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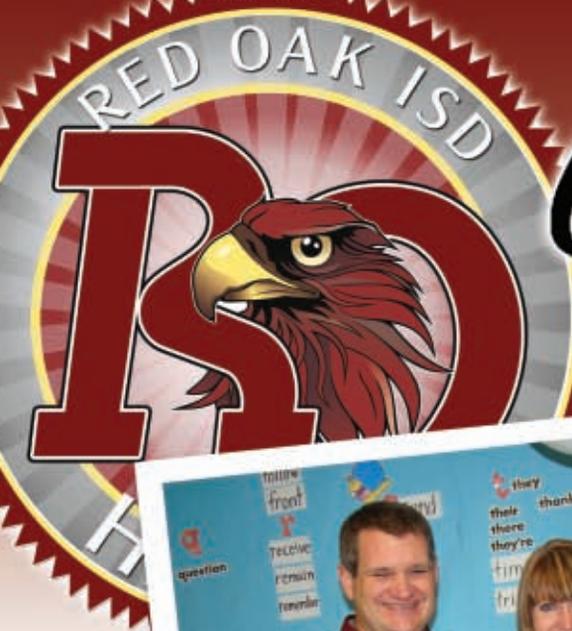
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In the Kitchen With Mackey Boone

The Art of Safety

Extreme Baseball Fans At Home With Chris & Shawna Pryor



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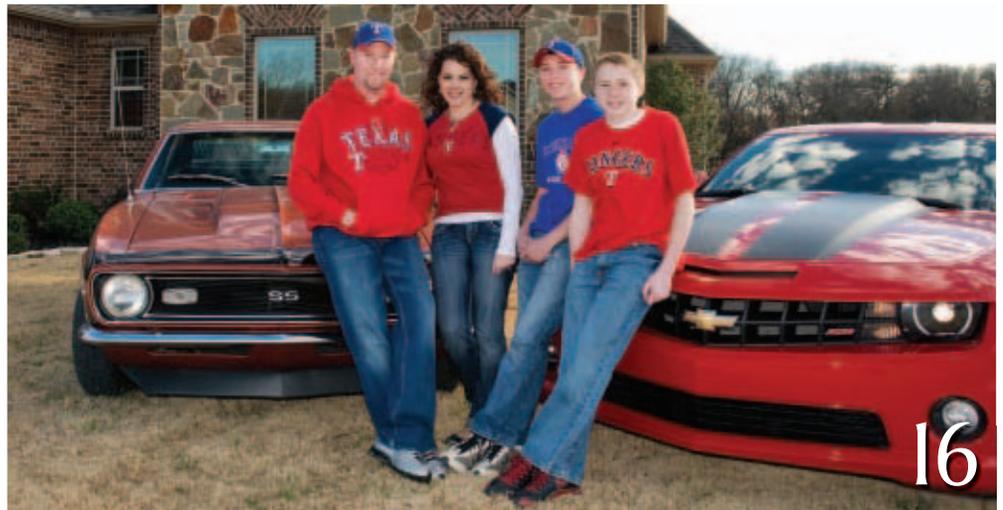


This Red Oak couple marks February in front of the school where their love began.

Photo by Amy Ramirez.

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Editor's Note

Everyone is in love with Red Oak!

OK, perhaps that is a bit overzealous. But is that not what the month of February is all about? Zeal is, after all, enthusiastic and dedicated devotion, which is what many embrace in this month of love.

During my first months as editor with NOW Magazines, I've definitely discovered many folks are, indeed, Red Oak zealots. Longtime residents and newcomers alike sing the city's praise, and, even as the area continues to grow, cherish Red Oak's hometown feel.

One neighborly thing residents 55 and older love is free lunch every first and third Thursday at the Red Oak Senior Center/Lions Club, 207 W. Red Oak Rd. Pre-registration is required by the Tuesday before the lunch. Contact Mary Sneed at (972) 576-2777 to register.

Here's to treating our senior citizens and to everyone else doing something with zeal this month in the city we love!



Angel

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Love LESSONS

— By Angel Morris



February is the perfect month to share the love story of Rick and Tina Stowe, a local couple who, one might say, were schooled in the subject of relationships. In 2001, Tina was starting her second year teaching when she met the Stowe family. The Stoves came into her life when Rick's youngest son, Jason, was in Tina's second grade class at Red Oak's Wooden Elementary.



"The very first time we met was at Meet the Teacher on a Sunday afternoon. I remember them coming in, and I remember Jason being super shy. He was hiding behind Rick and didn't want to talk," Tina recalled. "I have to say that I remember thinking that Mr. Stowe sure had pretty blue eyes!"

Several months passed before Tina and Rick had reason to speak again, when a class field trip was scheduled. "I sent a note to inform parents of our plans. Unfortunately — or fortunately, for me — I forgot to let parents know that I could only accept cash for the trip. So, I told the kids to tell their parents they had to bring cash," Tina said.

The next morning, Jason came to school with a check, because dad Rick did not believe his story about "cash only." "I e-mailed Rick to let him know the situation, and he replied very apologetically and told me to rip up the check! I told him that I wouldn't do that because I didn't want to be responsible for that check," Tina said.

Rick's joking response about women liking to spend money developed into an ongoing e-mail correspondence between the divorced Rick and single Tina. After about three weeks of communicating several times daily, Rick asked Tina on a date. "While we started dating in the spring of 2002, we didn't get married

until July 2008," Tina said, noting Rick's mixed emotions toward marriage following his own divorce.

"You really need to feel comfortable with someone that could be the step-parent to your children, and that is not easy to come across. But, it did happen with Tina," Rick said. "I felt it was finally time to move on in life, and Tina was a perfect lady to do that with. All the stars aligned with her, I felt."

With parents who separated during his childhood, Rick said he knows the impact of divorce on children. "He works hard not to put the kids in the middle. We speak often with his ex-wife and her family, because we know everyone is still



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important to the kids,” Tina said. “We were all able to get together when Rick’s oldest son, Aaron, graduated from Red Oak High School in 2007. I think it is great that we can do this. I love the boys’ mom’s family. They are such nice people.”

Tina’s acceptance helps strengthen her relationship with Rick. “Some people choose to throw a fit when their spouse does something with children from a previous marriage, but all that does is create stress. These people are important to Rick and, therefore, are important to me,” Tina said. “In turn, our home is stress-free, and we never fight. Why would anyone want anything else?”

The couple agrees communication is another key to their success. “Communication is the very most important aspect of our relationship. We are best friends, and have always been honest about our feelings,” Tina said.

“I agree, we don’t have a problem letting each other know what our needs and wants are,” Rick said. “Whether it’s notes to each other via e-mail, or face to face, from the beginning, we felt communication had to be the key to success in a marriage.”

The Stowes also share a love of the city of Red Oak and their neighborhood in particular. “Hands down, our favorite thing about living in Red Oak is our neighborhood. A typical day in our neighborhood is seeing kids playing in the yards or riding bikes, people walking dogs and families swimming in their backyards,” Tina said. “We have neighbors that we have dinner with or just sit out by the pool and talk. Our neighbor’s dog even comes to visit our dogs. It is so sweet. Everyone knows each other in our neighborhood, so it feels very safe and very much like a family.”

Now settled into the city for the long haul, the Stowes are not originally from Red Oak. Rick moved to the city in the



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'80s from his hometown of Waco, when he was hired by ExxonMobil Pipeline in Irving. With young children at the time, Rick loved the small-town feel of Red Oak.

"After living in Irving for a year-and-a-half, Red Oak offered a small-town feel, and it was closer to Waco for travel back and forth to visit with family. The cost of living was more in line with me, as well, than other suburbs," Rick said.

Tina is from Rosepine, Louisiana, and came to Waxahachie to attend Southwestern Assemblies of God University in 1995. When she graduated in May 2000, she applied for teaching positions in Red Oak and back home in Louisiana. Red Oak offered her a job first, and she has been teaching at Wooden for 11 years.

"I am so glad that Bob Sellman, then the principal of Wooden, called me and offered me a job. I always wanted to be a teacher. It is definitely my calling in life, and I could not imagine doing anything else," Tina said. "I love my fellow teachers and administrators, and I am the teacher I am today because of the teachers I work with."



Tina said her students are like having her own children. "I love getting to know them and their families. I love going to the kids' sports events or going to their church plays. They are always so happy to see me, and that makes me feel good."

Nonetheless, Tina said she hopes to add a child of her own to the family, which includes Rick's sons Aaron, 22, and Jason, now 17. In the meantime, she and Rick enjoy sporting events, travel and Harley riding. They are also members of Red Oak United Methodist Church.

Should more children be in their future, Tina said she knows it will happen just as their chance meeting and love story began ... "In God's time!" **NOW**

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The Art of Safety

— By Adam Walker

Kelby Wood did something many fourth-graders do; he entered an art contest at school. You probably remember entering one or two of those during your school years, even though nothing much ever came of them. Well, Kelby's story is not quite like that.



One day at school, Kelby's art and music teacher, Ms. Sykes, told him and his classmates about a contest to create a character that promoted safety awareness. "We were supposed to do a drawing about what to do during a fire or tornado — stuff like that," Kelby remembered. "She told us we could win a T-shirt if our drawing was chosen as a finalist. I thought it would be really cool to win a T-shirt." When he got home, Kelby told his parents that he wanted to enter the contest so he could get that shirt, so his mother helped him research animals that might make a unique mascot for safety awareness. They came up with an anteater. "We weren't even sure what one looked like before we Googled it," Kelby's mother, Jessica, admitted.

Once Kelby had an animal to base his drawing on, he had to find a name; since he was using an anteater, it only seemed natural to call his creation the AntEnator. He took out a sheet of paper and drew his character protecting a little girl from playing with household chemicals while

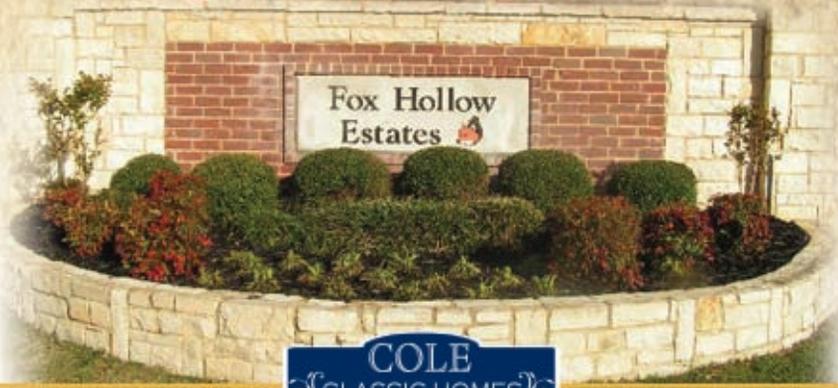
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holding a tornado and sucking the H1N1 virus out of the air. After practicing one time, he was pleased with what he had drawn. Then he had to redraw his creation in the much smaller space provided on the entry form.

The contest Kelby entered went beyond his school — way beyond. It was open to every student, from kindergarten to 12th grade, in 16 counties. At this point you might think Kelby's chances of winning that T-shirt were rather slim. But here is where the story gets interesting.

Kelby and his parents and sister were at church when his parents received a call from www.knowwhat2do.com, the people running the contest. They had good news for Kelby. "We took him aside to tell him," said Kelby's father, Rob.

"We were afraid he might freak out and didn't want him to embarrass himself," Jessica explained. Despite their good intentions, they might have overdone it a little.

"He thought he was in trouble," Rob confessed.

Kelby had been waiting for this call. "I got better than a T-shirt," Kelby reported with a smile as he held up his giant-sized "check" for \$500. "I thought it'd be cool if I won. Then one little ring on the phone, and I got it!"

The group running the contest received more than 500 entries, but the team evaluating the entries chose Kelby's drawing of the AntEnator. Apparently, the meteorologists on the selection panel were especially pleased, voting unanimously for Kelby's drawing. Now the North Texas Emergency Management System is using Kelby's AntEnator on its Web site and a life-sized mascot costume is being made for school appearances. The AntEnator will even have his own comic strip, which will be used in safety education materials throughout the area.

Though he has already been presented with an award for his creation by the vice

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program chair in a ceremony at church, Kelby has been invited to a dinner in April where the costume will be unveiled, and Kelby will be on stage with his character as its creator. He may even be called upon to make appearances promoting safety alongside the AntEnator.

Kelby's parents are very proud of him. "It's been nice to have him recognized," his mother beamed. "He loves drawing," his father added. His sister, Kim, agreed, "I think it's kind of cool."

Kelby spent his prize money on new clothes and took his family to dinner and a movie. He offered to give some of it away, and even bought shampoo for his sister.

This is not Kelby's first recognition for his drawing. Last year he won first place in a school art contest with a drawing of an octopus. And recently his drawing of a helicopter was presented to a veteran on Veterans Day.

Despite the recognition the AntEnator has brought him, Kelby said his favorite thing to draw is Spiderman. "When I draw," Kelby said, "it's like the thing I'm drawing is really real — like drawing Spiderman makes him feel like he's real." Kelby likes to have good paper and pencils for his drawings and his sketch pad goes everywhere with him — even to the race track for the drag races. He also enjoys how-to-draw books, especially those that teach him how to draw his favorite comic book characters.

Kelby is thinking about entering a comic strip contest as a follow-up to his success in the character contest. With all the acclaim he has found in drawing, you might think Kelby would be considering a career in art, but he is not. "I want to serve in the military." After all, flying helicopters might be as fun as drawing them. **NOW**

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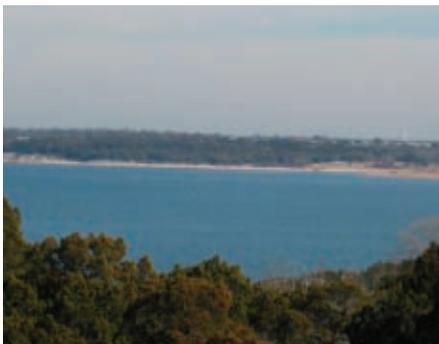
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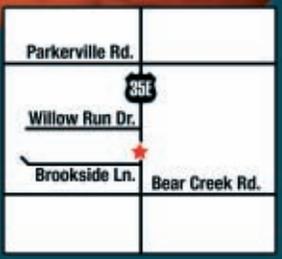


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EXTREME

Baseball Fans

— By Sydni Thomas

In the fifth grade, Chris Pryor and his family relocated to Red Oak. Thirty years and two sons later, he still calls the area home. Chris and his wife, Shawna, built their home piece by piece two years ago to reflect their lifestyle. Constantly on



AT HOME WITH
Chris and Shawna Pryor



the move with two teenagers who are active in baseball and football, Chris and Shawna wanted to build a place to come home to and spend time relaxing with their family. “This is where I grew up, and almost all of my family lives nearby,” Chris said. “I wanted to be close to my family and have my sons grow up here. It’s a great place to live.”



Red Oak Creek runs through the two-and-a-half acre property that their Oak Leaf house is on. Chris chose the land so that his sons, Chance and Colton, would be able to fish anytime they wanted. The family has a boat, and they do a lot of fishing. Chris purchased the property four years ago but did not start building the custom home until two years later. Employed by KB Home, Chris used his contracting experience to build his and Shawna's dream home.

Chance and Colton bunk on one side of the house, while the master bedroom, office and media room are stationed on the other. A Jack-and-Jill bathroom separates the boys' bedrooms. Each room was decorated around the boys' favorite sports teams and would make any fan jealous. From the comforter on the bed to the memorabilia on the walls, Colton's room pays homage to the Dallas Cowboys. Chance's room is a mini Texas Rangers' museum. Autographed photos of the team's most memorable players line the walls. A custom shelf full of game day bats reaches from the floor to the ceiling. "The boys have been going to games since before they can remember," Chris said. "They know just about every player in the league. They can tell who a player is just by their stats or swing when they are on the field without looking at their names. It's not just for the Rangers either."

Sports are a major part of the Pryors' day-to-day world. Like his father did,

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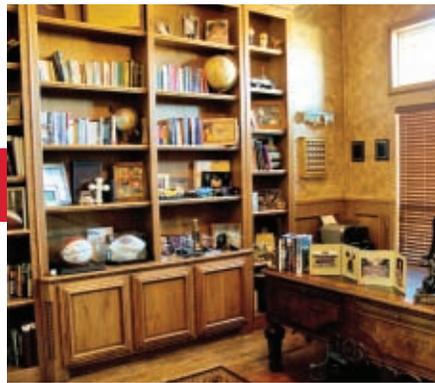
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Chance, a sophomore, plays baseball for Red Oak High School and a select team. His younger brother, Colton, an eighth-grader, plays football and baseball for a youth recreation team and select team. Some days the boys attend two different practices for different sports. "When the boys were old enough to walk, they were already throwing the baseball around," Chris said. "I've coached a lot of their select teams. I like to stay involved."

Each year, the family tries to go to as many Texas Rangers and Cowboy games as possible. This year, Chris and Shawna flew to Tampa Bay to watch the Rangers

play the Rays and also went to the World Series. "We have a tradition where we get the Commissioners Box that's right next to the field, and we get that at least once a year," Chris said. "It's right by the players, so we get to talk to them and they sign a lot of stuff. When we flew to Tampa Bay just to watch the series, there weren't a lot of Rangers fans there, so we got to talk to a lot of the people, like the Texas Rangers' general manager, and get autographs."

"Maybe this year we will have the chance to go to spring training," Shawna added. "The boys are with us every other

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"I wanted to be close to my family and have my sons grow up here. It's a great place to live."

Chris purchased his dream car — a 1968 SS orange Camaro with black racing stripes. When the movie Transformers came out, the new Camaro prototype caught Shanna's eye.



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spring break, and if we don't have baseball that week, it would be a fun trip to take."

The family never misses a football game since the addition of their media room. On Sundays, family and friends come over to watch the game projected on a 125-inch screen, from the plush couches and recliners, while eating pizza and Shawna's baked treats. "All day on



Sundays Chris watches football games," Shawna admitted. "If he's not watching them, he's working on his fantasy football teams. I pay for it during football season, but I guess it gives me time to catch up on the girly shows."

The garage holds two of Chris and Shawna's favorite possessions. Seven years ago, Chris purchased his dream car — a 1968 SS orange Camaro with black racing stripes. When the movie *Transformers* came out, the new Camaro prototype caught Shawna's eye. She put it out of her mind until a few years later when Chris took her car shopping, and she ended up with a shiny, new, red Camaro with black racing stripes and a Texas Rangers' license plate. "We took it for a test drive, and Shawna spun out before we even left the parking lot," Chris said. "I told the salesman right then that we'd take it."

"I never thought I'd get to drive a sports car again," Shawna said. "This car is so much fun to drive."

Chris and Shawna met three years ago and have been married for over a year-and-a-half. Shawna, a UT Southwestern nurse in the breast cancer unit, grew up

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in Weatherford where she heard little of the Texas Rangers and did not care much for baseball. She did not move to Ellis County until several years after she finished attending West Texas A&M University. On their second date, Shawna invited Chris over for a home-cooked meal of chicken fried steak, mashed potatoes and homemade gravy. “My



daddy named it cryin’ gravy,” Shawna said. “He said it was so good it’d make you cry.”

“That’s how she got me,” Chris said. “She reeled me in with her food.”

With the little spare time she has, Shawna enjoys being in the kitchen. She is a Southern cook at heart and makes a lot of chicken fried steaks and cinnamon bread. “I stay pretty busy with my family, work and keeping up with the house,” Shawna said. “I do a lot of baking when I get the chance. My dad taught me how to cook.”

“Her mom lives on a ranch in Eastland, Texas, and we’ll go out there to hunt a couple of times a year,” Chris said. “We’ll bring it home, and she’ll cook it for guests. Half of the time they don’t know its deer until after we tell them.”

To the outsider it may look as if this family spends a lot of their time playing or watching sports, but baseball and football time are family time for the Pryors. “When we built our house, we wanted a place where our friends, family and kids would all want to come and be together,” Chris said. “There’s always someone here. I’m just a big kid at heart.” **NOW**

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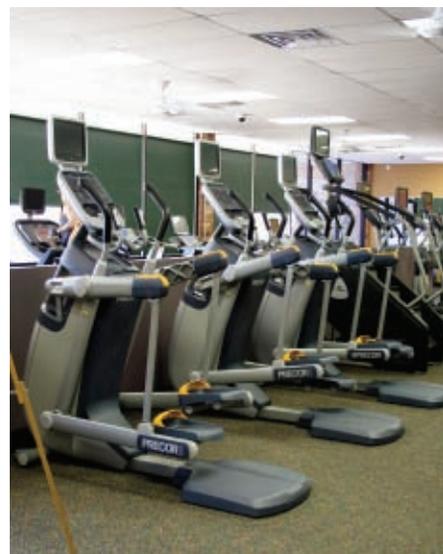


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— *By Angel Morris*

Two years ago, Brian “Bubba” Walker discovered property prepped to be an Anytime Fitness®. Researching demographics ensured him the location would succeed, so he purchased the facility and the local gym was born.

“Anytime Fitness’ concept started in 2002 and grows each year. It’s a simple idea developed for busy people who need to get in and out of the gym,” Bubba said.

The club is an adult, coed, 24-hour facility with more than 1,500 sites in the country. Each offers state-of-the-art cardio, free weights, circuit machines, showers and changing rooms. Perhaps more unique about the local Anytime Fitness is its owner’s laid-back business style.

“I’m not a salesperson. Most gyms are all similar. If you don’t

like my gym, join one you feel comfortable with,” Bubba said. “The key is to stay active and involved in fitness.”

Bubba’s hands-on approach also sets his club apart. “I’m the only one who works here. I do the cleaning, memberships, e-mails, phone calls, computer work and personal training when I can,” Bubba said. “I like that I’m here all the time, and if members have a problem, I’m the man to see.”

Two other personal trainers utilize the club and provide Bubba with time off, as needed. But, for the most part, Bubba is the face of Anytime Fitness and wouldn’t have it any other way.

“I’m in the gym for at least 10 hours a day, but I really can’t call what I do work because I have a passion for it. I have no excuse not to work out,” Bubba said.

Being his own boss and sharing in members' success are the job's biggest perks. "I love when I get a success story. People who lose 10 to 30 pounds — to see how their attitude and life change because of this is just awesome! My clients give me the credit, but I tell them, "You're the one doing the work; I'm just supplying you with the tools to do it."

Anytime Fitness implemented a new online tool last year. "Anytime Health™ is a Web site designed to help people create workouts, track nutrition and calories burned, learn through exercise videos, set goals and provide an Anytime Fitness member community. It's free with all memberships," Bubba said.

Such tools are one more way Bubba hopes to help members succeed. "Fitness is a way of life, and a one-month membership isn't gonna do it ... that's why I stay involved with my members and help them whenever possible. My goal is to get people to develop better habits by helping them stay positive and believing that they can do it," Bubba said.

While one of his personal slogans is, "I can't fix lazy!" Bubba does what he can

"Make fitness like air — without it you're not gonna make it!"

to help those wanting to help themselves. "Life's not about how much money is in my bank account. It's about helping people in need of change. There is nothing at Anytime Fitness people won't benefit from if they are looking to lose weight, gain muscle, tone up, etcetera," he said. "The environment here is awesome, and I encourage people to come and create a success story for themselves. Surely after a year of working out it won't feel like work anymore ... especially when they start to get results."

Bubba believes those who commit to a year of change — at his gym or elsewhere — will be surprised by the outcome. "Fitness will become a part of life and something you enjoy doing everyday," he said. "Make fitness like air — without it you're not gonna make it!" **NOW**

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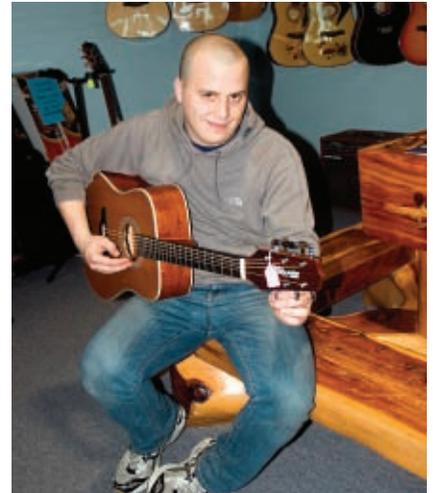
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Ben Richardson and Cameron Oliphant display medals and certificates from the Shields Elementary Spelling Bee.



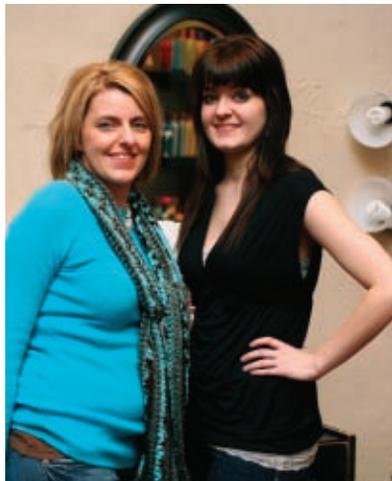
Parry and Gloria Olson have fun at Red Oak Park on a cool day.



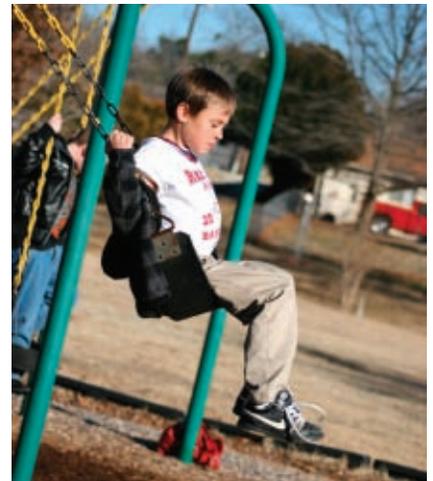
Kurt SeEVERS plays a tune at Ellis County Music.



ROPD Community Service Unit sponsors an awareness event with trainer Deena Graves.



Lorri Smith and Kayla Odom are all smiles at The Vault salon.



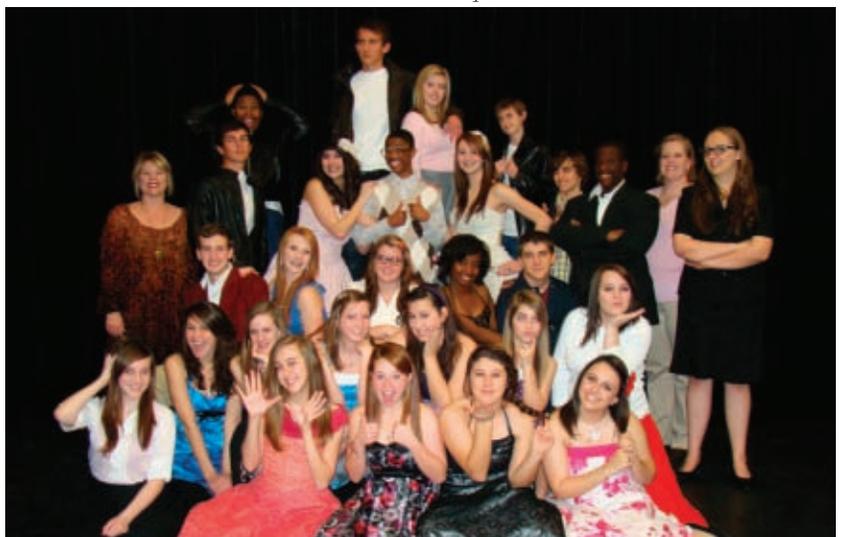
Brenden enjoys a pleasant day with a swing in the park.



Congressman Joe Barton joins administrators to discuss the ROHS state-of-the-art structure and technology.



Brandi Hick and Lisa Hayworth collect donations for Victory Outreach, which helps victims of abuse.



The cast and directors of Red Oak High School's first Broadway musical production, Grease, pose in the new ROHS Performing Arts Center.

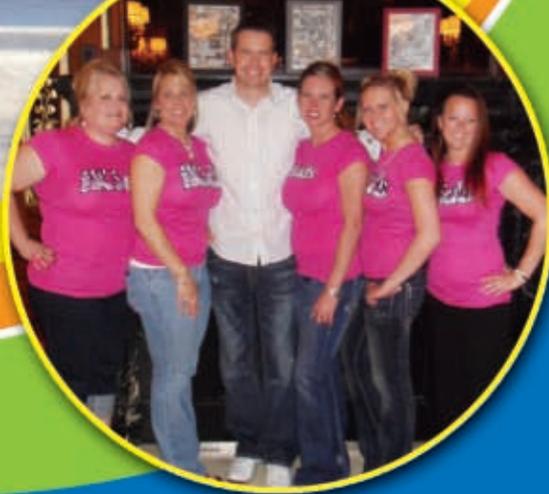


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What Kind of an Investor Are You?

— By *Andrea Walton*

If you are investing money or planning to do so, there is one very important question you should ask yourself, *What kind of investor am I?* Knowing if you are an aggressive or conservative investor is the first step to knowing how you should invest your money.

Determine your risk tolerance.

First, you need to determine your risk tolerance level. Risk is the amount of volatility and uncertainty you are willing to accept from an investment in seeking your financial goals, like planning for retirement or a college education.

Some investments carry a higher level of risk than others. Generally, the higher the risk of an investment, the greater its potential returns. However, there is also a greater potential to lose your initial investment. The lower the risk, the less likely it is for that investment to generate a higher rate of return. When you invest your assets in financial products that assume little or no risk, your money may not have the opportunity to grow as fast as you would like.

To help determine your risk level, ask yourself, *How comfortable*

will I be watching my investment go up and down in value? The more comfortable you are with price volatility, the greater the risk you are probably willing to assume.

Consider time.

The next step in the process of determining your profile as an investor is to identify your time horizon, the amount of time between now and when you hope to reach your stated goal. Generally, the more time you have the more risk you can afford to assume. The reasoning is: the longer your time horizon, the more time you have to ride out the market's ups and downs in pursuit of your financial goals.

Knowing what level of risk you are comfortable with can help you determine whether you are a conservative investor, an aggressive investor or somewhere in-between. This is an important first step, because then you can focus on investments that provide you with the levels of risks and potential returns with which you are comfortable.

To find out more about the type of investor you are or the different types of investments that are available, contact a financial services professional. There is no assurance that any investment will achieve its investment objectives. Investment return and principal value will fluctuate and the investment, when redeemed, may be worth more or less than its original cost. **NOW**

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

February 6 and 20

Senior Citizens Luncheon: Noon, Red Oak Senior Center/Lions Club, 207 W. Red Oak Rd. Residents 55 and older enjoy free lunch. Pre-registration required by the Tuesday before the lunch. Contact Mary Sneed at (972) 576-2777.

February 7, 14, 21, 28

All new Mommy and Me!: 11:30 a.m.-noon, Red Oak Public Library, 200 Lakeview Pkwy. Story time for families with babies and toddler-aged children. Experience interactive nursery rhymes and songs from the big-screen classics. Free. Call (469) 218-1230 or visit www.redoakpubliclibrary.org.

February 12

Ellis County SPCA Volunteer Orientation: Noon, Ellis County SPCA 2570 FM 878, Waxahachie. Event to welcome new volunteers and keep all volunteers better connected to the organization. For more information, e-mail spcaevents@gmail.com.

“Share the Love Gala” 2011: 6:00 p.m., Waxahachie Civic Center, 1950 N. I-35 E. Dancing, wine, roses, chocolate and shopping are part of the dinner and auction benefiting CASA of Ellis County. \$50 per person. For more information, contact Rhodie Rawls at (972) 937-1455 or rlrawls@sbcglobal.net.

February 14

Valentine’s Day Benefit Dinner: 6:00-9:00 p.m., Rogers Hotel, 100 N. College St., Waxahachie. Benefiting the Ellis County SPCA, the \$100-per-couple event features dining, silent auction and live music. Limited seating. Call (972) 935-0756 or visit elliscountyspca.org for details.

February 23

Red Oak Chamber of Commerce Luncheon: Noon, Red Oak Municipal Center, 200 Lakeview Pkwy. Cost is \$12 with reservation or \$15 at the door. Contact Shelley Oglesby for more details at admin@redoakareachamber.org.

February 25

Benefit Supper and Auction: 6:00 p.m., Ovilla Road Baptist Church, 3251 Ovilla Road, Ovilla. Proceeds benefit the Ovilla Police Department. Call (972) 617-7262 for more details.

February 26

“Red Oak Goes Hollywood” Ms. Red Oak Pageant: 6:00 p.m., Red Oak High School Performing Arts Center, 122 State Highway 342. Benefiting the Project Success Drug

Education Program, local educators take the stage in a comical pageant-style competition. Raffle prizes also available for purchase to assist the Project Success Scholarship Fund.

“An Evening in Tuscany” The Canterbury Episcopal School Gala: 6:30 p.m., Ruthe Jackson Center, 3113 South Carrier Pkwy., Grand Prairie. With Master of Ceremonies Dale Hansen of WFAA, the event features dinner, an auction and entertainment raising money for the private school serving Red Oak and surrounding communities. For more information visit <http://www.canterburygala.com/index.html> or contact Michelle Burks at (972) 572-7200, ext. 145.

March 3

The Canterbury Episcopal School Open House: 6:00-8:00 p.m., 1708 N. Westmoreland Rd., DeSoto. Canterbury is a private school serving Red Oak and surrounding communities. For more information visit <http://www.canterburygala.com/index.html> or contact Michelle Burks at (972) 572-7200, ext. 145.

Ongoing:

First and Third Mondays

Glenn Heights City Council meetings: 7:30 p.m., city council chambers, 1938 Hampton Rd., Glenn Heights. Call (972) 223-1690 or write citysecretary@glennheights.com.

Second Mondays

Red Oak City Council meeting: 7:00 p.m., Red Oak Municipal Center, 200 Lakeview Pkwy. Contact City Secretary Cynthia Olguin at (972) 617-3638 or colguin@redoaktx.org.

Second and Fourth Mondays

Ovilla City Council meeting: 7:00 p.m., City Hall, 105 S. Cockrell Hill Rd. Contact City Secretary Pamela Higgins at (972) 617-2489 or phiggins@cityofovilla.org.

Third Mondays

Red Oak ISD School Board meeting: 7:00 p.m., Red Oak Elementary cafeteria, 200 Valley Ridge Dr. Call (972) 617-2941 or visit <http://www.redoakisd.org/>.

Fourth Mondays

Creative Quilters Guild of Ellis County meeting: 6:30-8:30 p.m. at the Waxahachie Bible Church, 621 Grand Ave., Waxahachie.

First Tuesdays

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

Second Tuesdays

Oak Leaf City Council meeting: 7:00 p.m., Oak Leaf Municipal Center, 301 Locust Dr. Call (972) 617-2660 or visit <http://www.oakleaftexas.org/city-council> for details.

First and Third Tuesdays

Red Oak Lions Club meetings: 7:00 p.m., 207 W. Red Oak Rd. For more information, call (214) 864-8014.

Wednesdays

Family Story Time: 10:00-11:00 a.m., Red Oak Public Library, 200 Lakeview Pkwy. All ages welcome. Call (469) 218-1230 or visit www.redoakpubliclibrary.org to get more information.

Third Wednesdays

Ellis County Christian Women’s Connection luncheon: 11:30 a.m.-1:00 p.m., Waxahachie Country Club, 1920 W. Hwy. 287 at I-35 East (Exit 401B). Cost is \$13, inclusive. Nursery vouchers available for young children. Reservations preferred, but walk-ins welcome. Contact Kay at (972) 937-2807 or windchime423@yahoo.com.

Wednesdays and Thursdays

Red Oak Senior Citizens Club meetings: 8:30 a.m.-1:30 p.m., 207 West Red Oak Rd. Games, exercise and activities. Call (972) 576-2777 for details.

Thursdays

GriefShare recovery support group for those who have lost a loved one: 7:00 p.m., The Oaks Fellowship in Red Oak, room E-104. (214) 376-8208.

First and Third Thursdays

Glenn Heights Lions Club meetings: 7:00 p.m., Bienvenidos Restaurant, 920 N. I-35 E., Lancaster.

Second Saturdays

Citizen Police Academy: 9:00 a.m.-6:00 p.m. Second Saturday of March, April and May, Red Oak Police Station, 547 N. Methodist St. Open to Red Oak or Ellis County residents 21 or over, who can pass a background check. CPA explains police department structure and activities with a behind-the-scenes look at ROPD. Contact Officer Nathan Bickerstaff at (972) 617-7632 or e-mail nbickerstaff@redoaktx.org. Download application from www.redoaktx.org.

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



In The Kitchen With Mackey Boone

— *By Adam Walker*

Mackey Boone enjoys cooking because he loves to eat and feels good when other people enjoy his cooking. He taught himself to cook after learning the basics from his mother. “I don’t really go by specific recipes,” he explained. “I just like to experiment and come up with my own versions.” Mackey cooks at home but also makes something to take along whenever he visits relatives. He also enjoys cooking outdoors. “I am usually designated as the camp cook at the deer lease,” he said. “There is nothing better than eating a grilled steak cooked out over an open flame.” Mackey hopes that his son, Aaron, 15, inherits his love for cooking. According to Mackey, “He has already mastered scrambled eggs.” **NOW**

BBQ Pork Tenderloin

1 pork tenderloin (about 2.5 pounds)
3 dashes soy sauce
Honey, enough for a thin glaze
Salt, to taste
Pepper, to taste
Favorite barbecue sauce

1. Put tenderloin in oven-safe pan. Cover with 3 dashes of soy sauce, a thin glaze of honey, salt and pepper to taste.
2. Cover pan with foil. Bake at 180 F for approximately 4 1/2 hours.
3. Remove from oven and shred tenderloin.
4. Add barbecue sauce to taste and return to oven at 350 F for 30 more minutes.
5. Serve on hamburger buns.

Blackened Tilapia

Tilapia filets
I Can't Believe It's Not Butter! Spray

Old Bay Blackened Seasoning
Zatarain's Blackened Seasoning
Olive oil

1. Coat tilapia filet with cooking spray and apply Old Bay seasoning on one side and Zatarain's on the opposite side. Let sit for approximately 30 minutes.
2. Heat olive oil in a non-stick skillet to medium-high heat. Skillet is ready when it begins to smoke a little.
3. Add prepared fish and cook approximately 3 minutes per side.

Spicy Hamburger Steak

1 lb. ground beef (or ground turkey)
1/2 cup bread crumbs
1/2 tsp. salt
1/4 tsp. black pepper
1 8-oz. can tomato sauce
1/2 cup chopped onion
2 Tbsp. brown sugar

1 tsp. Worcestershire sauce
1 tsp. mustard

1. Combine beef, bread crumbs, salt and pepper. Mix together in a bowl and shape into 5 patties.
2. Brown in a skillet and drain.
3. In a separate bowl, blend tomato sauce, onions, brown sugar, Worcestershire sauce and mustard. Pour over patties.
4. Cover and let simmer for about 10 minutes.

Cowboy Baked Beans

1 1/2 qt. can pork and beans
1/2 cup bell pepper, chopped
2 Tbsp. mustard
1 Tbsp. Worcestershire sauce
1/2 cup brown sugar
1/2 cup barbecue sauce
1 lb. ground beef (or chopped smoked brisket)

1. Mix all ingredients, except meat, in an oven-safe dish.
2. Bake for 45 minutes to 1 hour at 350 F
3. Brown ground beef and stir into cooked baked beans.

Chicken and Red Gravy

4 boneless chicken breasts
1/2 onion, sliced
1/2 bell pepper, sliced
1 Tbsp. olive oil
Salt, to taste
Pepper, to taste
2 15-oz. cans tomato sauce
Garlic salt, to taste
Brown rice, prepared as directed on package

1. Pan-broil chicken breasts, onion and bell pepper in olive oil. Add salt and pepper to taste.
2. Pour tomato sauce over chicken; add garlic salt to taste.
3. Simmer over low heat for about 10 minutes.
4. Serve chicken and gravy over a bed of brown rice.

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

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“Advanced imaging at Baylor caught my cancer early.”

As a former oncology nurse with a family history of cancer, Amelia Lucio knew the dreaded disease well. Still, she was in disbelief when she received the results of her mammogram at Baylor Waxahachie. “Just the word ‘cancer’ by itself is so scary. It’s almost like hearing a death sentence,” says Amelia. While breast cancer is never an easy diagnosis, Amelia’s was caught early, before it had a chance to attack healthy tissue. After a lumpectomy and follow up treatment at Baylor, she’s a breast cancer survivor. She now encourages women to have a mammogram if something feels different in their breast. “It could be nothing, but then again it could be the ‘big C.’”

To schedule your mammogram or for more information about cancer care services, call **1.800.4BAYLOR** or visit us online at BaylorHealth.com/WaxCancer.

1405 West Jefferson Street, Waxahachie, TX 75165



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