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M A G A Z I N E

JUNE 2021

Full STEM Ahead

Irene Chomicki
inspires through a
career change

Also inside:

Scavenger Hunt

Crossword/Sudoku

Featured Business:

Red Oak Chiropractic & Therapy

In the Kitchen With
Pablo Esparza

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ON THE COVER

Irene Chomicki helps area youth build on their dreams.

Photo by
Shane Kirkpatrick.

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EDITOR'S NOTE



Angel

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Sunrise!

I was today years old when I discovered what the June solstice is, and that it marks the first day of summer here in the Northern Hemisphere. This year, it occurs on June 20, "when Earth arrives at the point in its orbit where the North Pole is at its maximum tilt toward the sun," according to almanac.com. What that means for us, is the longest day and shortest night of the year.

Granted, there are still just 24 hours in the day, but more of them are filled with sunlight. While it's technically the same amount of time, it may feel like more hours because sunset takes longer. This official start of summer screams, "Great excuse for a party!" and I'm planning ways to celebrate the solstice.

Some research informed me that many folks take advantage of in-person or virtual tours of Stonehenge for this holiday. One theory surrounding England's prehistoric monument is that the stones were aligned specifically to mark solstices, and that this day's sun rises perfectly through the Heel Stone. I may take a look online, but, more importantly, I want to find a beautiful spot to watch a sunrise nearby.

A bit more Googling introduced me to June's "full strawberry moon," a time when some indulged in the first fruit crop of the season. In that vein, a cookout ending in strawberries and cream seems a simple way to further mark the solstice, and maybe some firefly watching by a bonfire is a perfect end to the longest day. (Perhaps a nap can be had somewhere in between. The day is longer, after all!) Whether you celebrate or not, may it be a full day of summer's sunshine on you.

Sunset!

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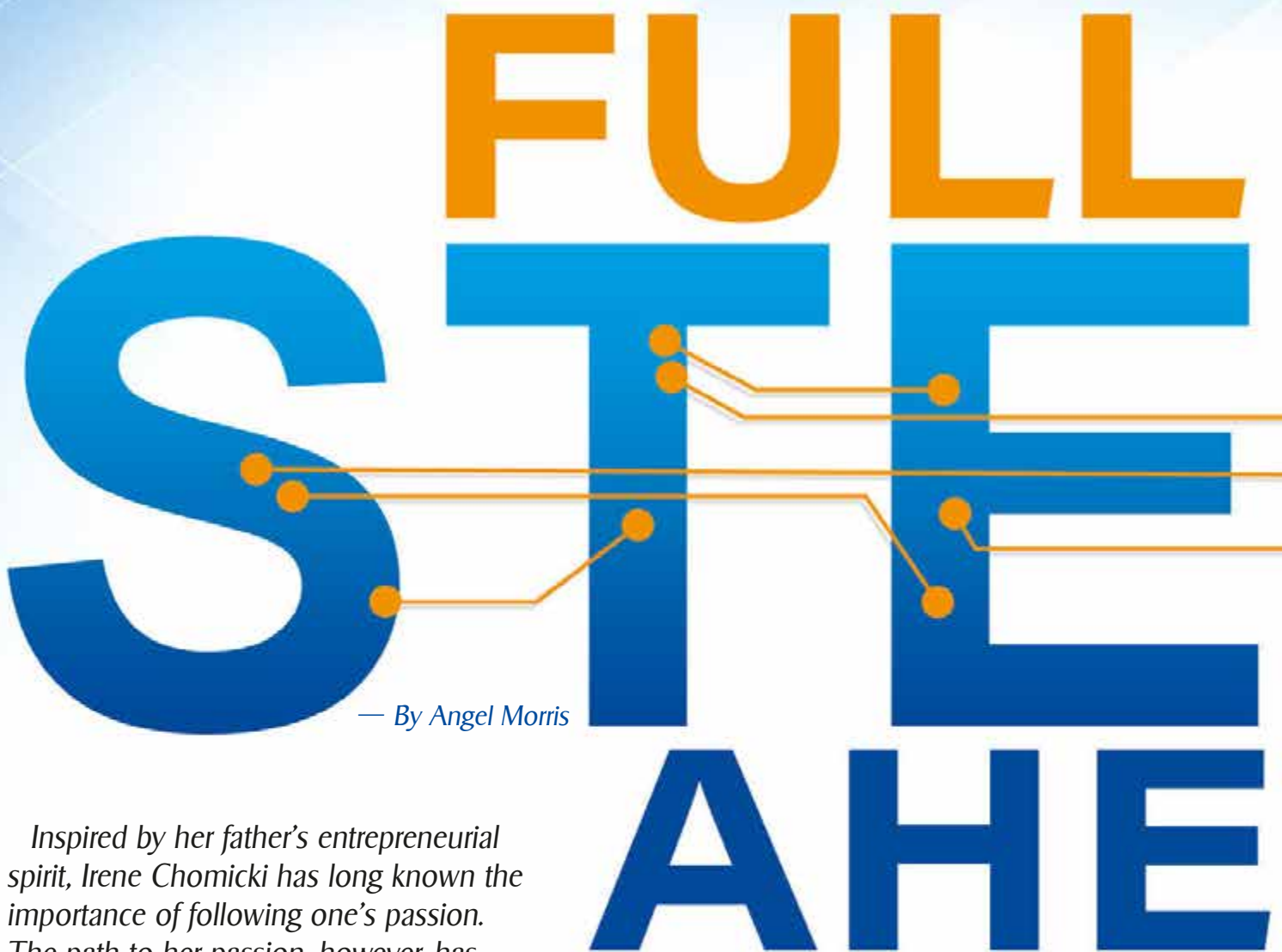


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FULL STEEL AHEAD

— By Angel Morris

Inspired by her father's entrepreneurial spirit, Irene Chomicki has long known the importance of following one's passion. The path to her passion, however, has been a winding one. "My parents owned an A&W Drive Inn franchise in Pampa, Texas, for over 20 years, and I grew up working with my dad, who was my hero," Irene recounted.

In 1980, Irene graduated with a music education degree, *magna cum laude*, from the University of North Texas (then known as North Texas State University). Disliking her student-teaching experience and not having confidence in her piano-playing ability, she went on to take multiple computer science courses.

Before finishing enough credits to complete a computer science degree, however, Irene landed a computer science job in downtown Dallas. "As a result, I was a systems analyst/computer programmer for 15 years," she explained. "God led me to the STEM (Science, Technology, Engineering and Math) field at the age of 22. I finally found my true passion!"

Ultimately, Irene's analytical skill would partner with her creative side to form her perfect career. There were still some winding roads to travel before that day, however. "I met and married my husband in Colorado later in life, in my late 30s. We had two sons, and I stayed home and homeschooled them," she recollected.

After moving to Waxahachie in 2007, Irene became a 4-H club manager and started the All-4-Him 4-H club, leading it for five years. "During those years, I learned about and created the 3 Ps: Projects, Passion and Profession. I saw the correlation between children working on their 4-H projects and discovering or developing their passion, potentially leading them to their profession!"

Today, Irene's mission is to give every child in Ellis County the opportunity to learn STEM in a creative way, using LEGO® bricks, to help them find their passion as soon as possible in life. "It is an honor and a privilege to be affecting the next generation by teaching and encouraging them to grow in creativity, problem-solving and teamwork," Irene admitted.

MAD

"It is an honor and a privilege to be affecting the next generation by teaching and encouraging them to grow in creativity, problem-solving and teamwork."





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While the U.S. was a longtime leader in STEM fields, a decrease in student interest in these areas prompted concern. As a result, renewed efforts to educate and encourage youth toward these disciplines began. STEM curriculum integrates science, technology, engineering and math into cohesive lessons rather than teaching each separately.

The goal of such programs is to involve students in real-world applications that will move American students from middle-of-the-road to head-of-the-pack in the STEM arena. “STEM-based careers are great professions to pursue, and it’s awesome to have a job where you do something that you are good at and that you like!” Irene said.

STEM fields and professions include engineering, network security analysts, medical professionals, computer-generated imagery (CGI) coders, artificial intelligence (AI) coders, educators, programmers (app developers), DevOps professionals, internet of things (IoT) professionals, robotics and more. “My current career has changed my life in so many ways: from trusting God more to finding satisfaction in my work by helping children discover their brilliance in STEM at an early age!” Irene enthused.

Irene promotes STEM learning in Red Oak and around Ellis County through summer camps, after-school classes, preschool classes and the like. “My kids start by learning and interacting with a PowerPoint presentation. Next, they get to build a LEGO® model with a partner, strengthening their communication

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and teamwork skills. They share the experience by alternating the roles of 'finder' and 'builder.'" Irene outlined.

"Lastly, they get to be creative and imaginative by making modifications to their models or by creating new models of their own. The kids' most popular model builds are the Technic models where motors, gears, axles, cams and remote controls enable them to create motorized models that move!"

Other skills Irene promotes include organization, problem solving and analytical and critical thinking skills.

"Also, fine motor skills get reinforced, as do their perseverance and patience skills," Irene explained.

When not pouring her knowledge into area youth, Irene enjoys exercising, eating healthy and weekly coffee dates, all with her husband of 27 years. "I would also say my favorite hobby is studying the Bible and attending church," Irene, who is a member of The Avenue Church in Waxahachie, admitted. She also serves on the Associate Nursing Degree Advisory Committee at Navarro College, where she partners with student nurses who assist her with summer camps to receive their on-site observations for pediatric courses.

For those who may want to pursue STEM or other new careers, even later in life, Irene has this advice: "I would say follow your heart, listening to the still, small voice within you to lead you to where you need to be, whatever that may be, even if it is different than your educational background!" **NOW**

Editor's Note: For more information, visit www.bricks4kidz.com/texas-elliscounty/.

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Zoomed In: Brad Norman

By Angel Morris

Now six months in office, Ellis County Sheriff Brad Norman recently outlined his goals at a Red Oak Chamber Luncheon. Brad joked that his was the “longest political campaign in history” because of delays caused by the pandemic. “I am thrilled to be your sheriff, and I want to hear the views and concerns of the people,” Brad said, noting his cell number is on his Facebook page.

Responsible for the largest department in the county, Brad oversees more than 250 employees and a \$20 million budget. Improving mental health services and stopping child sex trafficking are two of his top goals. “I hope to create a task force to stop people who are targeting our children,” he said, “and have every deputy attend a mental health peace officer course to help those in crisis.”



Representatives of Red Oak Chamber of Commerce support the Ellis County Market.



Members of Ovilla United Methodist Church share drive-through prayer several mornings each week at the city’s downtown bridge.



Shields Elementary celebrates School Lunch Hero Day with its nutrition workers.



Jaime Eagleson, Britney Gest and Shanna Dunn attend a ribbon cutting for Pete’s Tire and Automotive.



Red Oak High School senior, Aujanee Phillips, celebrates her acceptance to Sam Houston State University at the district's academic signing day.



Jasmine Brown, of Jasmine Nails & Spa, supports fellow small business owner Lisa Justice by ordering a healthy waffle at 342 Nutrition in Red Oak.



Chris Womack proudly serves as Night Shift Patrol Supervisor with Glenn Heights Police Department.



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— By Virginia Riddle

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Red Oak Chiropractic uses general chiropractic care, specializing in family wellness, sports injuries and automobile injuries. The practice offers free consultations, so people can find out if the office is a good fit for them. "We tailor treatment to each patient's unique, individual needs," she stated. "The use of opioids to treat pain is overused. We prefer using gentle chiropractic adjustments, manual therapies and rehab exercises to get results.

"When people are in pain, they introvert — they lash out. We get to see patients become happier people again as they become pain free." Appointments can be made texting or

calling, and flexible hours are available upon request to fit a patient's schedule. "We limit a patient's wait time because we respect people's time," Dr. Ross said. "My staff and I practice the Golden Rule."


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," Dr. Ross explained. "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.

The practice opened in 2007. Dr. Ross began as an associate with Red Oak Chiropractic & Therapy in 2012 and purchased the practice in 2015. "I became a chiropractor to help people. It's such a joy helping people become healthy and happy again."

A native of New York, Dr. Ross attended Parker University here in Dallas, graduating in 1996 to become a chiropractor. During this time, she did extra studies in neurology and functional medicine, which has benefited her patients. "Chiropractic care lines up with my life's purpose," Dr. Ross reflected. "I prayed about coming to Texas and making so many changes in my life. I finally listened and followed where I was being led. After making the decision, things just fell into place. It was naturally right."

Married to Ken Ross, the couple enjoys traveling, history and the theater. "We also raise our two bulldogs, one of which just got her AKC Championship," Dr. Ross said.

The practice is a member of the Red Oak Chamber of Commerce, the American Chiropractic Association and the Texas Chiropractic Association. Dr. Ross is a former president and lifetime member of Parker University Alumni and Friends Association. She mentors interns and recent graduates from her alma mater. Dr. Ross concluded, "It's all about helping others to live their best life." **NOW**



Dr. Eddy Buhr Dr. Brenda Ross

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A photograph of Pablo Esparza, a man with grey hair and a mustache, wearing a blue button-down shirt. He is smiling and holding a white plate with food, including a grilled chicken breast, rice, beans, and vegetables. The background shows a brick wall and some greenery.

CookingNOW

In the Kitchen With

PABLO ESPARZA

— By Melissa Rawlins

Both healthy and delicious, Nopalitos con Cilantro (cactus and cilantro) is Pablo Esparza's preferred dish to prepare and eat. Most of his time is now invested in writing movie scripts, and he just finished his first book, *The Journey of An Immigrant*. Since 1977, Pablo has been cooking in restaurants as varied as The Black-eye Pea, Brennan's French Cuisine and the local favorite, Amaya's.

From his wife, Pablo learned the joy of 100-percent fresh cooking, with no canned ingredients. And over his lifetime of serving others, Pablo has learned to savor a dessert after dinner with his coffee. "My goal is to enjoy that part of the day that, to me, is sacred," Pablo said. "Life is mysterious and uncertain. Why not enjoy that special moment?" **NOW**

Spicy Chicken Breast

Makes one portion.

6 oz. grilled chicken breast
2 oz. sour cream
1 oz. tomatillo salsa
1 oz. cheddar cheese
4 oz. charro beans
4 oz. Mexican rice
1 leaf romaine lettuce

2 oz. pico de gallo

1. For best results, marinate the chicken breast overnight with your favorite marinade ingredients.
2. Grill the chicken breast to taste, until it reaches a nice brown color and is cooked all the way. Use your own spices.
3. On a large china plate, place the sour cream, tomatillo salsa and cheddar cheese,

making a bed. Place the chicken breast, cut in small strips, on top of the salsa. On the side, add the charro beans and Mexican rice.
4. Garnish the plate with a small leaf of romaine lettuce filled with pico de gallo.

Mexican Rice

Serves 10.

1/2 gal. water
3 cups bell pepper, diced
1 cup yellow onions, diced
3 cups fresh tomatoes, diced
1 tsp. fresh garlic, diced
1 tsp. cumin, ground
1 tsp. white pepper
2 Tbsp. salt
1 tsp. chicken base
1/2 gal. vegetable oil
1/2 gal. long grain rice
1 cup tomato puree
1 cup green peas (optional)
1 cup carrots, diced (optional)
1 cup kernel corn (optional)

1. In a large cooking pot, combine the water, bell pepper, onions and tomatoes. Add the garlic and spices; mix well. Let cook for 30 minutes.
2. In a separate cooking pot, heat the vegetable oil. After it has reached 350 F, add the rice; fry it for 3 to 4 minutes. Using a serving spoon, keep stirring constantly until golden brown.
3. Strain the rice from the oil; add it to the vegetable mixture. Add the tomato puree. Cover the pot with a lid; let simmer for 20 minutes on low heat.
4. Remove the lid. If rice still looks wet, cook for 5 more minutes.
5. Place the cooked rice in a separate container, or leave it in the pot; serve hot. If you like a colorful rice, you can add green peas and diced carrots or kernel corn.

Nopalitos con Puerco **(Cactus and Pork)**

- 1 lb. center-cut pork chops, cut into small pieces**
- 4 Tbsp. vegetable oil (optional)**
- 4 oz. tomatoes**
- 3 oz. onions**
- 1 oz. cilantro**
- 1 fresh jalapeño, finely diced**
- 1 Tbsp. granulated garlic**
- 1 tsp. salt**
- 1 tsp. black pepper**
- 1 30-oz. bottle Doña María Nopalitos Tender Cactus**

1. In a cooking pan, add the pork. Fry it in its own juice/grease. Add a little oil, if desired. Fry until it reaches a brown color.
2. Add the tomatoes, onions, cilantro, jalapeño and spices; cook for 2 minutes.
3. Nopalitos can be found at any Mexican grocery store or Wal-Mart. Pour the cactus into a colander. Rinse with cold water for 1 minute to take some of the salt out. Let drain for 5 minutes; add to the pork. Cook for 3 minutes.

Southwest Salad

- 8 cups mixed leaf and iceberg lettuce**
- 1/2 cup regular or cherry tomatoes**
- 1/2 cup fresh cucumber, diced**
- 1/4 cup cheddar and Monterrey cheese, grated**
- 1/4 cup raisins**
- 1/4 cup sliced almonds**

1. Rinse and dry the lettuce.
2. Mix the remaining ingredients; gently toss together with the lettuce.
3. Cover with plastic wrap and store in the refrigerator up to 24 hours before serving.

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Spicy Chicken Breast

1/2 cup tomatoes, diced
1 cup apples, peeled and diced
1/2 cup cucumber, peeled and diced
2 cups imitation crabmeat
1 tsp. orange juice
Lime wedges, to taste

- 1.** In a large mixing bowl, mix together the mayonnaise with sour cream, chives, lime juice and seasonings.
- 2.** Add into the bowl lettuce or cabbage. Toss well with tomatoes, apples, cucumbers and crabmeat until the dressing coats the vegetables.
- 3.** Garnish with orange juice and lime wedges.
- 4.** Shrimp salad can also be made the same way. Make only enough salad for the day. Keep refrigerated.

- 1.** Cut the avocados in half. Using a soup spoon, deseed it and remove the pulp; place the pulp in a clean mixing bowl.
- 2.** Add the spices, onions, jalapeños, hot sauce and lime juice. Mix well with a potato masher, making sure the spices are well incorporated.
- 3.** Once all ingredients are mixed well, combine the tomato and oil in a smaller bowl. Using a spatula, mix the cilantro into the tomato mixture. Add to the avocado mixture. Mix carefully, but do not mash it, because the tomato has a lot of water and will make guacamole runny after a while.
- 4.** Always serve guacamole cold. If you like it spicy, add one more jalapeño pepper.

Seafood Salad

Serves 4.

1/4 cup mayonnaise
1/4 cup sour cream
2 Tbsp. chives, diced
1 Tbsp. lime juice
1 tsp. salt
1 tsp. pepper
8 cups Boston lettuce or red cabbage, rinsed and dried

Guacamole

3 lbs. avocados
1 Tbsp. salt
1 Tbsp. granulated garlic
1 cup onions, finely chopped
1 jalapeño pepper, freshly diced
1/2 cup hot sauce
2 Tbsp. lime juice
1 cup fresh tomato, diced
2 Tbsp. vegetable oil
4 Tbsp. cilantro, chopped

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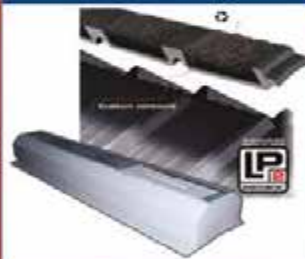
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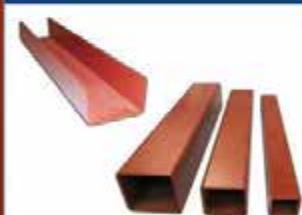


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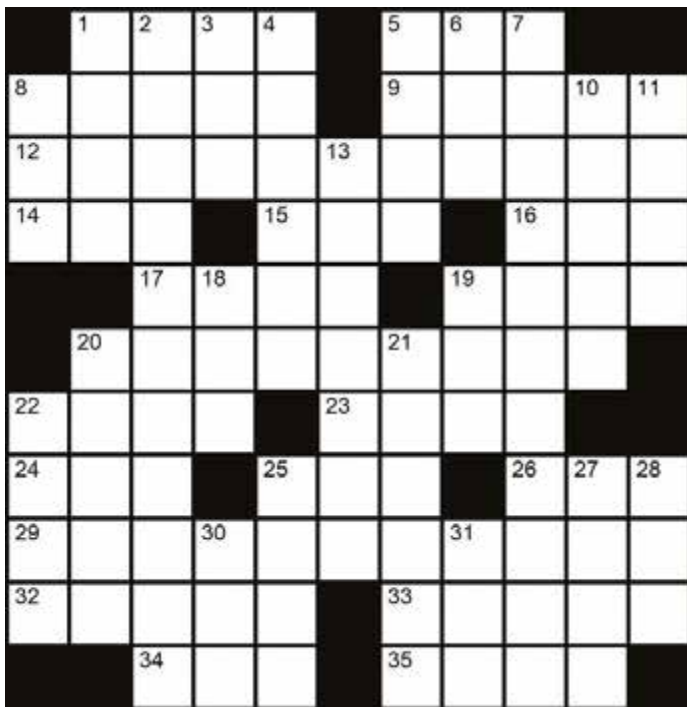
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Crossword Puzzle



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Across

- 1 Scores, in cribbage
- 5 "The Sweetheart of Sigma ---"
- 8 Last President of Czechoslovakia
- 9 Burroughs' was naked
- 12 Primary
- 14 "So many ---, so little time" (Mae West)
- 15 Upper limit
- 16 Carpet fuzz
- 17 Copycat
- 19 Sand ridge
- 20 Fellow student
- 22 Kind of egg drink
- 23 --- Christian Andersen, fairy tale writer
- 24 One third of an ellipsis
- 25 Lisa Simpson's instrument
- 26 Dance
- 29 Bright
- 32 Played by Yo-Yo Ma
- 33 Island with two small neighbors, Gozo and Comino
- 34 Beat recording?
- 35 Unaccompanied

Down

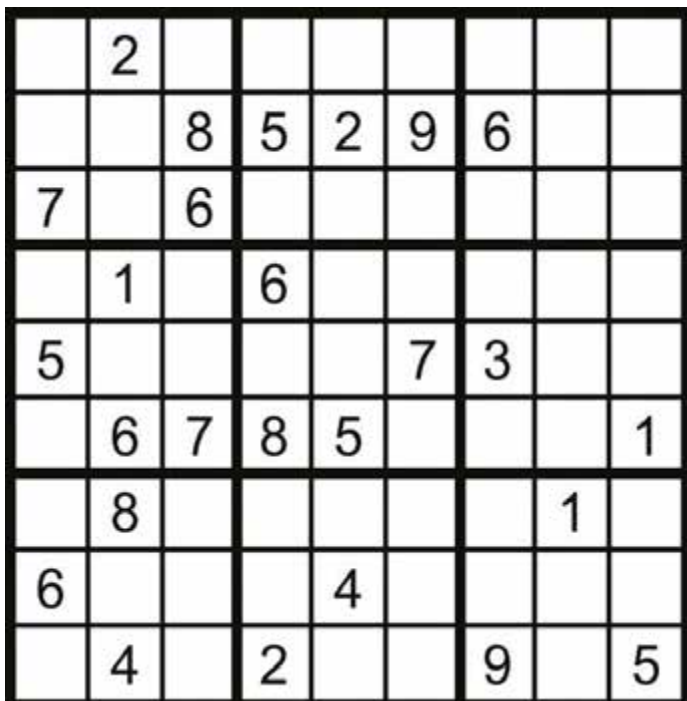
- 1 Skin
- 2 In any way
- 3 Coagulate
- 4 Pizza portions
- 5 Cut out
- 6 Barbarian
- 7 Where to find a kernel
- 8 Concentration measure
- 10 Marsh bird
- 11 Promotional hoopla
- 13 Dillon or Earp
- 18 Mush
- 19 Karate proficiency measure
- 20 Exact duplicate
- 21 Axioms
- 22 Financial stability org.
- 25 Peg away
- 27 Upon
- 28 School group
- 30 Antlered animal
- 31 Congressional spending watchdog

Solutions on page 28

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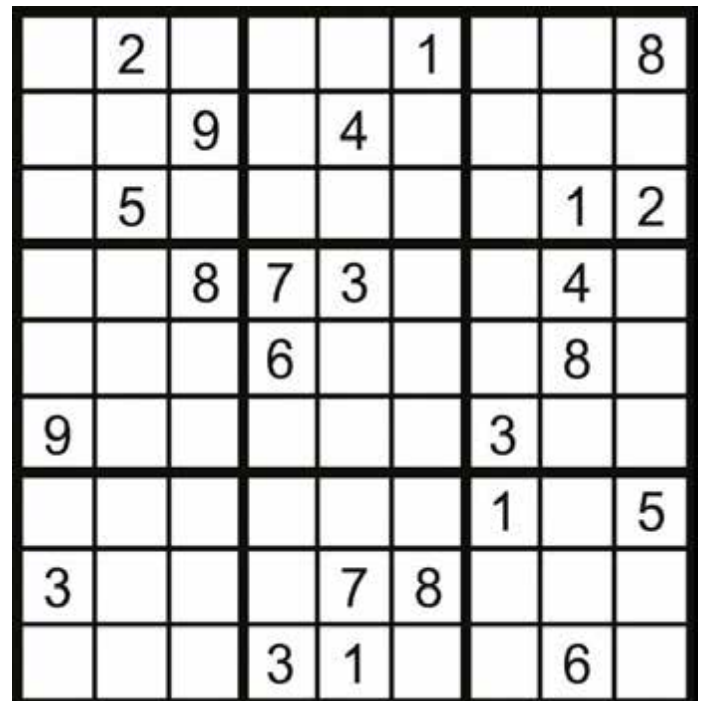
Sudoku Puzzle

Easy



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Medium



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Solutions on page 28

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6/12

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6/26

Red Oak White and Blue Independence Day Celebration:

Food vendors and fireworks for the Fourth of July. Parking lot opens: 7:00 p.m.; fireworks begin just after dark. The Oaks Church, 777 S. I-35 East Service Road.

Tuesdays

Children's Virtual Story Time:

The library may be closed, but stories, songs and more are still happening on Facebook @redoaktx.org. 10:00-10:30 a.m. For more details, message librarian@redoaktx.org.

Third Wednesdays

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Christian Women's Connection Meeting:

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Wednesdays

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Fridays

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	1	2	3	4		5	6	7		
	P	E	G	S		C	H	I		
8	P	A	V	E	L		L	U	N	C
									10	11
12	P	R	E	L	I	M	I	N	A	R
14	M	E	N		C	A	P		N	A
		17	18					19		
		A	P	E	R			D	U	N
	20					21				
	C	L	A	S	S	M	A	T	E	
22	F	L	I	P		25				
24	D	O	T		25	S	A	X		26
									27	28
29	I	N	T	E	L	L	I	G	E	N
32	C	E	L	L	O			33	M	A
		34						35		
		E	K	G				S	O	L

Easy

9	2	4	1	7	6	5	8	3
1	3	8	5	2	9	6	4	7
7	5	6	3	8	4	1	2	9
8	1	3	6	9	2	7	5	4
5	9	2	4	1	7	3	6	8
4	6	7	8	5	3	2	9	1
2	8	9	7	3	5	4	1	6
6	7	5	9	4	1	8	3	2
3	4	1	2	6	8	9	7	5

Medium

6	2	3	9	5	1	4	7	8
1	8	9	2	4	7	6	5	3
7	5	4	8	6	3	9	1	2
2	6	8	7	3	9	5	4	1
5	3	1	6	2	4	7	8	9
9	4	7	1	8	5	3	2	6
8	7	2	4	9	6	1	3	5
3	1	6	5	7	8	2	9	4
4	9	5	3	1	2	8	6	7

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