

North Ellis Co. **NOW**

Red Oak | Ferris | Glenn Heights | Oak Leaf | Ovilla

M A G A Z I N E

FEBRUARY 2015



Running for a Better Life

B.J. Tucker combined exercise and nutrition to adopt a healthier lifestyle

Half-acre Haven

At Home With Sherry Fox

Before You Tie the Knot

Navigating the Real Estate Market

In the Kitchen With Nell Fulton

THANK YOU MY LOVE FOR BEING MY
STRENGTH AND MY GUIDE. YOU HAVE BEEN
A WONDERFUL MOM TO OUR CHILDREN,
HALIMA AND MAYA. YOU ARE ALL THAT I
CAN EVER NEED AND EVER WANT OUT OF LIFE.

HAPPY *10th*
Anniversary to
FATIMA SOUWEID,
the love of my life!

- BOB SOUWEID



Afraid of the dentist?

Come relax during your dental treatment.

Come meet Dr. Martin and the rest of the caring Fearless team.



Mention this ad and get
FREE WHITENING FOR LIFE
when you become a patient at
Fearless Dental. FREE trays and then
FREE whitening gel at every cleaning.

Dr. Martin does white fillings, crowns, bridges, veneers, implants, implant dentures, root canals, extractions, Invisalign. He sees children. Our hygienist, Melinda, does deep cleanings and laser gum treatments, if gum disease is present. Years of dental needs can be completed quickly and with very few appointments all in our office.

Same-day treatment available.
No-interest financing W.A.C. for up to 2 years.

Convenient Hours: 8am-6pm M-Th F 8am-1pm

In network with these major PPO plans:
Aetna, Delta, Cigna, Metlife, Guardian,
United Healthcare, Blue Cross Blue Shield of Texas,
Humana, Principal, Ameritas, Dental Select, UCCI.

www.FearlessDental.com

972-617-3322 · 101 Austin Boulevard · Suite 100 · Red Oak, TX 75154

Snap on Denture

Lower only with 2
implants **\$6,995**

\$292

/month
*No interest
for 24 months



Upper or lower with
4 implants **\$8,995**

\$375

/month
*No interest
for 24 months

*With Valid Care Credit

Call our office for more details and to schedule your complimentary snap on consultation.

FIND YOUR **Ideal Comfort** IN OUR **TRANE SHOWROOM**

Walkerac.com

Home Services

- AC & FURNACE INSTALLATION • AC & HEATING REPAIR
- AC & FURNACE SALES • INDOOR AIR QUALITY
- ZONING SYSTEMS

Commercial Services

- ROOFTOP UNITS • COMMERCIAL HVAC REPLACEMENT
- COMMERCIAL HVAC REPAIRS • PACKAGE UNITS
- AC & HEATING MAINTENANCE



*24/7 service.
We service all brands.*

972-4-WALKER

Walker Air Conditioning & Heating

Home • Commercial

2909 Live Oak Dr., Mesquite

Serving Ellis County



State License Number: TACLA007818E

Publisher, Connie Poirier

General Manager, Rick Hensley

EDITORIAL

Managing Editor, Becky Walker
North Ellis Co. Editor, Dianne Reaux
Editorial Coordinator, Sandra Strong
Editorial Assistant, Beverly Shay
Writers, Angel Morris . Callie Revell
Betty Tryon
Editors/Proofreaders,
Pat Anthony

GRAPHICS AND DESIGN

Creative Director, Chris McCalla
Artists, Kristin Bato . Julie Carpenter
Morgan Christensen . Martha Macias
Brande Morgan . Shannon Pfaff . Felipe Ruiz

PHOTOGRAPHY

Photography Director, Jill Rose
Photographer, Amy Ramirez

ADVERTISING

Advertising Representatives,
Rick Ausmus . Bryan Frye . Linda Roberson
Teresa Banks . Linda Dean . Mark Fox
Melissa McCoy . Lisa Miller
Carolyn Mixon . Cleta Nicholson
Lori O'Connell . John Powell . Steve Randle
Joyce Sebesta . Shelby Veldman

Billing Manager, Angela Mixon

CONTENTS

February 2015 • Volume 10, Issue 2



8 Running for a Better Life

B.J. Tucker shares his approach to fitness to help motivate others.

16 Half-acre Haven

At Home With Sherry Fox.

22 Before You Tie the Knot

Selecting a theme can pull all the elements of your wedding together.



28 BusinessNOW

30 Around TownNOW

36 CookingNOW

ON THE COVER



B.J. Tucker has rediscovered his passion for running.

Photo by Amy Ramirez.

North Ellis Co.NOW is a NOW Magazines, L.L.C. publication. Copyright © 2015. All rights reserved. *North Ellis Co.NOW* is published monthly and individually mailed free of charge to homes and businesses in the Red Oak, Ferris, Ovilla, Bristol, Glenn Heights, Pecan Hill and Oak Leaf ZIP codes.

Subscriptions are available at the rate of \$35 per year or \$3.50 per issue. Subscriptions should be sent to: NOW Magazines, P.O. Box 1071, Waxahachie, TX 75168. For advertising rates or editorial correspondence, call (972) 937-8447 or visit www.nowmagazines.com.



Editor's Note

Dear friends of North Ellis County,

February is a favorite month when expressions of love and romance fill the air. Cards, flowers and copious amounts of chocolate are exchanged as tokens of affection for those who are near and dear to our hearts.

Valentine's Day gets the lion's share of attention, but other special observances include Black History Month, Friendship Month, Library Lovers Month and Random Acts of Kindness Week is February

9-15. For those rested up from the holidays and ready to enjoy a bit of revelry and great Cajun cuisine, Mardi Gras (or Fat Tuesday) is on the 17th.

There's a lot going on in February, and we've noted some of the events on our *North Ellis Co.NOW* calendar. So take a little time and spend it with those who make your smile bigger, your heart happier and your world a little brighter.

Happy Valentine's Day!

Dianne

Dianne Reaux
North Ellis Co.NOW Editor
dianne.reaux@nowmagazines.com

G&H
Glass & Carpet
Family Owned & Operated Since 1993
Residential & Commercial
Sales, Installation & Repair

- PLUSH • BERBER
- FRIEZE • VINYL
- CERAMIC • PORCELAIN
- HARDWOOD • LAMINATE
- INSULATED GLASS PANES
- SOLAR SCREENS
- SHOWER ENCLOSURES
- SCREEN • STORM DOORS • PATIOS
- COMMERCIAL STORE FRONTS
- GLASS & WINDOW REPLACEMENT

111 S Main, Ferris
M-F 8-5 • Sat by Appt
972.842.3075
www.ghglassandcarpet.com

Discover • Advance • Soar

Fellowship Christian Academy

Celebrating 30 Years of Superior Academics

OPEN HOUSE DATES
February 19: 6:00 p.m.
Wax Museum & Tour
February 22:
7:50 a.m. & 10:50 a.m.
FCA Tour 15 Min. Following
OCBF Church Service
March 5: 7:30 a.m.
Breakfast & Tour

Discover more at
www.FCASoars.org

21st Century Learning
"A superior education in a
nurturing Christian environment ..."
A ministry of Oak Cliff Bible Fellowship, Dr. Tony Evans, Senior Pastor.

- Dual Accreditation
- Foreign Languages
- Biblical Worldview
- Family-Centered Community
- Before- & After-school Programs
- Fine Arts Institute/ Private Lessons
- Championship Athletics

Email: fca@ocbfchurch.org
214-672-9249
1821 W. Camp Wisdom Rd. • Dallas, TX 75232

NOW ENROLLING 18 MOS. - 8th GRADE FOR 2015-16

HAPPY VALENTINE'S DAY FROM

Bear Creek Beverage & Spirits



Sweet Revenge
\$16.99
750 ML



Fireball Cinnamon Whisky
\$14.99
750 ML



D'USSÉ Cognac
\$39.99
750 ML



Deleon Taquilla
\$42.99
750 ML



Twenty Grand Vodka Infused Cognac
\$24.99
750 ML



Western Son Handcrafted Texas Vodka
\$22.99
1.75 ML



Bacardi Rum All Flavors
2 for \$22.99
750 ML



VINIQ LIQUER
\$19.99



Patrón Silver, Reposado, Añejo
\$19.99
375 ML



972-730-3357

972-217-1118

shawn@bearcreekbeverage.com

**1350 East Bear Creek Road
Glenn Heights, TX 75154**

Follow us on Facebook and receive special offers and promotions.



Prices subject to change.



972-730-3357

SEE WHAT YOU'VE BEEN MISSING[®]



**S&W M500 8.38" Blk Syn
Satin Stainless Steel**
\$1,149.95
SW183500



**Bushmaster 90827
XM-15 AR-15 Magpul MOE
.223/5.56**
\$799.95
BUM90827



**Colt M4 Carbine .22 LR
Semi Auto Rifle 30rd Mag**
\$319.95
Closeout
COL5760300



**Colt Match Target HBAR
AR-15 Rifle .223 Rem/
5.56 24"**
\$949.95
Was \$1,499.95
CR6724001



**Marlin Model 60 .22LR
Hrdwd 14 Round**
\$174.95
MAR70620



**SIG SAUER
Sig Sauer 1911 .45 ACP
Carry Scorpion 4.2" 8+1
FDE Ckote**
\$999.95
SIG1911CAR45SCPW



**USED Glock 22 .40 S&W
San Antonio PD Marked,
SATX Prefix SN**
\$399.95
GL0SATX22



**HK VP9 Pistol 9mm 4.09"
Includes 2 15rd mags**
\$619.95
HK700009A5



**S&W 442 Airweight .38
Spl +P 1.875" Internal
Lock Pink Grip**
\$429.95
SW150469



**Taurus 809 Compact 9mm
3.5" Loaded Chamber
Indicator 17 Rd**
\$299.95
TALI809041C



**Glock 42 .380 ACP 3.25"
Barrel 6+1 Capacity Fixed
Sight**
\$419.95
GL0U14250201



**S&W M&P Shield 9mm 3.1"
Barrel 7 Rounds Black**
\$421.95
SW180021



**FNH FNS-NMS .40 S&W
4" Stainless Slide 14+1**
\$399.95
FNH66761



**Springfield XDS .45 ACP
Essentials 3.3" w/ 2 5rd
XDS93345BE**
\$489.95
SPRXD93345BE



**Springfield XDS 9mm
Essentials 3.3" W/ 2 7rd
XDS9339BE**
\$439.95
SPRXD9339BE



**S&W Bodyguard .380 ACP
Crimson Trace Laser**
\$399.95
SW110048

**OVER 1,000 DIFFERENT TYPES OF AMMUNITION,
TOTALING OVER 1 MILLION ROUNDS IN STOCK**

**VISIT OUR NEW
RETAIL LOCATION!
NOW OPEN**

5840 E. US HWY 287
MIDLOTHIAN, TX 76065



ORDER NOW AT SWFA.COM
1.972.SCOPE IT
(1.972.726.7348)

**Has your
bank taken
your loyalty
for granted?**

... at CNB you *matter*

Bank *m*Powered



**Citizens
National Bank
Of Texas** MEMBER FDIC

Your Bank Since 1868

972-938-4300 | 1-877-938-4300
www.cnboftexas.com

RUNNING IS A BETTER LIFE

— By Callie Revell



B.J. Tucker lives in Ovilla with his wife of 27 years, Amy, and their five children: Chris, Amber, Brandon, Alyssa and Kyle. He also enjoys his career in IT sales. He works out six days a week and adheres to a clean diet. B.J. is a runner who has completed many marathons. Looking at him now, it's hard to imagine how far he has come in the past five years.

B.J. started training seriously as a runner in the mid-'90s. He had run competitively in high school and decided to start running again. He joined a training program and set his sights high. "I thought, OK, I'll be one of those bucket list types. I'll run a marathon," B.J. said. "And after I ran my first one, I thought, *This is great!*"

B.J. ran three more marathons, but then he stopped training when life began to get too busy. "I just let life happen," B.J. admitted. "I got caught up in the kids and didn't care. I knew better — it wasn't a knowledge issue — it was a willingness issue." Before he knew it, he reached an all-time low. "I was 75 pounds heavier than I am now," B.J. said. "The only running I did was to the fridge."

Three-and-a-half years ago, B.J. decided to make a change. "There wasn't a health scare or compelling event," he said. "Eventually, I just



"IT'S JUST BEEN ABOUT MAKING THE RIGHT DECISIONS AND STAYING ON THE RIGHT PATH."

got tired of being tired. I figured there had to be a better way to live that would, hopefully, make me happier. As the kids got older, I wondered, *Will I be around for them?* B.J. knew slow, steady progress would be the most manageable. "I decided I wanted to make small, incremental changes," he said.

Surprisingly, the first changes began in the kitchen, not at the gym. "I didn't go back to the gym until after I lost all the weight," B.J. explained. "I didn't use the gym to lose weight. I used diet and nutrition first." Inspired by his daughter, who wanted to race with him, B.J. took nine months to prepare for another marathon. During this time, he chose a path between vegetarianism and veganism, though he dislikes those terms. "At that point, I decided to give up all meat and most animal products," B.J. said. "I call it plant-powered. This is what fuels me and makes me feel my best. At the end of the day, it's about eating real food. It helps me not have as many injuries and go farther. That's what's made me successful."

However, his success has not come without obstacles. "The hardest part was doing it on my own," B.J. said. "The changes I made were for me. Everyone was supportive, but I was doing it on my own."

To complement his new lifestyle, B.J. slowly worked an exercise routine into his training regimen. He knew exercise would ensure his dieting wasn't in vain. "I went back to the one thing I've always loved, which is running," B.J. said. He now runs three to four days a week. He goes to the gym four days a week and combines aerobic activity with strength training. He also practices yoga and makes sure to take a day of rest each week. He never lets his routine get too intense or overwhelming. "It's about balance," B.J. said. "I go to the gym bright and early in the morning. I'm up at 4:30, so I can get that out of the way. For long runs, I'm up as early as 4:00 a.m."

B.J. enjoys a variety of sports, but his main focus is long-distance running. After getting healthy and

THE VACUUM SHOP

SALES • SERVICE • SUPPLIES • NEW & USED VACUUMS Since 1976



SPECIALIZING IN



Vacuum Cleaner Tune-up

\$29.95

Check electrical, motor & wiring

Test brush roll and suction

Clean inside and out ~Replace bag & belt

Present Coupon Exp 02/28/15

400 W. Jefferson, Waxahachie • (972) 937-3900 • www.vacuumshoponline.com

Monday -Friday 8:30 to 5:00 • Saturday 9:00 to Noon



How far would you go for award-winning heart care?

You don't have to go to great lengths for comprehensive, nationally recognized heart care. It's downtown at Baylor Jack and Jane Hamilton Heart and Vascular Hospital. Here, we diagnose and treat everything from complex arrhythmias to structural heart disease with advanced technologies and a specialized staff dedicated to quality, personalized care. We offer a hospital solely devoted to heart and vascular care. Our quality exceeds national standards, and we are recognized year after year for our performance and patient satisfaction. So whatever care you need for your heart, it's right here in the heart of town.

For more information about heart and vascular services
or for a physician referral, call **1.800.4BAYLOR**
or visit us online at BaylorHeartHospital.com

621 N. Hall Street
Dallas, TX 75226

FOLLOW US ON:
Username: BaylorHealth



BAYLOR
Jack and Jane Hamilton
Heart and Vascular Hospital

Joint ownership with physicians

Now part of Baylor Scott & White Health

Physicians are members of the medical staff at one of Baylor Scott & White Health's subsidiary, community or affiliated medical centers and are neither employees nor agents of these medical centers, Baylor Jack and Jane Hamilton Heart and Vascular Hospital or Baylor Scott & White Health. BHHVH_564_2013 NOW CE 01.15



completing his first marathon, he was hooked. "Within the next 14 months, I completed four more marathons, two of which were back-to-back in two days," B.J. said, adding that he considers finishing the double marathon his proudest moment so far. "I had the foundation and the nutrition to get me through. When some people become athletes, they don't focus as much on the nutrition. I'm just the opposite. The nutrition carries me through the workouts."

He has also completed his first "ultra" race, a 50K run. Last year, he participated in the Capital to Coast Relay from Austin to Corpus Christi, where he ran 38 miles in two days. During long races, he plays loud music and tries to stay focused. "Focus on the outcome. The pain is temporary," B.J. advised. "The rewards will certainly be worth it." B.J. doesn't run long races for speed and doesn't consider himself to be a fast runner. "Long-distance running gives me a lot of time to sort through my thoughts and focus on my goals," B.J. said. "For me, it's very relaxing. It's what brings me clarity and allows me to enjoy this journey."

B.J. tries to offer advice to others when he can, especially if they are about to start a similar fitness journey. "It's just been about making the right decisions and staying on the right path," B.J. said. "The best advice for anyone is to focus



on real food. Don't make it complicated. People get caught up in getting enough protein, avoiding fatty foods or fad diets. There are no quick fix solutions. Don't try to lose 50 pounds in a month. It took me a year to get the weight down."

To make it easier to offer advice, B.J. has taken his message to the Internet. "I get a lot of questions," B.J. said. "People will see me and say, 'You're not the same guy you used to be. What happened?'"



lifepoint
COMMUNITY CHURCH

Imperfect People WELCOME!

It's okay if you're not perfect. At LifePoint, we are not perfect either — all the more reason to visit us this weekend. Here you'll find people much like yourself — people looking for authenticity and real answers in a challenging world. Come visit Feb 22nd - and feel free to leave the paper bag at home!

Launching!
Sunday, February 22nd

342 N. Lawrence Rd. 2377

201 Louise Ritter Rd.
Red Oak, TX 75154
972-576-0700

Ever feel like you need to have it all together to go to church? At LifePoint, we are committed to helping all people know and follow a loving Savior who accepts you where you are. Every Sunday you'll find people just like you who have questions about faith, truth and life. Please join us February 22nd as we Launch! Be our guest, come just as you are.

Brand new church.
Passionate music. Relevant teaching.
Your kids will have a blast! Consider yourself invited!

www.lifepointredoak.org

LAND HEADQUARTERS Co.
"Where Country Living Begins"

"Where Country Living Begins"

½ to 70 acres in various locations
Low Down Payment
Owner Financing
Affordable Monthly Payments

972-842-3276 • 101 S Main • Ferris TX
www.LandHeadquarters.com



BEFORE



AFTER

Showroom Shine EVERYTIME!

RED OAK Express Wash

State-Of-The-Art Friction Car Wash

Soft touch wash with incredible results!
Dually trucks welcome!

NOW OPEN 24 Hours!

300 N. St. Hwy 342 • Just north of Vintage Bank
972-921-5536 Cash & CCs Accepted

So, that inspired me to start putting things in a blog, because people want the information." B.J. uses his blog to answer questions and provide guidance to others. B.J. has also participated in several podcasts and hopes to publish an eBook to help others.

B.J. has come a long way and shows no signs of slowing down. He keeps running, and his goals keep growing. "I want to be a lifestyle coach to help people become healthier, and I'd like to start my own podcast," B.J. said. "I'd also like to run a 50-mile and then a 100-mile race. Those are certainly in my future. I want to run until I'm 100." **NOW**

CREATING A BEAUTIFUL SMILE CAN BE EASIER THAN YOU THINK.

Dentistry does
not have to be
painful and can
be affordable.



WILLIAM A. BROWN, D.D.S. F.A.G.D.

Call us for a free consultation

972-298-8515

www.williamabrowndds.com

williamabrowndds@gmail.com

GENERAL DENTISTRY • 226 N. CEDAR RIDGE RD. DUNCANVILLE, TX 75116

Impressions Salon Etc.

AVEDA
THE ART AND SCIENCE OF PURE PLANT-BASED BEAUTY

\$25 OFF
Cut & Color
New client only

\$5 OFF
Any Product
or Service
with this ad

Valentine's Day Specials!

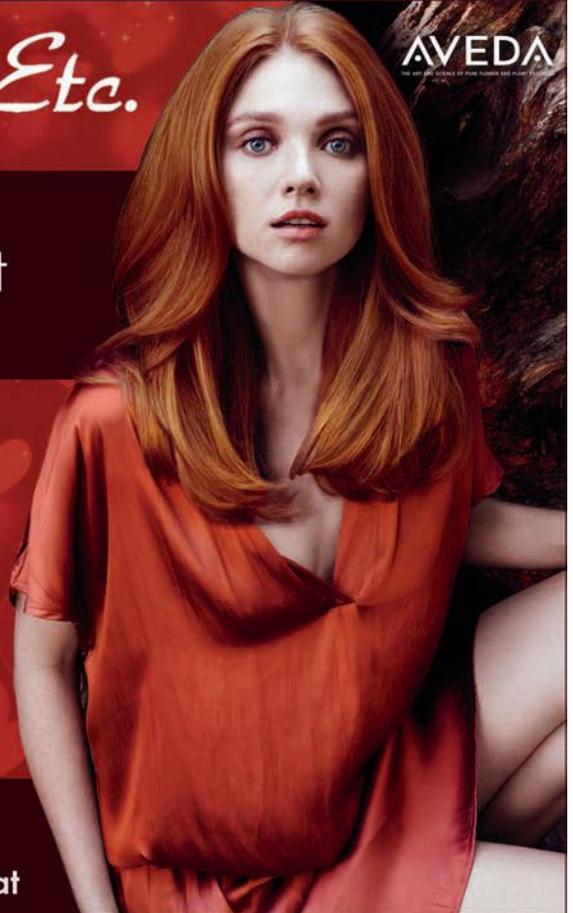
Facial or body scrub w/wrap, cut & 30 min. massage...\$170
Facial or body scrub, cut, color & 30 min. massage....\$230
Mens Special w/Gabe cut, facial & 30 min. massage... \$80

\$10 OFF! 60-min. massage with Ms. Dean new clients only.

Custom design a special for your Valentine!

one coupon per customer, per month Exp 2.28.15

202 Suite B N. I-35 • Northbound Service Rd.
between Ovilla & Red Oak Rds
Red Oak • 972-617-6300 • Open at 8am Tues Thru Sat



North Ellis County Business & Community Expo

hosted by **REDOAK**
AREA
CHAMBER OF COMMERCE

- Lots of freebies • Taste local treats
- Door prizes every hour • Bounce houses
- Fun for the kids

FREE ADMISSION

Wine canned good benefitting the North Ellis County Outreach Center

Saturday, April 11, 10am – 3pm

Red Oak High School Cafeteria

www.redoakareachamber.com

PRESENTING SPONSOR

ACCESS
SELF STORAGE
AND TRUCK RENTAL

"Your one-stop moving
& storage solution."

PLATINUM SPONSOR



Contact: Shelley Martinez at 972-617-0906 or admin@redoakareachamber.org to reserve your space.

RENFRO HEALTHCARE CENTER

*Celebrating American
Heart Month*

*We want you to
take care of yourself!*



Join us for an afternoon of bingo and heart-health education, provided by Jodie Cornelius, our director of rehabilitation!

**THURSDAY,
FEBRUARY 19TH
2:00 P.M. – 3:30 P.M.**

For more information, please contact Toquella Gooding at 469-765-6801 or Rhonda Pemberton at 972-333-2631.



Renfro Healthcare Center

Your local leader in nursing and rehabilitation services.

www.nexion-health.com



1413 West Main Street
Waxahachie, TX 75165
972-937-2298

Half-acre Haven

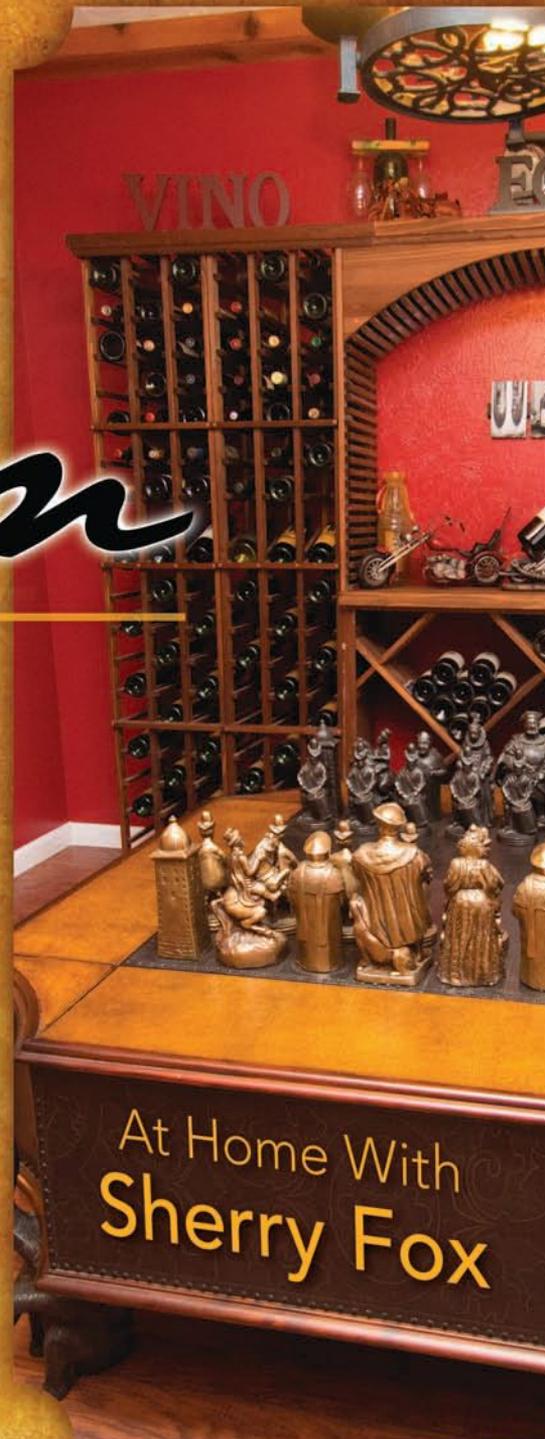
— By Angel Morris

Whether it's work, home ownership or play, Sherry Fox puts her heart into it. A Red Oak resident since 1973, she graduated from Red Oak High in 1982 and now makes her home in nearby Ovilla. She's pleased that her job today lets her serve surrounding communities, as well as her hometown. "I worked a variety of places in the area, from Shields Elementary when my boys were young, to a local gas station and daycare. I just like the country part of our city — the slower pace and the fact that you know everybody," Sherry said.

Sherry was content with her job as a UPS delivery driver when a friend called and suggested she interview at Baylor University Medical Center at Dallas. "I like to live close to Dallas, but I didn't know about working there. Yet the more my friend described the job, the more it sounded perfect for me," Sherry recalled.

As a result, Sherry interviewed and was hired as the mobile account executive for the hospital's Mobile Mammography Unit. The 41-foot coach, staffed by two women, including a certified mammographer, travels to businesses, churches, school districts and corporations around the Dallas/Fort Worth Metroplex as scheduled by Sherry.

"Women often don't take the time to take care of their health like they should. But by making mammograms convenient and efficient, they're much more likely to follow through," Sherry said. "We are the first mobile mammography unit in Texas equipped with 3-D, and I am blessed by



At Home With
Sherry Fox





Red Oak Family and Pediatric Clinic

REBECA PIANTINI, M.D. and
FERNE CUMMINGS, M.D.

- Board-certified
- Same-day appointments
- Most insurances accepted
- Well-child exams
- Well-woman exam
- Complete physical exams
- Sports physicals
- Se habla Español



Red Oak Family and Pediatric Clinic
273 East Ovilla Road, Ste. 4 • Red Oak, Texas

Call today 972-617-6660

the women's stories I hear every day. This job truly has become my passion."

Outside of work, Sherry has thrown herself into making her house a home. The half-acre corner lot provides plenty of room, indoor and out, for Sherry and her family. Her 2,500-square-foot home features four bedrooms, three baths, a game room and even a wine room.

"It was one of those spaces that you just weren't sure what to do with. I love

wine, and someone had given me this amazing wine rack that fit an entire wall, so this just evolved into the wine room," Sherry said. Painted an earthy red, the room complements the neighboring entry to the home, which Sherry also textured and painted herself.

The foyer is just big enough



to house an antique hall tree, given to Sherry by an aunt, and faces the wine room, which showcases a one-of-a-kind game table given to Sherry by one of her sons. The wine rack displays dozens of bottles that, upon closer inspection, stand for special events in Sherry's life. "If they are facing the wall they are empty, and if they are facing the room they are full. So, you know which ones to pull out, and then you read whatever I've written on the labels of the empty bottles to know what special event was being celebrated." One label states the day her grandson was born, for instance. "It's just something I started doing. I don't know why!" Sherry

admitted regarding the tradition.

Other traditions show up around the home, from the breakfast nook to the master bedroom. From the nook, guests can see a curio cabinet full of family keepsakes, including Sherry's great-grandmother's china, as well as her



A Food and Shopping Experience



featuring the Taste of Midlothian

Door Prizes • Shopping



PRESENTED BY:

9AM - 2PM • SATURDAY, MARCH 14
MIDLOTHIAN CONFERENCE CENTER

www.midlothianmarketplace.com

Bring this ad to the event for a FREE Marketplace Tote (first 1000 people).



Admission: Adults \$5 • Seniors & Children 12 & Under FREE

Love Your Smile



972-268-6065



104 Professional Place
WAXAHACHIE
www.morganortho.com



Laura Morgan, D.D.S.
Your Smile Specialist
Orthodontics
Children & Adults

Your Smile Is

2 Good

Consultation \$200

+ 2 Be X-rays/Photos
Exam \$200

4 Gotten \$400 Value

Promo code: **2015**

Schedule before February 28th
to claim your **\$400 in savings!**

Come see our center offering state-of-the art digital X-ray and Spinal Decompression machines.



COMFORT REHAB
CHIROPRACTIC • MASSAGE
PHYSICAL THERAPY

Our patient-centered approach has been successful in treating problems once believed to be untreatable, using the most advanced nonsurgical methods to treat pain: Back and Neck Pain, Headaches, Carpal Tunnel Syndrome, Fibromyalgia, Joint Pain, Sports and Auto Accidents, Work Injuries, Pain Management.

We offer the following services:

- Family Chiropractic Care
 - Cold Laser Therapy
 - Physical Therapy
 - Therapeutic Massage
 - Vibration Therapy
 - Spinal Decompression
- On-site: Pain Management / ESI Injection - Medical Doctor

Mention this ad for
EXAM, X-RAY & RESULTS | \$59
ONE-HOUR MASSAGE | \$40

(New Patients Only)

Gift certificates available.

Happy Valentine's Day!



Dr. Bryan McCormick
Dr. Steven Kicinki



Mon 8:30-7pm
Tue - Thur 8:30-6pm
Fri 8:30-4pm • Sat 9-5pm
Open Lunch

CEDAR HILL MEDICAL PLAZA
950 E. BELT LINE ROAD, SUITE 180 • CEDAR HILL
(Next to Methodist Family Health Center East) • (469) 454-2169



Visit ComfortRehab.com or DallasAccidentandInjuryRehab.com to sign up for our newsletter, special offers and Facebook. Get a Virtual Consultation® and more.

2015 NICHE RANKINGS

Ranked as one of the Top Ten Private High Schools in Texas



CANTERBURY EPISCOPAL SCHOOL

Come Learn With Us

- Small class size, Pre-K 4 through 12th grade
- Faith-based, family-centered community
- Proven college prep curriculum
- Extra-curricular opportunities
- Championship athletics

Schedule A Tour Today

Admissions Open House
Sunday, April 12, 2015 - 2-4 pm



Address: 1708 N Westmoreland Road, DeSoto TX 75115
Website: www.TheCanterburySchool.org

Phone: 469-759-2606
Email: Admissions@TheCanterburySchool.org



mother's tea set. Dolls and other figurines spill from the cabinet, as well.

The nearby kitchen holds a 200-lb. butcher block island purchased at an Ovilla antique store. The room's focal point is where meals are prepared and even sometimes served. "You have to keep it very clean, but it just looks amazing when all the food is stacked directly onto the butcher block without any plates!" Sherry said.

In addition to the island, Sherry textured, painted and added a tin tile backsplash. "I didn't know what I was doing, but I'm one of those people who want everything done yesterday, so I usually just set my mind to something and learn as I go," she said.

Sherry's oasis — a covered back patio — is where she, her grown children and grandson go to decompress. A TV and grill are there, with the red-tinned storage shed and Sherry's motorcycle just beyond. "This really is a special place for the whole family. And the yard is big enough that you really aren't bothered by anything going on around you." The custom privacy fence, built and stained by Sherry and her sons, makes sure of that.

With a son, daughter-in-law and grandson living at home, Sherry takes to her master suite for time alone. Earth tones give her space a warm feel, as do keepsakes such as her great-grandmother's milk lamp, her grandmother's phonograph, antique furniture pieces from her father and a family album from her mother. Sprinkled around the home are pictures and figures giving nod to Sherry's motorcycle enthusiasm. She rides her Honda Shadow 750 in toy and poker runs and on pleasure rides with friends.

While she most likes the upgraded stone hearth and fireplace of her living

Don't Tear It Out... Resurface It!

Stained Floors
Concrete Countertops
Shower Renovations



FREE Estimates



Concrete and More.com

Call Now! 972.217.9880

Residential and Commercial • Local References, Insured, Guaranteed



RED OAK CHIROPRACTIC & THERAPY

GIFT CERTIFICATES MAKE A GREAT VALENTINE'S DAY GIFT
Full Service Family Clinic Offering:

- Chiropractic
- Massage Therapy
- Rehab
- Sports Medicine
- Auto Accidents
- Most Insurance Accepted



FREE 1/2 Hr. MASSAGE
For All New Chiro Patients!

972-576-5501 • www.redoakchiro.com
307 E. Ovilla Rd., Ste. 100 • Red Oak, TX 75154

room, Sherry would someday like to rid the home of paneling and popcorn ceilings. A Jacuzzi and pool are also wish list items for her home.

"I just do what I can, as I can. I love working in the yard and can always find something to do around the house," Sherry admitted. And when not working



on her home, she enjoys visits with sons Brett Fox (a former Marine, who lives in D.C. and works at the White House), Chris Fox, Kurt Fox and Conrad Fox, 2-year-old grandson Levi Fox and daughter-in-law Gabby Fox.

During the work week, of course, Sherry can be found focusing her attention on the mobile mammography program. Scheduling everywhere from health fairs to business expos, Sherry is excited to bring the Mobile Mammography Unit to Red Oak ISD Friday, March 27, 2015, from 10:00 a.m.-6:00 p.m. "Women can schedule in advance or just walk up, and it only takes about 15 minutes. We can screen 40 women a day," Sherry said.

The unit's digital imaging includes computer-aided detection for more reliable results and even allows screenings for women with implants. "It's just amazing to learn of the cancer we've detected — stories of women who otherwise wouldn't have been screened if it weren't for the convenience of the mobile unit," said Sherry, who celebrates her 10th year at Baylor this year.

All in all, Sherry feels blessed to be part of the mobile mammography program, and to have her quiet, country home at the end of each day. "I love working in my yard, riding my motorcycle and going to work," she said. "I like being able to go into Dallas for all the fun stuff, but coming home to my quiet neighborhood is the best thing of all." **NOW**



Are Your Hormones **Out of Whack?**

Men

- Erectile Dysfunction
- Low Testosterone
- Weight gain

Women

- Weight Gain
- Hot flashes
- Vaginal Dryness
- Depression / Anxiety



No two men or women are alike. Let Red Oak Drug work with your doctor to balance your hormones through customized Bio-Identical Hormone Replacement Therapy.

Call and speak to one of our compounding pharmacists today!



120 S. Grand Ave., Suite 1
Waxahachie, TX 75165
Ph. **972-938-2642**

Compounding Since 1984

www.redoakdrug.com

No dental insurance?

Call us and ask about our Savings Plan.

Dr. Pearson and her staff are devoted to giving their patients a quality dental experience.

We understand it isn't only about teeth but it is important to remember "you" the individual, your concerns and needs.

General Dentistry
Orthodontics
Care Credit Financing

Pearson Family Dentistry

307 E. Ovilla Road, Suite 400
Red Oak, TX 75154

972-576-0602





Before You Tie *the* Knot

— By Shannon Pfaff

From the dress to the favors, the cake to the invitations, a wedding has many components that need to come together. There are countless options to choose from. You may find yourself overwhelmed trying to narrow down the scope of your choices in order to help you decide on the individual pieces of your big day. A great way to do that is by choosing a theme for your wedding.

A theme ties all of your ideas together, so your ceremony and reception flow with each other. You can choose a song, season, pattern, color, etc. around which to build your wedding. What type of wedding do you want to have? Would you prefer a more modern wedding or something rustic? Maybe your dream-come-true wedding is a fairy-tale style affair. Perhaps you would like to create your special day around your favorite color. Maybe you have already found the perfect dress, and you'd like to design the wedding around its style. The theme of your wedding can be anything you desire it to be.

Choosing a theme can also be a creative way to

illustrate who you and your husband-to-be are as a couple. Are you an adventurous pair? Did you meet in an unusual way? Do you have a mutual passion, such as music or food? The things you enjoy together can create a unique theme. Your individual family heritage can also be a beautiful backdrop for your wedding.

Once you have decided on your theme, you can have the wedding professionals you employ help you incorporate that theme into each aspect of your wedding. When you are choosing your wedding gown, a bridal consultant can help you with dress options that coordinate with your theme. They can also help you with



attire options for the wedding party that will complement your dress. The consultant can also advise you on hairstyles and accessory choices for your gown. Your hairstylist can offer hair options, as well as showing you how to pair those options with any desired accessories.

If your theme is related to color, a florist can help you incorporate that shade into flower arrangements, bouquets and table settings. Even if your theme is not based on color, the florist can advise on color choices to complement your theme. They will also help with seasonal floral options and can offer advice on low-cost options for your decor.

You will want to be sure the theme you choose will fit the time of year you desire for your big day. If you have an idea about the season for your nuptials, you will want to be certain the venue is appropriate. If you don't have a wedding

\$99
 Rhythm of Love Pendant \$499
 Rhythm of Love Earrings \$199
 Chocolate Diamond Ring \$799
 Ideal Star Earrings \$499
 Chocolate Diamond Pendant \$649

We Buy Unwanted Jewelry,
 In-Store Repairs &
 Custom Design

WILEY'S
 DIAMONDS & FINE JEWELRY
 972-937-4422 • wileysjewelry.com
 2251 Brown St #102 in Waxahachie

FREE
 Box of
 Chocolates
 With Any
 Purchase!

TURF-SCAPE

LANDSCAPE MANAGEMENT

Proudly Serving Ellis County for Over 20 Years

Irrigation Installation, Service & Repair • Irrigation Auditing
 Services • Landscape Design & Installation • Hardscape Design
 & Installation • Weed Control, Fertilization and Turf Pest Control
 • Tree Trimming, Planting and Removal • Water Feature &
 Ponds • Retaining Walls • Outdoor Kitchens & Lighting

Like us on **972-938-2956** • www.turf-scape.co
info@turf-scape.co

LI8552

 Licensed by Texas Department of Agriculture, TDA #0513565

Heath Mobile Veterinary Services
 Offering at-home & on-farm vet care for large & small animals

Dr. Susan Heath
1-469-734-7978

Say **I LOVE YOU** with a...
3 Letter Monogram for \$8

CHANEY'S DESIGNS
 Embroidery & More

206 S. Hwy. 342 Ste. B • Red Oak
 (next to Curves)
972.576.5800 • 9-5 M-F



Let Us Help You Improve Your Health and Smile

Waxahachie Family Dentistry
 and Dental Sleep Medicine
 Scott Clinton, DDS | Bobby Haney, DDS

Call Us About Our Free Lifetime Whitening Program!

972-347-0895

125 Park Place Blvd.
 Waxahachie

Schedule your appointment online at
www.WaxFamDent.com



- ▶ Cosmetic Dentistry
- ▶ Implants
- ▶ Wisdom Tooth Extraction
- ▶ Sedation Dentistry
- ▶ 3-D X-ray Imaging
- ▶ Invisalign
- ▶ Dentures
- ▶ Dental Sleep Medicine
- ▶ Digital X-rays
- ▶ State-of-the-art facilities
- ▶ Soft tissue laser treatment

Hours:
 Monday-Friday 8am-5pm

planner, you can contact the person who coordinates events at your chosen venue. They can inform you of the ideal seasonal conditions for their location.

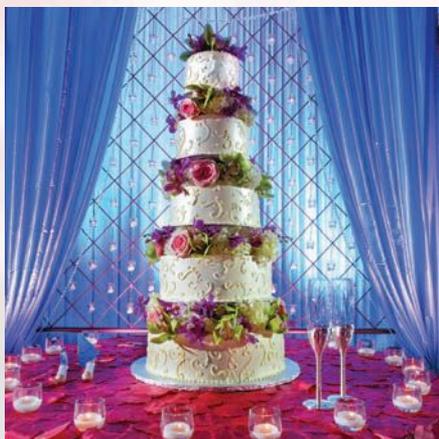
After your theme has been selected, there will still be several decisions to make about the wedding. You will,



however, have a better understanding of what your selections should look like. Here are a few theme examples to get you started:

A Black Tie Affair

If you desire your wedding to be classy and romantic, a formal style is the way to go. For your announcements



and invitations, engraved, black ink on white paper is the most classic selection. You will want to choose a simple, A-line dress or a ball gown to complement your theme. Consider dramatic lighting for your venue, such as candlelight or tiny lights strung across the ceiling or around potted trees. Formal wedding cakes are generally elegant with multiple layers to create a focal point for your reception.

Vintage-style

If you love the style of eras gone by, then a vintage wedding could be perfect for you. Selecting a genuinely vintage wedding dress allows you the opportunity to have a unique design versus a modern mass-produced dress. Family members may be a good source for vintage items to use for your decor. They may also be a valuable source for vintage jewelry. Lace can add a vintage touch to your decor and your attire. Keep the colors and decor simple to stay true to simpler times.



McDONNELL RICHARDSON CPA, PC
Certified Public Accountants

Taxes don't have to be grueling!
 Let us help you make yours
A Better Experience



TAX FILINGS | BOOKKEEPING | PROPERTY TAX CONSULTING | TAX DISPUTE RESOLUTION

Principal Office:
 714 Ferris Avenue
 Waxahachie, TX 75165

Call: (972) 923-2881
www.kj-cpa.com

The Hair Studio

Hair • Nails • Skin • Massage

Come and feel the "Studio" difference.
 We make it personal!



\$25 Facial
 by Gabriel

Gift Certificates Available for
Valentine's Day

Walk-ins & Appointments

Welcome

972-617-6262 • 206 Hwy. 342, Ste C, in Hawk's Landing • Red Oak



Now
Accepting
New
Patients

Connecting Kids with Communication

CURRENTLY ACCEPTING NEW PATIENTS WITH NO WAIT IN OUR NEW DUNCANVILLE LOCATION!

Proudly introducing our in-home speech therapy services for Traditional Medicaid (TMHP) clients!

We specialize in speech, language and feeding therapies for children of all ages! Our therapy services treat the following communication challenges:



- Articulation disorders
- Receptive language disorders
- Expressive language disorders
- Fluency / voice disorders
- Oral motor dysfunction
- Feeding / swallowing disorders
- Autism spectrum disorder
- Intellectual disabilities



Hablamos Español! 214-988-KIDS(5437)
407 W. Danieldale Road | Suite 100 | Duncanville

www.puzzlepiecekids.com



Rustic Chic

If you are looking for country elegance, a rustic wedding is a great option. Think barns, burlap and boots! For your venue, you could select a farm house, ranch, barn or a country pavilion.



You could have the entire event outdoors, but make sure you make provisions for inclement weather. Mason jars, hand-painted signs and simple flowers can create lovely centerpieces for your reception. You will have several options for your dress, because you can add rustic touches to any gown you choose.

However you decide to define your special day, there will be no shortage of wonderful options to create your perfect wedding. The wedding professionals you choose will provide options and show you examples to help you along the way. Selecting a theme is an important step to making the planning process more manageable and can be the best way for you to tie your ideas together before you tie the knot! **NOW**



**FOCUS ON A
NEW YOU!**

**Valentine's
Special!**

**Buy 2 MicroPen
Treatments & Get
the 3rd one FREE**

Exp. 2/28/2015

Benefits of MicroPen,
also know as
Collagen Induction Therapy:
wrinkle reduction; texture;
tone improvement; softer,
younger-looking skin with
fewer signs of aging; new
collagen production; reverse
years of sun damage. MicroPen
also has a positive effect on
hyper-pigmentation as well as
treating uneven skin tone, acne
scars, traumatic scars and
stretch marks.

**Now Offering
Cosmetic Injections
Phases Med Spa**

7999 West Virginia Dr., Suite A -1,
Dallas, TX 75237

Call for your Consultation Today
214-751-7777

**New Laser-like Lipo Technology
Extracts Fat Without Surgery**
*Lose 15-26 pounds and 9-21 inches
of fat in almost no time at all!*

**FREE
TREATMENT!**



**We're so confident in our results, we're
willing to prove it to you by giving you a
FREE evaluation and FREE treatment!**

Just follow these 4 steps to get your FREE treatment!

1. REGISTER for a FREE class that explains how this amazing technology helps you shrink by calling 469-732-0880
2. Attend the FREE class, present this coupon and get a FREE consultation to prepare you for the treatment
3. Attend the FREE consultation
4. Receive your FREE treatment

469-732-0880

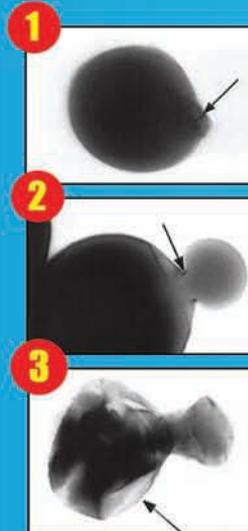
www.drverhaert.weightseminar.com

Here's how it works:

Waves of electromagnetic light force your fat cells to unlock, allowing the contents to spill out and be metabolized by the body naturally.

And, unlike traditional liposuction, there is no pain, no bruising, no swelling, no drugs and no downtime. In other words, NO side effects whatsoever! It's safe, simple and affordable, and as relaxing as any spa treatment.

Laser-like Lipo Technology allows us to spot shrink any area of the body that contains dangerous visceral fat (belly fat) and unsightly subcutaneous fat in areas, such as the outer and inner thighs, butt, under the chin, arms or anywhere fat and cellulite is concentrated on your body.



**Electromagnetic
light forces the
fat cells to open ...**

**Allowing the fat
to escape ...**

**The fat cells empty
and shrink ... and
so do you!**



Bill Crouch Real Estate

700 W. Main St., #100
Ovilla, TX 75154
(214) 808-4117
www.mindymoodyrealestate.com

Hours:

Monday-Friday: 10:00 a.m.-6:00 p.m.
On call 24 hours a day/7 days a week.



Bill Crouch, his granddaughter, Miranda Cordero, and his daughter, Mindy Moody, represent three generations of real estate professionals.



Navigating the Real Estate Market

Mindy Moody helps guide prospective buyers and sellers through the home-buying process.

— By Dianne Reaux

If you have ever been in the market to buy or sell a home, you know the process can be more than a little overwhelming. Several professionals will help orchestrate the complex home-buying process, including bankers, mortgage loan officers, home appraisers, property inspectors and insurance agents. But having a qualified real estate agent in your corner can help make the experience a little less overwhelming.

Mindy Moody, a local Realtor at Bill Crouch Real Estate, knows the real estate arena can be a little intimidating, and she has helped many buyers and sellers navigate the ins and outs of

buying and selling a home. Mindy has more than 10 years of real estate experience and is uniquely qualified to help guide her clients through the process of buying or selling a home. “This is an exciting time in a person’s life, and I enjoy helping to make the experience enjoyable from the beginning of the process to the end,” she stated.

Mindy and her family have been an important part of the Ellis County real estate market for generations. “My father, Bill Crouch, is the founder and owner of the Bill Crouch Real Estate Agency and has served Ellis County for over 40 years,”

Business **NOW**

she shared. Mr. Crouch received his real estate license in the early 1970s and started his agency by slowly acquiring rental properties.

“My father and I both live in Ovilla and decided that it would be the best location for us to base our business,” Mindy stated. Under Mr. Crouch’s leadership, the agency has grown, and they now own and manage more than 60 properties in and around Ellis County. “Our goal was to be a multi-million producer after our first year,” Mindy shared. They’ve met and exceeded this goal every year. “Our success is due to actually caring about and meeting the needs of our clients, rather than seeing them as a dollar sign.”

Bill Crouch Real Estate specializes in Ellis County but recently expanded and sold two condos on Elm Street in downtown Dallas. To those who know Mindy and her background in real estate, this is no surprise. “My real estate experience is very broad,” she shared. “I worked in commercial real estate in downtown Dallas for many years and was a part of the development team credited with developing City Place, the Hank Haney Golf Center and the Quadrangle area.”

In 2001, Mindy married the man of her dreams, Bart Moody. “We have a blended family of six kids, all of whom attended Midlothian schools. My youngest daughter, Miranda, graduated from high school two years ago and decided she would also like to pursue a career in real estate. She recently joined our team and represents the third generation in our family business,” Mindy remarked.

Mindy’s passion for her work is evident. “Years ago, I started helping my father in his office and decided to get my real estate license, and I’m so glad I did! I love my work,” Mindy added, “and I’ve had the pleasure of meeting and helping so many wonderful people.”

If you are ever in the market to buy or sell, feel free to stop by their office for a free comparative market analysis. Mindy and her staff would love to help you — and you’ll be glad they did! **NOW**

We make healthy affordable.

The Joint provides affordable chiropractic care to address nearly all your health needs. We’re even open nights and weekends, making routine care convenient.

Red Oak

1 Mile E. of I-35
278 E Ovilla Rd.
(972) 617-7700

THE JOINT
...the chiropractic place

Monday - Friday: 9:00AM - 6:30PM

Saturday: 9:00AM - 12:30PM

Walk-Ins Welcome

\$49

FOUR adjustments*

No Appointments
Convenient Hours
Licensed Chiropractors

thejoint.com
Franchises Available

*Restrictions apply, see clinic for details. Initial visit includes consultation, exam and adjustment.

© 2013 The Joint Corp

DOGWOOD CANYON NEEDS YOU!

Learn how you can be a part of this wild and special place where East, West and Central Texas converge.



VOLUNTEER TRAINING

Saturday, March 7, 2015

9am-3pm

Volunteers contribute by offering their expertise for special events, administration and habitat maintenance, caring for education animals, providing visitor support, guiding hikes and more. Specialized environmental educators create exciting learning experiences for small groups of school children. Whatever your interests, Dogwood Canyon Audubon Center has an opportunity for you!

To learn more or register for training, contact Julie Collins at 469-526-1991 or jcollins@audubon.org.

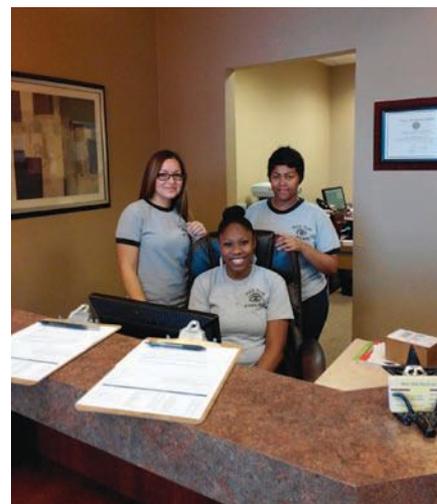

DOGWOOD CANYON Audubon
CENTER AT CEDAR HILL



Kaylee Chandler and Cierra Alton of Just Kidding Around Daycare enjoy an afternoon outing to Dairy Queen with their teacher, Melissa Gibson.



Rich Isbell and Clint Sparks are friendly and familiar faces as they greet early Sunday morning drivers in front of their church on Ovilla Road.



Jazmyn Balderas, Miranda Belcher and Tiffany Madison of Red Oak Eye Care look forward to helping you with all of your eyecare needs in 2015.



Chief Garland Wolf of the Red Oak Police Department presents graduates of the 2014 Citizens Police Academy.



Luis Perez, Robert Talamantes, Lori Harper and Sharon Taylor of The Lone Star Burger Bar are excited to serve customers during the big Cowboys vs. Lions playoff game.



Ellis County students inaugurate the new piano lab that opened this year at Ovilla Christian School.



Gregory Johnson, owner of Gregg's Unisex, tightens up Tyrone Moore's goatee as he gets ready to enjoy the New Year's Eve celebrations.



Members of the Red Oak junior cheer squad demonstrate their lift techniques during an outing to Old Town Park in Red Oak.



Sterling Walton and Payton Stribling pay close attention to Miss Rachel Williams in their first-year dance class at Dance Xpressions in Red Oak.

ARBORS • OUTDOOR KITCHENS • PATIOS

Your Oasis Awaits...



Call today for
FREE
Consultation



URBANOASIS
OUTDOOR LIVING & LANDSCAPING
817.453.3100
WWW.URBANOASISOUTDOOR.COM
PayPal     LI9335
LANDSCAPING • SPRINKLERS • LIGHTING

SHOOTER'S EDGE GUN AN ARMED UN SOCIETY IS A N POLITE SOCIETY S.com

NEW & USED GUN SALES
PERSONAL PROTECTION
GUN REPAIR
**FREE DISPOSAL OF
OLD GUNS & AMMO**
CONCEALED HANDGUN
LICENSE

972-938-2800
1037 W. Hwy 287 Bypass, Ste. A,
Waxahachie

Owned & Operated by Texas Families for Texas Families

ALL EYE & OPTICAL CARE

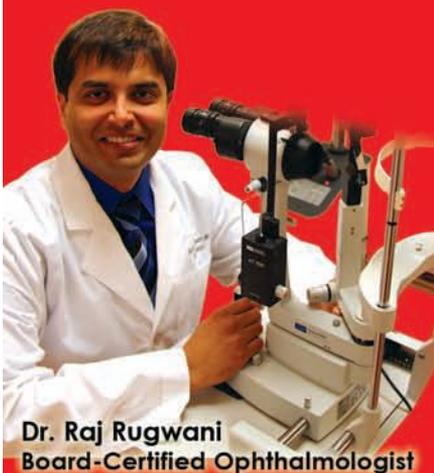
New Patients Welcome

- Eyeglass & Contact Lens Prescriptions
- Glaucoma Treatment
- Diabetic Eye Care
- Cataract Surgery

Already have a Rx?

We gladly accept outside prescriptions! Come browse our selection of eyewear from budget packages to designer names.

We offer Competitive Pricing!



Dr. Raj Rugwani
Board-Certified Ophthalmologist

972-937-4433

800 N. Hwy 77 Ste 100 Next to HEB

AllEyeCare.com
AllOpticalCare.com



NORTH TEXAS FITNESS & THERAPY CENTER

206 South State Hwy 342
Red Oak, Texas 75154




Dr. Marcy Maines, PT, DPT
PHYSICAL THERAPIST

469-373-2967
FAX 888-614-1885

LIKE US ON
 facebook

Advertise with us!

Reaching over 650,000 readers throughout 10 markets, with interesting stories about the people living in those communities, **NOW Magazines** are the smartest choice for your advertising dollars.



Call for info: 972-937-8447

Kubota More Power to You! Sales Event



Power your projects with Kubota's new **Z726XKW** commercial zero-turn mower.

\$0 Down, 0% A.P.R. Financing for up to 48 Months*

Offer ends 3/31/15.



**501 NORTH I-35E
WAXAHACHIE
800-207-3276**

Open Monday-Friday 8-5, Saturday 8-2

www.centralkubota.com

Check out our complete line of quality Kubota products.



Kubota
kubota.com

*\$0 down, 0% A.P.R. financing for up to 48 months on purchases of new Kubota equipment (excluding T, GR, G, F, Z100, ZG100 & VS Series) is available to qualified purchasers from participating dealers' in-stock inventory through 3/31/2015. Example: A 48-month monthly installment repayment term at 0% A.P.R. requires 48 payments of \$20.83 per \$1,000 financed. 0% A.P.R. interest is available to customers if no dealer documentation preparation fee is charged. Dealer charge for document preparation fee shall be in accordance with state laws. Inclusion of ineligible equipment may result in a higher blended A.P.R. Not available for Rental, National Accounts or Governmental customers. 0% A.P.R. and low-rate financing may not be available with customer instant rebate offers. Financing is available through Kubota Credit Corporation, U.S.A., 3401 Del Amo Blvd., Torrance, CA 90503, subject to credit approval. Some exceptions apply. Offer expires 3/31/2015. See us for details on these and other low-rate options or go to www.kubota.com for more information. Optional equipment may be shown.




© Kubota Tractor Corporation, 2015

Share the Love



New!
Now Offering
Couple's
Massage!

Our
Deluxe Facials
make perfect
Valentine gifts!

February 12
Medspa Valentines
Event

5:30 - 7:30 pm

Prizes, Refreshments, Massage Demonstration
802 W. Lampasas, Ennis

972-875-4700

Feeling
knotty?

Get a
massage!

ELLIS COUNTY MEDICAL ASSOCIATES



NEW EXTENDED HOURS!
MON - THURS. 8-6:30
FRIDAY 8-5:00
SATURDAY 8-2:00

**Windchimes
for your
Sweetheart!**

**HUGE
SELECTION!**
AND
AS ALWAYS

**20%
OFF**

the Studio

Open Mon-Sat: 9-5:30
3671 Hwy. 77 N. • Suite 200
Next Door to The Greenery
Waxahachie • 972-617-7740

Music of the Spheres™
HANDCRAFTED IN AUSTIN, TEXAS, USA

Woodstock Chimes™

**Ferris Family
Dentistry**
Dr. Virginia Williams

**DENTAL
EXCELLENCE**

**COMPASSIONATE
CARE**

Dr. Williams

www.ferrisdentist.com

972-544-2123
454 FM 664 • Ferris • next to Subway

More Sugar Necessary

— By Betty Tryon, BSN

You don't have to be a diabetic to have hypoglycemia. Although it is commonly associated with the disease, there are other conditions that can cause it. Hypoglycemia is the medical term for low blood sugar. Glucose, or blood sugar, is necessary for the body to have enough fuel or energy to carry out its normal functions. So when levels fall below normal, it is an issue that must be addressed.

Some symptoms associated with hypoglycemia are trouble thinking clearly, headaches, visual disturbances, heart palpitations, sweating, shakiness, weakness, anxiety and fatigue. Your body needs glucose to function as it has been designed to. If deprived of it, your body will experience consequences. For example, if the brain is not receiving glucose, it cannot function properly and leaves the person susceptible to seizures and even coma. Many conditions can cause these symptoms, so it is important to be diagnosed by a physician rather than guessing at what might be wrong.

If you have been diagnosed with hypoglycemia and think you may be having symptoms, it is crucial to take immediate action. Because it's possible to lose consciousness with hypoglycemia, your first step should be to make sure you are in a safe place when you begin to counteract the effects of low blood sugar. If you pass out you certainly don't want to be behind the wheel of a car or injure

yourself falling. Follow instructions given by your physician. Some of the things that might be a part of your management plan are to test your glucose level if possible, and if your blood sugar is low, start taking some form of carbohydrates. Some food items suggested for this are hard candy, raisins, sugar, juice or milk. The amount should be determined with the help of your health care provider. Glucose tablets and glucose gel are available prepackaged. Eat or take the prescribed or recommended amount and test your blood sugar again. Some people may require an injection of glucagon. Glucagon is a hormone that quickly raises blood sugar levels. Based on the severity of your reaction and/or if your glucose level does not rise, you may have to call 911 or your doctor.

If you have hypoglycemia because of diabetes, it is important to follow the diabetic management plan set up with your physician and monitor your food intake and medication. If your hypoglycemia is from another condition, then the underlying problem needs to be corrected or managed. Careful planning can help avoid a catastrophe with hypoglycemia. **NOW**

This article is for general information only and does not constitute medical advice. Consult with your physician if you have questions regarding this topic.

FRI. FEB. 27 @ 7:00 PM
FRED NICKELS AUDITORIUM
 600 EAGLE DR., DESOTO HIGH SCHOOL



photo by Jaime Truman

DALLAS BLACK DANCE THEATRE

TICKETS AT
artsdesoto.com

\$10 pre-sale
 \$15 at the door
 \$5 Students and Seniors 60+

sponsored by the DeSoto Arts Commission & DeSoto ISD

Through March

Musicians Needed: We are looking for adults who play or have played a band instrument or current high school band students who are interested in helping form a concert band for the Ellis County community. If you are interested in joining, email your name, your email address, instrument(s) played, years of experience and the name of the Ellis County town in which you reside to dapotter@ectisp.net.

February 6

DEAR (Drop Everything and Read) Day: 8:45-10:30 a.m., located at all Waxahachie ISD elementary and junior high campuses. Community guest readers will be in PreK-6 grade classrooms for 15 minute reading times. For more information, contact (972) 923-4631.

February 7

Ennis Czech Music Festival: 1:00-10:30 p.m., Sokol Hall, 2622 E. Hwy 34, Ennis. \$7 per person, free admission for ages 14 and under. For more information on this event, please call (972) 878-4748.

February 12

Fourth Annual Daddy Daughter Dance:

6:00-9:00 p.m., Waxahachie Civic Center, 2000 Civic Center Ln. Tickets are \$15 per person and they go on sale **January 5**. Tickets must be purchased in advance. This year's theme is *Frozen*. For more information, call (469) 309-4041.

February 13 — 15

Gingerbread House 13th Annual Chili Cook-Off: Ellis County Youth Expo Center, Hwy 287 North, Waxahachie. For more information, email john.eccac@ectisp.net or call (972) 937-1870.

February 14

Share the Love Gala: 6:00 p.m., Waxahachie Civic Center. The evening includes dinner, dancing, music by The Classic Swing Band, silent and live auctions. Tickets can be purchased online at www.casaofelliscounty.org or by calling (972) 937-1455.

February 21

Midlothian Pet Adoption Event: 9:00-11:00 a.m., the Walmart garden center entrance, 400 N. Highway 67. Midlothian Animal Control offers free adoptions to keep its shelter open for more stray animals. For more information, visit www.midlothian.tx.us/animalcontrol.

February 25

Red Oak Area Chamber of Commerce Membership Luncheon: Noon-1:00 p.m., Red Oak Municipal Center, 200 Lakeview Pkwy, Red Oak. \$15 for members with RSVP, \$18 for members without RSVP and \$20 for non-members. For more information, visit their website www.redoakareachamber.org.

February 28

Mockingbird Park Winter Walk: 10:00 a.m., Mockingbird Nature Park, Onward Road, (off Mockingbird Lane), Midlothian. Register online at www.midlothian.tx.us, or call the Parks and Recreation Department for more information at (972) 775-7177.

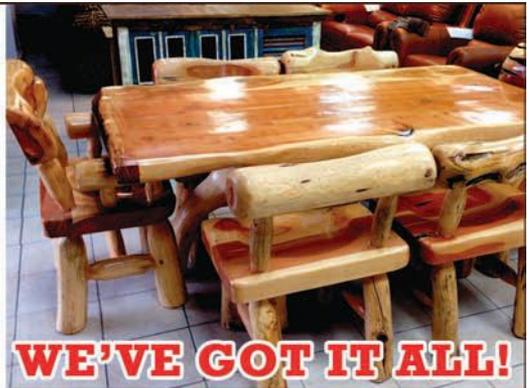
Stephen Ministry Introductory Workshops: 9:00 a.m.-1:00 p.m., Midlothian Bible Church. Workshop is \$15 per person or \$50 per congregation (four or more). You can register at www.stephenministry.org/workshop or call Stephen Ministries at (314) 428-2600.

Submissions are welcome and published as space allows. Send your current event details to dianne.reaux@nonmagazines.com.

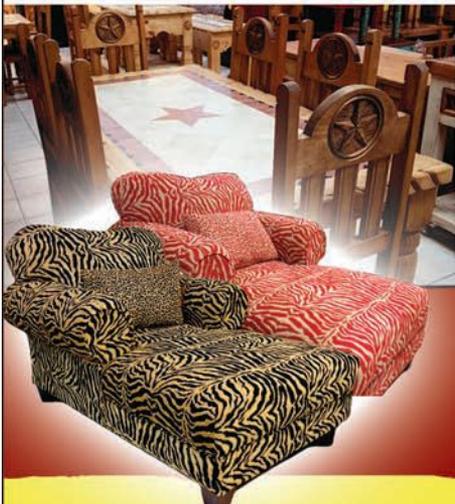


Texas Lifestyle Furniture



WE'VE GOT IT ALL!





TOP GRAIN LEATHER • SOFAS • SECTIONALS • RECLINERS
BEDROOMS • DINING ROOMS • TOP QUALITY MATTRESSES

3705 N. HWY 77, BLDG 3
(NEXT TO THE GREENERY)
WAXAHACHIE, TX 75165
972.576.3200

2090 FM 157, SUITE 100
(Former PET 'O RAMA Site)
MANSFIELD, TX 76063
817.453.5400

TEXASLIFESTYLEFURNITURE.COM



In the Kitchen With Nell Fulton

— *By Angel Morris*

Nell Fulton attributes her ability to sew and cook to her mother, who “had the patience of Job. When you live in the country you make your own fun, and Mom made things fun for me even in grade school,” Nell said. Reared in Bethel, Texas, Nell met her husband of 54 years while taking a nursing class at Baylor Hospital.

Today her favorite hobbies are creating down-home meals, baking and candy making. “I like to cook for family and friends, taking dishes to others or preparing them for church functions,” Nell said. “I enjoy sharing my recipes and cooking tips, too.”

In addition to carrying on her family’s barbecue traditions (see sauce recipe below), Nell also makes time for quilting, embroidery and crochet. **NOW**

Butter Pound Cake

1/4 tsp. soda
1 cup buttermilk
3 cups sugar
1 cup butter
5 eggs, separated
3 cups sifted flour
Pinch of salt

1. Add soda to buttermilk.
2. Cream sugar and butter. Add remaining ingredients, except egg whites; add soda/buttermilk mixture.
3. Beat egg whites, fold into cake mixture.
4. Bake at 350 F in a Bundt or tube pan for 1 hour and 15 minutes, or until toothpick comes out clean.

Peanut Butter Penuche Candy

1 cup brown sugar
1 cup white sugar
3 Tbsp. white Karo syrup

2/3 cup can milk
1 Tbsp. margarine
1 tsp. vanilla
1/2 cup peanut butter
1/4 tsp. salt

1. Cook sugars, Karo, milk and margarine, stirring constantly to soft ball stage. Remove from heat; add vanilla and peanut butter.
2. Beat with mixer until mixture loses its gloss and pour into a 9x9-inch baking dish.
3. Cool. Cut into squares before serving.

Southern Pralines

1 1/2 cups brown sugar
2/3 cup half-and-half
1/8 tsp. salt
2 Tbsp. margarine
1 1/2 cups pecans

1. Combine sugar, half-and-half and salt in a deep microwavable dish. Stir in margarine.
2. Microwave for 7 to 9 1/2 minutes, or until

- soft ball stage (235 F), stirring once.
3. Stir in pecans and cool about 1 minute.
4. Beat by hand until mixture becomes creamy and begins to thicken.
5. Drop on waxed paper by spoonfuls.
6. Let stand until set. Store in airtight container.

Cornbread

1 1/2 cups corn meal
3 Tbsp. flour
1 tsp. soda
2 Tbsp. oil
1 egg

1. Mix all ingredients together and pour into a well-greased 9-inch iron skillet or muffin pans.
2. Bake at 410 F for 20-25 minutes, or until golden brown.

Canned Green Beans

2 gallons green beans, snapped
2/3 cup sugar
2/3 cup vinegar
1/2 cup salt

1. Cover green beans with water and boil for 1 hour. Drain and pack in sterile jars (but do not seal yet).
2. Bring sugar, vinegar and salt to boiling temperature and pour into jars with beans.
3. Seal jars.
4. When ready to serve, rinse beans with water and cook. Season to taste.

Family Tradition Barbecue Sauce

12 medium onions
2 bell peppers
2 garlic buttons
1 stick margarine
4 Tbsp. white sugar
1/2 cup brown sugar
1/2 cup vinegar
1/4 tsp. black pepper
1/4 tsp. red pepper
1 gallon ketchup
4 cups water
2 Tbsp. Lea & Perrins Worcestershire Sauce
2 tsp. paprika
2 tsp. salt
1 tsp. chili powder

1. Chop first 3 ingredients and sauté in margarine. Run through food processor.
2. Put remaining ingredients in a large pan; simmer with mixture from food processor until thick. Can be sealed in jars and stored.



NOW OPEN
at our new location
in Red Oak

Dr. Ficula and his family live in Waxahachie, and he is excited to be serving the cardiac needs of the community. He loves the area and is committed to patient care. Dr. Bellomo, with his many years of experience in the area, is pleased to serve the community of Red Oak. Together, they will be available to handle all of your cardiac care needs. We at HeartPlace strive to provide the highest quality care and convenience to our patients and their family.



Robert E. Ficula, D.O.

Please contact our office staff to arrange an appointment.

HeartPlace Red Oak

307 E. Ovilla Rd. • Ste. 600 • Red Oak, Texas 75154

469-437-3344

Open Monday-Friday from 8:00 a.m. to 5:00 p.m.



Joseph Bellomo, M.D.



Branded Burger Co.

Burgers so good,
one location wasn't enough!

Voted #1 burger
in Ellis Co.!



**NOW OPEN
RED OAK!**

**COWBOYS GAME
WATCHING PARTIES!**

**HAPPY HOUR
3-7pm**



972-576-2203



205 S. Main
Near corner of FM2377 & Hwy 342
www.BrandedBurgerCo.com





VCare Health Services

.....Live Life Pain Free

Our New State-of-the-Art Facility Includes:

DR Panel Digital X-rays • DRX 9000 Spinal Decompression
Lipo Lite Laser for Medical Weight Loss • Therapeutic Electrotherapy and Physical Therapy units

WE OFFER ALL UNDER ONE ROOF:

Medical, Chiropractic, Physical Therapy / Rehab, Massage Therapy, Spinal Decompression, Medical Weight Loss, Durable Medical Equipment

CONDITIONS WE SPECIALIZE IN:

- › KNEE PAIN / OSTEOARTHRITIS
- › NECK PAIN
- › BACK PAIN
- › SHOULDER PAIN
- › HIP PAIN
- › SCIATICA
- › FIBROMYALGIA
- › HEADACHES/MIGRAINES
- › BULGING DISCS
- › NEUROPATHY

FDA Approved Treatment to

RELIEVE Knee Pain

**NOW
ACCEPTING
NEW
PATIENTS**

**WE CAN RELIEVE
KNEE PAIN WITHOUT SURGERY!**

**OVER 95%
SUCCESS RATE**

Treatment is Safe and Easy. Call Today if You Experience Any Degree of Knee Pain or Discomfort.

*treatment is covered by most insurance companies including Medicare

**CALL TODAY FOR
FREE CONSULTATION
214.550.0680**

MON - FRI 8:30-6:30
SATURDAY APPOINTMENTS AVAILABLE
UNIVERSITY PLAZA, 401 N. HWY 77 • SUITE #1 • WAXAHACHIE, TX 75165
VISIT US AT WWW.VCAREHEALTH.ORG