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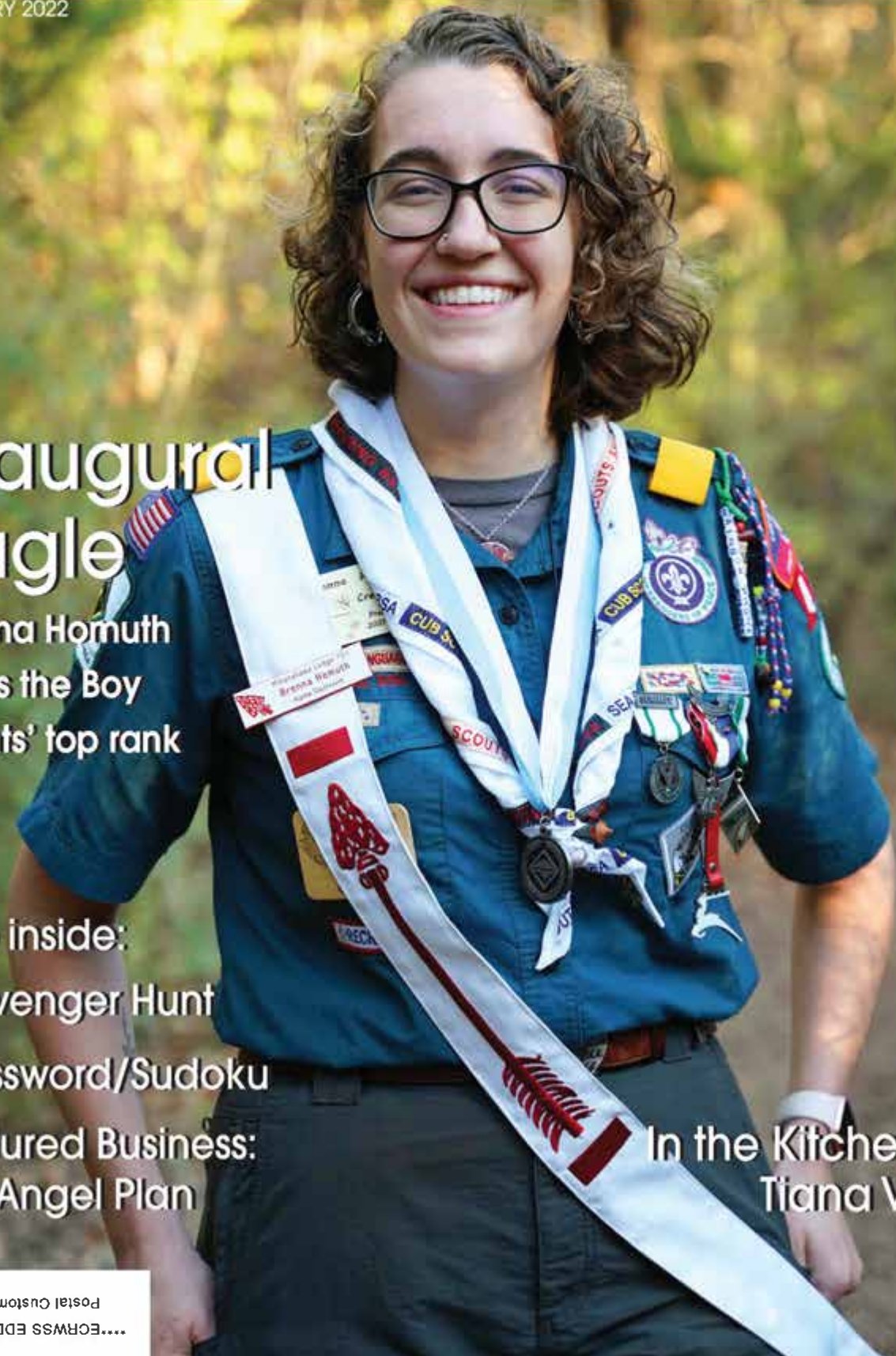
JANUARY 2022

Inaugural Eagle

Brenna Hornuth
earns the Boy
Scouts' top rank

Also inside:
Scavenger Hunt
Crossword/Sudoku
Featured Business:
The Angel Plan

In the Kitchen With
Tiana Vailolo



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ON THE COVER

*A family dedicated to
scouting helped Brenna
Homuth earn Boy Scouts of
America's top rank.*

Photo by
Shane Kirkpatrick.

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EDITOR'S NOTE



Angel

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Down for the count?

While I don't put much stock into numerology — the study of numbers and their influence on our lives — the last two years of global chaos have me counting (pun 100 percent intended) on the year 2022 to bring some relief. A quick study of Numerology 101, as it relates to a calendar year, suggests there may, indeed, be safety in the numbers ahead. Because numerology focuses on root numbers, the year 2022 breaks down to $2+0+2+2$, or the single number six. Each single number is considered to have its own energy, and six embodies the heart with a focus on love, compassion and healing. (Who couldn't use more of those things after 2020-2021?)

Sources suggest the number six brings with it an energy of empathy, encouraging us to be open and honest with one another. It supports togetherness, with attention to harmony and peace in our homes, but also toward coming together to improve our communities. Healing and idealism are words associated with the number six and, whether you believe in numerology or not, those aren't terms to frown upon. There could be hope for this year yet!

While there are conflicting opinions of the validity of numerology, the study has greatly impacted math and science, as researchers consider whether everything is measurable in terms of numbers and proportions, or if everything — including you and me — can be reduced to a numerical value. How tall are you? How much do you weigh? What is your IQ? Put that way, perhaps it can't hurt to believe 2022 *will* do a number on us ... in the best possible way.

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Inaugural

EAGLE

— By Angel Morris

While many have heard of Boy Scouts of America and Girl Scouts of the United States of America, not everyone is aware of the various levels and varied opportunities within each program. Ovilla resident, Brenna Homuth, is uniquely qualified to explain how one might choose which group best suits their interests.

"My brother, Tyler, joined Scouts when he was 10, and I watched all these cool things he was doing and heard about his adventures when he'd come home from activities," Brenna, who is two years older than her brother, recalled. "I started counting down the years until I would get to do what he was doing."

Although Brenna was eligible for Girl Scouts by that age, her mom, Jessica, explained that what she saw Tyler doing was very different than what she'd experience if she joined GSUSA. "They are both wonderful programs, but very different. Knowing Brenna's personality and interests, I didn't think GSUSA was for her," Jessica explained.

Brenna's father, Scott, learned of Venturing and Sea Scouts, the only co-ed BSA programs at the time, which allow girls and boys to join at the age of 14.

Venturing brings scouting values to life through both high adventure, outdoor activities and challenging real-world projects. "My family has always been outdoorsy, sometimes taking month-long trips to explore different areas of the country and National Parks," Brenna noted. "Growing up doing things like that gave me a natural love for what Venturing offered."

The week she became eligible, Brenna attended a meeting for a local Venturing crew. "I attended my first camp

event in 2017 and was hooked. There was rock climbing, hiking, shooting and, the most memorable part, seeing an alligator pop up from a lake and start rapidly swimming toward us," Brenna reflected. "I'll always remember that!"

Brenna became part of Venturing BSA Crew 425, in which she would go on to serve as vice president and, currently, as president. "It entails the day-to-day running of the crew, planning meetings and activities, and keeping tabs on other officers," she outlined. "I spent about a year as a member witnessing all you could do, and realized the best way to put it all into action was to become an officer."

Prior to becoming a Venturing officer, however, Brenna learned that BSA would be opening its Boy Scouts program to females. In February 2019, she joined a Scouts BSA Troop, and by October 2020, she earned the organization's highest rank of Eagle Scout. "She became part of BSA's Inaugural Class of Female Eagle Scouts," Jessica explained.

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earn this honor, Brenna passed a series of requirements and a lengthy review process. Her Eagle Scout project involved researching and selecting an organization to assist in her then-hometown of Cedar Hill. "I emailed Bridges Safehouse asking about their needs. I set up a GoFundMe and organized donations from local businesses to help create 50 full toiletry totes for women and 50 for children that also included stuffed animals," Brenna outlined.

Less than a year later, Brenna would also achieve Venturing's highest honor, the Summit Award. "In our council, she was the first female to earn the Summit Award and joins only two others in the entire council to ever earn it," Jessica praised.

Brenna's Summit Award Project involved a snack drive for an area COVID-19 testing site. "I learned the conditions volunteers were working under and collected dozens of snacks and bottles of water," explained Brenna, who spent three-and-a-half years meeting the various other Summit Award requirements and responsibilities.

Holding leadership roles has been important to Brenna throughout her scouting experiences. As Crew 425 president from May 2021-2022, she is focusing on recruitment, retainment and community service. "I want to help attract new members, keep members engaged and, of course, serving one's community is a big aspect of scouting," she noted.

Some of the events Brenna has helped plan include a Culture Night to experience the food and traditions of other crew members, a Search and Rescue activity to put Venturing skills to the test and a Backpack Project through which members created more than 50 blessing bags to donate to Dallas Hope Charity.

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Now 18 years old, Brenna has furthered her leadership skills by staffing the National Youth Leadership Training program, an event where she hopes to lead a course for about 60 participants at Camp James Ray on Lake Texoma before her presidency ends.


With four siblings all involved in scouting and parents who have been active leaders throughout those experiences, Brenna considers it not just part of her childhood but also her future. "Venturing is open to age 21, and I think I'll stay involved as a mentor beyond that. I want to transition to being a leader and share with others the opportunity scouting gives."

While the Homuths spend much of their time scouting, Brenna also enjoys reading, writing, baking and jewelry making. "Really anything with my hands. I like putting things together," she said.

A 2021 homeschool graduate, Brenna is now researching further educational opportunities. "The career I'm considering might be surprising, but I want to go to the Dallas Institute of Funeral Service," Brenna said. "I know I don't want to go to a four-year college, and I've always had a curiosity about cemeteries and even the embalming process. It's a very attainable career possibility."

If Brenna's past is any indication, she can achieve whatever she sets her mind to. "I don't really worry about the future. I like to enjoy the now," she said, "but I know I want to encourage others to take advantage of what scouting has to offer."


"I didn't know exactly what I was getting into, but I took the leap," she continued. "The travel and adventures, the teamwork, the leadership — I can't emphasize enough how scouting develops your character. You won't understand unless you take the leap." **NOW**



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Zoomed In: Hunter Porter

By Angel Morris

Red Oak graduate, Hunter Porter (right), and her aunt, Miki Porter (left), are regulars at the local eatery, the Country Kitchen. During a recent Sunday visit, Hunter noticed their waitress seemed stressed. “I was a waitress and know how awful it can be when customers are not forgiving of understaffing,” Hunter recalled.

So, Hunter got permission from the manager and started helping. “I only planned to stay an hour but ended up staying four,” she noted. “When I told people that I was just the ‘volunteer’ waitress, they were really nice about it. I think that if I was ever in a spot when I needed a helping hand, I’m sure people in our town would step up. When you see someone who is overwhelmed, it’s the right thing to do.”



Schupmann Elementary first-grader Liam Wilkerson gets creative in the STEAM Lab with Magna-Tiles.



Lynne Grandstaff and Jan Parker write cards to go with snack bags for Red Oak Meals On Wheels clients.



Debra Roush helps spread Christmas cheer during her first year as a Salvation Army bell ringer at the Wal-Mart in Red Oak.



Carlos Ibarra shows off his 1963 Chevy Impala Super Sport on a sunny day in Ovilla.



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Susan Johnson spends a warm December afternoon at Watkins Park with her Toy Poodle, Sissy.



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— By Angel Morris

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For individuals who do not have health care coverage or those with high deductible plans, one local doctor is here to help. Dr. Federico Maese created a unique concept called The Angel Plan, a membership-based model that allows patients to obtain the care they need, especially those with chronic conditions. “We know that health insurance coverage can be confusing. Our members enjoy significant savings and transparent pricing on office visits, telemedicine, labs and imaging, without the insurance middleman,” Dr. Maese explained.

The Angel Plan’s mission is to offer patients affordable access to quality health care and protect them from barriers like high deductibles, claim denials and surprise bills. “When you’re on a



high deductible plan, you’re paying out-of-pocket until your coverage kicks in a few thousand dollars later. Too many people avoid getting testing, treatment and routine care because they never hit their deductible and are afraid of the out-of-pocket costs. Why not get a discount on your doctor’s visits, labs and imaging, and free yourself from that high deductible unless you need expensive medical care? As a Direct Primary Care practice, our members save thousands of dollars on labs and imaging for the cost of a cup of coffee a day,” Dr. Maese explained.

Angel Plan memberships are available for individuals and family members at three levels. The Silver plan’s monthly fee is \$40 a month for adults and \$30 a month for children ages 14-17. “The monthly fee gives members access to \$40 office visits and discounted labs and imaging. For example, basic lab panels are \$99, advanced labs such as hormone testing are \$149, and an X-ray is \$75,” Dr. Maese outlined.

The Gold plan is \$60 a month for individuals, \$110 a month for two adult family members and \$40 a month for children ages 14-17. “This level provides all that the Silver level offers, plus

unlimited \$0 telemedicine visits and text access via our Spruce telemedicine app," Dr. Maese added.

The Platinum plan provides the same benefits as the Gold, with several additional perks. "Platinum members get unlimited \$0 office visits and telemedicine, and labs are further discounted. For example, a basic lab panel is \$25 and advanced labs are \$50. The membership fee does include an annual basic lab, as well as point-of-care labs such as strep and flu tests, pregnancy tests, urinalysis and more," Dr. Maese listed. "Joint and antibiotic injections, B-12 shots, steroid shots and an annual flu shot are also included in the Platinum membership fee."

The Angel Plan's mission is to offer patients affordable access to quality health care and protect them from barriers like high deductibles, claim denials and surprise bills.

Platinum plan pricing for ages 18-39 is \$95 a month and \$115 a month for ages 40-plus, with a \$15 discount for two adult family members. Children ages 14-17 cost \$50 a month.

Dr. Maese strives to keep all care in-house, but when patients do need additional care, he collaborates with various specialists and facilities in the community who provide cash pricing for visits and procedures that are often less than insurance costs.

"The Angel Plan pairs nicely with medical cost sharing organizations or a high deductible health plan to cover services from ER visits, surgery, hospitalization, chronic disease treatment and more for significantly less fees than traditional insurance," Dr. Maese said.

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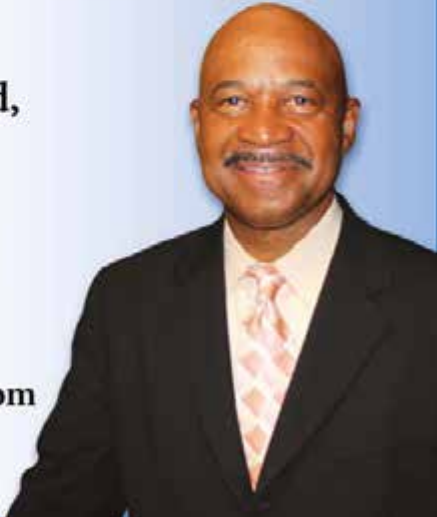
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CookingNOW

In the Kitchen With

TIANA VAILOLO

— By Amber D. Browne



Tiana Vailolo embraces new recipes but also appreciates family favorites. “I fuse new recipes with things my family likes,” Tiana said. Fa’i is a Samoan favorite she learned to make with her dad. “Our family focuses on keeping the Samoan culture alive, even though we don’t live on the island anymore,” she explained.

Her tastes and skills are ever evolving, but one tried-and-true blend of spices appears frequently in many of her dishes. “It’s paprika, garlic powder, onion powder, salt and pepper. It’s really easy to make, and you can just eye it.”

When not homeschooling, Tiana works at the Red Oak spa, Fruitful Designs. Her dream job is to open a bistro for low-income and homeless residents to have a safe place to eat a tasty meal. **NOW**

Spaghetti and Meat Sauce

4 cloves garlic
1 14.5-oz. can stewed tomatoes
2 15-oz. cans tomato sauce
1 14.5-oz. can diced tomatoes
Fresh thyme, to taste
Fresh basil, to taste
1 1/2 lbs. ground beef
Kosher salt, to taste
Black pepper, to taste
Paprika, to taste
1 tsp. olive oil
1 small onion, diced
1/2 16-oz. box of linguini or spaghetti

1. Remove the outer layer of the garlic cloves; smash them with the back of the knife. Open all the cans of tomatoes and sauce. Tie together several sprigs of fresh thyme and basil with cooking twine.
2. Brown the ground beef in a pot with salt, black pepper and paprika. Once browned, remove the beef from the pot; set aside.
3. Add olive oil to the hot pot; add the garlic and onions. Sauté until nearly transparent. Add the tomatoes and sauce. Season with salt and pepper. Add the herb bundle; cover and simmer for 30 minutes to 1 hour.
4. In a separate pot, boil water with kosher salt — enough to make it salty like the

ocean. Add the pasta once it is boiling. Remove the pasta once cooked and drain; set aside.

5. Once the sauce has simmered, remove the herb bundle; pour the sauce into a blender. Blend until smooth. Add the sauce and ground beef back to the pot; mix to combine.

6. Add pasta to a plate; top with meat sauce. Serve with a sprinkle of Parmesan cheese and garlic bread.

Meatballs With Cream of Mushroom Sauce

Meatballs:

2 lbs. ground beef
3 Tbsp. milk
2 eggs
1/2 cup breadcrumbs
1/2 tsp. garlic salt
1/2 tsp. paprika
1/2 tsp. black pepper
1/2 tsp. onion powder
1/4 tsp. cayenne powder
1/2 tsp. Worcestershire sauce
Olive oil, to taste

Sauce:

- 2 10.5-oz. cans cream of mushroom soup**
- 1 cup milk**
- 2 1/2 tsp. ranch seasoning**

1. For meatballs: In a bowl, mix together the ground beef and all the other meatball ingredients, except the olive oil. Roll mixture into 1/4-inch balls.

2. Add enough olive oil to a pan to fill it 1/4 of the way up; heat on medium. Add the meatballs; sear on both sides.

3. For sauce: In the same pan used for the meatballs, add all the sauce ingredients. Simmer for 5 minutes. Add the meatballs; cook until done. Serve over cooked egg noodles or rice.

Pan-roasted Steak

1 steak of your choice

Kosher salt, to taste

Black pepper, to taste

Olive oil

2 Tbsp. butter

3 sprigs rosemary

3 springs thyme

1. Season the steak with salt and pepper.

Allow the meat to rest for 10-25 minutes before cooking.

2. In a cast-iron skillet, add the olive oil until it covers the bottom of the skillet. Heat to medium. Add the steak; brown one side until it is golden brown to brown in color. Flip the steak; cook the other side until golden brown to brown in color.

3. Add the butter and sprigs of rosemary and thyme to the skillet. Spoon the butter mixture over the steak for about 2 minutes. Allow the steak to rest for 5-10 minutes before serving with roasted potatoes and roasted asparagus.

Roasted Potatoes

4 Yukon Gold potatoes, peeled and quartered

1 Tbsp. olive oil

1/2 tsp. kosher salt

1/2 tsp. black pepper

1/2 tsp. garlic powder

1/2 tsp. onion powder

1 cup shredded mozzarella cheese

1. Preheat an oven to 375 F. Add the potatoes to a bowl; drizzle with olive oil. Season with salt and the next 3 ingredients. Pour the potatoes into an oven-safe dish; roast for 15-20 minutes, or until soft.

2. Remove from the oven; sprinkle mozzarella cheese on top of the potatoes.

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Put back in the oven; broil until the cheese turns golden brown. Serve with pan-roasted steak and asparagus.

Roasted Asparagus

1 bunch asparagus
1/2 tsp. kosher salt
1/2 tsp. black pepper

1. Preheat an oven to 375 F. Wash the asparagus; cut off the ends. Spread out the asparagus on a sheet pan. Sprinkle with seasonings; shake the pan to coat the asparagus. Roast for 5-10 minutes or until the asparagus is bright green.

Fa'i

4 green plantains, peeled and quartered
1 tsp. olive oil
1/2 onion, diced
Kosher salt, to taste
2 13.5-oz. cans smooth coconut milk
Splash of water

1. Boil the plantains in salted water. To check for doneness, poke with a butter knife. Once the knife pokes through a plantain quarter, drain them from the water; set aside.



Pan-roasted Steak
 Roasted Asparagus
 Roasted Potatoes

2. Add olive oil to the pan; sauté the onion until transparent. Sprinkle with salt. Add the coconut milk and a splash of water; mix. Add the plantains; combine until heated. Serve as a side to a main dish.

Garlic Bread

1 baguette
1 cup butter or margarine (from a tub, not a stick)
1 Tbsp. minced garlic
1 tsp. kosher salt
1/2 tsp. black pepper
1/2 cup mozzarella cheese, shredded
1/2 cup Parmesan cheese, shredded

1. Preheat an oven to 375 F. Cut the baguette lengthwise.
2. Mix together the next 5 ingredients; spread onto the bread. Bake for 8 minutes. Remove from the oven; sprinkle Parmesan cheese on top; bake another 4-5 minutes until the cheese is golden brown. Cool and cut into slices to serve.

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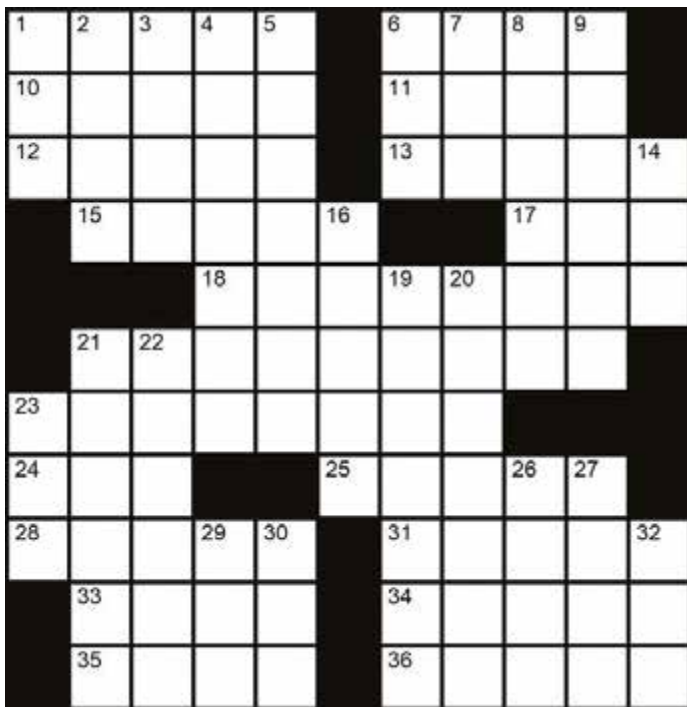
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Across

- 1 Nixon's first veep
- 6 Kitchen king
- 10 Memorable 2011 hurricane
- 11 Dell
- 12 Dolphins' home
- 13 Photographer's request
- 15 Tows
- 17 Gear tooth
- 18 Regular event for sheep
- 21 All future generations
- 23 Napa Valley sight
- 24 D D E's predecessor
- 25 Usher inside
- 28 C B S journalist Lesley ---
- 31 Lot left it
- 33 Crude cartel
- 34 Home of the Golden Hurricane
- 35 Lascivious
- 36 Very expensive

Down

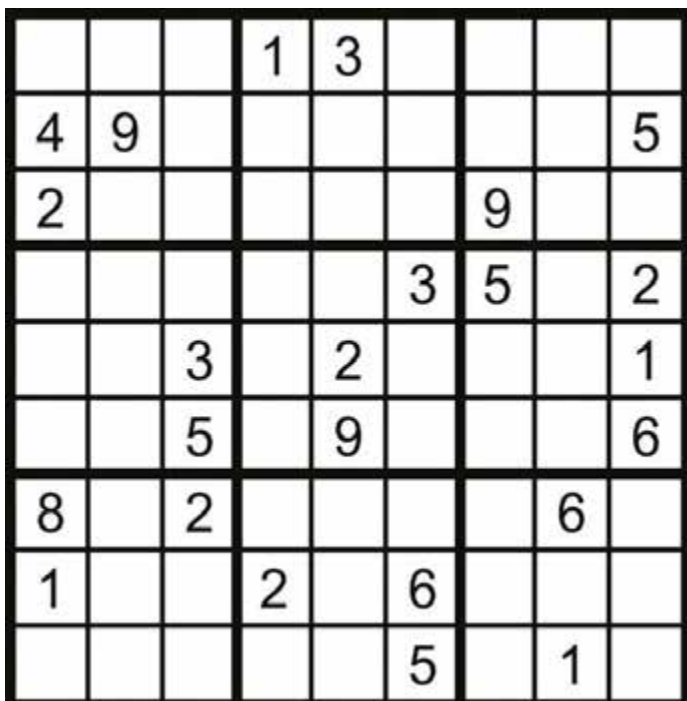
- 1 Goal
- 2 Type of lock?
- 3 Approach
- 4 As a group
- 5 Onerous
- 6 Pharmacy chain
- 7 Amateur radio enthusiast
- 8 Draw out
- 9 Serious offense
- 14 Fabergé creation
- 16 Construe
- 19 Apprehends
- 20 Weather
- 21 Shooting iron
- 22 Recorded, perhaps
- 23 Obsolete technology which could store programs 22 Down
- 26 Between jobs
- 27 Natural skill
- 29 Chop
- 30 Display letters
- 32 Explore

Solutions on page 28

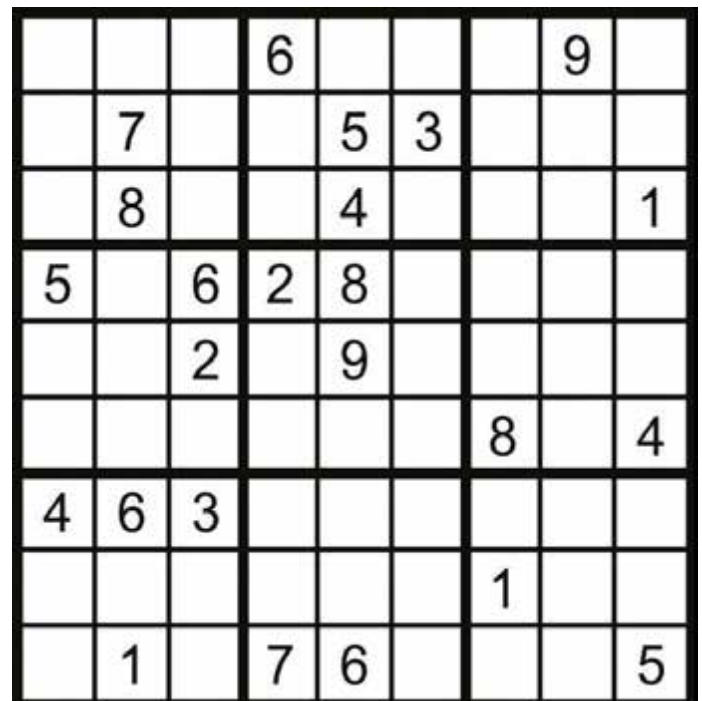
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Sudoku Puzzle

Easy



Medium



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Solutions on page 28

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Due to COVID-19, 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.

1/15

Catch-a-Trout:

Free kids' fishing event. The Pond at Pearson Park will be stocked with 2,500 trout from the Texas Parks and Wildlife Neighborhood Fishin' Program. Registration: 8:00 a.m.; event: 9:00-11:00 a.m., 200 Lakeview Pkwy.

Through 1/20

Ellis Christian Women's Job Corps' Spring Class Registration:

Free courses include computer training, Bible study, money management, setting boundaries, communication, résumé writing and interviewing.

Classes run **Tuesday-Thursday, January 25-April 21**: 8:00 a.m.-noon, 100 Chamber Circle, Ste. 1008, Waxahachie. Learn more at <http://elliscwjc.life/> or by calling Lauri Henderson at (972) 937-6620.

Third Mondays

Book Club:

New members always welcome. 6:30 p.m., Red Oak Library, 200 Lakeview Pkwy. For more information, email redoakbookclub@gmail.com.

Third Wednesdays

Lancaster Women's Connection:

Welcoming Christian women in Ellis County. Cost is \$15, which includes lunch, a special feature and a Stonecroft Speaker. Reservations due **Thursday prior** to the monthly meeting.

11:30 a.m.-1:00 p.m., Country View Golf Course, 240 W. Belt Line Rd., Lancaster. Contact Dee Ann Ellis at deeannellis@sbcglobal.net or (972) 921-6221.

Second Thursdays

Cocktails and Canvas:

Ellis County Art Association's painting social. Limited enrollment. \$40 cost. BYOB, but all art supplies provided. ECAA,

113 W. Franklin. For more details, call (972) 937-3414.

Second Saturdays

Red Oak Opry:

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

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|------------------------|--|------------------|
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| ✓ Autoimmune diseases | ✓ Bone marrow disorders | ✓ Tumors |
| ✓ Vitamin deficiencies | ✓ Certain prescription medications | ✓ Infections |
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| ✓ Underactive thyroid | ✓ Wearing a cast or using crutches | |

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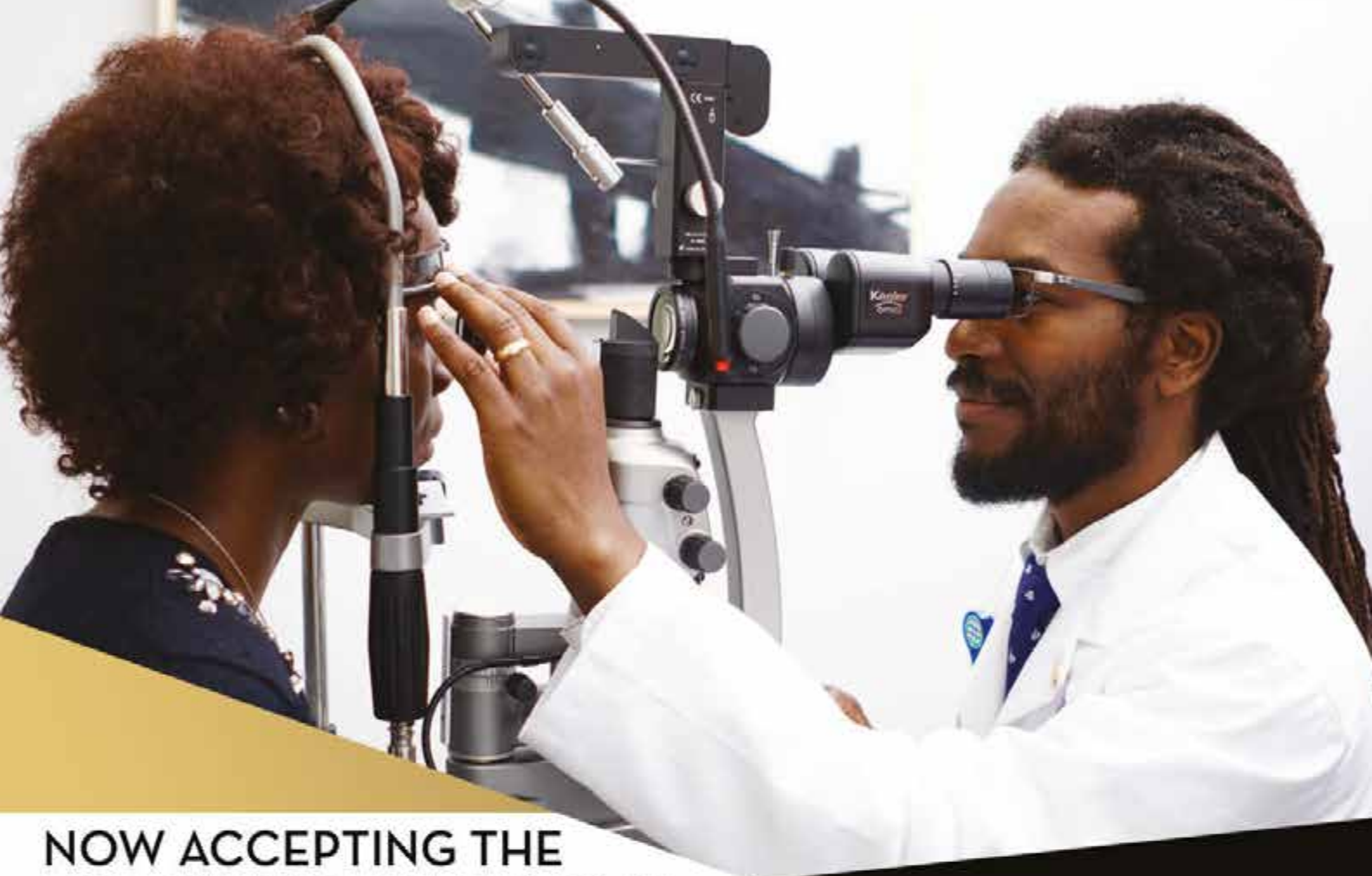
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Easy

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Medium

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