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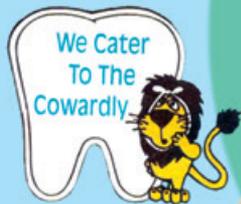
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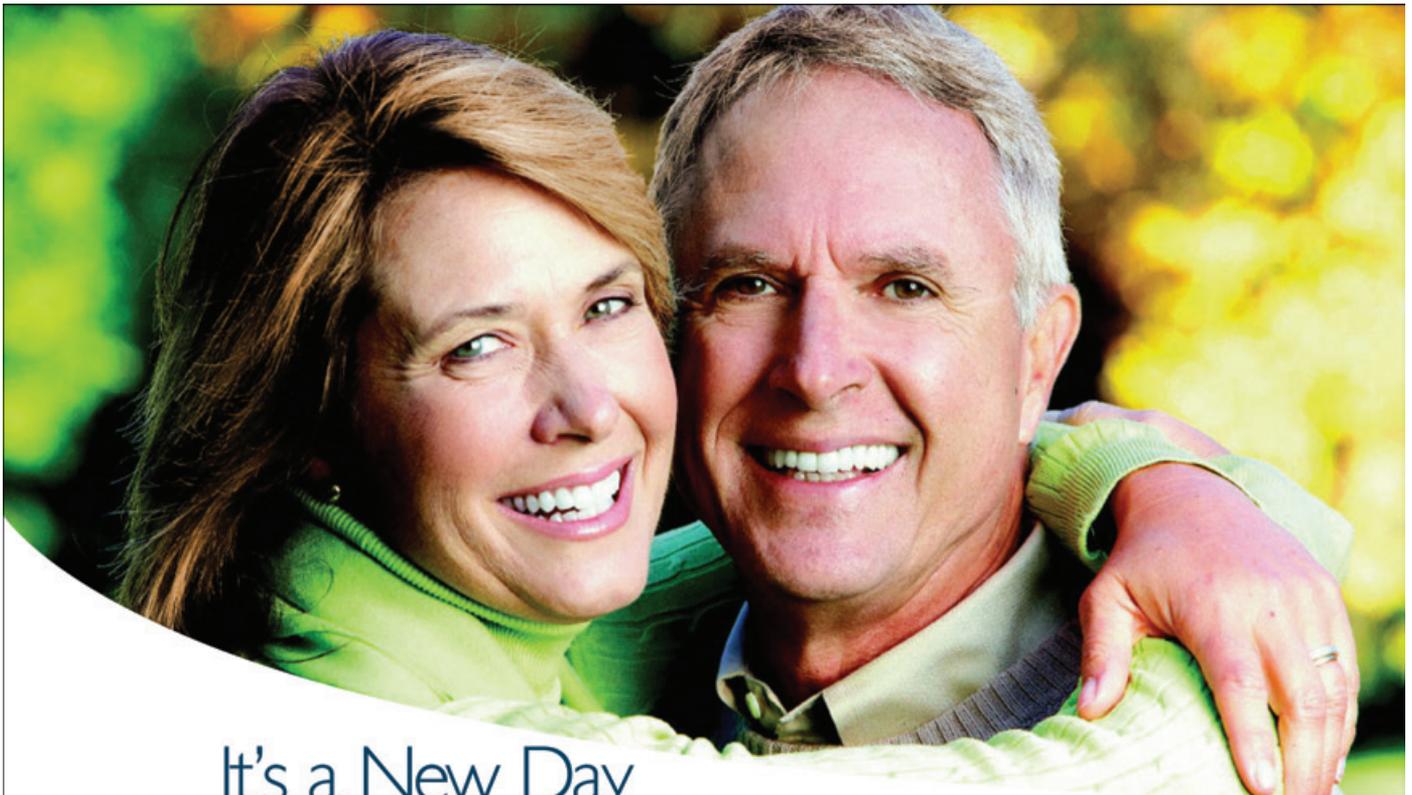


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ON THE COVER



Red Oak has an Olympic presence, thanks to Michelle Carter.

Photo by Opaque Visuals.

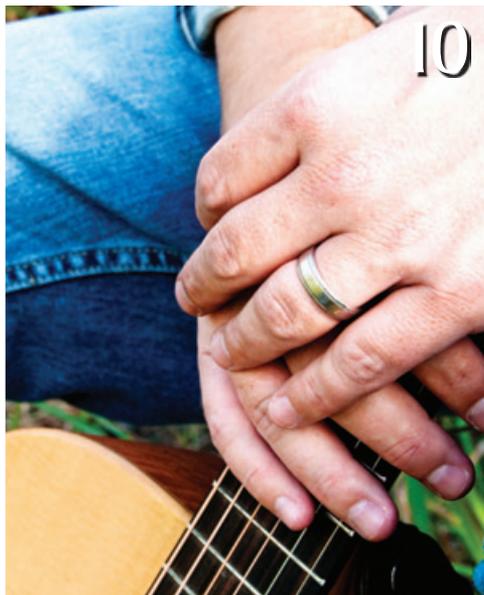
CONTENTS

January 2013 • Volume 8, Issue 1



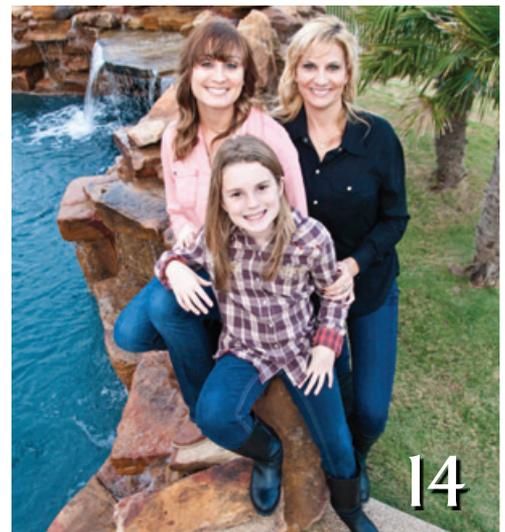
6 Believing in Her Gift

Michelle Carter shined at London's 2012 Summer Olympic Games.



10 Playing With a Purpose

Jeremy Powers' music is filled with passion and intention.



14 Divine One-Nine

At Home With Denise Chilcutt.

22 BusinessNOW

24 Around TownNOW

28 CookingNOW

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Editor's Note

Happy New Dreams!

We often have the opportunity to share stories of people who've made their dreams come true. From young to old, locals have shown how early dedication or renewed motivation make accomplishing goals at any age a real possibility.

This year, we'll showcase the likes of all-star athletes and five-star cooks who've always known what they wanted to do. Other articles will feature inspiring authors, educators and musicians who

found their calling at all different stages of life.

What better time than the New Year to hear stories of people setting their minds to something and making it happen? Here's hoping something in *Red OakNOW* inspires you to dust off a dream and make it a reality in 2013!

Angel

Angel Morris
Red OakNOW Editor
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BELIEVING IN

Americans have always enjoyed watching the Olympics, and the games held in London this past summer were especially exciting. During the Parade of Nations, members of Team USA strolled proudly through the stadium waving to a multitude of cheering onlookers. The best athletes in the world had gathered to compete in the ultimate athletic arena. And amidst the backdrop of dazzling fireworks and the pageantry of the opening ceremonies, there was one Olympic delegate who thought to herself, I can't believe I'm here — again! That Olympian was Red Oak's own Michelle Carter.

Michelle is a world-class shot put competitor, and she was in London to represent the USA in the track and field games. It wasn't her first time representing her country. It was her second. Her first Olympic appearance was in 2008 at the summer games held in Beijing, China.

Michelle really enjoyed her experience in London. "Everyone spoke English, so there was no language barrier," she said. "The food was good, and the shopping was great! I did too much shopping." As for the competition, she showed a marked improvement from her first Olympic appearance, placing an impressive fifth place in the event that has long been dominated by the Russians. Being the competitor that she is, Michelle already has her sights set on gold for the 2016 games being held in Rio de Janeiro, Brazil.

Michelle is a warm and engaging young lady. She is soft spoken, and converses about her experiences in a matter-of-fact manner. But don't let her mild demeanor fool you. She is one

super-competitive athlete. It's not surprising, because the competitive vein runs deep in the Carter household.

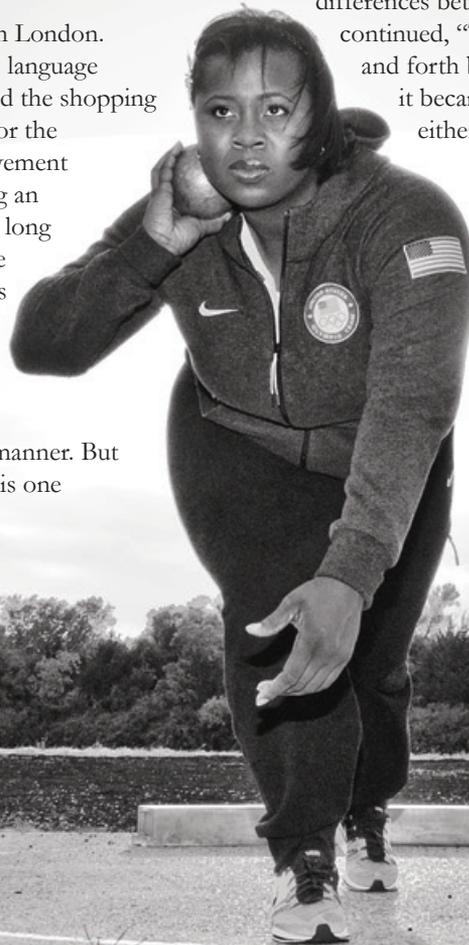
Her father, Michael Carter, was a star athlete at Thomas Jefferson High School in Dallas. His national high school shot put record of 81 feet 3 inches is the longest ever recorded and still stands today. As a Southern Methodist University alumnus, he was drafted by the San Francisco 49ers and helped the team win three Super Bowl titles (1984, 1989 and 1990). While playing professional football, Michael continued to excel in track and field. In 1984, he won the silver medal at the summer games in Los Angeles, California. To this day, Michael is the only athlete to have medaled in the Olympics and won a Super Bowl in the same year. He was a gifted athlete, and he quickly recognized his daughter's budding talent.

Growing up, Michelle had always been a standout athlete. "In high school, I started on the varsity basketball team as a freshman," she said. "I really loved playing basketball, but things always got complicated because the basketball season overlapped into the track and field season. Playoff basketball games and mandatory practices for the track team were scheduled at the same time, but I couldn't be in two places at once."

Other problems weren't so evident, like the size and weight differences between the basketball and shot put. Michelle continued, "The differences made it difficult to switch back and forth between the two balls on a daily basis." Soon it became impossible for her to concentrate fully on either sport.

Michelle knew she had a decision to make. She was torn between the two sports she loved, so she turned to her personal coach. "My father advised me that I had a better chance of getting a shot put scholarship than a basketball scholarship, so I eventually decided to give up basketball. I cried and cried, because I felt like I was letting my team down. But the team understood the reason for my decision," she shared.

Once Michelle resolved her dilemma,



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— By Dianne Reaux



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the shot put training and competition intensified, and she was ready for the challenge. Her hard work paid off, and in 2001 at the youthful age of 14, Michelle found herself on her first overseas flight — destination Debrecen, Hungary. She was competing in her first world-class event — the World Youth Championships in Athletics. It was at this point that she found herself starting to believe she, too, was a gifted athlete.

The flight to Hungary turned out to be its own memorable event. Michelle laughed as she recalled how the journey started. “Our flight was full of young athletes from all over the U.S. We hadn’t been in the air very long when we felt the plane descending, and then we smelled smoke. The pilot announced that we were going to make an emergency landing in Canada because of engine failure.

The delay caused us to miss connecting flights, and a flight that should have taken 12 hours ended up taking over 48 hours.

“We were tired and miserable. We didn’t have our luggage. We couldn’t change clothes, and we were hungry. But the airline apologized for the delays, and they gave us each \$100. For teenagers, that was a lot of money, so we perked up considerably once we started shopping at the airport!”

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As a senior at Red Oak High School, Michelle set the girls national high school shot put record — a record that still stands today. In 2004, she won the gold medal at the World Junior Championships in Athletics. After graduation, she accepted a scholarship to The University of Texas, where she continued to break records. In 2008, she made her first Olympic appearance in Beijing, China, where she placed 15th in overall competition.

As a professional athlete, Michelle trains continuously for competitions, both nationally and internationally. She is already training for the World Championships being held this summer in Moscow, Russia. Her athletic apparel sponsor is Nike, and she has represented her sponsors admirably, both on the field and off.

Over the years, there has been much debate over whether or not professional athletes have the moral responsibility

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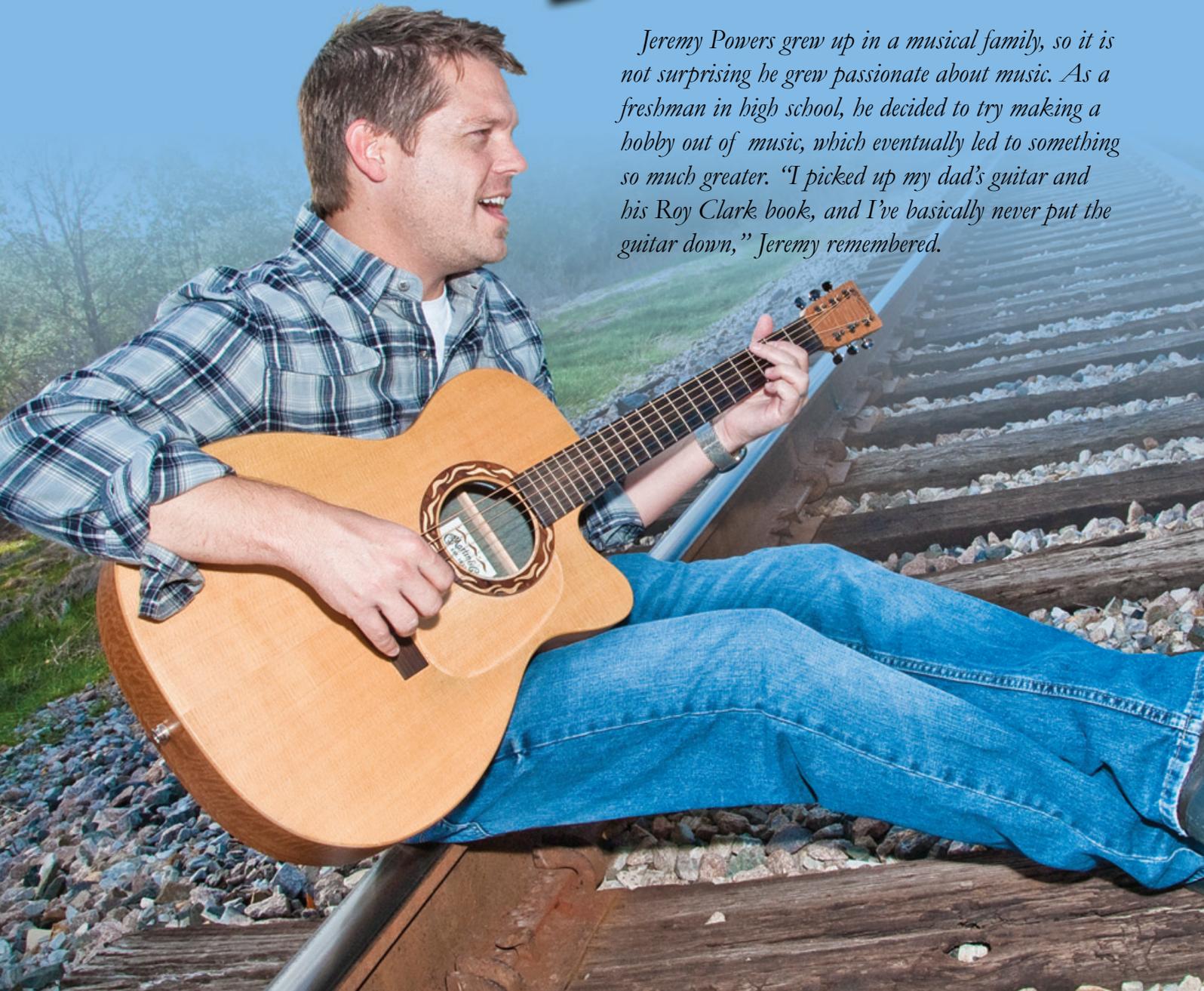
of being role models for young people. Michelle didn't hesitate to share her opinion. "I believe that if you are a high-profile athlete, then you are also a role model. You may not want that responsibility, but you have it. I know that I am an example for many young people, especially young women, and I'm OK with that.

"I would rather set a positive example for young people with my goals and aspirations," Michelle continued, "than for them to be bombarded with negative images in the media and have them believe that those images are the only ones to which they can aspire." A very heartfelt sentiment shared by a world-class athlete — and a first-class individual. **NOW**

Playing With a Purpose

— By Chelsie Sanders

Jeremy Powers grew up in a musical family, so it is not surprising he grew passionate about music. As a freshman in high school, he decided to try making a hobby out of music, which eventually led to something so much greater. "I picked up my dad's guitar and his Roy Clark book, and I've basically never put the guitar down," Jeremy remembered.



Although Jeremy had been around music his entire life, it wasn't until college that he thought he could make something out of the hobby he had grown passionate about. He went to college on a voice and guitar scholarship, and in his early 20s, he headed to Nashville to pursue music. Jeremy reflects on that time as a missed opportunity. He got mixed up with things he didn't want to be involved with, so he took a break from music to get things together and finish school.

After graduating from the University of North Texas in 2004, Jeremy went on the road with a friend who was a Texas country musician. "We played 22-28 shows each month for about two-and-a-half years," he said. This led to opportunities like opening for Texas country artists such as Charlie Robison and Stoney LaRue, and even bigger names like Lonestar and Brooks & Dunn at the Houston Rodeo. This chapter of his life eventually ran its course, and Jeremy found himself in need of a life change. He packed up and moved to Houston for a job and only played small acoustic shows on the side.

A year later, he met back up with a high school girlfriend at his 10-year reunion and made a big change in his life. They were married and now live in Red Oak with their children. When he moved back to Dallas, after meeting his wife, they started attending a church which brought on more life changes. Volunteering in different positions and attending the church led Jeremy to a self-realization.

"I considered myself a person who had heard the Gospel but never really received it," Jeremy admitted. It was at this church



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that Jeremy was saved and baptized. With his newly found faith, he found he didn't enjoy playing in the scenes or situations he was involved in before, so he quit playing music completely. It wasn't until the church held auditions for musicians that Jeremy became interested in music again. He auditioned and eventually began playing bass for the church every Sunday. This was a time of growth. "It really grew me musically," he said. "I eventually became the band leader and met musicians from the church's five different campuses. I saw how my passion for music came from deep within and how it was actually a talent I could use in a positive way that was fulfilling to me and encouraging to others."

It was then that Jeremy decided to start playing outside of church again, so he booked what he thought was an acoustic show but, later, found himself looking for a full band. "I got a group of the guys together from church," he explained. "We didn't have any originals, so we just played covers. It all came together, and we had a good time." Eventually, this group would become known as Jeremy Powers and The Empty Chairs.

The name, The Empty Chairs, came to Jeremy as the band was getting ready to play that first time. "Our pastor talks about 'the empty chair,' which represents people who haven't come to church yet, and at the top of the set list I had written 'The Empty Chairs' to remind the guys that we were not there just to play songs. It was about singing for the empty chair. Our goal was to bring positive energy into that scene and to connect with people."

After that show, Jeremy Powers and The Empty Chairs was officially born, and they were ready to play more gigs. "It stirred something in me to start writing again, which led to the album I just released called *The Promise*," he said. *The Promise* is a collection of stories from Jeremy's life throughout the past four years, as well as other life-changing events.

Jeremy's album has not only been

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healing and powerful in his own life, but he has had responses from many others who say it has touched their lives as well. "Some of the responses people share remind me that these songs and lyrics are so much bigger than me. I don't take credit for it, and I don't know where it's going, but I'm happy to be part of something that I know is bigger than I am," Jeremy humbly admitted.

The success of his album is a true blessing to Jeremy. "I've always had a desire to record my music — to leave a legacy for myself and my kids. But I never expected this album to be played on the radio. I never expected it to be received the way it has been," Jeremy openly admitted. He had no intention of writing a No. 1 album when he started the project, but he does hope that it reaches a wide group of people so they can hear the message.

For Jeremy, everything comes back to faith and family. His family is a big inspiration in many of the songs, but there is also another huge factor — his beliefs. "Matthew 16:25, which reads: 'Lose your life just so you can find it,' was not only inspiration for me to be saved, but also inspiration for my song 'Train to Nowhere.'" You find many Bible-based references in Jeremy's music, because he writes what is on his heart and what is most important to him.

Jeremy uses his music to reflect his life. His goal is not to write Christian music for only Christians to listen to but to write music that everyone can take something away from. "My goal used to be to try to 'make it big,' but this time around, I didn't really have an agenda," he shared. "I was just writing what was on my heart and trying to be a light in a dark world."

Jeremy takes the role of the messenger, so his words can help others in the same way they helped him when writing them. "If there's one thing I would like to 'shine' through my music, it's not me," he stated. "I'm just the puppet." **NOW**

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DIVINE ONE-NINE

At Home With Denise Chilcutt

— By Angel Morris

Nineteen may just be Denise Chilcutt's lucky number. It was at that tender age when she opened her own business, and it was 19 years ago that she made the decision to call Red Oak home. Today, she resides in a beautiful home in which she reared three children, and she still owns and operates her business in nearby Lancaster. "I chose to move to Red Oak because it was close to my business, and I liked the small-town appeal it had to offer. You get the country feel but are still close to the city," Denise said.

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Like many hardworking moms, Denise wants to make home a place of peace after a busy day on the job. Guests are greeted by a softly-lit entryway covered with family photos on its walls, and can make their way to one of two living areas, when stepping inside. "The living areas are comfortable and relaxing, especially since you have a view of the pool from both rooms," Denise noted.

Before ever taking in the rest of the home, visitors can see that the backyard, in particular, is Denise's showplace. The pool area is designed to resemble a lagoon, surrounded by soft landscape lighting. "The backyard is probably the most important aspect of the home. It's spacious and inviting, with lots of room for guests and children to play," Denise said.

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Back inside, one can enjoy the kitchen from the open floor plan living area, “so you can [visit with] the family as you cook,” Denise said. The living room features an entertainment center built by Taylored for Texas, a company that takes old doors and makes unique furniture, leaving the original hinges and latches on. Taylored For Texas offers one-of-a-kind, handcrafted, Ranch, Tuscan and Hacienda-style furniture items that Denise adores.

Denise had to be creative when the last

of her three children was born, turning the dining room into the baby’s room. Fast forward to today, and daughter, Rachael, is 24, has a degree in psychology and is in nursing school. Son, Justin, is 23 and followed in Denise’s footsteps by starting his own business at a young age. Last year, he began doing paintless dent repair, mirroring the entrepreneurial spirit of Denise’s business, Renfro Glass, Inc., which installs auto, commercial and residential glass.

“I opened the business in February

1988, and I was just a teenager. It’s been a long hard road but worth every minute of it,” Denise admitted. “I really enjoy working with the public and getting to know people in the surrounding cities. And I’m thrilled it has inspired my son to do the same.”

Despite the demands of owning her own business, Denise still finds time for projects back at home. With her two oldest children grown and gone, it was time for a makeover of the “baby’s” room. Not so little anymore, 9-year-

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old Madison was ready for new decor. "Madison and I had a great time together splattering the walls with paint. We used bold, bright colors," Denise said. Rachael's and Justin's former digs are now a guest bedroom and a playroom, sharing a Jack and Jill bathroom painted in purple and pink and featuring "fun" wallpaper.

Besides remodeling projects here and there and continual maintenance to her backyard oasis, Denise also tries to find time for her favorite sport. "I love to play golf! My older son and daughter also play, so it gives us something to do together. I play in tournaments quite often at Thorntree Country Club," Denise said.

Another hobby Denise enjoys is collecting Madame Alexander dolls. A doll case in the master bedroom is



dedicated to the handcrafted figures. That particular brand of dolls dates back to 1923, when Madame Beatrice Alexander Behrman founded the Alexander Doll Company. Over time, the dolls' designs

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were inspired by great works of literature, the arts and different world cultures. More than 85 years later, the company continues to create award-winning dolls for children and collectors all over the world.

"I received my first doll from my grandmother for my birthday in 1969, and today, I have 45," Denise said. While her daughters also have some Madame Alexander dolls, they did not take to them as much as their mom. "Madison does collect American Girl dolls though," Denise noted.

While her two older children are graduates of Red Oak High School, Denise is excited to send youngest daughter, Madison, to The Canterbury Episcopal School of DeSoto. Madison's favorite school subject this year is math, and she also enjoys playing the guitar and violin, as well as spending time with dad, Scott, who is a hunter and fisherman.

"I like being the only kid left in the house, because I get the whole place to myself!" Madison admitted. She also said her newly updated room is "awesome."

A member of First Baptist Red Oak Church, Denise still enjoys the community to which she moved in 1993. Her days may be filled with the challenges of business ownership, but she is always happy to come home to Red Oak, where she most looks forward to time with her family. "I enjoy spending my free time with my children," Denise said. "They are my whole world!"

When not spending time with the kids, Denise anticipates her next 19 years. "I feel like I have stayed successful by working hard and putting my heart and soul into it." That same heart and soul also brings her Red Oak home alive. **NOW**

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Like a wet sponge, a healthy disc is flexible. A dry sponge is hard, stiff and can crack easily. This is how many disc problems begin. Because of the way each disc is attached to the vertebra above and below it, a disc cannot "slip" as commonly thought. However, trauma or injury to the spine can cause discs to bulge, herniate or worse, rupture. This can be quite painful, putting pressure on the spinal cord and nerve roots, often interfering with their function.

The chiropractic approach to disc problems is to help restore better motion and position to the spinal joints. Besides reducing disc bulging, better spinal function helps decrease inflammation so the slow process of healing the surrounding soft tissues can begin. Many patients have avoided needless surgery or a dependency on pain pills by choosing conservative chiropractic care.

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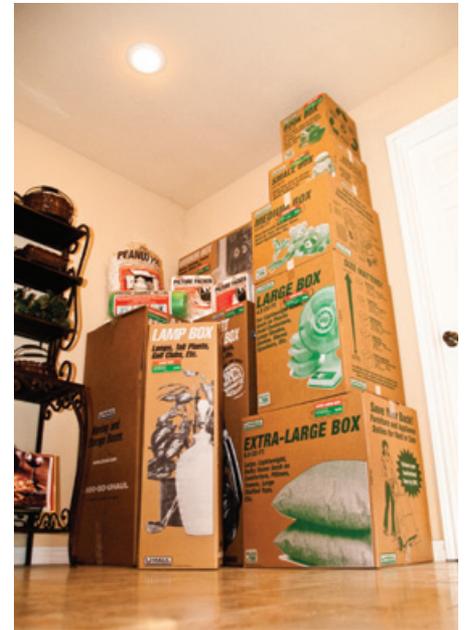


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Manager Dodie Mabra poses in the office of Ace Store It & Post Etc. with her daughters Makenlee, Paisley and Makayla.



Ace Is the Place

Storage is one of many options at this family-owned business.

— By Angel Morris

Robert Mabra and Dennis Ray are brothers-in-law who opened Ace Security in 1993. Eight years ago, they purchased Ovilla land to grow the commercial security, surveillance and fire alarm business. In October 2011, they added Ace Store It. Ace Post Etc. was added in August 2012.

Robert's wife, Dodie, manages the storage portion of the business, having detoured from her career path to spend more time with their daughters. "I'm a former teacher and principal and had completed my superintendent certification. It was a big decision to leave that field and focus on our business, but it has given me more opportunity to be with our kids," Dodie said.

Dodie manages their 75 storage units — noting their five

acres could hold three to four more storage sections later — along with parking area rentals. Twenty-four hour mailbox rental is another Ace Store It option.

"We offer 196 mailbox rentals. It's perfect for this area between Midlothian and Red Oak post offices," Dodie said. This business is an authorized Commercial Mail Receiving Agency with USPS. In addition to delivering mail, Dodie can deliver FedEx and UPS packages, where a typical post office box will only allow USPS receipt.

"Customer service is our biggest thing. People asked about parking spaces and mailboxes, so we found ways to offer them," Dodie said. "We're also working to become an authorized USPS

Business **NOW**

shipper and considering being an eBay selling station.”

Their security background made it logical to offer 24-hour access to storage units and mailboxes, as the site has state-of-the-art surveillance. And Ace Store It sells packing materials, moving boxes of all sizes and even makes keys.

“Having kids makes 24-hour access important, because families’ schedules are crazy! Many customers are between houses and need to stop in unexpectedly to grab something from storage. That might be at 9:30 at night after athletics, dinner and homework get done!” Dodie noted.

The Mabras’ daughters, Paisley, Makenlee and Makayla, keep them busy. While outside city limits, their neighborhood falls in Midlothian ISD. “We support activities in Midlothian and Red Oak,” said Dodie, who taught in ROISD for four years and is part of Shields Elementary’s site-based committee.

Robert attended Red Oak schools growing up, and the Mabras’ first daughter attended Shields while Dodie taught at Red Oak Intermediate. “We love this area. We have ties to Midlothian and Red Oak, and love how customers stop in to visit,” Dodie said. “A lot of transactions could be done online or by phone, but they enjoy face-to-face time.”

Her renters get 10 percent off moving supplies, and if a customer asks for a certain item, Dodie tries to stock it. She also provides copy, fax and notary services, as well as U-Haul truck rentals.

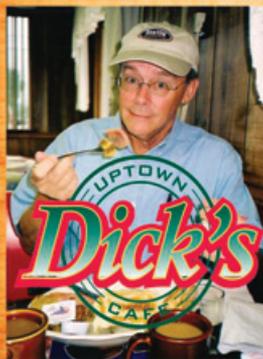
Dodie looks forward to growing the business, putting a master of science in marketing from Texas A&M University to use, as well as skills that earned a Teacher of the Year honor in ROISD. “I’m always learning ways to juggle my family and customers’ needs. I’ve learned lots of ways to save money, and I appreciate things so much more,” Dodie said. “I get to be a room mom for my girls now. I’m coaching soccer and making friends in the communities we serve. So far, it has worked out better than I could have imagined!” **NOW**

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As ROHS linebacker, Brendyn Porter, cheers, Head Coach, Mike Shields, raises the 2012 Area Championship trophy after the Hawks defeated Sherman November 23.



Madison Chilcutt and her father, Scott, of Red Oak, enjoy special bonding time during Donuts with Dad at Madison's school.



Red Oak Police Department 2012-2013 class of Law Enforcement Police Explorers.



Kindergarten students dressed as pilgrims and Indians take part in a feast full of yummy treats to help celebrate the holidays.



Including third and fourth graders from Red Oak and surrounding cities, the Jr. Longhorns Youth Football team is the 2012 AYP Southwest Region Champion over Texas, Arkansas, Oklahoma and Louisiana.



Red Oak's Hank Samuels gets into the spirit during Johnny Appleseed Day.



Orilla's Hunter Roe prepares a flower bed so local sixth graders can plant a winter garden.



Eighth grader, Ryan Conrad, of Orilla, shares a Spanish lesson with students at his school.



Local first graders with student teacher, Rachel Bowren, and school nurse, Lori Rowe, after receiving toothbrush kits from Bill Dickey with Red Oak Masonic Lodge No. 461.



Coach Mike Shields is honored as Dallas Cowboys Texas Army National Guard Coach of the Week.

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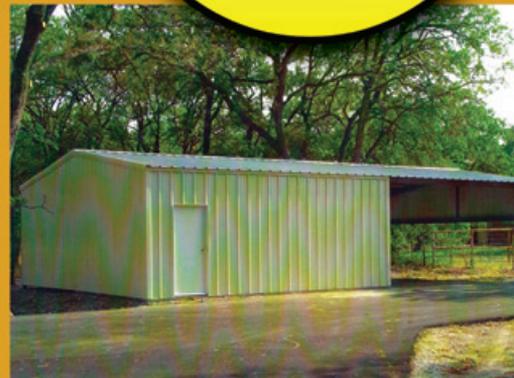
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Calendar

JANUARY 2013

January 3

Local Author Group: 6:00-7:30 p.m., 200 Lakeview Pkwy. A discussion and critique group run by local author Donald Horne for veteran and novice writers in the Museum Room of Red Oak Library.

January 12, 26

Prayer Shawl Ministry: 10:00 a.m., First United Methodist Church, 600 Daubitz Dr. This group meets to crochet and sew for those who might find comfort in a shawl. If you know someone that might need a shawl, contact Beth Norris at 214-392-0732.

January 13

African Children's Choir: 6:30-8:30 p.m., Ovilla Road Baptist Church, 3251 Ovilla Rd., Ovilla. ORBC presents a performance of the African Children's Choir. The African Children's Choir is a large choir made up of children ages 7 to 12 from several African nations. Call (972) 617-8544 or e-mail office@orb.org for more details.

January 16

Dave Ramsey's Financial Peace University: 6:00-8:00 p.m., First United Methodist Church, 600 Daubitz Dr. Nine-week course running every Wednesday through **March 27** with two weeks off for Ash Wednesday and spring break. Cost is \$95. Call (972) 617-9100 to register.

January 19

Black & White Gala: 6:00-8:00 p.m., Chautauqua Auditorium, 298 S. Grand Ave., Waxahachie. Waxahachie Community Theatre announces its inaugural Black & White Gala. Admission is \$15/adults and \$7/children ages 6-11. Preschoolers are free with paid admission. Reservations are required by **January 14**. Tickets are available at www.waxahachiecommunitytheatre.com or at (972) 646-1050.

January 21

Red Oak Book Club: 7:00-8:30 p.m., 200 Lakeview Pkwy. Discussions include activities related to the book, but one does not have to have read it to participate. The club is free and open to all adults in the Red Oak area. Refreshments served.

January 25

Young at Heart: 6:30-9:00 p.m., Ovilla Road Baptist Church, 3251 Ovilla Rd., Ovilla. Fellowship, dinner and fun for church members aged 55 and over. Call (972) 617-8544 or e-mail office@orb.org for more details.

January 27

Admissions Open House: 2:00-4:00 p.m., Canterbury Episcopal School, 1708 N. Westmoreland Rd., DeSoto. Serving Red Oak and surrounding communities, CES invites the public to this free event to tour

the kindergarten-12th grade campus. Refreshments served. Contact ConderL@TheCanterburySchool.org or (972) 572-7200, ext. 106 for more details.

January 28

Indian Trail Master Naturalist Chapter Meeting: 6:00-8:00 p.m., 200 Lakeview Pkwy., Ronald Reagan Room of Red Oak Library. The Indian Trail Chapter serves Ellis and Navarro Counties. ITC is committed to education about and conservation of natural resources, completing thousands of volunteer hours in the community each year.

February 2

Pancake Breakfast: 7:00-11:00 a.m., First United Methodist Church, 600 Daubitz Dr. Enjoy all-you-can eat pancakes and sausage prepared by the Lions Club. Proceeds help fund activities that benefit the community.

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 Matt Mellott

— *By Angel Morris*

Matt Mellott is one-half the equation of Two Fat Matt's restaurant. With degrees in food service and culinary arts, he is French classically trained and prepares casual, upscale meals. "I've worked five-star resorts, country clubs, private restaurants and as a personal chef," Matt said.

From Emmitt Smith, John Travolta and Don Henley to Ross Perot Jr., Matt has fed celebrities in sports, music and Hollywood. He has even helped design a line of chips for Frito Lay. The Illinois native has taken to making Southern fried chicken since moving to Texas 13 years ago. "I've enjoyed fusing flavors of Chicago, the Southwest and Texas together!" **NOW**

Guacamole

- 2 avocados**
- 1 tsp. chopped cilantro**
- 1 clove garlic, minced**
- 1 fresh tomato, seeded and diced**
- 1/4 cup yellow onion, chopped**
- 1/8 tsp. cumin**
- 1/8 tsp. coriander**
- 1/2 tsp. Sambal Oleek**
- Dash of salt**

- 1.** Halve avocados, carefully remove and reserve seeds.
- 2.** Using a crisscross pattern, cut the avocado into medium-sized dices, dropping contents into a plastic bowl.
- 3.** Add remaining ingredients, gently stirring with wooden spoon to combine.
- 4.** Carefully cut avocado seeds in half and place into guacamole to prevent browning.
- 5.** Serve with chips and salsa.

Fire-roasted Black Bean and Corn Salsa

- 4 large tomatoes, halved and seeded**
- 3 jalapeños**
- 2 serrano peppers**

- 1 corn on cob**
- 1/2 bunch cilantro, finely chopped**
- 3 cloves garlic, minced**
- 1/2 cup canned black beans, rinsed**
- 1/4 tsp. cumin**
- 1/4 tsp. coriander**
- Salt, to taste**

- 1.** Place tomatoes on hot grill and char outsides. Cool in bowl.
- 2.** Place whole jalapeños and serranos on grill. Grill until skin is charred and place in bowl; cover with plastic for 5 minutes.
- 3.** Place fresh husked corn on grill until golden brown. Cool and then cut corn from cob; reserve corn in separate large bowl.
- 4.** Remove plastic wrap from jalapeños. Scrape charred peppers with knife to remove skin; remove seeds. (If using your bare hands, wash right away with soap and avoid contact with eyes. Or, wear latex gloves while removing seeds.)
- 5.** Place peppers and tomatoes in blender and pulse to desired consistency — 5 to 6 times recommended.
- 6.** Pour into large bowl with corn. Add cilantro, garlic, black beans, cumin, coriander and salt. Stir to mix.
- 7.** Refrigerate 4 hours and serve.

Texas Style Crab Cakes

- 1/2 lb. special lump crab**
- 1/2 lb. crab claw meat**
- 1 Tbsp. yellow onion, chopped**
- 1 clove garlic, minced**
- Juice from 1 lemon**
- 1 tsp. Worcestershire sauce**
- 5 drops Cholula Hot Sauce**
- 1 tsp. mayonnaise**
- 1 Tbsp. bread crumbs**
- 1/4 tsp. Old Bay Seasoning**
- 1/4 tsp. cilantro, chopped**
- 1 cup tortilla chips, crushed**
- 3 Tbsp. olive oil**

- 1.** Pick through crab meat ensuring there are no shells and place into bowl.
- 2.** Sweat onion and garlic until onion is translucent. Place into bowl with crab.
- 3.** Add all ingredients, except chips and oil. Stir to incorporate all ingredients.
- 4.** Make crab cakes by forming crab mixture into 2-inch round and 1/2-inch thick discs. Coat with chips.
- 5.** Heat sauté pan until hot. Add olive oil. Place crab cakes in pan and sauté until golden brown on each side.

Mixed Vegetable Medley

- 1 yellow squash**
- 1 zucchini**
- 1 red bell pepper**
- 2 carrots, blanched**
- 1 head broccoli, blanched**
- Salt**
- Olive oil**

- 1.** Cut ends off the squash and zucchini. Halve each; cut on the bias into 1/4-inch strips.
- 2.** Seed pepper and cut into 1/2-inch strips.
- 3.** Boil pot of salted water (should taste like the ocean). While waiting for water to boil, peel carrots and cut on the bias into 1/4-inch discs.
- 4.** Cut florets from broccoli.
- 5.** Once water boils, blanch carrots until fork tender, remove from water with a slotted spoon and cool.
- 6.** Do the same with the broccoli florets, for a minute or two, making sure not to overcook. Remove from water and cool.
- 7.** Heat sauté pan and add olive oil. Add bell pepper, squash and zucchini and sauté briefly.
- 8.** Add 2 Tbsp. of water from the veggie stock to the broccoli and carrots. Briefly toss all vegetables together and serve on plate.

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