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FEBRUARY 2023



For Her Name's Sake

Teen Jancal Elegbe is ahead of her time

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Scavenger Hunt

Featured Business:
Red Oak Chiropractic & Therapy

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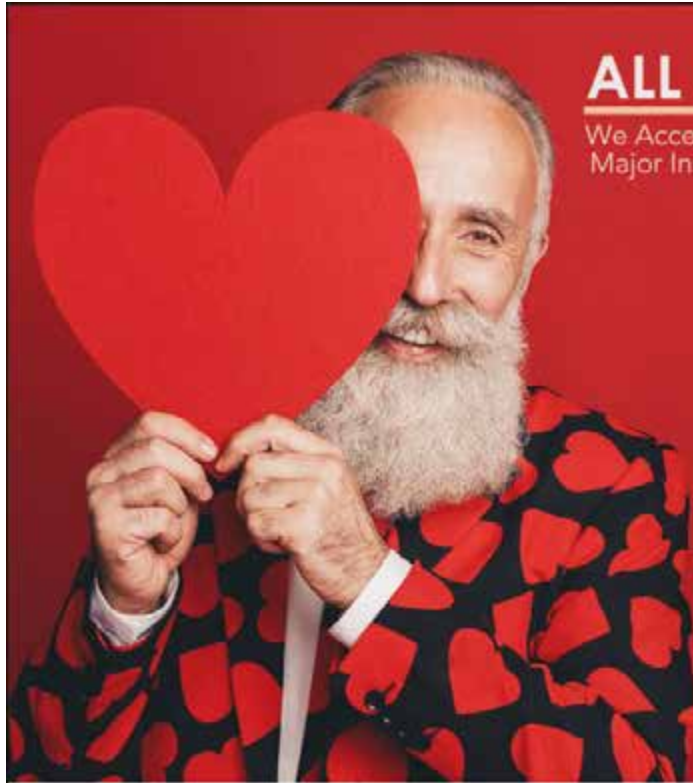
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- Feb. 16 – NTX Food Bank Food Pantry
- Feb. 17 – Board Candidate Filing Deadline
- Feb. 20 – Presidents Day (No School)
- Feb. 27 – ROISD School Board Meeting
- March – Texas History, Music in Schools, Youth Art, and Women's History Month
- Mar. 2 – Read Across America Day
- Mar. 4 – Education Foundation's Handbags for Hawks
- Mar. 12 – Daylight Savings Begins
- Mar. 13-17 – Spring Break
- Mar. 27 – ROISD School Board Meeting

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ON THE COVER



Red Oak High School senior, Janai Elegbe, is not your ordinary 16-year-old.

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EDITOR'S NOTE

Be mine?

St. Valentine — widely considered the patron saint of Valentine's Day — has a convoluted history. He *may* have been one of several saints named Valentine who died on February 14, none of whom seemed to be overly romantic (based on what little is known about them).

Medieval legends credit one St. Valentine with performing Christian marriages of soldiers even when their marriage was banned, then being jailed for his crimes. Enamored with his jailer's daughter, notes he passed from his cell were purportedly signed, "from your Valentine." Another St. Valentine is said to have fallen in love with a blind girl whom he had healed, only to be beheaded for evangelizing around that and other miracles. Churches around Europe were said to be in possession of physical remnants of at least one St. Valentine (most notably, his head), with some claiming those body parts could cure illness and prevent fires, but not, interestingly enough, heal broken hearts.

Some scholars suggest our modern-day Valentine recognition has roots in the ancient Roman celebration of Lupercalia, recognized in mid-February. While religious leaders purportedly renounced the rowdy festival, there's no evidence they replaced it with events featuring romantic, candlelit dinners. Some historians believe the love connection (so to speak) is more likely linked to author Geoffrey Chaucer, who wrote of lovebirds mating in early spring, prompting the English to pen their own love notes this month — and, eventually, resulting in the card and candy-fueled day we now know.

I should note, the third-century Roman St. Valentine was, weirdly, the patron saint of asthma and bees. Considering how allergic reactions — like love — can make you short of breath and weak in the knees, perhaps he is the real saint of this holiday after all.

Bee mine!



Angel

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FOR HER NAME'S SAKE

— By Angel Morris



While many 16-year-olds are focused on getting their driver's license and finding their first job, Janai Elegbe has already been accepted to Baylor University, where she plans to major in biology in hopes of pursuing a neurology career. Education and philanthropy are priorities she plans to live up to.

"My parents are originally from Dominica and Nigeria. For my 16th birthday last May, I asked for white boards and other school supplies to bring down to Shirley Castle Primary School in Jamaica," Janai noted. "We went over the summer, repainted the school, then gave out the supplies to the children, and they were extremely happy. Here in the States, white boards are normal to have, but for those children, it is a privilege to own one. I wanted to be able to help these children excel in their education with better supplies."

Janai knows furthering her education will help her help others. The Red Oak High School senior started school in Arkansas, then attended private school in Ovilla when her family moved to the area six years ago. She attended Red Oak Middle School before entering ROHS.

Part of Student Council and HOSA-Future Health Professionals for four years, holding the HOSA parliamentarian position this year, Janai is also a Hawk Ambassador — a group helping promote school activities and events. As a National Honor Society member, she volunteers with North Ellis Country Food Distribution and Concessions stands. "Working directly to help people is my favorite part," Janai explained.

That passion sparked Janai's interest in the National Student Leadership Conference at The University of Texas at Austin last year. "I saw an ad for their health camp, and my parents agreed it was a good idea. I loved everything about it, but my favorite was the emergency situation simulator, where we had to apply all knowledge we had gained over the week and assess a mass causality accident with our team leaders as great actors," Janai enthused.

"The room was chaos at first, but then we calmed down and chose a victim to assess. We gave CPR and first aid care where needed, fought over a neck brace for our victim and even transported our victim to safety with a makeshift ambulance," Janai continued.

Dissections of a sheep heart and cow eye intrigued Janai, as well. "I also really enjoyed visiting the Ascension Clinic, where we learned phlebotomy, sutures, intubation of a patient, delivering a baby and taking vital signs. Then the relationships I made with the attendees and team leaders were amazing."

NSLC team leaders are either medicine students or already practicing in the health care field. "They told

us the realities of being in the premed track, and the pros and cons of being different kinds of doctors. Plus, we had other established doctors who gave us a raw description of almost all health professions, which opened my mind to a few more specialties instead of just neurology,” Janai admitted.

Inspired by those she met at the camp, Janai hopes to someday return as a team leader herself. “Emma Grouper, one of the conference team leaders, really inspired me. She’s an EMT and furthering her education in university, but still knows how to have fun with everyone anywhere and anytime.”

Those who know Janai now might be surprised to learn she wasn’t always as willing to try new things. “When I was younger, I used to be terrified of public speaking and didn’t like people looking at me in fear of judgment. After my parents forced me into theater and I enjoyed it, public speaking came easier to me. Now I have no problem speaking in front of students at pep rallies.”

When she’s not hyping pep rally crowds, Janai’s other interests include dance, music, anime and time with friends. She enjoys travel, trying new foods, writing poetry and researching new topics. Last but not least, she looks forward to 3:30 p.m. tennis time. “I am on the varsity tennis team, and I have been the captain for the past three years. I enjoy afternoons playing with the entire team and coach because everyone is so lively and excited,” Janai said.

While her early college acceptance is a point of pride, Janai is also honored to have been named a National African American Scholar, and she appreciates the support of her family — mom Jilly, dad Olugbemi and brother Gerard — in all she does. “They encourage me to do more and try new things, like playing the piano,” Janai noted.

With her triple citizenship in the U.S., Dominica and Nigeria, Janai looks forward to someday reaching that many more people with outreach efforts, whether that is through a career in medicine or volunteerism. It seems her parents named her well. “My first name is actually Ibukunoluwa. Ibukun means blessings and Oluwa means God in Yoruba,” Janai described. “Blessing from God is a great name to live up to.” **NOW**



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LET'S HAVE A SUPER PARTY

— By Bill Smith

If you are a die-hard football fan, then the Super Bowl is all about watching the game. If you are a casual football fan, but really enjoy viewing your local or regional team, and they make it to the Super Bowl, you want to watch the game. But even if you are not really into the game, you might still enjoy the commercials that Madison Avenue develops, and the advertisers pay serious money to have them aired during the big contest. Still not a fan? The halftime show is just for you!

Whatever category you fall into, hosting a Super Bowl party can be a lot of fun for both the hosts and the guests. If it is your turn to put on the party, here are four focus areas that can make your party a hit with apparel, decorations, games and food!

There are a couple of ways to go with apparel. Rather than your invitation saying “casual dress,” why not say “football related attire”? Most of your guests will arrive wearing the jersey of their favorite team, but some might get creative and come as cheerleaders, referees or play-by-play commentators. These days, most invitations are sent by email, and it would be easy to offer some subtle hints by attaching pictures of some alternatives. Or you could offer, “optional dress, come representing your favorite Super Bowl commercial.” Imagination takes over, and someone shows up as a Pepsi can or a Budweiser Clydesdale!

Decorate the space for the party with balloons, paper lanterns, streamers, pom-poms and other party decor in the teams’ colors. Paper plates and plastic cups are fine for this casual affair, and your local party supply or big-box store will probably have them in team colors. You can probably find a green tablecloth marked with yard lines to look like a football field. If you have some green cloth, you can make your own yard lines with a simple piece of white chalk. Goal posts are simple to make with a few straws, a hot glue gun and a couple of squares of Styrofoam to support them. Use a big water cooler (the kind they use at the end of the game to dump Gatorade on the winning coach) for holding punch,

and maybe a bucket of ice decorated with streamers to hold other canned or bottled beverages.

Some guests will be too far into the game to want to participate in other games, but others may want some side action. An inexpensive football board that pays a dividend on the score at the end of each quarter may actually spark some additional interest in the game. Some other games can be played before the big game comes on and during half time. Challenge your friends to a football trivia contest, and award a simple prize to the winner. Change it up a little by having a Super Bowl commercial trivia contest! A 1992 Nike ad showed Michael Jordan playing hoops with what cartoon character? (Bugs Bunny!) Another idea for the commercial lovers is charades, but all of the clues are acting out a Super Bowl commercial from prior years, and the opponent tries to guess what product is being advertised. If you can take the games outdoors, bean bag toss is popular, and if you have time to make the bean bags in the shape of footballs, even better. Smaller children could even have a variation of the game indoors, using a green felt “football field” with a large round or square design to land the fleece football on. Kids love LEGOs, so you could have them make goal posts with the LEGOs and use them either on a table or on the floor with paper triangle “footballs.” (Warning — the dads may take over this game!)

Finger foods rule at a Super Bowl party, and guests are often more than happy to bring simple things like chips and dip. Staying with the football theme as the host, you might want to have a “concession stand” with food like your guests would find if they were at the stadium — corn dogs, fries and popcorn. If Buffalo is in the big game, Buffalo wings might be in order. If it’s Kansas City, how about barbecue? Serve Tex-Mex if Dallas is playing. Philadelphia would lead us to cheesesteak! You get the idea.

Just remember, it’s not whether your team wins or loses, it’s just about how much fun we have. Now get ready for the kickoff! **NOW**

Sources:

1. <https://play.howstuffworks.com/quiz/super-bowl-commercials-quiz>.
2. <https://www.goodhousekeeping.com/life/g4953/super-bowl-party-games/>.
3. <https://www.tasteofhome.com/collection/super-bowl-party-food-ideas/>.





BusinessNOW

Red Oak Chiropractic & Therapy

— By Angel Morris

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 Friday: 8:00 a.m.-noon

At Valentine’s Day and beyond, the team at Red Oak Chiropractic plans to improve their existing atmosphere in which patients feel loved, cared for and where they can begin to recover from any pain they are facing. “We use



modern technology and techniques to identify the source of a patient’s problem,” Dr. Brenda Ross explained. “We then provide customized chiropractic care, so that you can live your best life.”

Using general chiropractic care, Red Oak Chiropractic & Therapy specializes in family wellness, sports injuries and automobile injuries. Free consultations, up to 20 minutes with their doctor, allow potential clients to determine if the office is a good fit for them. “Our doctors find what is working, what is not and what needs to be done. They tailor the treatment to each patient’s unique, individual needs,” Charla Aguilar, who welcomes patients at the front desk, stated. At Red Oak Chiropractic, they prefer using gentle chiropractic adjustments, manual therapies and rehab exercises to get results as opposed to the use of opioids.

The clinic has just recently introduced low-level laser therapy that helps increase the speed of healing for patients. The massage therapist has been trained at Parker Chiropractic University and understands what the chiropractic doctors are trying to accomplish with patients. This allows for a

more comprehensive care plan to help achieve the patient's goals.

This kind of care helps people return to both a better physical and emotional state. "When people are in pain, they introvert. They lash out. Let's face it, when you don't feel good, most people are not nice. We get to see patients become happier people again as they become pain-free," Charla noted, as they see this often.



"Our doctors find what is working, what is not and what needs to be done. They tailor the treatment to each patient's unique, individual needs."

Red Oak Chiropractic & Therapy opened in 2007 treating the residents of North Ellis County for 15 years. The practice is an active member of the Red Oak Chamber of Commerce, and their practicing doctors are members of the American Chiropractic Association, as well as the Texas Chiropractic Association.

The clinic also helps to mentor future chiropractors working with school interns and recent graduates of Parker Chiropractic University. Caring for the community, they offer free massage events to businesses and organizations who want to show appreciation to employees, customers or club members. Call the clinic for more details.

Red Oak Chiropractic takes appointments via texting or calling, and flexible hours are available by request to fit a patient's schedule. The practice currently accepts the following insurance: Aetna Group Health, Medicare, Blue Cross Blue Shield and United Healthcare. "We are not limited to those plans only. We'll contact a patient's insurance for them and call them back to explain their benefits, so they know how much will be covered prior to the patient's treatment," explained Brandie Wyatt, the office insurance specialist. "Health insurance is challenging, but we work hard to make it work." Payments can also be made by cash, major credit or debit cards and check.

Ultimately, all the team members of Red Oak Chiropractic love what they do. They assist those in the community with the motto: "It's all about helping others to live their best life." **NOW**



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Glenn Heights Mayor Sonja A. Brown and Mayor Pro-Tem Emma Ipaye share a proclamation from the House of Representatives at the ribbon cutting of the new City Center.

Zoomed In:
Kaley Luce

By Angel Morris

Kaley Luce joined Girl Scouts as a Daisy in 2021 when mom, Kim, became a Scout Leader. “My mom was a Girl Scout as a little girl. I joined because Girl Scouts are nice and help people,” Kaley, who is now a Brownie Scout, explained.

Kaley enjoys Scouting activities. “I like cookie sales because we earn money for our troop and cool prizes and experiences. Last year, I got to spend the night at the mall,” she reflected. “I’ve gone to Girl Scout Day Camp, Medieval Times, toured the Red Oak Police Station and participated in the Girl Scout Grand Prix, races using wooden cars built by Girl Scouts. My car won second place overall out of all Girl Scouts that competed in Northeast Texas Council!”



Brooke Robinson shows off a valentine tee from The Rockin Gypsy boutique.



Red Oak BSA Troop 652 assists with a fellow Scout’s Eagle project, raising bat houses in Red Oak’s Bear Creek Nature Preserve.



Elizabeth and Chris Basques, founders of Novelty Detailing in Red Oak, attend a local vendor showcase to help them grow their business.



Brothers Garrett and Jackson Wheeler enjoy a Bricks 4 Kidz Winter Break Camp.



Christina and Steve Jones experience the ice exhibit at the Gaylord Texan Resort.



Red Oak Drug's new owner, April Powell, celebrates a ribbon cutting with the Chamber of Commerce.

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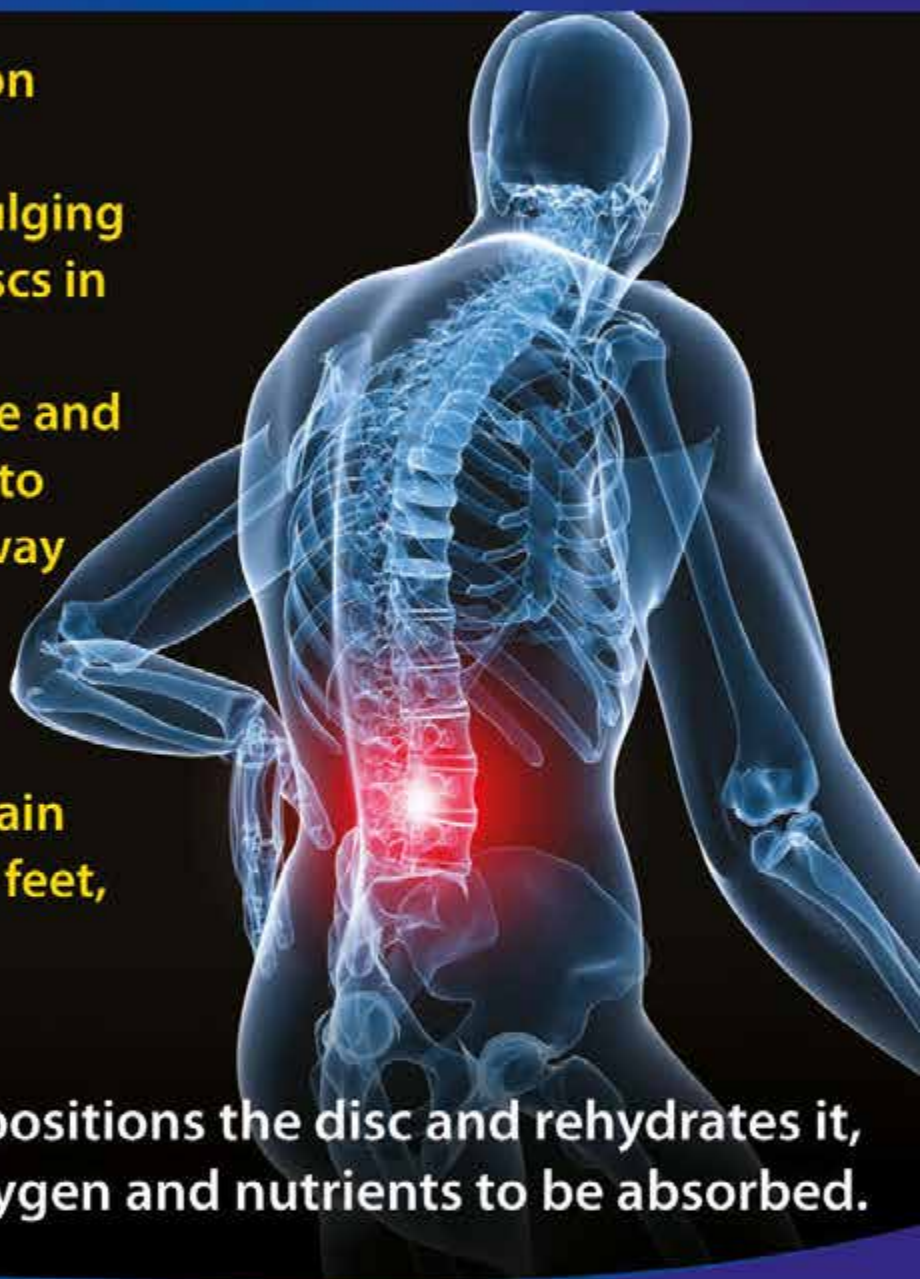
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(not counting the one above).

Email the page numbers and
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To ensure your Scavenger
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One entry per person.



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Winner must pick up prize
within 30 days of drawing.

Snowmen were found
on pages 6, 7, 15, 19,
Back Cover

January winner is:
Naomi Mathes - \$50 Cash
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CookingNOW

In the Kitchen With

TY SHERRELL

— By Angel Morris

A disastrous Valentine's Day dinner that ended in flames — literally — led to Ty Sherrell becoming so good at cooking that he now teaches others how. "Thank God my then-fiancée, now wife, Khristy, stuck with me. She bought me a smoker and made me face my fear of failure," Ty said.

A Midlothian resident who grew up in Red Oak, Ty just wanted to make good family meals. "I knew that in order to do so, I'd have to put in the work. I was ready. I put in the work. And, hey! Now I can cook."

Today, through Texas Brew and Barbecue, Ty offers lessons to others. "I'm proof you can get better by not quitting. That's the hidden beauty of cooking barbecue — trial and error means lots of eating!" NOW

Marry Me Chicken

3 large boneless and skinless chicken breasts, sliced into thin cutlets
1/2 tsp. salt, plus more to taste
1/4 tsp. ground black pepper, plus more to taste
6 Tbsp. all-purpose flour
2 Tbsp. olive oil
2 Tbsp. butter
3 cloves garlic, minced
1 cup chicken stock

1 cup heavy cream
1/2 cup Parmesan cheese, grated
1 tsp. chili flakes
1/4 tsp. thyme
1/4 tsp. oregano
1/3 cup sundried tomatoes, chopped
1 Tbsp. fresh basil leaves, chopped

1. Season the chicken with 1/2 tsp. salt and 1/4 tsp. pepper; dredge the chicken in the flour. Shake off any excess.
2. In a large skillet, heat the olive oil and

melt the butter on medium heat. Swirl the pan to coat evenly with the oil and butter.

3. Brown the chicken for 4-5 minutes on each side, or until golden brown and cooked through. (Do not overcrowd; work in batches if needed.) Transfer onto a plate, cover and set aside.

4. Sauté the garlic for 1 minute, or until it's fragrant. Add the chicken stock; deglaze the pan, scraping any bits stuck to the bottom of the pan with a wooden spoon.

5. Adjust heat to medium-low. Add the heavy cream and Parmesan cheese to the skillet. Allow the sauce to simmer a couple of minutes, then season with chili flakes, thyme and oregano.

6. Season with salt and pepper to taste; add the tomatoes. Put the chicken back in the sauce; simmer and thicken a few more minutes. Garnish with basil leaves; serve warm over pasta or rice.

Twisted Mac

1 lb. ground round, cooked
1 10-oz. can Ro-Tel (mild)

- 1 lb. hot breakfast sausage
- 1 10.5-oz. can cream of mushroom soup
- 1 32-oz. block Velveeta, sliced
- 1 small block smoked gouda, sliced
- 1 Tbsp. barbecue rub, or to taste
- 1 16-oz. pkg. twisted pasta noodles, boiled al dente and drained

1. Preheat a smoker to 350 F; combine the first 7 ingredients in an aluminum half pan.
2. Place on the smoker for about 30-35 minutes, or until all the cheese has melted, stirring every 10-15 minutes.
3. Put the pasta noodles in a skillet; stir in the cheese mixture until all the noodles are covered. Serve warm and save extra for dipping sauce.

Hot 'N' Fast Pulled Pork

1 rub, 5 hours and a whole lot of yum!

- 1 pork shoulder or Boston butt
- Mustard, to taste
- Barbecue rub, to taste (or salt and pepper, to taste)
- Brown sugar, to taste
- 6-8 pats of butter
- Honey, to taste
- 1 pkg. potato buns
- Barbecue sauce, to taste

1. Preheat a smoker to 350 F. Trim some of the fat cap off the pork shoulder; rub down in mustard for a binder. (You won't taste the mustard).
2. Cover liberally with barbecue rub or salt and pepper; let sit out for about 10 minutes, until the pork starts to sweat and the rub adheres to the meat.
3. Place on the smoker; let it cook until it reaches 165 F internally. Then, place it in an aluminum half pan; cover with brown sugar, butter and honey over the top.
4. Cover with foil; place back on smoker until it reaches 205 F internally. Pull out of the smoker; let it rest for about 1 hour.
5. Remove the foil; shred and place atop potato buns, adding barbecue sauce.

To search for more great recipes from any of the 9 NOW Magazines publications, visit www.nowmagazines.com.

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"I have been playing the scavenger game for awhile and was surprised to win. What a blessing right here at Christmas time." - Toni Sparks

Happy Valentine's Day

FEBRUARY

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.

2/4

Men's Axe Throw and BBQ:

Join Ovilla Road Baptist Church men. \$30/person. 18 years and up. Cost includes a long sleeve T-shirt. 11:00 a.m.-3:00 p.m., Shadow Creek Pumpkin Farm, 1530 Indian Creek Dr. Contact Brandon McMahon at bmcMahon@orb.org.

2/11

Dancing With the Ellis County Stars:

Six pair of dancers compete for the Mirror Ball Trophy. Support your favorite couple by voting as many times as you like at \$5/vote up until the night of the event. Benefits Texas Baptist Home for Children.

<https://event.gives/dwtccs?srh=Dancing+with+the+Ellis+County+Stars>. 6:00-10:00 p.m., Waxahachie Civic Center, 2000 Civic Center Ln., Waxahachie.

Third Mondays

Book Club:

New members always welcome. 6:30-8:00 p.m., Red Oak Library, 200 Lakeview Pkwy. redoakbookclub@gmail.com.

Tuesdays and Thursdays

Ellis Christian Women's Job Corps' Spring Classes:

Free courses include computer training, résumé writing, interviewing and more. Classes run through April 27, **Tuesday**-

Thursday: 8:00 a.m.- 12:30 p.m., and **Tuesdays and Thursdays:** 6:00-9:00 p.m., 100 Chamber Circle, Ste. 1008, Waxahachie. <http://elliscwjc.life/> or Lauri Henderson, (972) 937-6620.

Third Wednesdays

Lancaster Women's Connection:

Welcoming Christian women in Ellis County. Cost: \$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.

Wednesdays and Thursdays

Senior Citizen Center of Red Oak:

Coffee, juice and donuts each morning, as well as a sponsored lunch on first-third Thursdays and a potluck on fourth Thursdays. Games, puzzles, bingo and informative guest speakers. 8:30 a.m.-1:00 p.m., 207 W. Red Oak Rd. Call (469) 218-1217.

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



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