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JUNE 2011

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Grown-up Kids

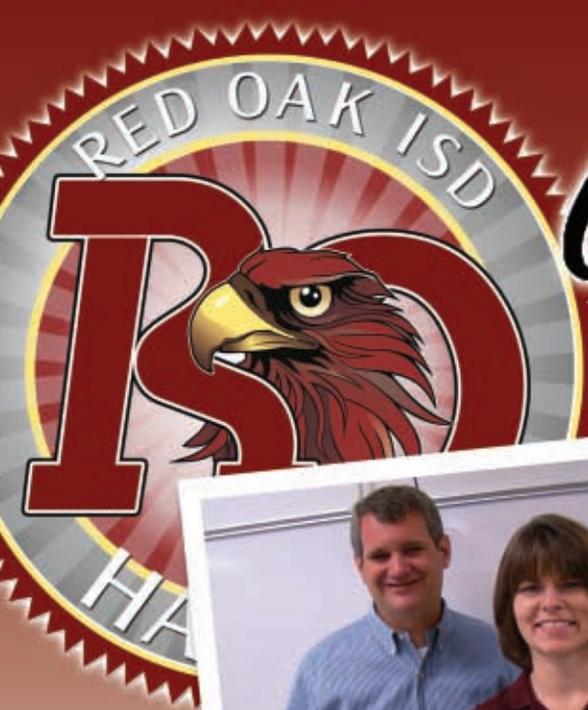
Also Inside

Creating a Legacy

In the Kitchen
With Angie Kelso

Young
Love

AT HOME WITH
JASON & ERICKA PEREZ



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Superintendent's Teacher of
the Month for May
Lauri Taylor



Superintendent's Employee of
the Month for May
Rebecca Juarez

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Red Oak ISD has announced the dates and times students will be able to pick up their schedules for the 2011-2012 school year.

Red Oak High School (grades 9-12)

Aug. 10 & 11 10am-6pm

Red Oak Junior High School

Aug. 17 - 7th grade 5pm-7pm

Aug. 18 - 8th grade 5pm-7pm

Red Oak Intermediate School

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Aug. 16 - 6th grade 6pm-7:30pm



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General Manager, Rick Hensley

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Managing Editor, Becky Walker
Red Oak Editor, Angel Morris
Editorial Coordinator, Sandra Strong
Editorial Assistant, Beverly Shay
Writers, Michael Ewing . Sydni Thomas
Adam Walker
Editors/Proofreaders, Teresa Maddison
Pat Anthony . Pamela Parisi

GRAPHICS AND DESIGN

Creative Director, Chris McCalla
Artists, Julie Carpenter . Martha Macias
Allee Brand . Cherie Chapman
Marshall Hinsley . Arlene Honza
Brande Morgan

PHOTOGRAPHY

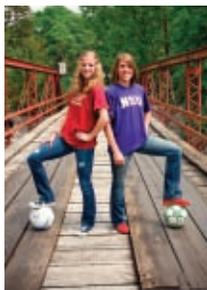
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Photographers, Amy Ramirez

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On The Cover



Competitors on the soccer field since age 5, these ROHS grads now go separate ways for college ball.

Photo by Amy Ramirez.

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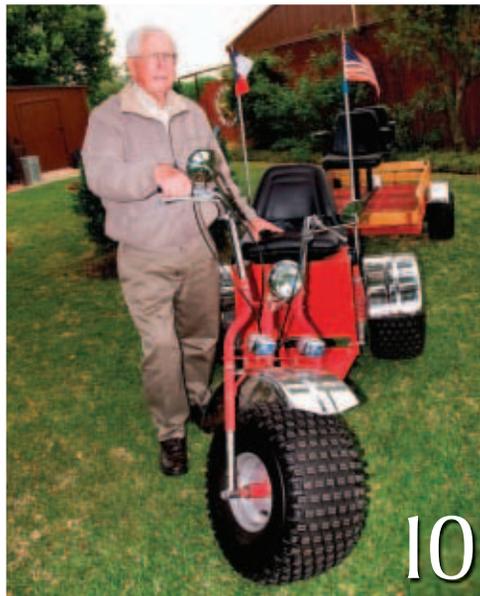


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Editor's Note

It's summertime and the livin' is ... busy!

"Lazy days of summer" is somewhat of a misnomer at our house. Sure, we tend to stay up a bit later and sleep in more, but every parent knows keeping kiddos' brains occupied is a must. Finding a balance between relaxation and stimulation is essential. For us, that means a less stringent day-to-day schedule and perhaps the incorporation of several "summer only" activities like swim lessons, day camp and vacation Bible school.



One way to keep your child's mind on the move is to join Red Oak Public Library's Summer Reading Program, "Outdoor Adventures," running June 6-July 28. Registration lasts all summer for those in pre-K through 12th grade. Reading logs are rewarded with special prizes, and participants enjoy movie and game nights as well as speakers and performances. Visit www.redoakpubliclibrary.org for more details.

Here's to a summer with just the right mix of busy and easy!

Angel

Angel Morris
 Red OakNOW Editor
angel.morris@nowmagazines.com

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HAVING a BALL

— By *Angel Morris*

Destiny LaRue and Paige McMillan recently marked a milestone together: signing college letters of intent in soccer. But this is not the first achievement the girls have shared. Their friendship dates back to childhood and, of course, a soccer field.

The Red Oak High School (ROHS) 2011 graduates met at age 5, when trying out for Southwest Soccer Club. “My best memory of playing soccer with Destiny is when she put a field move on a Waxahachie soccer girl her first game back after tearing her ACL,” Paige said.

Destiny’s family moved to Red Oak in 2002 for its quiet, suburban atmosphere, while Paige’s moved into its Red Oak dream home in 1999. The girls played recreational and club soccer together at various points throughout their careers, most recently for ROHS.

“When I started, I did not expect the camaraderie that accompanies a team. It has been such a joy to play with every new team, and all my teammates over the years, and I have made many friends through this sport,” Paige shared.

“Soccer was the first sport I participated in. I loved it so much I didn’t want to stop playing. So I have played every fall and every spring since I was 5 years old,” Destiny added.

Both girls dedicate many hours a week to their sport. “In high school, I spent two to three hours a day (during season); in select, I spent four-and-a-half hours playing and another three hours driving to and from practice or games. Each week, I roughly

spent around 10 hours playing soccer,” Paige calculated.

A normal week for Destiny includes three practices plus speed, agility and quickness workouts, as well as a private skills session. “Add in any games that may be scheduled for a minimum of nine hours per week plus extra training I do on my own, such as weight training at the gym,” she said.

Paige has played select soccer for eight years, which requires year-round training. She has taken many soccer skills courses, and spent countless hours working in her backyard. “Also, for a year, I had a personal trainer to help me recover from ACL surgery and to make me physically, mentally and skill-wise a sound soccer player,” she said.

Destiny played for the DeSoto Spice, DeSoto Ice and Duncanville Magic, from ages 5-10, and then earned a spot on the select team Southwest 93G of DeSoto for her first year of select U11. “I played with this team for two years before joining the Solar Soccer Club, based in Dallas, where I have been playing for six years.”

Through the years, both girls have faced setbacks from injuries. An ACL tear made Paige that much more dedicated to the sport. “Most girls would be completely demoralized when



From left: Destiny LaRue
and Paige McMillan

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they learned they had torn a ligament that takes six months and surgery to fix, but it actually helped me to become a better player," she said. "Instead of playing for six months, I worked out and worked on skills for when I would be released to play again. The time given to me due to that tear helped me to become better and stronger in the sport."



Injuries strengthened Destiny's resolve, as well. "I had a quad tear and ankle injury that required surgery in eighth grade. These weren't difficult to overcome compared to two ACL surgeries and a meniscus surgery (10th grade, right ACL; 11th grade, right meniscus; and 12th grade, right ACL)," Destiny recalled. "Ninety percent of the recovery from these injuries, for me, is mentally overcoming the fear of reinjury and having to start over again from scratch."

While the girls played together for ROHS as freshmen and sophomores, Destiny's injuries forced her to quit the school team and focus solely on club play. "Freshman year I was a starting midfielder on varsity. That was the year both Red Oak boys and girls teams beat Midlothian teams in the playoffs! That was one of the most emotional games I have ever played; our team was district champs and made it to the quarterfinals of playoffs," Destiny said. That year she was named First Team All District.

As Midfield MVP for the Lady Hawks in the 2009-10 season, Paige admits she wasn't always a team leader. "At first, I was not the best player on the field, by far. I have improved with every coach and every practice to become the good player I am today. I have a solid work ethic that has driven me to get better every time I touch a soccer ball or go to work out," she said.

Both girls say they are inspired by other soccer players: Paige, by Damien Duff of the Ireland International Team,

and Destiny, by former ROHS teammate Brandi Smith.

“Damien proves that you don’t have to be the biggest, fastest or most skilled player to do well in soccer. What it takes is a serious work ethic and determination to be the best you can be in whatever position or role you have been trusted to fill,” Paige said.

“Brandi, a senior, took me in as a freshman and treated me with respect. She didn’t succumb to the pressures of college life and continues to do well as a junior in college. We are still close friends today,” Destiny said.

Speaking of college, Paige received a scholarship to play at Troy University in Alabama, while Destiny signed with Northwestern State University to play on scholarship in Natchitoches, La. They also see soccer in their futures beyond college.

“I’d like to continue to the professional and international leagues for women’s soccer, then become a sports-specific physical therapist to help others overcome obstacles in their time in athletics,” Paige said.

“Life after college could include playing in an adult league and/or

Faith is another common denominator for the girls, who both attend Ovilla’s First Baptist Church.

coaching. Also, I will use my love for the game to help tell people about Christ,” Destiny said, noting she hopes to pursue a seminary degree.

Faith is another common denominator for the girls, who both attend Ovilla’s First Baptist Church. And while each love to read, Paige lists running track as a favorite hobby and Destiny claims Wii Dance for fun.

No matter where life takes them from here, the two say they will always remember getting their start in soccer together. And they each encourage others to pursue sports in some manner. “You may not be very good, but that does not mean that you can’t play the sport and love it,” Paige said. And Destiny added: “Try everything; decide for yourself what you enjoy; and then work hard to get better. Never give up on yourself ... or your teammates!” **NOW**

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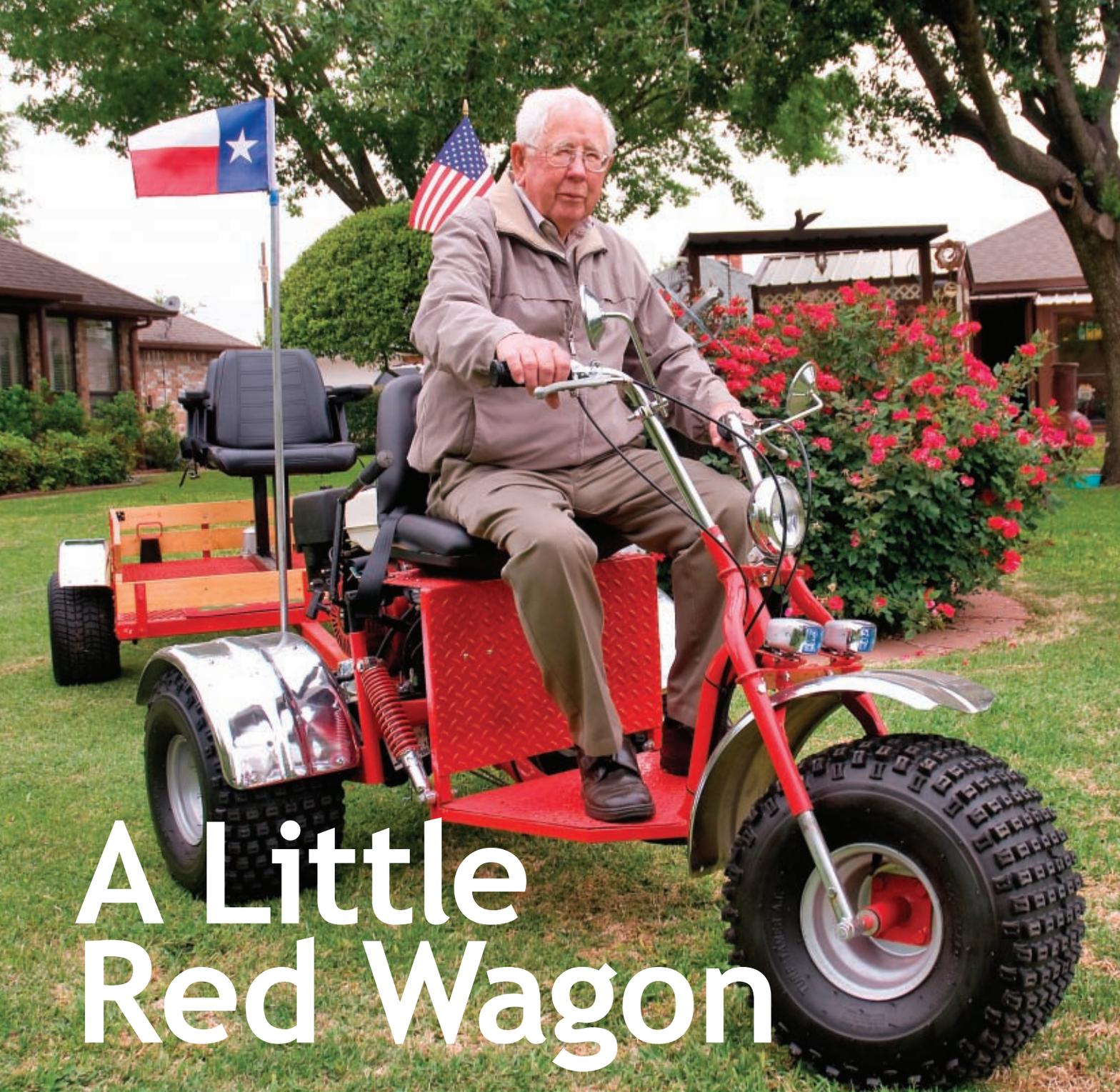
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A Little Red Wagon

for Grown-up Kids — By Adam Walker

Milton McFeron loves to have a good time and loves to share good times with others. He also enjoys building things, and that's one of the ways he spreads the fun around.

Four years ago, Milton found an old scooter sitting out in a pasture. "I offered the guy \$200 for it, and he sold it to me," Milton remembered. "I had a Cushman scooter when I was a kid; that guy told me this one is a Cushman, but I don't know if it really is." It took quite a bit of work to turn what he found in that field

into what he has today. "I had the fenders re-chromed, got the wheels powder-coated and put new tires on it. I added mirrors and lights, and put new shock absorbers on it. After that, I had to build a new seat for it and put in a foot rest. I gave it a Honda engine. Then I added a trailer hitch and tail light bar with flag standards."

He painted his scooter a bright, candy-apple red. Then he lost interest in the project when his wife passed away. Milton has since spent a good deal of time traveling. "In the past three years," Milton confessed, "I've put over 80,000 miles on my truck. I need to be doing something all the time."

Milton grew up on a farm and ranch in South Texas. "Growing up on a farm, I learned a lot about welding and painting." Then he went to Texas A&M University where he studied engineering and graduated with a degree in industrial technology. "I went in the Army after that and spent time in Germany. Then I worked for 46 years at International Harvester." With a background like that, it is no wonder Milton enjoys working with his hands.

Showing off his backyard, Milton explained, "When I moved here 25 years ago, I did all the landscaping. I laid the

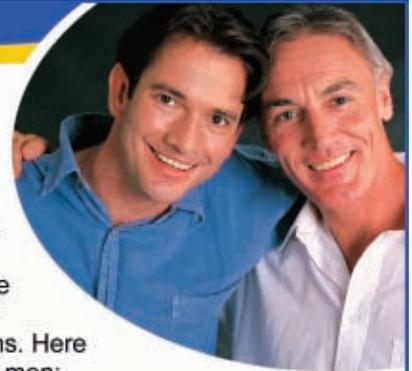


stones and planted the trees and shrubs and built the porch swing." Milton's backyard is a testament to his skill. It provides a welcoming oasis for many of the parties he enjoys throwing. "I just like having people around," he admitted. Scattered all around the yard you will find pieces of whimsical yard art, but one piece stands out — an old plough. "I found that and reconstructed it," Milton said of the plough. "I just liked it. The other yard art is just stuff I bought, but I plan on making some of my own soon." To keep his guests well fed, he also built a barbecue shed in his backyard where he frequently cooks out.

But a good party needs entertainment, and for that we have to go back to the scooter. You see, once Milton had the scooter all spiffed up, he needed a trailer. "I had a little red wagon, a Radio Flyer,

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▶ Health Facts:

Men die at higher rates than women from the top 10 causes of death and are the victims of over 92% of workplace deaths. (BLS) In 1920, women lived, on average, one year longer than men. Now men, on average, die almost six years earlier than women. (CDC)

▶ Prevention:

Women are 100% more likely to visit the doctor for annual examinations and preventative services than men. (CDC 2001)

▶ Who is the Weaker Sex?

115 males are conceived for every 100 females. The male fetus is at greater risk of miscarriage and stillbirth. Men suffer hearing loss at 2X the rate of women. Testosterone is linked to elevations of LDL, the bad cholesterol, and declines in HDL, the good cholesterol. Men have fewer infection-fighting T-cells and are thought to have weaker immune systems than women. By the age of 100, women outnumber men eight to one. (NYT Magazine 3-16-01)



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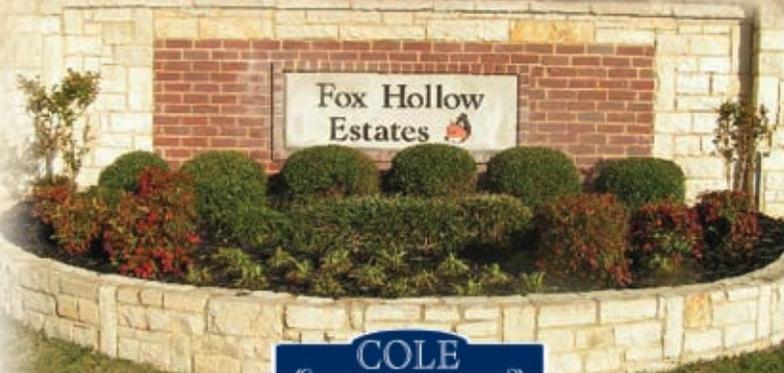
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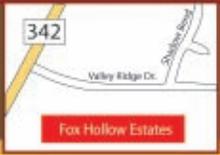
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when I was a kid, and I always liked that wagon. That's where I got the idea for the trailer," Milton said with a smile on his lips and a twinkle in his eye. "I bought the materials for the trailer and just started cutting and welding. I built it out of my head," Milton explained. "Most things I do that way. I even made the axles myself. I like to say this trailer is made up of Ace Hardware and Northern Tools."

His driveway still bears the scars of applying the five coats of candy-apple red to make the trailer match the scooter.



“Growing up on a farm, I learned a lot about welding and painting.”

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Just before Christmas, Milton added a converter box so he could deck the trailer out with Christmas lights for the three parades he was hoping to ride in. "I like to dress it up to look good for the parades," Milton said. For Waxahachie, his daughter helped him deck the trailer out in pink to match the theme of their parade.

Unfortunately, due to an accident that caused a broken nose, Milton was unable to attend the DeSoto and Red Oak parade events, but he still shared the ideas he would have used had he been able to

make an appearance. In DeSoto, it was going to be spangled with green and gold lights to honor the school colors, and two of his friends had planned to ride along with him.

For the Red Oak parade, Milton was going to break out his maroon and white A&M lights, "Those are Red Oak's colors, too, you know," Milton said with a wink. They also happen to match the sign he proudly would have displayed on the back of his trailer. "That's where I went to school," he pointed out once more. "The trailer would have had a really good sign on the back of it, had I been able to attend."

Once the holidays and parades are over, the trailer sees plenty of use giving impromptu rides to neighborhood children, young and old. "The kids love it," Milton explained. "But I've given more than one adult a ride." In fact, when his neighbor, Johnny Cartwright, a World War II veteran and Baptist preacher, dropped in for a visit and consultation about the newest upgrades, it was time for a ride. After everyone was strapped in, Milton explained the safety procedures. "If you want me to slow down or if anything goes wrong," he said, "just ring the emergency cow bell." And then Milton hit the gas and off they went, bumping down the street at a lively pace for a couple of blocks, looping back with the wind whipping past, and then swooping down into the bar ditch and up through the front yard. "It's a pretty neat little rig, isn't it?" Johnny said. Indeed it is.

A few months back, Milton hosted a Sunday school picnic. "The old people really enjoyed riding in my rig," Milton remembered. "The whole class loved it. They all thought it was fun. Some of those ladies are in their 80s. I'm 78, and they're all my age or older." Milton did admit that a couple of them might have used the emergency cowbell, but insisted most of them had a blast zipping down the road. "I like to make people happy and to have fun myself," Milton confessed.

"I had a lot of fun building my first trailer, and I have a lot of money invested in this rig," Milton added. "The engine I put in the scooter is really too large, but it has a lot of horsepower, so I might just build a second trailer to pull behind the first one like a train." Now *that's* an engineer's little red wagon. **NOW**

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Young Love

— By Sydni Thomas

Ericka Garcia was the “new girl” her freshman year at Palmer High School (PHS). After efforts to convince her parents not to move from her previous school district failed, Ericka began praying she would make friends quickly at her new school. That’s when she saw Jason Perez, the cute boy next door and a sophomore at PHS. Nearly two



At Home With
Jason and Ericka Perez



decades later, they are living the dream of high school sweethearts, with three children in tow.

Jason and Ericka started dating during Ericka's sophomore year, were engaged by her senior year and married shortly after her graduation. Both had great jobs when they were married and saved money while living in an apartment that first year. They



soon found land in Red Oak and began building their current home. At the time, the area was an open field, and they were one of the first families to break ground. About five years after they built, houses started popping up, and the Perez family suddenly had neighbors. "I didn't want to live in a subdivision," Jason said. "We bought the property and built because of the price. We got really lucky on how great of a town Red Oak turned out to be."

They took their time and enjoyed being a married couple before having their first child. Seven years into the marriage, they had their first son, Jodhan. After Jodhan's birth, Jason and Ericka began planning the expansion of their family, and the Perez house started to feel small. Jason converted the garage into a family room just in time to welcome their second son, Eyan. Five years later, they welcomed a little girl, Zeplin, into the family. "We love our kids so much," Ericka said. "We're



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stingy and don't let other people keep them often because we don't like to be away from them."

Ericka was excited when she found out she wasn't going to be the only female in the house any longer. Zeplin's bedroom is a little girl's dream — pink and filled with dresses and bows. Even though she is only 2, Ericka has plans to enroll Zeplin in dance and all of the girly activities she could not enjoy with the boys. "I needed to have a little girl to bring back my femininity," Ericka said. "Living in a house of boys was hard. I would have put bows

on them, if they would have let me!"

Growing up, Jason played baseball and wanted his sons to play the game also. Jodhan joined a team with the Red Oak Softball and Baseball Association when he was 4. Now 10, Jodhan plays for a select team and is in a kid-pitch division. Still in coach-pitch, 7-year-old Eyan will

play on a Red Oak team until he is old enough to join a select team. Baseball is year-round and almost every day of the week for the Perez family. Since the boys are three years apart, they will not be able to be on the same team. It takes a lot of planning for Ericka and Jason to get the boys where they need to be, leaving little time for anything else. If Jodhan doesn't have a game, Eyan most likely does and vice versa. Their little sister is always there to cheer for them. "As the kids get older and more involved in activities, we have less time for things we used to do," Jason

said. "That's OK, because I enjoy being part of what they're doing, I have helped coach Jodhan's team since he started, and I help out with Eyan's team, too."

Before having children, Jason would rebuild old cars. He got started in high school by helping his grandpa, a mechanic, fix cars. Even though he has little time



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for this now, Jason has two projects he's working on. He has a 1957 Chevy truck and a 1968 Chevy Chevelle he's fixing up in the backyard for when the boys are old enough to drive. "I don't get to work on them a lot, but they will be ready for the



boys when they start driving," Jason said. "Now I have to find something for Zeplin."

When the time came to send Eyan to daycare, Ericka could not part with him. She quit her job and became a stay-at-home mother. Now it's just Ericka and Zeplin at home during the day. Jason



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July 3rd Fireworks Rain out date.

Artwork courtesy of Crabtree Design



bought her an embroidery and sewing machine so she could craft when Zeplin was not in need of her attention. Never

having sewn before, Ericka used the Internet to find tutorials. She began making dresses for Zeplin, embroidering names onto bags and creating accessories. Word got out about what she was doing and Purple Unicorn Custom Accessories

and Embroidery was born. "I could create all day long, if it was possible," Ericka confessed. "I try to make a lot of Zeplin's clothes. When people found out, orders started trickling in."

Every Friday, Ericka and a friend spend the day going to garage sales, flea markets and antique stores. Almost every piece of furniture and decoration in her home was found during one of these adventures. Ericka refurbishes the furniture she finds and gives it a granny-chic aesthetic. A bookshelf she refinished in the sitting room holds some of her favorite antique finds, including an aged red bat that she bought

for \$1. "I can't wait to have a big home one day," Ericka said. "Then all of my flea market finds will have a home and won't be hiding in the shed."

"She is full of great ideas," Jason said. "They usually end up involving me having to help her though. There's always a 'honey-do' list for me."

Despite the busy schedules, the couple always sets aside time for family. Each week, they plan at least two sit-down dinners when baseball does not conflict. With Ericka's cooking, the Perez home has become the "go-to" place for family holidays and birthday parties. "I tell the boys all the time to enjoy their mother's cooking," Jason said. "Ericka is an amazing cook and goes 'all out' every time she makes a meal for family get-togethers."

Even though there's little time to spare with rearing three active children, Jason and Ericka are thankful for every moment they have together. High school sweethearts often dream of what their future holds, how many kids they will have or if they will even make it past graduation. For Jason and Ericka, their high school love grew into a family of five. "When I first saw Jason, I thought he was the coolest guy in the world," Ericka said. "He'd never tell you, but he was head-over-heels for me, too." **NOW**



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Nail Specialist – Deborah Doherty
Esthetician - Nikki Baker
Massage Therapists – Carol Bugg and Amy Glass

Creating a Legacy

Legacy Hair Studio & Spa provides upscale salon services in Red Oak.

— By *Angel Morris*

Whether located uptown or downtown, Legacy Hair Studio & Spa has a reputation for bringing beauty to Red Oak. Owners Holly and Jason Dodson hope to continue their legacy of providing a full-service salon in a calm, Christian atmosphere.

“We meet all needs for hair, nails, skin, body and mind. Some of our most popular services include color gel nail polish that lasts up to two weeks, relaxing massages and facials that take years off, and the latest in hair color trends,” Holly said.

Open since 2004, Legacy enjoyed five years in downtown Red Oak. “We were in a wonderful location where we were known as

the downtown girls and brought a sense of charm and energy to that area,” Holly recalled.

As the salon grew, Legacy stylists knew they wanted to become an even larger part of the community. “What better place to do that than right off of I-35 and in a brand new plaza of upcoming and growing businesses? Customers like to tease us today saying that we are now the uptown girls!”

Now in its second year at the new locale, Legacy brings a high-class salon environment to its customers’ own backyard. “Our new facilities have been modeled after some of the finest

salons in the North Dallas area so that we could bring an upscale atmosphere to Red Oak,” Holly said.

The salon also prides itself on continuing education in salon techniques. “We love meeting new people and staying up on new trends and hairstyles of today’s culture. We are always taking classes and seminars to educate ourselves on upcoming fashions,” Holly noted.

This tradition and the salon’s customer service have helped Legacy succeed. “We have grown by leaps and bounds as a business, and we believe this is because of the level of service we provide and the atmosphere that has been achieved,” Holly said.

Legacy began with three hairstylists and now employs more than 15 women to meet clients’ needs. “Our goal is to make each customer feel the difference every visit to our salon. Our attention to customer service builds lifelong clients,” Holly said.

Their slogan, Become a Part of the Legacy, is something the staff takes to heart. “Our legacy is treating customers

“We love meeting new people and staying up on new trends and hairstyles of today’s culture.”

so that they want to come back. We want them to feel special and to know they are actually part of the legacy. They are our success,” Holly said.

Supporting the community is also part of the salon’s legacy. “My husband was a teacher for eight years at Red Oak Junior High, so we continue to support the school system in as many ways as possible, as well as its wonderful staff,” Holly said.

Today, Holly is thrilled to work in the community where her salon legacy began. “My experience began as I watched my own mother work as a stylist right here in Red Oak many years ago,” Holly recalled. “Now being able to work alongside my mother, sister and an entire team of professionals is a dream come true.” **NOW**

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Children can enjoy Reading with Ringling Bros. at Red Oak Public Library June 15.



Red Oak residents Michael and Allison Ewing pose during their recent vacation in Kauai, Hawaii.



Local Chaplain Jared Douglas attends a training course at Sam Houston State University.



Ninth-graders Colton Hood and Alex Middleton raise \$5,000 for Army Troop HSC 36th, in which Alex's father, Captain Brent Middleton, serves.

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Are Your Investments Getting Enough Exercise?

— By *Michael Ewing*

Now that spring is here, you may find it easier to get outside to run, bike or take part in other physical pursuits that you enjoy. As you know, the more active you are, the more efficiently your body will work. And the same can hold true for your investments — the more exercise they get, the more potential to work on your behalf.

Just how do investments get “exercise”? Through lots of activity. And you can keep your investments active in at least two ways: through systematic investing and through dividend reinvestment. Let’s take a look at both of these techniques.

When you engage in systematic investing, commonly called “dollar cost averaging,” you are continuously putting your money “in motion.” Essentially, you put the same amount of money into the same investments at regular intervals. So, for example, you might decide to invest \$100 per month in Company ABC stock. To impose this investment discipline on yourself, you could even have the money sent directly from your checking or savings account.

Of course, since the price of ABC stock, like that of all stocks, is constantly changing, your \$100 investment will buy different numbers of shares each month. This can work to your advantage, because when the stock price of ABC goes down, your \$100 will buy more shares. When the price goes up, you’ll automatically be a smart enough “shopper” to buy fewer shares, just as you’d typically buy less of something when its price goes up.

Over time, systematic investing typically results in an average cost per share that’s lower than it would be if you were to make sporadic lump sum investments. If you can lower the cost of investing, this may help boost your investment returns. This also can be an



effective way to fund your retirement account(s) each year. (Keep in mind, though, that even systematic investing can’t guarantee a profit or prevent a loss in declining markets. Also, you’ll need to have the financial resources available to keep investing through up and down markets.)

Dividend reinvestment is similar to systematic investing in that it allows you to build more shares of an investment. But when you reinvest dividends, you don’t even have to take money from other sources to increase your shares — you simply have to request that a stock or a mutual fund, instead of paying you a dividend in cash, reinvests the dividend right back into that same stock or mutual fund. It’s an effortless way of adding shares. Similar to dollar-cost averaging, dividend reinvestment imposes an investment discipline on you — you automatically keep putting money in the market during up and down periods. (Keep in mind that dividends can be increased, decreased or totally eliminated.)

Exercising your investment dollars in these ways can help you go a long way toward keeping your portfolio in good shape — enabling you to make healthy progress toward your important long-term goals. **NOW**

Michael Ewing is an Edward Jones representative based in Red Oak.

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June 4

Red Oak High School graduation: 9:00 a.m., Dallas Convention Center, 650 S. Griffin St., Dallas. All graduating students receive 10 tickets for guest admission. Seating is first come, first served and the saving of seats is not allowed by the convention center. Arena doors open at 8:30 a.m. for seating. Parking is \$12.

Introduction to Tennis: 9:00-11:00 a.m., Red Oak High School courts, 122 N. SH 342. For kindergarten through sixth-graders, \$10 per visit. E-mail Dainta.Calhoun@redoakisd.org or call (469) 337-8738.

June 5-9

Vacation Bible School: June 5: 5:00 p.m.; June 6-9: 6:30 p.m., Ovilla Church of Christ, 3420 Ovilla Rd., Ovilla. Dinner served and all children welcome. (972) 617-7447.

June 6

Summer Day Camp: Accountability Girls Club, 104 Sierra Grande. The nonprofit organization based in Red Oak hosts camp for girls ages 5 and older. Fee is \$25 per week which covers lunch, a snack and daily activities. Call Dee Cofer at (469) 767-1699.

June 6-July 28

Summer Reading Club: Red Oak Library, 200 Lakeview Pkwy. Call (469) 218-1230 or visit www.redoakpubliclibrary.org/.

June 7

Once a Pawn a Time, a 4-H Living Chess Production: 6:30 p.m., Red Oak Library, 200 Lakeview Pkwy. Theater in the Round presents a fun story for all ages.

June 10

Pregnant women and newborn photography: 2:00-5:00 p.m., WEE RESALE, 113 W. Ovilla Rd., Glenn Heights. Free. Walk-ins welcome.

June 11

Trash-off: 7:30-10:30 a.m., Red Oak High School Billy Goodloe Stadium, 154 Louise Ritter Blvd. With proof of Red Oak residency, locals may bring appliances, brush, car batteries, carpet, furniture and trash for disposal. Contact Misty Hazen at (972) 576-3413 or mhazen@redoaktx.org.

June 14

Self-publishing workshop: 7:00 p.m., Red Oak Municipal Center, 547 N. Methodist St. Local author Don Horne will lead a discussion of self-publishing techniques and marketing for aspiring and accomplished authors.

June 22

Red Oak Chamber of Commerce Luncheon:

Noon, Red Oak Municipal Center, 200 Lakeview Pkwy. Cost: \$12 with reservation; \$15 at door. Contact admin@redoakareachamber.org.

June 28

Breastfeeding 101: 6:30-8:00 p.m., WEE RESALE, 113 W. Ovilla Rd., Glenn Heights. Certified lactation consultant instructs participants and partners. Reservation required: (972) 768-5177.

Throughout June

Various tennis camps and events, Red Oak High School courts, 122 N. SH 342. E-mail

Dainta.Calhoun@redoakisd.org or call (469) 337-8738 for more details on all tennis events.

July 2

Red Oak, White and Blue: The city's annual Fourth of July celebration: 5:00-8:00 p.m., 101 Live Oak. Visit www.redoaktx.org for more details.

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

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If you would like a free review of your IRA or any of your other investments to see if they are appropriate for your long-term goals, please call or stop by today.

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MAKING SENSE OF INVESTING



In The Kitchen With Angie Kelso

— *By Angel Morris*

Growing up with her father and brother, Angie Kelso learned to cook by necessity. Today she appreciates that obligation. “I love preparing meals. I put care into everything I make and feel blessed to bring it all together,” she said.

A preschool teacher at Just Kidding Around in Red Oak, Angie has a reputation for creating fabulous homemade jams and breads. “My favorite type of cooking is baking. I love creating new desserts, especially for potlucks and gatherings.”

Angie sometimes involves her three children in cooking and fondly recalls one of the first meals she made for her husband: “I was making a tuna casserole. About halfway through the meal, I realized I forgot to put in the tuna!” **NOW**

Coleslaw

Dash of salt

- 1/2 cup cream
- 2 Tbsp. cider vinegar
- 1/2 cup mayonnaise
- 4-6 cups shredded cabbage
- 1/2 cup chopped carrots

1. Combine salt, cream, cider vinegar and mayonnaise in a large bowl.
2. Fold in cabbage and carrots.
3. Chill and serve.

Garden Pasta Salad

- 1 20-oz. pkg. Buitoni Three Cheese Tortellini
- 1 cup Italian salad dressing
- 2 6-oz. cans tuna, drained
- 1 cup cherry tomatoes, cut in half
- 2 cups broccoli florets

1/2 cup Parmesan

- 1 10-oz. pkg. Italian-blend mixed salad greens

1. In a large saucepan, cook tortellini as directed. Drain and rinse in cold water. Set aside.
2. Pour dressing into a large bowl.
3. Add pasta, tuna, tomatoes, broccoli and cheese; toss well to coat.
4. Refrigerate or serve immediately mixed with salad greens.
5. If desired, after chilling, stir in a little more salad dressing to moisten pasta.

Sweet Potato Potato Salad

- 2 Yukon Gold potatoes
- 1 sweet potato
- 4 eggs
- 2 stalks celery, chopped
- 1/2 onion, chopped
- 3/4 cup mayonnaise

- 1 Tbsp. prepared mustard
- 1 tsp. salt
- 1 1/2 tsp. ground black pepper

1. Bring a large pot of salted water to a boil.
2. Add potatoes and cook until tender but still firm, about 30 minutes. Drain, cool, peel and chop.
3. Place eggs in a saucepan and cover with cold water. Bring water to a boil.
4. Cover, remove from heat and let eggs stand in hot water for 10-12 minutes.
5. Remove from hot water; cool, peel and chop.
6. Combine the potatoes, eggs, celery and onion.
7. Whisk together the mayonnaise, mustard, salt and pepper.
8. Add to potato mixture; toss well to coat.
9. Refrigerate and serve chilled.

Hawaiian Slaw

- 4 cups cabbage, shredded
- 1 cup fresh pineapple, chopped fine or crushed
- 1/4 cup raisins
- 1/4 cup walnuts, chopped
- 1/4 cup coconut, shredded
- 3/4 cup slaw dressing

1. In a large mixing bowl, combine ingredients. Mix well.
2. Chill until ready to serve.

Fiesta Taco Casserole

- 1 lb. lean ground beef
- 1 15- to 16-oz. can spicy chili beans in sauce or black beans; do not drain
- 1 cup Old El Paso Thick ‘n Chunky Salsa
- 2 cups coarsely broken tortilla chips
- 4 medium green onions, sliced
- 1 medium tomato, chopped
- 1 cup shredded cheddar cheese

1. Heat oven to 350 F. In a skillet, cook beef over medium heat 8-10 minutes, stirring occasionally, until brown; drain.
2. Stir in beans and salsa. Heat to boiling, stirring occasionally.
3. In an ungreased, 2-quart casserole, place broken tortilla chips. Top with beef mixture.
4. Sprinkle with onions, tomato and cheese.
5. Bake uncovered 20-30 minutes, or until hot and bubbly.
6. Serve with shredded lettuce, salsa, sour cream, guacamole or any of your favorite taco sides.

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JUNE 11 / 8:30 – 11:30 AM

Baylorworx Rehabilitation and Fitness Center
507 N. Hwy 77 Ste. 700, Waxahachie, TX 75165
(in Northgate Shopping Center behind Applebee's)

*Fasting is required for screening results. You may take your regular medications as directed. Physicians are members of the medical staff at one of Baylor Health Care System's subsidiary, community or affiliated medical centers and are neither employees nor agents of those medical centers, Baylor Medical Center at Waxahachie or Baylor Health Care System. ©2011 Baylor Health Care System BMCWax NOW CE 5.11