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M A G A Z I N E

NOVEMBER 2022

2022 Holiday
Shopping Guide

Also inside:
Scavenger Hunt

Featured Business:
HomeHeal PA

Sharing the Load

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learns the joy of making
something that is his

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Dr. Maryam Raza

Dr. Raza is a Board Certified Physician in Wound Care and Hyperbaric Medicine practicing in the Dallas area since 2006. She completed her residency at Columbia University New York and has been medical director of the wound care program at Methodist Hospital Dallas since 2010. She is an ardent supporter of the concept of limb salvage and has developed a comprehensive program for healing diabetic foot wounds in a timely fashion. She is a member of Undersea and Hyperbaric Medical Society.

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ON THE COVER



With the help of his father, Mitchell MacLean raises funds to build his own dump truck.

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EDITOR'S NOTE

Don't borrow trouble ...

While many make a conscious effort to focus on thankfulness, especially this month, there are those who cannot seem to find ways to be grateful. Times of unhappiness are part of life, but they should not be the norm. So, what can you do to find your joy, even when times are hard? A little research led me to some possibilities ...

When we feel physically unwell, we consider what we are putting into our bodies and if we are exercising enough. A chronic state of unhappiness can impact our mental wellness, and we need to look at what we're allowing into our minds and how we're exercising our brains. Our behavioral patterns (what we do) and cognitive patterns (what we think) play a large role in how happy we feel each day.

Too little time outdoors and not having enough social interaction are behaviors that can increase unhappiness. (Think global pandemic.) Like our bodies, our minds also take a hit when we're not exercising, eating or sleeping well. Cognitively, chronic feelings of dissatisfaction with your life — your job, your family, your finances — obviously lead to unhappiness. While it is OK to be driven, always feeling these things should be better than they are can make finding joy near impossible.

If you perpetually focus on the negative — and even predict negative outcomes from future events — it becomes harder to acknowledge the many positives in your life. Creating new behavioral and cognitive patterns is as hard as breaking any bad habit. The key is first to recognize the habits, then find ways to positively replace them. This month is the perfect time to start practicing more thankfulness ... you'll undoubtedly be glad you did.

Invest in gratitude!



Angel

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— By Angel Morris

When the yard outside his play fort became muddy with rain, 6-year-old Mitchell MacLean asked his father if they could pave around it. He had saved \$12 in birthday and Christmas money, which he offered for the project. “I told him we might want to start with a go-cart but that we would need to grow his money,” dad, Mark, said.

“We put on a lemonade stand to raise money. When people heard what we were fundraising for they gave generously,” Mark recalled. “We made \$200 dollars with the first two stands and purchased an ATV and various other needed materials.”

In the process of converting the four-wheeler, Mitchell asked Mark if they might make a dump truck instead of a go-cart. “I saw my brother playing with one of his dump trucks and thought I’d like one that ran with gas,” Mitchell, who had experience driving battery-operated vehicles, recalled. “I didn’t like when the electric car would break and always had to be fixed.”

Mark was uncertain a dump truck was feasible, but further

investigation changed his mind. “We cut off the handle bars and tank, allowing for a cab and bed to be placed on top,” Mark outlined. “After this there were several other hurdles that we scaled and overcame, one of which was a power dump feature for the bed.”

Mark lined up age-appropriate tasks for Mitchell, so he was involved in the process each step of the way. When they needed additional supplies, Mitchell was responsible for finding the funds. In total, he raised about \$500 through lemonade sales. “He learned a lot about making a pitch,” Mark admitted.

“I would ask, ‘Do you want some lemonade for a dollar?’ And then I would tell them the specific things we needed for my dump truck, like tires or a battery,” Mitchell remembered. “Sometimes, they would give me \$20 for one cup!”

Passersby who saw the father-son duo working on the truck would stop and offer spare parts, and many of Mitchell’s Christmas gifts last year were things for the truck. “I was nervous he might be upset to open a bucket of paint when his sister got a toy, but instead he was very excited,” Mark said. “I was proud of his reaction.”

While Mitchell’s efforts and the generosity of others helped fund the project, Mark said divine intervention also had a role. “We initially bought two Suzuki ATVs, one bigger, one smaller. In the bigger one, an engine part was bad, and the smaller one had the very part we needed,” Mark recalled. “That was the first way God made this whole thing happen.

“I had a big-picture idea but wasn’t sure about all the little details. It was amazing how God made every little thing work, and that was a lesson for Mitchell,” Mark shared. “God made us to work and to enjoy the reward of hard labor.”

Mitchell did enjoy it, noting, “I changed the brake pads myself. They were all greasy. I liked getting messy.”

From engine work to steering installation, to welding and, finally, painting the cab, Mark hopes Mitchell learned more than just mechanics. “I wanted him to experience the struggle of building and the joy of making something that is his,” Mark underscored.

While Mark fondly recalls building with his own father, he said he wants to help Mitchell and all his kids — including daughter, Jamie, age 5; Jack, age 3; and Shawn, age 1 — find their own inspiration. “I don’t want to push any of my kids toward anything,” Mark promised. “Jamie loves animals and bugs, so we might do something related to those. My goal in all of this is to show the kids how God intended us to fulfill our role on earth.”

Now, Mitchell anticipates showing off his finished truck. “I want to drive it to show all my friends,” he expressed.

Mom, Haley, and Mark, however, remind Mitchell he currently only has a driving permit, and they won’t be giving him his license without a lot more practice. “This means he only drives under supervision for now,” Mark emphasized, admitting the truck can travel up to 40 miles per hour.

Last summer, Mitchell got to drive the truck with Mom and Dad walking beside it in the Duncanville Fourth of July Parade, in which Mitchell received the Presidential Award. “I won a trophy!” Mitchell beamed, explaining he wore a radio in his ear to hear Dad’s instructions over the noise of the crowd. “I smiled a lot, and my first big tooth fell out during the parade, too!”

After their year of work, all that remained was to name the vehicle. “We settled on M Eleven,” Mark said. “Dump trucks are needed to carry heavy loads that we cannot. In Matthew 11, Jesus tells all who are weary to come to him, and he will give them rest. It reminded me that we all have something we cannot bear on our own, but God lovingly provided someone to carry our heavy load.” **NOW**

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— By Angel Morris

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HomeHeal PA is a certified staff of wound specialists. They offer advanced solutions for complex wounds that often improve patient healing time by 30 percent when compared to the national average through diligent visits and leading providers. Patients also often experience significant savings with the elimination of facility fees.

“While working in DFW, I realized there was a need for our services in Red Oak and the surrounding areas. I observed the growth and potential this city has and wanted to be part of its community,” explained Maryam Raza, MD, CWSP, who opened HomeHeal PA in March of this year.

Dr. Raza is a board-certified physician in wound care and hyperbaric medicine, practicing in the Dallas area since



2006. She completed her residency at Columbia University New York and has been medical director of the wound care program at Methodist Dallas Medical Center since 2010. “I’m also an ardent supporter of the concept of limb salvage and developed a comprehensive program for healing diabetic foot wounds in a timely fashion,” Dr. Raza noted.

Along with diabetic wounds, HomeHeal PA treats arterial wounds, gangrene or tissue death, lymphedema, pressure wounds, surgical wound dehiscence, venous wounds, wounds resulting from autoimmune disease and wounds of unknown etiology.

The staff’s advanced modalities include chemical cauterization, cellular-based tissue products, dietary and nutrition consultations, incision care and drainage, IV antibiotic therapy, lesion biopsies, multi-layer compression therapy, negative pressure wound VAC therapy, surgical debridement, total contact casting and Vaporox with VHTTM. Along with the aforementioned services, clients will receive diabetic and nutritional education, tools and teaching that go

above and beyond the wound to empower the individual in managing their health and wellness.

Dr. Raza is joined by Ema Berari APRN, MSN, FNP-C, CWOCN, who has been practicing in the wound care field for more than 10 years, beginning as a wound care nurse at Methodist Dallas Medical Center. She graduated with honors in 2016 and has been practicing as a nurse practitioner since 2017. Ema is CWOCN-certified with vast experience in complex wound management.

"You will observe not only complete professionalism, but also be surrounded in a caring environment that treats patients and their loved ones like family."

Practice manager Amy L. Anderson is a registered nurse with extensive wound care experience in the DFW area. She has served the area for almost 10 years at Methodist Dallas Medical Center as the nurse manager and overseeing Hyperbaric Oxygen Therapy in the Outpatient Wound Care Clinic.

Clinical nurse manager Ciara Smith, LVN, WCN, CSWD-C, has been working in wound care specialty for five years, starting as floor nurse in medical surgery and shifting to wound care full time at Vibra Specialty Hospital. She is certified in wound care and trained in ostomy management.

"If you or someone you know needs wound care, we encourage you to make an appointment at our clinic. You will observe not only complete professionalism, but also be surrounded in a caring environment that treats patients and their loved ones like family," Dr. Raza expressed.

"HomeHeal PA looks forward to serving the community and creating a relationship that goes beyond healing wounds. Please Google us for what our patients have to say about their experiences and the care they have received." **NOW**



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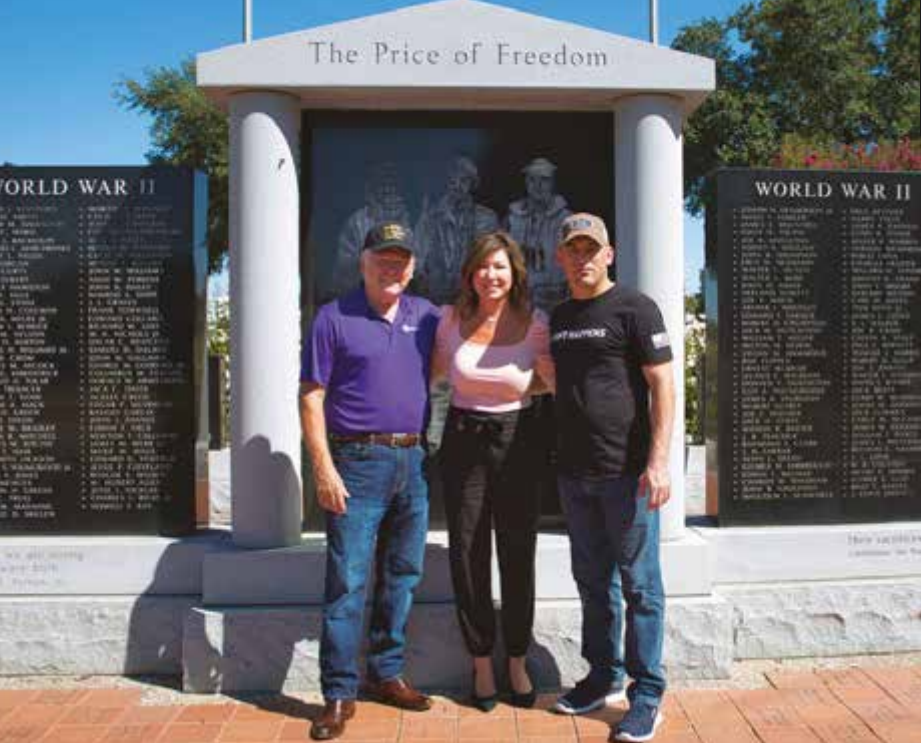
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Participants in the Ellis Christian Women's Job Corps attend evening classes covering topics like Microsoft Office products, setting boundaries, money management, job readiness and Bible study.

Zoomed In: By Bill Smith
The Ellis County Veterans Day Celebration

The steering committee for The Ellis County Veterans Day Celebration has about 20 members who work throughout the year to put the event on. Wayne Norcross quickly pointed out the legacy of a couple of the earlier members, Perry Giles and David Hudgins. "Those guys worked tirelessly to get this thing going," he said.

Vanessa Zmolik, though not a veteran herself, has children in the military and serves as secretary. She confirmed, "Many people help out. When November gets here, it is 'all hands on deck.'"

Robert Bell acknowledged. "We can't name all the supporters, but Ken Roberts with KBEC is always contributing, as well as the Reville Sisters and the Classic Swing Band."

"This is a great event to honor those who have served and continue to serve. Last year, about 800 attended," Wayne added. "This year we expect over 1,000." Beginning at 9:30 a.m., the event will be held on November 12, at the Waxahachie Civic Center, 200 Civic Center Drive.



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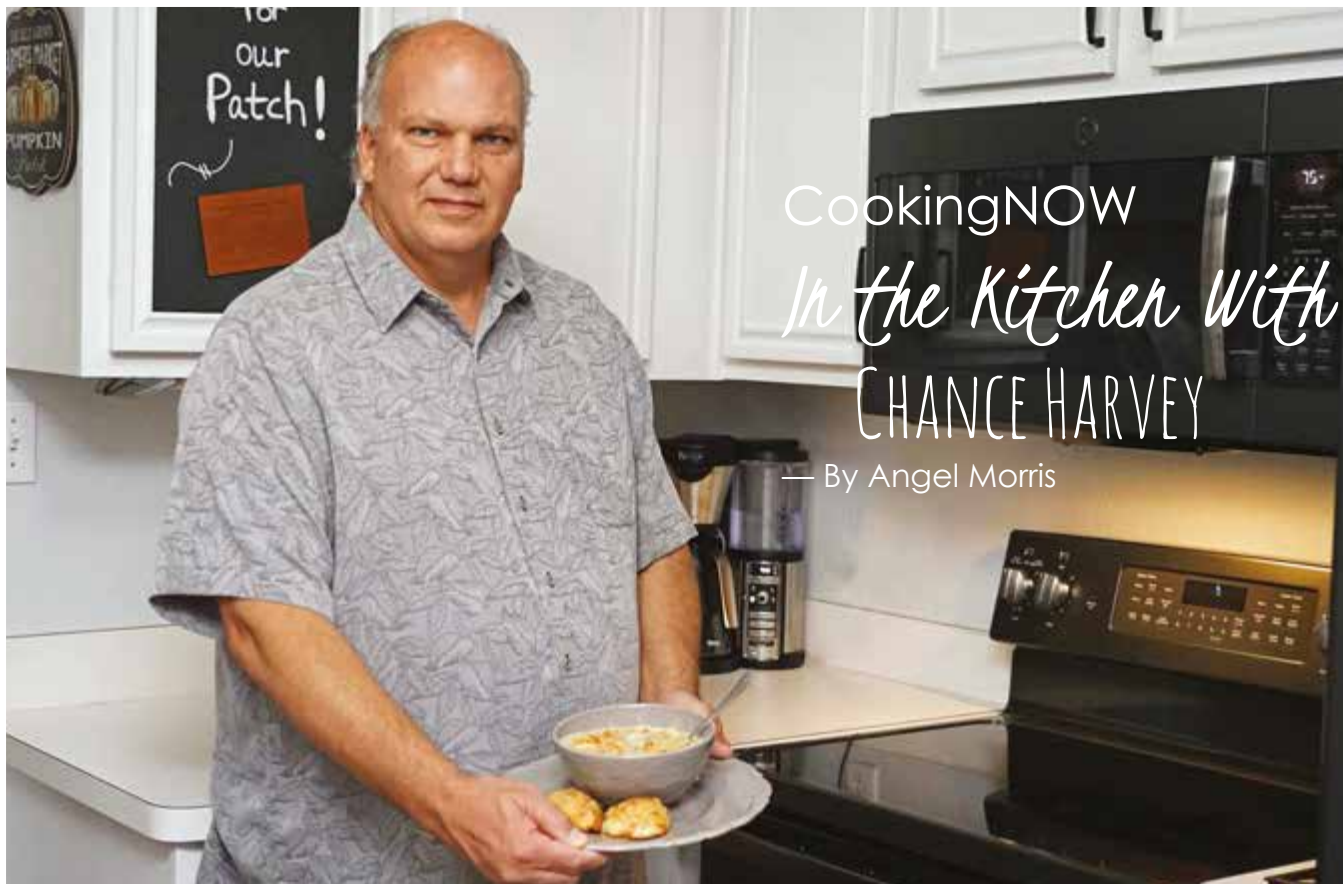
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Jeremy Young



CookingNOW

In the Kitchen With

CHANCE HARVEY

— By Angel Morris

Glenn Heights resident Chance Harvey began cooking as a teenager. “My dad made homemade jelly from wild grapes that grew in fields behind our house. Also, I enjoyed trying different wild game recipes, as I grew up hunting with my dad,” Chance recalled.

Cooking taught Chance that you can’t please everyone all the time, as people have different tastes. “But if I liked it, most of the time everyone else would, too,” he noted. “The hardest thing to cook is my Homemade Chicken and Dumplings, but it’s the most enjoyable, because everyone loves them.”

Chance volunteers with his wife, Cindy, who serves on the Red Oak ISD Education Foundation Board. “I enjoy helping people,” he admitted. “I also enjoy working with my hands and creating things.” **NOW**

Crawfish Chowder

- 1 small onion, chopped
- 1/2 stick butter
- 1/2 tsp. minced garlic
- 5 10.5-oz. cans cream of potato soup
- 1 14.5-oz. can corn, drained
- 1 32-oz. can heavy cream
- 3/4 cup milk
- 2 12-oz. pkgs. vacuum-packed crawfish tail meat, slightly thawed
- 1-2 tsp. Tony Chachere’s Original Creole Seasoning, or more to taste

1. Sauté the onion with the butter and garlic. To a slow cooker, add the potato soup, corn, heavy cream, milk, sautéed mixture and crawfish. Add the seasoning.

- 2. Cook on low for 3.5 to 4 hours. Serve warm, adding additional seasoning to taste.

Hearty Beef Stew

- 1 1/2 lbs. beef, cut into 1-inch pieces
- Ground black pepper, to taste
- 1/4 cup all-purpose flour (divided use)
- 1 Tbsp. vegetable oil
- 2 1/2 cups potatoes, cubed
- 4 medium carrots, sliced (about 2 cups)
- 2 medium onions, cut into wedges
- 4 cloves garlic, minced
- 3 cups Swanson Beef or Lower Sodium Beef Broth
- 1 Tbsp. Worcestershire sauce
- 1 tsp. dried thyme leaves, crushed
- 1 bay leaf

- 1/4 cup water
- 1 cup frozen peas

- 1. Sprinkle the beef with the black pepper; coat with 2 Tbsp. flour. Heat the oil in a large skillet over medium-high heat. Add the beef; cook until browned, stirring often.
- 2. Place the potatoes, carrots, onions and garlic in a 3 1/2- qt. slow cooker. Top with the beef. Add the broth, Worcestershire sauce, thyme and bay leaf.
- 3. Cover; cook on low for 10-12 hours or on high for 5-6 hours, until the beef is fork-tender. Remove the bay leaf.
- 4. Mix the remaining flour and water. Add the flour mixture and the peas to the slow cooker. Turn the heat to high. Cover; cook for 15 minutes, or until slightly thickened.

Sour Cream Chicken Enchiladas

Makes 5 servings.

- 1 16-oz. container sour cream
- 2 10 3/4-oz. cans cream of chicken soup
- 1 4-oz. can diced green chilies
- 10 8- to 10-inch flour tortillas
- 8 oz. cheddar cheese, shredded (divided use)
- 2 cups cooked chicken, chopped
- 1/4 cup green onions or onion, chopped
- 1/4 cup pitted ripe olives, sliced

- 1. Heat the oven to 350 F. Grease a 13x9-inch baking dish.

2. In a medium bowl, combine the sour cream, soup and chilies; mix well. Put a large spoonful of the sour cream mixture down each tortilla. Reserve 1/2 cup of the cheese; sprinkle each tortilla with cheese, chicken, onions and olives.
3. Roll up the tortillas; place them in the prepared dish. Spoon any remaining sour cream mixture over the tortillas; cover with foil.
4. Bake for 25-30 minutes, or until hot and bubbly. Remove the foil; sprinkle with the remaining cheese. Return to the oven; bake, uncovered, an additional 5 minutes, or until the cheese is melted.

Easy Crock-Pot Texas Chili

Gluten-free.

- 2 lbs. ground hamburger (I use 90/10.)
- 1 tsp. salt
- 1 tsp. black pepper
- 1/2 tsp. garlic powder
- 2 boxes Carroll Shelby's Chili Kit (divided use)
- 1 24-oz. bag (or 2 10-oz. bags) frozen Pictsweet Seasoning Blend
- 1 26-oz. can Ranch Style beans, undrained
- 2 14.5-oz. cans fire-roasted diced tomatoes, undrained
- 4 cups water
- Optional fixings: Cheese, onions, etc.

1. You will need a 6-qt. or larger Crock-Pot and a large skillet. Place the hamburger, salt, pepper and garlic powder into the skillet. Brown until the beef is no longer pink, but not well done. Drain; dispose of the grease. Put the browned hamburger in the Crock-Pot.
2. Mix in 1 seasoning packet from the chili kit and 1/2 of the second packet. For stronger, spicier chili, you can use all of both packets. Add in 1 packet of cayenne pepper from chili kit, or both if you prefer it hotter. Reserve the masa flour from both kits for later.
3. Mix in the remaining ingredients. Stir well, adding water to the consistency you like. It will thin out some as it cooks. Cook on low for 4-5 hours.
4. Dissolve the masa flour from both packets in just enough warm water to make it pourable (about 1.5 cups). Add to the chili; stir. Top you're your favorite fixings; serve with cornbread.

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Happy THANKSGIVING NOVEMBER

Some events may have been cancelled or rescheduled while we were at press. Check with individual organizations or your city or Chamber websites to verify dates and times.

11/5

ROHS Annual Special Needs Christmas Market:

Vendor market and auction with all proceeds from auction benefiting the VIP prom for special needs, self-contained students at the high school. 10:00 a.m.-3:00 p.m., Red Oak High School Cafeteria, 220 TX-342. For more information, email katherine.mccoy@redoakisd.org.

11/8

Election Day:

General and special elections. Voters can vote at any polling place. Polls open 7:00 a.m.-7:00 p.m. Visit www.co.ellis.tx.us/629/Upcoming-Elections

for more details including a list of races and polling sites.

11/12

Ellis County Veterans Celebration Ceremony:
Classic Swing Band: 9:30 a.m.; ceremony with a memorial service and military-style flyover begins: 10:00 a.m., Waxahachie Civic Center, 200 Civic Center Dr., Waxahachie, TX 75165.

Ellis County Veteran's Benefit Concert:
Johnny Cash Experience. Showtimes: 5:00 p.m. and 8:00 p.m., Waxahachie Fine Arts Center, 1000 N. Hwy. 77, Waxahachie. Purchase tickets at bestcashconcert.com or (888) 937-6258.

11/16

Chamber Monthly Luncheon:

Speaker and luncheon followed by networking. Guests are also welcome to bring business cards, publications, etc. to be placed on a share table. Members \$15 with RSVP; \$18 without RSVP; Non-Members \$20. Noon-1:00 p.m., Red Oak Municipal Building, 200 Lakeview Pkwy.

11/17

Ellis Christian Women's Job Corps Graduation:

Join in the festivities and learn what ECWJC can do for you. 7:00-8:00 p.m., Primera Baptist Church, 118 Kaufman

Street, Waxahachie. For more information, see the website: www.elliswcjw.life.

12/3

Christmas in Red Oak:

Winter Wonderland Parade followed by holiday fun festivities. 9:00 a.m.-1:00 p.m., Watkins Park, 101 Live Oak. Call (469) 218-1202 for more details.

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

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