymore!

— By Angel Morris

Sure, decorative concrete still covers driveways and pool decks, but thanks to businesses such as Red Oak's Concrete and More, the material has become much more glamorous. Today, decorative concrete is all the rage in other areas of homes and businesses, offered in a variety of colors with durability that can't be beat.

Concrete and More was established in 2008, with owners Jerry Pirkle and Sandy Forbes having more than 25 years experience in the industry. This husband/wife duo chose Red Oak because they wanted to establish their business in a growing community and be close to their family and friends. "We provide quality installation and offer a hands-on experience for our customers. We consider our customers our friends and neighbors, and this

makes what we do very personal," Sandy said.

With a history of working for a national resurfacing company, Jerry and Sandy were ready when concrete surfaces went from fundamental to decorative. "Over the years, the growing popularity of concrete overlays has increased. The current trends in remodeling are pushing the use of decorative concrete to a new level," Jerry explained. "New products and processes are making it possible to apply decorative coatings over worn or cracked surfaces, eliminating time and expense for removal. These overlays can be used to achieve a variety of textured and stamped appearances in different colors and patterns."

The company's services include decorative concrete overlays on any concrete surface, including driveways, walkways, pool

decks and patios. Also growing in popularity is acid staining of interior and exterior floors, epoxy coatings, stamped concrete overlays and concrete repairs.

Acid stains involve an acid/water solution mixed with salts and applied in a variety of colors, resulting in a natural-looking pattern with varying shades of the same hue.

Particularly popular on pool decks and patios but used increasingly indoors, stamped concrete overlays involve using a tool on fresh acrylic cement to provide a textured appearance in the pattern of the client's choice. Epoxy coatings are one of the easiest and most cost-efficient ways of protecting against weathering, cracking, oil, chemicals and moisture — giving your garage a sophisticated look that will last for years.

"With 25 years experience, we know what works and what doesn't, and we are always going to steer the client toward what is most suitable for their needs and their budget. In fact, our slogan is: Doing More with Less. It's what we live by," Sandy said.

It is important to Jerry and Sandy, however, that affordability doesn't mean the customer sacrifices beauty. "A favorite part of this business is using our expertise to help our customers transform their plain concrete into works of art," Jerry said. "Whether it is new or old, we will find the right solution to bring beauty to your concrete surface."

In addition to concrete installation and resurfacing, the company offers power washing of houses, patios, driveways, pool decks, walkways and more. For a limited time, customers can receive a free telephone pre-estimate on decorative concrete installation projects, or any other project they have in mind. Due to the different types and conditions of surfaces, final estimates are only made after personally viewing the work site. "We offer free estimates with no hassle and no pressure," Jerry said.

The company's goal is to continue to grow its customer base by providing a product that withstands the test of time. "It is nice to know," Jerry said, "that we've helped people create a space that their families will enjoy for many years to come." **NOW**



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Kaylee Choate performs her fourth place national dance competition routine.




Scott and Ginny Lindsey are all smiles at a summer city event.




The Stanley family enjoys a stroll through Red Oak's Pearson Park.



Heather, Megan and Dalton Fellows pose for a picture at the Texas State Capitol in Austin.




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Life Lessons

— By *Andrea Walton*

Mike Thompson died in a car accident leaving behind his wife, Amanda, their two boys, and stiff financial challenges. “After that,” Amanda recalled, “I put the house up for sale and we moved in with my mother.” About six months later, she purchased life insurance on herself telling her agent, “I don’t want this to happen to my children.”

Amanda’s story illustrates how being without life insurance can leave families vulnerable to financial hardship. However, the need for life insurance is not limited to families. When you’re single with no dependents, you may not need much life insurance. But you should at least have enough to cover final expenses, so your parents or siblings aren’t burdened with these costs. Once you’re married, you share a life and a home with someone else. Now if the worst happens, your spouse may be left with a rent or mortgage payment they can’t afford. At this point, it’s time for both spouses to get individual life policies.

When you have children, you have their future to think about. Life insurance can help your spouse keep up with child care and

other expenses, as well as save for education and retirement. In retirement, life insurance becomes an important part of your estate plan allowing you to pass wealth to future generations or a charity.

There are two basic categories of life insurance — term and permanent. Term insurance can be purchased in large amounts for a small initial premium. It is well suited for short-term goals. Coverage lasts for a specified term. After this term has ended, it expires unless renewed by paying higher premiums.

Permanent life insurance provides a death benefit while the policy is in force. The premiums are initially higher than those of term insurance, but in many cases they can be cheaper over the life of the insured. Permanent life insurance usually builds up a tax deferred cash value and is well suited for long-term goals.

Whichever option you choose, make sure your policy coverage keeps pace with your life stage — now and in the future. **NOW**

Andrea Walton is a State Farm agent based in Red Oak.



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Calendar

SEPTEMBER 2011

All Month

Free school uniforms: All dress code appropriate clothes are free, while supply lasts, limit five items. Wee Resale, 113 W. Ovilla Rd., Glenn Heights. (972) 230-8101.

September 5

Annual Free Day of Yoga: 8:45-9:45 a.m., 5:45-6:45 p.m., 7:00-8:00 p.m., Dynamic Yoga and Fitness Studio, 558 Bluebird Lane. 10:30-11:45 a.m., Ovilla Heritage Park, 664 Main Street at Ovilla Road. www.Yoga4Love.net.

September 10

Ellis County SPCA Volunteer Training: Noon-1:00 p.m., 2570 FM 878 Waxahachie. E-mail coordinator@elliscountyspca.org.

Red Oak Opry: 6:30 p.m., doors open; 7:00 p.m., concert begins, Lone Star Cowboy Church, 1011 E. Ovilla Rd. Live performance of the Opry Band. Visit www.redoakopry.com.

September 16-18

Antique Alley Texas & 25 Miles of Sales: 9:00 a.m.-6:00 p.m., Downtown Grandview. Call (817) 240-4948 or e-mail info@antiquealleytexas.com.

September 17

33rd Annual Founder's Day and Homecoming

Celebration: 9:00 a.m. parade kick off, Red Oak High School, 122 State Highway 342. Hawk Hustle 5K Run, booths, exhibitions, games, food. Call (972) 617-0906 or e-mail admin@redoakareachamber.org.

Oktoberfest: 10:00 a.m.-8:00 p.m., Waxahachie Civic Center, 2000 Civic Center Lane. Free admission and parking. Food, fun and entertainment for all ages. 1:00 p.m., Washer Tournament; 3:00 p.m., Karaoke for Kids. Silent and live auctions. (972) 207-2380.

Selah Concert: 7:00 p.m., Ovilla Road Baptist Church, 3251 Ovilla Road. Tickets are \$20 at itickets.com or call for reserved tickets of \$30 through the church office: (972) 617-8544.

September 24

Ovilla Heritage Day: 8:00 a.m.-2:00 p.m. Parade begins at Ovilla Road Baptist Church, 3251 Ovilla Road, and proceeds down Hwy. 664 to the ball field behind City Hall, 105 S. Cockrell Hill Rd. Event includes craft and vendor booths, as well as live performances by local talent. (972) 617-7262.

Chautauqua Preservation Society Assembly, "Energy, Oil and Gas": 12:30 p.m., Chautauqua Auditorium, Getzender Park, 400 South

Grand Avenue, Waxahachie. www.discoverculture.org.

September 28

Red Oak Chamber of Commerce Luncheon: Noon-1:00 p.m., Red Oak Municipal Center, 200 Lakeview Pkwy. Cost: \$12 with reservation; \$15 at door; \$20 for nonmembers admin@redoakareachamber.org.

October 3

Red Oak Education Foundation Golf Tournament: 11:00 a.m.-7:00 p.m., Thorntree Country Club, 825 W. Wintergreen Road, DeSoto. Four-man scramble including hole prizes and raffle event benefiting ROISD. www.PartnershipChallenge.golfreg.com.

October 4

National Night Out: Residents are encouraged to organize block parties in their neighborhoods to heighten crime and drug prevention awareness. Contact Red Oak Police Department Community Relations Officer Nathan Bickerstaff at (469) 218-7710 or e-mail nbickerstaff@redoaktx.org.

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

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In The Kitchen With Michelle Davis

— *By Angel Morris*

Michelle Davis recalls a childhood of watching her mom and grandmother cook wonderful, Southern foods. “I remember them both pulling up a stool and letting me help,” she said. “I have always loved to cook, and nothing in the world brings a family closer than a home-cooked meal.”

Now a mom with a family of her own, Michelle wants them to have everything she had and more — starting with great meals. “I love to try new recipes and call the whole family together and try it on them. Nothing makes me happier than bringing a smile to my family’s face.” An independent consultant for Pampered Chef, Michelle also loves to teach others how to cook “fast but delicious food that’s affordable and easy to clean up, so they have more time to spend with the ones they love.” **NOW**

24 Hour Salad

- 1 head iceberg lettuce, shredded**
- 1 cup celery, finely chopped**
- 1 small green bell pepper, (optional)**
- 1 onion, sliced in rings and separated**
- 1 can green peas**
- 1 pint Hellman’s Mayonnaise**
- 3 oz. Parmesan cheese**
- 1 lb. bacon, cooked and crumbled**

- 1.** Layer in order in a 9x13-inch dish and refrigerate overnight; do not mix.
- 2.** Toss and serve the next day.

Tortilla Rolls

- 1 small onion, finely chopped**
- 1 jar banana peppers, finely chopped**
- 3 pkgs. cream cheese, softened**
- 16 oz. sour cream**
- Juice from 1/2 lemon**
- 24 large tortillas**

- 1.** Chop onion in food processor until fine. Add banana peppers and process until finely chopped.
- 2.** Add cream cheese, sour cream and lemon juice to processor and combine.
- 3.** Spread a thin layer on each tortilla, roll up and place back into tortilla bag. Continue until all tortillas are rolled.
- 4.** Refrigerate overnight.
- 5.** Cut in 1-inch pinwheels and serve chilled.

Microwave Bread and Butter Pickles

- 2 cups cucumbers, sliced**
- 1 cup onion, sliced**
- 1/2 cup vinegar**
- 1 cup sugar**
- 1 bell pepper, sliced**
- 1 tsp. salt**
- 1/4 tsp. turmeric**
- 1/4 tsp. celery seed**
- 1/2 tsp. mustard seed**

- 1.** Combine all ingredients in a microwave safe bowl and microwave for 9 minutes, stirring halfway through.
- 2.** Remove and seal in a hot jar.
- 3.** Cool then chill.

Apple Tortillas

- 1 can apple pie filling**
- 8 flour tortillas**
- 1 1/2 cups sugar**
- 1 1/2 sticks butter**
- 2 cups water**
- Cinnamon, to taste**
- Ice Cream**

- 1.** Preheat oven to 350 F
- 2.** Place equal portions of pie filling in center of each tortilla and roll up. Place seam side down in a 9x13-inch dish.
- 3.** Combine sugar, butter and water; bring to a boil and cook until sugar is dissolved. Pour over tortillas.
- 4.** Bake for 40 minutes.
- 5.** Remove and sprinkle cinnamon on top. Serve with ice cream.

Crispy Parmesan Chicken Strips

- 1 1/2 cups seasoned croutons, crushed**
- 1 1/2 oz. fresh Parmesan cheese, grated (about 1/2 cup packed)**
- 1 tsp. dried parsley**
- 1/4 tsp. garlic salt**
- 2 egg whites**
- 1 Tbsp. water**
- 1 lb. boneless, skinless chicken breasts, cut into 1-inch strips**

- 1.** Preheat oven to 450 F In a medium bowl, combine croutons, Parmesan, parsley and garlic salt.
- 2.** Whisk together egg whites and water in a small bowl.
- 3.** Dip each chicken strip into egg mixture and then into crouton mixture, coating evenly.
- 4.** Arrange strips in a single layer on a medium round stone with handles.
- 5.** Bake 14-16 minutes or until chicken is no longer pink in center

To view recipes from current and previous issues, visit www.nowmagazines.com.

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For a physician referral or for more information about orthopaedic services, call **1.800.4BAYLOR** or visit us online at BaylorHealth.com/WaxOrtho.

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