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M A G A Z I N E

DECEMBER 2022

2022 Holiday
Shopping Guide

Also inside:

Scavenger Hunt

Featured Business:
April's Pet Grooming

Beautiful
Sight Unseen

At Home With Dale
and Martie Sulak

In the Kitchen With
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| • Gangrene | |



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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Dec. 1 | 6:30 PM
Eastridge Elementary

Schupmann 5th Grade
"Rock 'N Roll Forever"
Dec. 15 | 7:00 PM
Schupmann Elementary

Red Oak Elementary
4th & 5th Grade
Dec. 20 | 6:30 PM
Red Oak Elementary

Middle

Choir Concert
Dec. 6 | 7:30 PM
ROHS PAC

6th Grade Band Concert
Dec. 13 | 6:30 PM
ROHS PAC

7th & 8th Grade Band
Concert
Dec. 13 | 7:30 PM
ROHS PAC

High

Choir Concert
Dec. 5 | 7:00 PM
ROHS PAC

Fine Arts
Extravaganza
Dec. 8 | 6:00 PM
ROHS Courtyard

Hawkette Christmas
Show
Dec. 15 | 7:00 PM
ROHS PAC
\$10 for adults
\$5 for students

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Spring Events

Jan. 9 – Second Semester Starts
Jan. 16 – Martin Luther King, Jr. Holiday
(District Closed)
Feb. 20 – Presidents Day
(District Closed)
Mar. 6-10 – Celebrate Texas Public
Schools Week
Mar. 13-17 – Spring Break
(District Closed)

Apr. 7, 10 – Good Friday, Easter Break
(District Closed)
Apr. 18 - May 12 – STAAR Testing Window
May 24 – Last Day of School
May 29 – Memorial Day
(District Closed)
June 4 – Red Oak High School
Graduation - University of Texas
at Arlington - 4:00pm

ON THE COVER



The Sulaks deck the halls of the Red Oak home they bought without ever having seen it in person.

Photo by
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Angel

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EDITOR'S NOTE

Counting the days?

At the risk of sounding like your grandma, the older I get, the faster time passes. But do you know the science behind our perception of the passage of time? That, technically, a minute is not the same to each of us? How can that be ... is 60 seconds not 60 seconds no matter what?

Part of Albert Einstein's relativity theory says, in short, that the rate at which time passes depends on one's frame of reference, and that we age slightly slower or faster at places with stronger or weaker gravitational fields. The difference in age from life at sea level — our general standard of age — vs. our age if we lived on Jupiter is about 18 seconds. Einstein also proved time slows down the faster we move. Where we are and how quickly we're getting there scientifically impact the passage of time.

But perhaps the bigger impact is perception. Some say our perception is based on ratios. For instance, five years is 50 percent of a 10-year-old's life. But five years is only 10 percent of a 50-year-old's life. In that way, five years is a much bigger deal to the child. Also, our brains encode new experiences (not familiar ones) into memory, and we have more new experiences when we're young. New memories make things last longer in our minds, so childhood seems to last forever, while the routine of adulthood makes days fly by. This means there's a chance we can slow the passage of time by learning new things and having new experiences. Now that's a theory worth testing.

Make the days count!

P.S. The publisher and staff of NOW Magazines would like to wish you and your family a very Merry Christmas and the happiest of holiday seasons!

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If you are diabetic, and especially if you are also age 60 or older, odds are that your nerve damage has been caused directly by your diabetes — although many younger diabetics also have nerve damage from this potentially deadly disease.

But many OTHER people with these symptoms — pain, burning, and tingling — are NOT diabetic, yet also suffer from nerve damage.

According to the Mayo Clinic, the many diseases and conditions that can destroy the nerves in your extremities and limbs include:

- ✓ Alcoholism
- ✓ Autoimmune diseases
- ✓ Vitamin deficiencies
- ✓ Liver disease
- ✓ Underactive thyroid

- ✓ Repetitive motions such as typing
- ✓ Bone marrow disorders
- ✓ Certain prescription medications
- ✓ Falls, sports injuries, and other trauma
- ✓ Wearing a cast or using crutches



- ✓ Chemotherapy
- ✓ Tumors
- ✓ Infections
- ✓ Kidney disease



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BEAUTIFUL SIGHT UNSEEN

— By Angel Morris

At Home With Dale and Martie Sulak

Dale and Martie Sulak met through a mutual friend, who thought they would be perfect for each other ... and she was right. Twenty-five years later, they have made their dream come true, enjoying retirement in Red Oak. “We met, worked and married in Florida, where most of Martie’s family lives,” Dale explained.

During those years, many trips were made to Texas to be with Dale’s mom and siblings, at Christmastime. “We always wanted to retire in Texas. When it came time to make the transition back to Dale’s home state, we had to keep in mind we would have a lot of visitors, so we looked at larger homes to settle in. And we couldn’t have picked a more central location,” Martie explained.

With six bedrooms and six baths in 6,100 square feet, and an expansive outdoor living area, barn and guest house — all sitting on 10 acres — the home easily accommodates large family gatherings, especially at Christmas. “We start decorating at Thanksgiving and wait until well after the Epiphany to take things down. Our Christmas season extends to enable all our family to travel and make their way here. Our normal crowd size is 12-16, with a record one year of 28 people, including some from as far away as Ontario, Canada,” Martie calculated.

Year-round, every space of the home partners meaningful vintage pieces with modern-day amenities. While the Sulaks describe their everyday style as “French/Italian Country,” their Christmas style is very traditional. At the holidays, no space is excluded from a touch of Christmas. “Dale and I used to love to shop for ornaments, so our tree is the focal point, and it represents many memories of our life together,” Martie said.

Christmas-themed blankets and rugs add warmth to surfaces throughout the two-story home, not to mention multiple miniature trees from room to room. An ivory nativity scene and collection of tree-shaped candles adorn antique side tables, while dining tables are set with holiday china, candles and linens.

Before the purchase of their home, the Sulaks were competing with a market in which homes sold within one day. When they saw the Red Oak home hit the market online, they made an offer within hours. “This house had a very unique architecture to it that we both really liked. But we didn’t see it in person for six weeks,” Dale explained.

“It was nerve-racking!” Martie admitted.

When the duo moved in October 2015, “We wanted to have as many of our five children and two grandkids here for Christmas as possible, so it was a race to get moved in,” Dale recalled. “Our first year, decorations were a bit sparse, but it was a very special time with our family.”

The Sulaks will always remember the tornado on the day after that Christmas. “We hosted a large gathering at lunchtime, and hours after everyone left, a tornado ripped through adjacent neighborhoods and touched down just short of our western property line,” Martie recalled.

With the property still in need of attention after moving in so quickly, the Sulaks settled in to their pick of projects. “We’ve encountered so many great contractors, who’ve made our vision of this property a reality,” Martie said.

“We’ve worked with some excellent local companies. Curry Pools carried out our design for the outdoor area — a pavilion, patio areas, the pool and spa and cabana bath,” Dale listed. “Shield Roofing was amazing — owners, Patrick Johnson, and his wife, Shannon, took on several projects with the roof replacement: trim painting, solar panels removal and re-installation and a large repair of a second-story porch, and they made sure everything was perfect. Their personal attention was incredible! So much so, we went on to hire them to replace my mom’s roof.”

The Sulaks’ projects led to a home so perfect, it was even selected for filming portions of the TV series, *Queen of the South* in 2018. “The set location agent picked our house out of several in Ellis County. We probably had 100 people at the house filming for about 15 hours straight!” Martie noted.

Ultimately, the Sulaks’ “sight unseen” purchase, has proven the perfect retirement staycation. “The house has undergone a huge transformation since we bought it,” Dale explained, “and we’re both thrilled with it.”

Before their lives together, Dale retired as a Major of the U.S. Air Force and was stationed in Korea, Germany and various locations stateside. His second career was in the government consulting arena. “I’m a 1972 Texas A&M University graduate in business administration, and in the early ’90s, I went on to achieve a bachelor’s degree in computer science and a master’s degree in public administration,” Dale outlined.

Martie worked in business management and transitioned to IT government consulting, mainly public health enterprise systems management. She is a Florida State University alumna with both a BS in information technology and a master’s certification in public management.

Today, as in years past, the Sulaks are focused on the Christmas season and, Martie said, “We are elated to have family visiting over the holidays. A time filled with love, hope and faith.” **NOW**

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BusinessNOW

April's Pet Grooming

— By Angel Morris



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<https://aprilspetgrooming.com>

aprilspetgrooming@yahoo.com

Facebook: April's Pet Grooming

Hours: Monday-Friday: Opens: 7:30 a.m. Closing time varies.

At Christmastime and year-round, April Warren feels her job is a gift. As owner of April's Pet Grooming, she has seen customers become like family, and family steps in to help the business grow. Not only does her husband (and high school sweetheart), Tommy, handle the business paperwork, but niece, Jessica Moseley, is April's right-hand woman. "Jessica has worked here for years, but several months ago, she began learning to groom," April noted. "It allows us to serve more customers and takes some of the stress off me."

April, who has five children, loves being around dogs all day because it "doesn't even feel like work." It is a passion that began as a child. "My grandma had a Pomeranian, and I would always take care of it for her. I always wanted to bathe it, clean it up and do its nails. I didn't know anything about grooming back then. I didn't even know it was a thing, but it was fun," April said.

April worked for a grooming salon prior to being encouraged to go it alone by Tommy. She groomed from her home for a period of time, before opening her own salon in Red Oak more than 12 years ago.

April's and Jessica's patience and skill lead to furry masterpieces and faithful clientele. "We are very grateful to our many regulars. The relationships we build with people and their pets is the best part," Jessica noted.

Those patrons even stepped up when April's mother, who also worked in the salon, passed away from COVID-19 in 2021. "My customers all knew her, and many donated toward her funeral," April remembered.

April's familiarity with animals allows her to apprise

owners of things she notices — from ear infections to unexplained lumps or skin conditions and more. “I’m not a vet, but I can tell them if I see there’s something going on with the dog that’s not supposed to be,” she explained.

Grooming services can include flea, oatmeal, skin remedy and brightening shampoos, as well as de-skunk treatment for those smelly mishaps. Dogs can have their nails filed and teeth brushed. There’s even blueberry pie facial scrub and paw moisturizing treatment.



“We are very grateful to our many regulars. The relationships we build with people and their pets is the best part.”



In addition to a variety of fur-cutting services, there are several types of brushings, such as de-shedding, furminating and de-matting available. Services for special needs dogs, like those who are blind or deaf, are offered, and every three months, April hosts a low-cost vaccination and pet care clinic.

The personal touch and attention April and Jessica give customers set them apart. “We take the time to do it right. When people bring their pets here, they know it might take a little longer than one of the big shops, but their dog is going to be treated well,” April promised. “We look forward to expanding services for the people of Red Oak in the future. We appreciate that there are a lot of good people here, who do a lot for each other. We’re glad to be part of that.” **NOW**

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Zoomed In:
Danielle Reed

By Angel Morris

Danielle Reed recently became Glenn Heights’ animal control officer, managing a menagerie of critters through the city’s animal shelter, including this Yorkshire pig found roaming a neighborhood. Danielle formerly served as ACO for the city of Mesquite. “I moved to Glenn Heights two years ago, and my desire to give back to the community I live in drew me to apply for the position here,” she noted.

Danielle supports public safety, helps return lost pets and finds new owners for shelter animals — which typically range from cats and dogs to rabbits. Since she was young, Danielle has enjoyed working with animals. She said she appreciates others who do the same: “The passion and time citizen volunteers put into assisting at the shelter is incredible.”



Zoe Gallegos joins Jayanna Rueda in her service program for Lonestar Leadership Academy Alumni Council — Red Oak Can! — a community blanket and canned food drive.



Steel Jones meets Santa Claus while his mom, Hope, and grandmother, Stacey, share OTD Boutique clothing at a local Christmas market.



The Hlas family and friends break the code to find their way out of 143Escape.com, a pop-up escape room business serving Ellis County.



The Duncans enjoy food and fellowship at the re-grand opening of The Senior Citizen Center of Red Oak.



Event Coordinator Rick Ridgeway checks out Louis Ponder's '65 Dodge Dart during Kars 4 Kids, benefiting Ellis County Toys for Tots at Te'Jun restaurant.



Katie Petty creates custom acrylic ornaments and tags through her online business, kTees Crafts.



Dog lover Kevin Chavarria stops to visit with a litter of poodles available for adoption in Red Oak.

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Turkeys were found on
pages 4, 6, 9, 17, Back Cover

November winner is:
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**Urgent
Health
Warning:**

An Important HEALTH WARNING for Men and Women Age 55 or Older!

**Do You Suffer from Pain, Burning, Numbness,
or Tingling from Nerve Damage Caused by
Diabetes, Infection, or ANY of the Other
Conditions Listed in this Urgent Special Report?**

*If so, now you can virtually end your discomfort,
protect your health, and help you live a more active life.*

Dear Suffering Friend:

Tens of millions Americans have nerve damage — a condition known as “neuropathy.”

The most common symptoms of nerve damage are pain, burning, tingling, and loss of feeling in your feet, legs, and fingers — with the pain ranging from mild to almost unbearable.

If you are diabetic, and especially if you are also age 60 or older, odds are that your nerve damage has been caused directly by your diabetes — although many younger diabetics also have nerve damage from this potentially deadly disease.

But many OTHER people with these symptoms — pain, burning, and tingling — are NOT diabetic, yet also suffer from nerve damage.

According to the Mayo Clinic, the many diseases and conditions that can destroy the nerves in your extremities and limbs include:

- ✓ Alcoholism
- ✓ Autoimmune diseases
- ✓ Vitamin deficiencies
- ✓ Liver disease
- ✓ Underactive thyroid

- ✓ Repetitive motions such as typing
- ✓ Bone marrow disorders
- ✓ Certain prescription medications
- ✓ Falls, sports injuries, and other trauma
- ✓ Wearing a cast or using crutches

- ✓ Chemotherapy
- ✓ Tumors
- ✓ Infections
- ✓ Kidney disease



***New hope — and better health —
for men and women with nerve damage ...***

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CookingNOW In the Kitchen With NOW COMMUNITY EDITORS

— By Lisa Bell

A special thanks to The Lighthouse Church in Midlothian for the use of their kitchen for the photo shoot.

At NOW Magazines, community editors enjoy creating monthly cooking features — a favorite of readers. Here we share some of our own special holiday recipes.

Angel Morris covers *MidlothianNOW* and *NorthEllisCo.NOW*. She enjoys baking because she said all her teeth are sweet. She most enjoys breakfast for dinner with her family. Virginia Riddle, editor for *CorsicanaNOW*, enjoys traveling. Her Grandmother Bates always brought ingredients for ambrosia. “The smell of the oranges was so rich and heavenly.”

EnnisNOW editor, Bill Smith, said, “While my wife, siblings and in-laws helped with holiday meals, everyone knew Mom was in charge, and she set a high bar for all the food.”

Editing *MansfieldNOW*, Sandra Walters shared, “My husband’s grandmother (Nebber), mother-in-law (Gail), Mrs. Scales and Mama Gee always created exquisite meals during the holidays.”

Adam Walker, the *SouthwestNOW* and *WaxahachieNOW* editor, loves exploring the world of food. “But I’ll stop anywhere that has good chocolate,” he admitted.

Covering *BurlesonNOW* and *WeatherfordNOW*, Lisa Bell grew up as Mom’s baker and said, “I come from a long line of fantastic cooks.” **NOW**

Pretzel M&M Hugs

Angel Morris — a fun way to involve kids in the kitchen.

Servings: One bag of Hugs contains about 75 pieces (one batch). The bags of M&Ms and pretzels yield 4-5 batches total.

1 16-oz. bag Snyder’s Snaps Pretzels, square shaped (not butter flavored)

1 11-oz. bag HERSHEY’s Hugs chocolates (or your favorite flavor)
1 11.4-oz. bag red and green M&Ms

1. Preheat the oven to 200 F. Line a cookie sheet with a baking mat or parchment paper. Place the pretzels on the cookie sheet in a single layer; top each pretzel with 1 HERSHEY’S chocolate.

2. Bake 4-6 minutes, or until the chocolate is shiny and soft, not totally melted! Remove from the oven; carefully place 1 M&M in the center of each soft Hug. Press down on the M&M to spread the chocolate.
3. Place in the freezer or refrigerator for 10-15 minutes, allowing the chocolate to set. Store in an airtight container. *Note: If using multiple flavors of HERSHEY’S Kisses, make each flavor in its own batch as melting times will differ from flavor to flavor.*

Ambrosia

Virginia Riddle — 4 servings (can double or triple)

2 cups fresh oranges, cut into bite-size pieces
1/4 cup coconut, shredded
1 20-oz. can pineapple tidbits
19 maraschino stemless cherries, halved (Reserve 4 whole cherries with stems for topping.)
2 tsp. sugar
1 8-oz. tub Cool Whip (optional)
3/4 cup pecans, chopped (optional)

1. Combine all the ingredients; stir well.
2. Serve as an appetizer or dessert in compote dishes; use whole cherries with stems to top each dish.

One Dish Chicken, Potatoes and Green Beans

Bill Smith

Spray cooking oil

- 2 14.5-oz. cans green beans
- 2-3 chicken breasts; cubed
- 3-5 small to medium potatoes
- 1 pkg. dry Italian dressing mix
- Black pepper, to taste
- 1 stick butter, melted

1. Lightly spray a 9x12-inch baking pan with the cooking oil. Drain the green beans; place them in 1/3 of the pan area.
2. Add the chicken next to the green beans; then add the potatoes. The chicken, green beans and potatoes should each cover about 1/3 of the pan.
3. Sprinkle the dressing mix over everything. Add black pepper to taste.
4. Drizzle the butter over the top. Cover with foil; bake at 350 F for 1 hour and 10 minutes.

Nebber's Rolls With Modern Twist

Sandra Walters

- 1 cup shortening
- 2 1/4 cups water (divided use)
- 1 1/2 cups sugar
- 1 1/2 tsp. salt
- 3 pkgs. instant dry yeast
- 3 eggs
- 8 cups flour
- 2 sticks butter, melted

1. Place the shortening, 1 1/4 cups water, sugar and salt in a bowl; heat the ingredients in the microwave for about 30 seconds. Stir until the shortening is melted; cool to lukewarm.
2. In a large bowl, dissolve the instant dry yeast in 1 cup lukewarm water.
3. Add the shortening mixture and eggs; gradually add the flour, beating well with a spoon.
4. Once combined, knead until soft, circular and elastic. Place the dough in a greased bowl, turning once to grease the top of the dough.
5. Cover with a cloth; let rise in a warm place for 10-15 minutes.
6. Roll out flat; cut using a small, circular cup on a flat surface. Dip the cut out dough into the melted butter. Fold in half; place the dough close together in greased baking pans.
7. Bake at 350 F for 15-20 minutes. Brush with butter and serve.

Chocolate Ribbon Pie

Adam Walker

- 4 oz. cream cheese
- 2 Tbsp. sugar



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2 Tbsp. condensed milk (divided use)
 1 8-oz. tub Cool Whip, thawed (divided use)
 1 9-inch Oreo Crumb Crust
 2 cups cold milk
 2 4-oz. pkgs. chocolate fudge instant pudding
 Cocoa powder or chocolate shavings

1. In a bowl, beat together the cream cheese, sugar and 1 Tbsp. of the condensed milk until smooth. Gently fold in half of the Cool Whip. Spread on the bottom of the crust.
2. In another bowl, combine the milk and remaining condensed milk. Add pudding; whisk for 2 minutes. Pour over the cream cheese layer.
3. Refrigerate for 4 hours, until well set and chilled. Top with the remaining Cool Whip; spread evenly. Garnish with cocoa powder or chocolate shavings.

Lazy Day Soup

Lisa Bell — perfect for large gatherings when people want to eat at various times.

1 medium onion
 1-2 Tbsp. olive oil
 2 lbs. lean hamburger meat
 Garlic powder, to taste

Salt, to taste
 Pepper, to taste
 1/2 to 1 tsp. cumin
 2 Tbsp. cornstarch
 1 2- to 3-lb. bag frozen mixed vegetables
 1 46-oz. bottle V-8 Juice
 Sour cream, for garnish (optional)
 Cheese, for garnish (optional)

1. In a large skillet, sauté the onions in the olive oil until softened. Add the hamburger; brown, stirring in the seasonings. (I usually add other favorite spices.) When the meat finishes cooking, stir in the cornstarch.
2. Transfer the meat to a 6- or 8-qt. Crock-Pot. Add the frozen vegetables and V-8 Juice. Stir everything well; cook on low for at least 4 hours. Add water or broth if extra liquid is needed.
3. Serve in individual bowls with sour cream and cheese, if desired.

Cherry Pecan Bread

Becky Walker, Managing Editor

1 16-oz. jar maraschino cherries
 2 cups flour
 2 tsp. baking soda
 2 tsp. cinnamon
 1/2 tsp. salt
 1 1/2 cups sugar

1 cup vegetable oil
 1 tsp. vanilla extract
 3 large eggs
 1 cup pecan pieces
 1 Tbsp. cherry juice

1. Remove the cherries from the jar. Reserve the juice. Slice each cherry in half; set aside.
2. In a large bowl, sift together the flour, baking soda, cinnamon, salt and sugar.
3. Add the oil, vanilla, eggs, cherries and pecans; mix together. Add the cherry juice; mix well.
4. Evenly divide the batter between 2 well-greased loaf pans. Bake at 350 F for 50-55 minutes, or until a toothpick inserted in the center comes out clean.

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A photograph of a man and a woman standing outdoors. The man is wearing a white sweater and a grey beanie, and the woman is wearing a white sweater and a white beanie. They are both smiling and holding a small potted plant. The background is a blurred outdoor setting with trees and flowers.

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