

In the Kitchen With Ericka Mataitis Also inside:

Kids' Fun Page

Crossword/Sudoku

Scavenger Hunt

Featured Business: Regency Healing Medical Clinic & Medical Weight Loss Center

# CARDINALIG

# NOW HIRING!

Waxahachie is growing and so are we.

Come grow with us!

Build your career with Cardinal IG and be part of a world-class organization.

- Great Benefits, Including Medical, Dental, EAP
- Profit Sharing and 401K
- Competitive Pay
- Gym Membership Discounts
- Climate Controlled
- Safe Environment
- Clean, state-of-the-art facility

Visit Cardinalcorp.com
to search our current openings
or apply in person at:
201 Cardinal Rd.
Waxahachie, TX 75165

Cardinal Glass Industries is leading the industry in the development of residential glass for windows and doors. We have grown to more than 7,000 employees located at 40 manufacturing locations around the United States.











# Don't be Afraid of the Dentist.









Sedation Available





Dr. Allala graduated from Baylor College of Dentistry and speaks fluent Spanish.

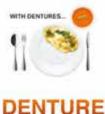
Dr. Allala performs full smile makeovers, crowns, bridges, implants, dentures, root canals and extractions. Complimentary second opinions.

# Smiles follets

Join us and provide critically needed dental care to U.S. Veterans
Significant implant discounts for U.S. Vets

















Same Day Procedures
Made Possible With Sedation

# SHZ HZ O

#### B HOMETOWN IDOLS

Jade Flores and D and Chi lean on faith, family and longtime friendships.

#### **12** ROLLING OUT FOR HONOR

These motorcyclists ride with a purpose.



# **26** TRANSCENDING THE ORDINARY

The Zia Sun Symbol draws visitors to Albuquerque, New Mexico.



- 18 BusinessNOW
- **20** Around TownNOW
- 22 CookingNOW

Publisher, Connie Poirier | General Manager, Rick Hensley

#### **EDITORIAL**

Managing Editor, Becky Walker North Ellis Co. Editor, Sally Fuller Editorial Assistant, Rachel Smith | Writers, Virginia Riddle . Adam Walker Editor/Proofreader, Angel Morris

#### **GRAPHICS AND DESIGN**

Creative Director, Chris McCalla | Artists, Kristin Bato Morgan Christensen . Martha Macias . Anthony Sarmienta

#### **PHOTOGRAPHY**

Photography Director, Chris McCalla Photographers, Shane Kirkpatrick . Bill Smith

#### **ADVERTISING**

Advertising Representatives, Cherise Burnett . Linda Roberson Dustin Dauenhauer . Bryan Frye . Kelsea Locke . Linda Moffett Lori O'Connell . Steve Randle . Keri Roberson . Joyce Sebesta

Billing Manager, Angela Mixon



#### ON THE COVER

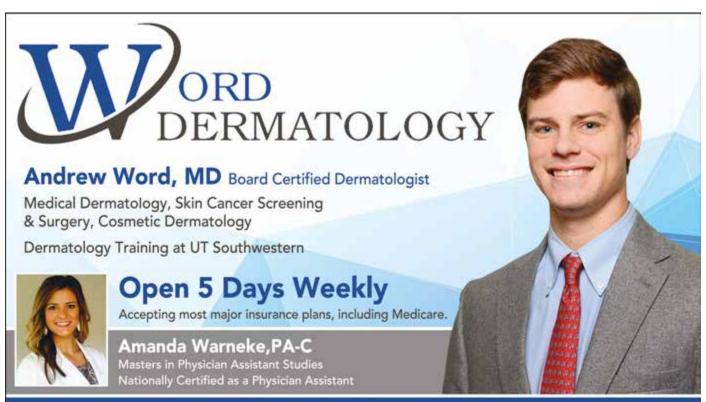
North Ellis County is proud of its three American Idol contestants.

Photo by Bill Smith.

North Ellis Co.NOW is a NOW Magazines, L.L.C. publication. Copyright © 2019. All rights reserved. North Ellis Co.NOW is published monthly and individually mailed free of charge to homes and businesses in the Red Oak, Ferris, Ovilla, Bristol, Glenn Heights, Pecan Hill and Oak Leaf ZIP codes.

Subscriptions are available at the rate of \$35 per year or \$3.50 per issue. Subscriptions should be sent to: NOW Magazines, P.O. Box 1071, Waxahachie, TX 75168. For advertising rates or editorial correspondence, call (972) 937-8447 or visit www.nowmagazines.com.





2460 North I-35E, Suite 285, Waxahachie (Professional Building Next to BS&W Hospital)

972-736-DERM (3376) | WWW.WORDDERMATOLOGY.COM



#### **EDITOR'S NOTE**

Oh, baby, it's hot outside ...

In July in North Ellis County, it's easy to start complaining about the heat. We don't just *think* it's hot here. It is. According to usa.com, Ellis County's mean maximum temperature is one of the highest in Texas. Our complaints are at least a little bit justified.

But as with every other thing about living in this great area, there's so much to appreciate about our sunny summers. We get about 232 sunny days per year compared to the U.S. average of 205 sunny days. What that means, besides it being hot, is that living here lets us take advantage of the natural benefits of sunshine.

Don't throw out your sunscreen! You'll need it for those Fourth of July picnics and long days at the lake or by the pool, but getting a bit of unfiltered sunshine every day is proven to be good for you. On the short list of advantages of getting as little as 10 minutes of daily sun is an improved immune system, as our bodies' natural reaction to sunlight is to produce more vitamin D.

A couple of other advantages worth mentioning are sunshine's proven ability to increase our brain's production of serotonin and melatonin. Increased serotonin decreases depression. It also helps create the feeling of fullness when we eat, so a little sunshine may help with weight loss. And melatonin is our bodies' natural sleep aid. As tempting as it is to hide behind light-filtering drapes this time of year, a little "sunshine on your shoulders" actually *might* make you happy.

Let the sunshine in!







Jen Teague - Lonestar Burger Bar & Cafe, Lunch or Dinner for 4

Sofia Garza - \$100 Gift Card

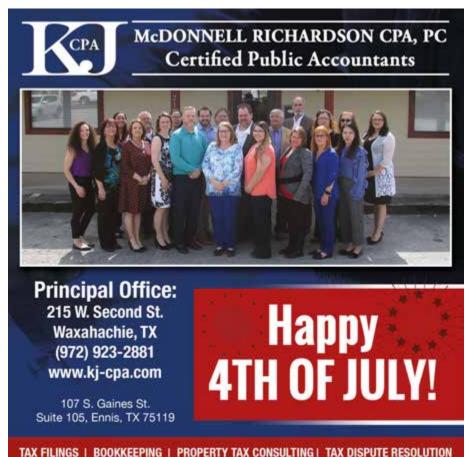
Tressa Gregory - Full Car Detail,

from NOWmag

Detail's, Inc.













#### Live your best life, together!

Join us for a fun-filled event designed to help couples of any age stay healthy together. You'll get information focused on the health needs of you and your spouse, including eating well, proper exercise, sleep habits, checkups, and more. This free event features:

- A demonstration on cooking and eating together
- A panel discussion featuring doctors in cardiology, oncology, gastroenterology, colorectal surgery, and primary care
- Motivational speakers
- Fun games and prizes.



Space is limited, so register today: HisandHer.org or 214-273-0276

3500 W. Wheatland Road • Dallas, TX 75237









Texas law prohibits hospitals from practicing medicine. The physicians on the Methodist Health System medical staff are independent practitioners who are not employeen or agents of Methodist Disarbon Medical Center, Methodist Health System, or any of it's affiliated hospitals. Methodist Health System complies with applicable federal cult rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.





# 



From across the crowded lobby of a posh hotel in Los Angeles, Jade Flores, alone in the throng, thought she spotted someone — or rather something — she recognized from back home. "I was in the hotel. I looked up and saw this hair, and I thought, That looks like D. That looks like Chima. And then I just started yelling, 'D and Chi?!" the effervescent singer from Glenn Heights remembered.

Darren Eubank — the "D" from the up-and-coming Red Oak musical duo D and Chi — immediately recognized his fellow musician friend, as Jade made her way through the mass to where he and Randy "Chima" ljeh stood. "We had just shown up at the hotel, and we were talking to some people we met on the bus. All of a sudden we heard, 'D and Chi?!' and then she just kind of popped out of the crowd. I was like, 'Jade? What the heck?' It was really cool. She said, 'Competition just got harder, y'all!'"

Jade laughed, remembering the moment, as well. "I went over there and gave them a big hug. Being such sweethearts, they were like, 'Oh, man, we're going to have to go home," she shared.

The three North Ellis County musicians were in Los Angeles for "Hollywood Week" for the TV show *American Idol*. To have not one, not two, but three contestants from the same area make it as far as these three may be an *American Idol* record. It's surely one for North Ellis County.

All three attended Red Oak High School, with Darren and Chima graduating a few years before Jade. The three have been friends "forever" according to Jade. "We all used to go play at this little coffee house in Glenn Heights when we were just young," she said.

North Ellis Co.NOW Magazine readers may remember these singers from earlier issues. Jade was a feature artist in the magazine in 2011, when she was a 15-year-old singer-songwriter sensation regularly performing at the Red Oak Opry. A story about D and Chi's "big dreams" ran in 2015. In both stories, these talented artists spoke of their aspirations for a future in the music industry. What no one could foresee was that the three would end up at this time, in this place *together*.

Chima and Darren had no idea their hometown friend had auditioned for the show and won her "Golden Ticket." Jade also was unaware that they had tried out. "We didn't even know that we had auditioned. We tried out in different cities, so when I saw them, I was like, 'Oh, my gosh!" Jade said.

The journey from North Ellis County to Hollywood has taken the three young artists on the ride of a lifetime, though





they describe their trips in different ways. For Jade, "It's been a bumpy road, but I'm here for the long haul. It can get bumpy, that's OK. I'm all right being knocked around. I'm not stopping," she said with characteristic spunk.

Chima described his and Darren's journey as a "one-way street." Darren concurred: "Yeah, it's been a one-way street, a really long one-way street, long enough to road trip on and make a playlist of life."

Chima added, "It's also a one-way street in the sense of how sometimes you might think you want to turn around but you're on a one-way street, so you just have to keep going. ... You're really thankful it's a one-way because you can't just turn around or stop. If you do that, you don't get where you're going."

All three musicians were cut before the contest ended, but their faith, their families and their friends helped them cope with both the demands of the competition and the pain of disappointment. "It was cool to have friends there because people are usually there by themselves," Darren said. Chima admitted not only was having longtime friends present amid the chaos comforting, it also gave them an edge in the competition.

Perhaps even more memorable than their excitement at finding each other in the hotel lobby that first day was the consolation they found in each other when they reached their last day. "I remember being eliminated and just feeling so defeated. I went down the stairs, and D was just sitting there in the corner. So, I sat right next to him. He looked at me and asked, 'Hey, what're





you doing?' and I looked at him and said, 'I got eliminated.' And he was like, 'What?'" lade shared.

"I remember him just looking at me, and then we both just looked at the ground and both just were there, in silence. We stayed there for a good couple of minutes, just in silence. And then it was just like 'hometown' and everything was OK, bittersweet but OK. After our silence broke, we talked about how it was going to be good to get back home," she concluded with a soft laugh.

Chima was cut from the contest before Darren, but even in the midst of his disappointment, he was happy knowing Darren had advanced. "Honestly, it hurt. I didn't want to not be going on, but at the same time, I was happy for my brother. ... And then before we left the stage, we hugged. We made sure the world saw we were still together."

Contests such as American Idol compress and amplify the stress and pressure experienced by those in the music industry. Through those short months as well as all the years leading up to them, all three singers say they leaned on the folks back home to keep them moving forward.

"My hometown has been supersupportive of everything I've done. This is where I started. Things change, people change, but no one here has ever left or not supported me," Jade said.

Darren, Chima and Jade are back in Texas. Whether they will remain here long is unknown, as all three are always in demand to perform and all are hard at work writing songs and recording albums. What is certain is that regardless of where their talent, faith and hard work take them, they will always call North Ellis County home and call each other friends.



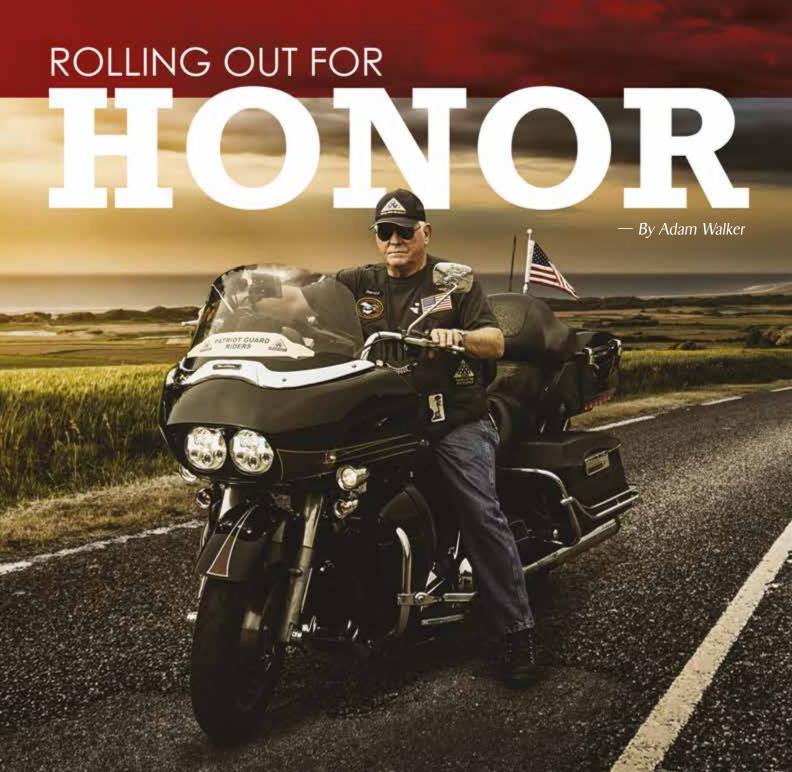
Find us on Facebook www.Facebook.com/RedOakTXFoundersDay



Harold Nezat is a veteran, so he knows the cost of service. "I'm 80-percent disabled after my service," he said. Three years ago, Harold was at the funeral of a friend where the Patriot Guard Riders showed up. Their presence had an unexpected effect.

"Seeing what they did to honor him, it really got to me, that these people who didn't know him at all took their time to stand outside in 104 degrees for half an hour on the flag line and then 45 minutes at the funeral home. I was impressed. I said to myself, 'I need to be doing that.' I came home, found them online and signed up. But it was a while before I rode on my first mission."

Once signed up, a rider checks online to see if any missions are scheduled and goes to whichever ones he or she chooses. Harold found that a bit intimidating as someone new to the organization. It wasn't until a friend of his, who is a ride captain, called him up suggesting he come on a particular ride that Harold rode his first mission.













That day, Harold mounted his 2012 Road Glide Ultra and found a calling. "That was December 3rd of last year. I've been on more than 50 missions since then. It's very emotional. We always wear sunglasses, no matter the weather, because you never know when you're going to tear up. 'Taps' can do that."

One way Patriot Guard Riders serve is attending funerals of veterans who have no living family or whose families can't be found. "We stand for vets who have no one to stand for them. Sometimes we serve as pallbearers. Some of our vets are in their 80s and none of their friends are strong enough to carry the casket," Harold explained. "We will step in to do anything we are asked to do, like playing 'Taps,' folding the flag, anything the family asks. Or, we will stand back in the background, with the flag line. About 60 percent of Patriot Guard Riders are vets themselves, the rest are just motorcycle riders who are committed to doing this because they care."

One of Harold's most memorable missions was a ride to Amarillo to claim 17 unclaimed veterans. "They had tried to find any living family members for these vets but failed. There's a judge there whose whole responsibility is all the unidentified and unclaimed remains. She and the mayor and other officials met us there for a big ceremony, turning these 17 vets over to us," Harold said.

"We transported them to San Antonio for burial at Fort Sam Houston National Cemetery. The Highway Patrol escorted us at 80 miles an hour. All





along the way police departments and fire departments set up on bridges and overpasses with flags to honor the vets as we passed," Harold reflected. "We had all our fuel stops mapped out along the way. We'd arrive, and the sheriffs' cars would be there blocking pumps for us. Love's gas station fed us Arby's. The hotels gave us special rates. A lot of people want to do something to honor the service of our vets, when they can."

But many of Harold's missions are more local. "Some days you just go to DFW National Cemetery, and there'll be five or six funerals in a day. You'll spend 30 to 45 minutes at each one, standing by one of the flags, honoring their service. Then you furl and store the flags at the end," Harold explained. "I always think, That man or woman might have done something in the military that might have affected my life. And I won't ever even know."

Patriot Guard Riders is an allvolunteer organization. Members offer their services to anyone who served six or more months in any branch of the military. "The only thing they give you is a pin you receive on your first mission saying you're a Patriot Guard Rider. You buy your own vest and all the patches, hats or anything else. My vest has a patch in memoriam for my brother and a patch for the Missing in America Project, among others, representing what's important to me," Harold noted. "There's also a shell casing from the salute at that first mission I rode. I picked it up afterwards, and it's here on my vest now."

All it takes is dedication. Harold Nezat has plenty of that.





# Need someone serious about your real estate investment?

#### YOUR CONCERNS ARE OUR CONCERNS.

We are committed and here for you, BEFORE, DURING, and AFTER the purchase/sale of your home.



Free & confidential consultation.

#### SO LET'S GET STARTED!





RE/MAX Preferred Associates 140 W FM 1382, Suite 110 Cedar Hill, Texas 75104

Each office is independently owned and operated.

#### Stefan Peterson

**REALTOR®** 

(469) 454-0162 DIRECT (972) 293-4561 OFFICE

#### Cynthia (Cindy) Peterson

REALTOR\*

(972) 978-5544 DIRECT (972) 293-4561 OFFICE

#### PROTECT THE THINGS YOU CHERISH THE MOST

- Products and services to meet all your insurance needs
- Call to see if you can save



#### Marianne Whitley

Your Local Agent 117 W OVILLA RD GLENN HEIGHTS, TX 75154 MWHITLEY@FARMERSAGENT.COM

#### Call 972.223.9992 today! For Home, Auto, Life and Business.



Fleetrictions apply. Discounts may vary. Not available in all status. See your agent for details. Insurance is underwritten by Farmors Insurance Exchange and other affiliated insurance companies. Visit farmors com for a complete felling of companies. Not all insures are authorized to provide insurance in all status. Coverage in not available in all status.



#### COUNSELING SERVICES FOR ADULTS, ADOLESCENTS AND FAMILIES

SOME OF THE ISSUES WE WORK WITH INCLUDE:

ANXIETY • DEPRESSION

TRAUMA • GRIEF

STRESS MANAGEMENT

CONFLICT RESOLUTION

PARENTING • DIVORCE RECOVERY

SELF-WORTH

#### TREE OF LIFE COUNSELING CENTER

213 S. STATE HWY 342. SUITE 205 RED OAK, TX 469-552-6610 WWW.TREEOFLIFECOUNSELING.ORG

We Live to KNOW CHRIST

and Make

CHRIST KNOWN!

We invite you to join us this Sunday. Our worship experience begins with Fellowship in Bryson Hall at 9:45 a.m. Sunday School for all ages at 10:00 a.m. Our Morning Worship begins at 11:00 a.m.

7810 Shiloh Rd., Midlothian | www.shilohcpc.org | Info@ShilohCPC.org

A LONG THE RESERVE OF THE PARTY OF THE PARTY



#### FINANCING AVAILABLE | CREDIT CARDS ACCEPTED



Patio Covers & Arbors | All Types of Concrete
Swimming Pools & Remodels
House Remodeling | Roofing
Outdoor Kitchens | Firepits & Fireplaces



817-894-7593

**ASK ABOUT OUR MONTHLY SPECIALS OR DISCOUNTS** 

Find us on Facebook @ LLI Construction, Inc www.lliconstruction.net



Major Insurance

All Eye & Optical Care Wishes You and Your Family a Safe and Happy 4th of July!

- Professional care from a Board-Certified Ophthalmologist
- The latest technological advances in cataract surgery, correcting both astigmatism and multi-focal needs
- Laser cataract surgery
- iStent Micro-Invasive Glaucoma Surgery

800 N. Hwy. 77, Ste. 100, Waxahachie, TX (Next to HEB) 972-937-4433 • AllEyeCare.com • AllOpticalCare.com

Raj Rugwani, MD Board-certified Ophthalmologist



#### **BusinessNOW**

# Regency Healing Medical Clinic & Medical Weight Loss Center

— By Sally Fuller

Regency Healing Medical Clinic & Medical Weight Loss Center 205 S. Main St., Ste. 1009 Red Oak, TX 75154 (469) 552-6155 info@regencyhealingmedclinic.com

Hours: Monday, Tuesday, Thursday, Friday: 9:00 a.m.-5:00 p.m. Closed Wednesday, Saturday, Sunday

The unique name says it best. Regency Healing Medical Clinic & Medical Weight Loss Center of Red Oak is unlike other medical practices in North Ellis County because the primary care physician behind the clinic and her approach to health care are as unique as the name.

"I'm a different kind of doctor. I want to fix stuff. Much of medicine in this country is telling people, 'When you're sick, we'll fix you. We'll write you a prescription.' How about fixing you while you're still well, because we don't want you to get sick? I think that's the role doctors should be playing," Christie Egbuchunam, MD, MPH, said.

Dr. E, as her patients and staff know her, opened Regency Healing Medical Clinic in Red Oak in December 2018 in response to requests from some of her nearly 2,000 patients at her Mansfield clinic. "I have a lot of patients who drive an hour or more to Mansfield to see me. They said, 'Dr. E, come down here. We need you!' So I came."

Regency Healing Medical Clinic focuses on preventative care, while utilizing state-of-the-art equipment and offering patients

compassionate, personalized care from a doctor and staff whose goal is not just to treat conditions but to make patients well. "A patient is a total person. You cannot treat a patient based on a lab result or a number. I'm not treating a number. I'm treating a person," Dr. E said.

A medical doctor with her master's degree in public health, Dr. E has seen how obesity negatively affects every aspect of health. "We're trying to change our patients' overall health status. That's why we do medical weight loss," she said.

The medical weight-loss program is a core service of Dr. E's practice. The clinic's Body Composition Analysis equipment allows patients to see in hard numbers how much fat, muscle and water make up their weight. "We go over that the first time you come in. I don't think anybody should be doing any kind of weight-loss treatment without having the BCA. You can't just look at somebody and tell them what they need to do, so every time you come in, you get a BCA."

Dr. E's practice data has received attention from Centers for Disease Control and Prevention in the past. Because of her success in obesity management, including management of pre-diabetes and metabolic syndrome, which are precursors of Type 2 Diabetes Mellitus, her practice data has received attention from major research universities and some of the nation's largest insurance companies.

"We are reversing pre-diabetes and preventing Type 2 Diabetes and our efforts have been recognized nationwide. Some want to use our data, because we have strong data on pre-diabetes and weight loss that are significant," Dr. E said. "And insurance companies have seen that what we're doing works, and they actually refer patients looking for these services to us. Some research programs are sending out people to observe what we do."

For Dr. E, the bottom line is the results her patients experience. "It's about passion. I want to be the type of doctor that when my patient goes out they say, 'My doctor takes care of me," she said. "I have patients who come back and ask me, 'Can I give you a hug?' That's the best gift I can get. For me, that's what makes me tick. That's our success story right there." NOW





Holly Jones of Red Oak won a \$100 Visa Card courtesy of NOW Magazines. Her kids were really excited to be with her to receive her prize. They are all looking forward to the next scavenger hunt. Children are Ireland (13), London (11), Zealand (6) and Paris (3).



Heather from Cardinal IG presents Michael Jones a \$25 Target gift card, ball cap & earbuds (\$50 value). He said he really enjoyed the scavenger hunt and plans on surprising his wife the gift card.



Cheryl Hamill won the Hydrafacial gift certificate courtesy of Red Oak Regency Healing Medical Clinic & Medical Weight Loss Center.





### Around Town



Teresa Prendergast, preschool minister at Ovilla Road Baptist Church and director of the church's Mother's Day Out, greets

# newcomers to the summer program.

Joane Muhammad, executive assistant to the chief, and Lt. Rick Boone help the Red Oak Police Department collect 164 lbs. of unused medications during a recent drug take-back event.

#### **Zoomed In:** Tanner Burns

By Sally Fuller

Oak Leaf Spring Cleanup Day is always a big event in this small town, with residents, volunteers and paid workers joining forces to keep the city in shipshape. This year, Tanner Burns was on hand to help his soon-to-be mother-in-law, Amy Waldrop, dispose of some unwanted household items.

"I'm just here to help my future mother-in-law. She needed some help, so I just did it," Tanner said modestly.

Tanner and his fiancée, Shelby, will be tying the proverbial knot several months from now, but chances are they won't be living in Oak Leaf. Tanner soon will be joining our country's military. It seems this young man is one of our North Ellis County gems who's always ready and willing to serve others.



With members from across Ellis County, Red Oak High School's shotgun team ends the year with a pool party.



Green Funeral Home's new owners, Ben LaFleur (holding scissors, left) and Jeremy Lewis (holding scissors, right), do the honors at their ribbon cutting ceremony.



Proving it's all for a good cause (and some fun, of course) Charlene Vezina, Al Alturo, Helen Davis, Ralph Nelson, Jessie Richardson and Patty Alturo were the Low-Scoring Team at the Red Oak Lions Club Charity Bowl.



UTA nursing student and lifelong Ferris resident Daija Barnes fuels up at the local convenience store.



Kelcie, Sean and 'Odin' Fuller enjoy an evening of Little League at Red Oak Baseball Fields.



Maria Robles and her children. Nathalie and Matteo, spend an afternoon cycling in Ferris.





Blending her native Brazilian recipes with those of her "second home" makes Ericka Mataitis' cooking unique — and delicious! In the United States for 14 years, the music and Spanish teacher and children's pastor said cooking helps her pass her culture on to her children and also satisfy the homesickness she and her husband occasionally experience.

"The only way to satisfy those 'Brazilian cravings' was by learning how to make our favorite dishes," Ericka said. Despite sometimes missing Brazil, Ericka stressed her "deep respect and love for the United States. I love both my countries!" she said.

Cooking also helps fulfill Ericka's desire to serve others. "I love to serve people, and cooking for them is a way I find to show my love," she shared. Now

#### **Pudim (Brazilian Flan)**

Caramel Sauce:

- 1 1/2 cups sugar
- 2 cups water

#### Pudding:

- I can sweetened condensed milk
- I can milk (use condensed milk can to measure)
- 3 eggs
- **I.** For caramel sauce: Melt sugar over low heat in a heavy saucepan.

- **2.** Add water; bring to a boil until caramel sauce forms. Tip: Rotate the pan to prevent the sugar from burning.
- **3.** Pour sauce into a one-piece tube (angel food) cake pan; rotate the pan in a circular motion to distribute the sauce evenly on the bottom.
- 4. For pudding: Preheat oven to 350 F.
- **5.** Blend all pudding ingredients in a blender; pour over caramel sauce.
- **6.** Bake pudding in a water bath for 50 minutes. Turn off oven; allow pudding to rest a few minutes. Remove from oven; allow to cool completely before refrigerating.

**7.** Remove the pudding from the pan when it is very cold; serve.

#### **Torta de Frango (Chicken Pie)**

#### Crust:

3 eggs

2 cups flour (or gluten-free flour)

1 cup canola oil

2 cups milk

I tsp. baking powder

Salt. to taste

Pepper, to taste

#### Filling:

- 1 Tbsp. canola oil (approximately)
- 1 small onion, chopped
- 3 cups chicken, cooked and shredded (may substitute other meat)
- 3 Tbsp. olives, chopped
- 1 can corn

I can Nestle Media Crema Table Cream

Salt, to taste

Pepper, to taste

Spices of your choice, to taste

**1.** For crust: Preheat oven to 380 F. Lightly grease the bottom of a 13x9-inch pan.

- 2. Blend all ingredients in a blender; set aside.
- **3.** For filling: Fry onions in oil in a large pot until transparent; stir in chicken, chopped olives. corn and cream.
- **4.** Mix well with desired seasonings; remove from heat.
- **5.** Pour half of the crust mixture into the pan. Add filling mixture; pour remaining crust over the filling.
- **6.** Bake approximately 30 minutes, until piecrust is golden-brown. Serve hot or cold.

#### Grandmother's Banana Upside-Down Cake

Topping:

- 6 Tbsp. unsalted butter, melted
- 1 cup brown sugar
- 2 bananas, sliced into 1/4-inch rounds or horizontal slices to cover bottom of pan

**Cinnamon (optional)** 

Cake:

6 eggs

2 cups sugar

1 cup flour

1/4 tsp. vanilla extract

- **1.** For topping: Grease a 9-inch round baking pan very well.
- **2.** Combine butter and brown sugar; press into the bottom of the pan.
- **3.** Arrange bananas on top of sugar mixture. Sprinkle with cinnamon, if using; set aside.
- 4. For cake: Preheat oven to 350 F.
- **5.** Separate eggs; beat egg whites until stiff with a whisk or mixer on medium speed. Without stopping the beating, add egg yolks one at a time.
- **6.** Slowly add sugar while continuing to beat egg mixture.
- **7.** Stop beating; very gently mix in flour, then vanilla.
- **8.** Pour batter over bananas. Bake 35 minutes, or until a toothpick inserted in center comes out clean.
- **9.** Let cake cool 5 minutes in the pan; turn out on a large plate.

#### Stuffed Chicken Marsala

Stuffing:

1/2 cup smoked, shredded cheese (provolone or Gouda)

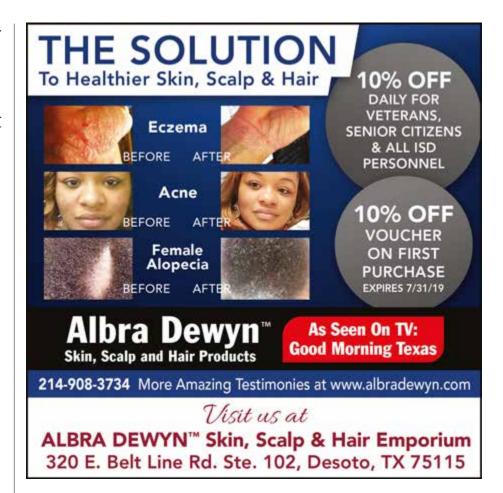
8 oz. mozzarella cheese, shredded

1/4 cup Parmesan cheese, grated

1/2 cup breadcrumbs

I tsp. fresh garlic, minced

- I tsp. red pepper flakes
- 2 Tbsp. sundried tomatoes, patted dry, roughly chopped









3 green onions, thinly sliced 3/4 cup sour cream

#### Chicken:

4 boneless, skinless chicken breasts Salt, to taste Pepper, to taste 3/4 cup all-purpose flour 1/2 cup olive oil

#### Sauce:

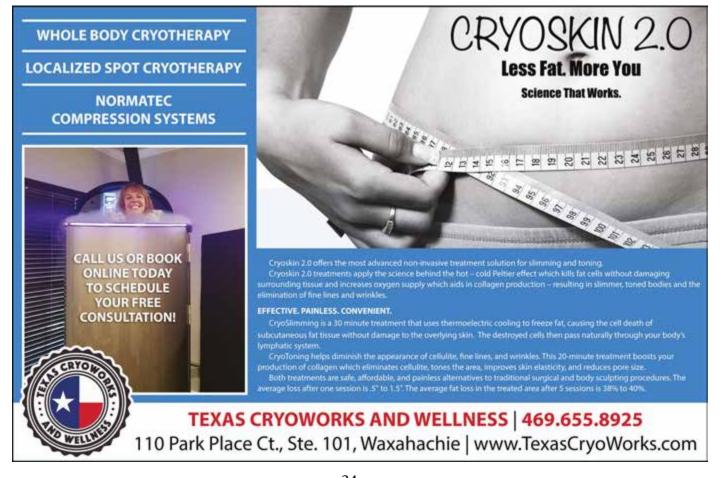
I yellow onion, sliced into strings

12 oz. button mushrooms, thinly sliced4 cups dry Marsala wine8 oz. heavy cream

- **1.** For stuffing: Combine all ingredients; mix well in a large bowl; set aside.
- **2.** For chicken: Preheat oven to 350 F. Butterfly the chicken by slicing the side of the thickest part of each breast to create 2 lobes.
- **3.** Place chicken on a hard surface. Cover with waxed paper; pound gently until breasts are 1/4- to 1/2-inch thick.
- **4.** Fill chicken with stuffing. (Do not overstuff. There may be leftover stuffing.)
- **5.** Coat the outside of each stuffed breast with salt, pepper and flour.
- **6.** Heat olive oil in a large skillet over medium-high heat; cook chicken until browned on both sides.
- **7.** Place chicken in a baking dish. Bake 15-20 minutes, or until inside is cooked thoroughly.
- **8.** For sauce: In the skillet where the chicken cooked, add onion, scraping up chicken drippings. Cook onion in drippings for about 2 minutes.

- **9.** Add mushrooms. Continue to sauté until onions are translucent, about 5 minutes.
- **10.** Deglaze the skillet by adding wine and bringing it to a light bubble.
- **11.** Continue to cook the sauce over medium-low heat. As the onions caramelize, the sauce will continue to darken. The wine should reduce by half.
- **12.** Temper heavy cream by heating 20 seconds in the microwave; pour slowly into the skillet.
- **13.** Bring cream and wine to a light bubble. Reduce heat to low; heat 5 minutes. Remove from heat.
- **14.** Serve sauce over chicken and mashed potatoes.

# To search for more great recipes from any of the 10 NOW Magazines publications, visit www.nowmagazines.com.



# THE LOCAL TABLE

One cannot think well, love well, sleep well, if one has not dined well.

- Virginia Woolf

#### NOW Serving Breakfast!

Mon.-Fri.:

8 a.m.-11 a.m.



#### Come in for a Great Happy Hour!







#### \$4 OFF \$20 Purchase

Alcohol and Happy Hour Prices Excluded
Expires 7/31/19

Serving Fresh Breakfasts, Daily Lunch Specials & Dinners • Dine-in or Takeout Available



7 DAYS A WEEK! Red Oak, 110 E. Ovilla Rd. 972-576-3400

Mon.-Thurs. 8 a.m.-9 p.m. (Bar until 10 p.m.)

Fri. 8 a.m.-10 p.m., Sat. 10:30 a.m.-10 p.m. (Bar until 11 p.m.)

Sun. 10:30 a.m.-9 p.m.

www.thelonestarburgerbar.com

yelp:

# Summer Evening WITH US!

#### FULL ROOFTOP BAR • WITH VIEW •



# NOW SERVING DELICIOUS AMERICAN UPSCALE BAR FOOD

Event Center for rent on first floor



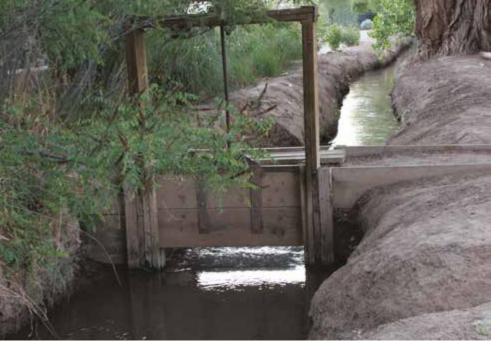
218 W. ENNIS AVE., ENNIS 469-881-1392

TUES.-THURS. IIAM-IIPM • FRI, IIAM-I2AM SAT. IIAM-IAM • SUN. IIAM-9PM





ROOFTOP101.COM









#### TravelNOW Transcending the Ordinary

— By Virginia Riddle

Welcome to vast desert vistas, snowcapped mountain peaks, the Rio Grande bosque and acequias (forest and irrigation system/hike and bike trails), and blue skies that become spectacular sunsets setting the Sandia Mountains aglow. Modern, yet mystical, Albuquerque, New Mexico, nestled along the Rio Grande River below the towering Sandia Mountains, is all that and more.

Home to about one-third of New Mexico's culturally diverse population, its cultural heritage, history and the arts are celebrated. The state flag's Zia Sun Symbol, representing the Zia Pueblo people's belief in the sacred number four, stands for the four

directions in which visitors of all ages can have fun exploring this city, its outlying villages and pueblos during any of the year's four seasons.

The city sprawls and meanders, as does the Rio Grande, which flows through North Valley and South Valley. Interstate 25 and the Rail Runner Express commuter train (running from Belen, New Mexico's, Harvey House Museum, to Santa Fe) offer easy access to valley sites.

Founded in 1706 by Don Francisco Cuervo y Valdés in honor of the Duke of Alburguerque Viceroy of New Spain, the first "r" was dropped in later spellings, leaving the city nicknamed the "Duke City." Old Town Historic District's plaza, anchored by the stately walls and quiet spirituality of San Felipe de Neri Church, built in 1793, is surrounded by placitas (small plazas), home to residents, shops, galleries and historic sites. iExplora!, the Indian Pueblo Cultural Center, the New Mexico Museum of Natural History and Science and the Albuquerque Museum are sure stops.

In Spanish style, roads fan out from the plaza in all four directions. East to west, enjoy time travel back to the 1920s-1960s when much of downtown and the Nob Hill-Highland District grew up around the historic Route 66, which, in town, becomes Central Avenue. Iconic neon signs, vintage

shops, period eateries and the beautiful architecture and gardens of the University of New Mexico campus, with its museums, bring back memories of when Route 66 was known nationwide as the Mother Road.

At the east junction with I-40, visitors can head north to catch the aerial tramway to the Sandias' peak. Moving farther east through the pass, visitors may exit to the Turquois Trail leading to Santa Fe after a side trip to Tinkertown Museum and Sandia Peak.

Traveling westward from the plaza, the Albuquerque BioPark hosts an aquarium and botanical garden. Take the Rio Line narrow-gauge railroad to the zoo and Tingley Beach and hike or walk the 16mile Paseo del Bosque Trail. Climb in the ancients' footsteps on extinct volcanos to view the petroglyphs carved between 1000 B.C. and 1600 A.D. at the Petroglyph National Monument.

Southward from the plaza, the Barales community hosts the National Hispanic Cultural Center of New Mexico with its art galleries, performing arts venues, library and archives. Historic Barales grew up around a Rio Grande River ford near the Camino Real, the Spanish road connecting Mexico City and Santa Fe.

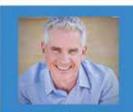
Travel northward from the plaza on Rio Grande Boulevard a few miles to the North Valley where fertile, irrigated farms, ranches and vineyards thrive. Hike along the river at the Rio Grande Nature Center State Park and visit the Unser Racing Museum.

Enjoy driving to the historic Village of Corrales, the state's self-proclaimed horse capital. Return to Albuquerque by way of 4th Street, which bisects the Village of Los Ranchos de Albuquerque as a continuation of Route 66.

Then perhaps catch a hot air balloon ride at the Anderson-Abruzzo International Balloon Museum, or delight in viewing skies dotted with colorful hot air balloons during dawns and sunsets while breakfasting or supping New Mexico-style Mexican food, featuring the state's largest crop, green chili peppers, on a restaurant's patio. With mariachis performing, it's the perfect way to relax. **NOW** 

Photos, unless otherwise noted, by Virginia Riddle, LLC.





COULD ONE CONVERSATION CHANGE YOUR LIFE

#### Have You Been Wanting To:

- · improve your eating habits
- · understand your body better
- · make self-care a priority in your life



experience an increase in overall happiness in your life





Free 60 minute health consultation! Curtis Palmer - Certified Health Coach palmercurtis9@gmail.com 972-489-8446

Holistic Health & Wellness Serving Ellis County



# Chis Fun Paus



BAG BELT BOOTS BOXER HAT JACKET **JEANS JUMPER** SCARVES SHOES SHIRT SKIRT SLIPPERS SNEAKERS SOCKS SWIMSUIT TIE **TROUSERS** 



-

#### MYSTERIOUS WORD:



### Black triangles? We can help!

Bioclear Bonding is an affordable solution!







General Dentistry. Implants, Orthodontics and Cosmetics using State-Of-The-Art **Technologies** 

Most insurance accepted, even if we are not on your list

Expert in Creating

# Beautiful Smiles!

Personalized Dentistry in a Private Atmosphere Since 1994

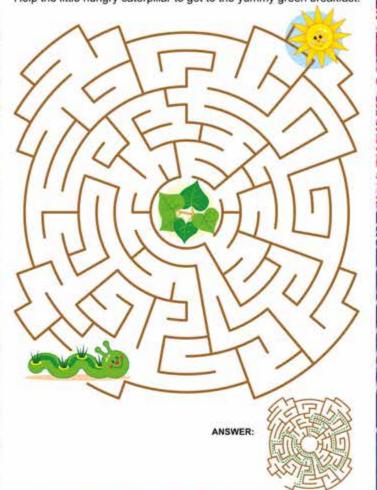
Craig V. Smith, DDS, FAGD

972-937-1841 • 516 W. MAIN STREET • WAXAHACHIE

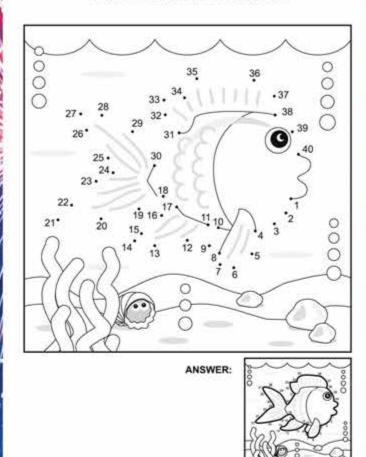
Weekend and evening appointments available

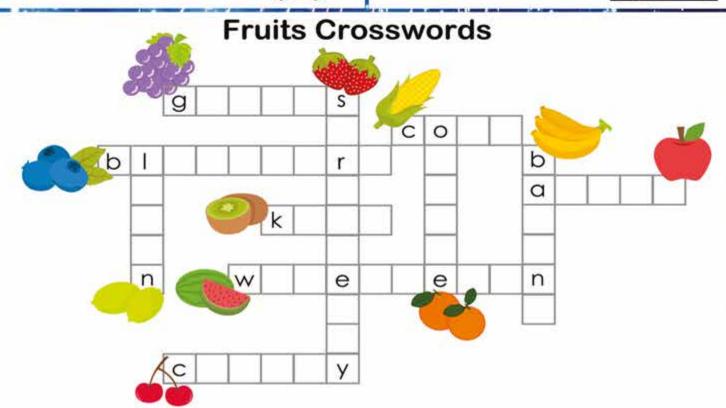
# Ris Fin Page

Help the little hungry caterpillar to get to the yummy green breakfast.



Draw a line from dot number 1 to dot number 2, then from dot number 2 to dot number 3, 3 to 4, and so on. Continue to join the dots until you have connected all the numbered dots. Then color the picture!







Residential | Commercial | Industrial | Motor Fuel 972.937.1951 | 101 S. Hwy 77 | M-F 7-5 Sat 7-Noon

Just south of Downtown

#### **Crossword Puzzle**

	1	2	3		4	5	6	7	8	
9	. 6				10		$\vdash$		$\vdash$	11
12		+	t	13		T	1	t	t	1
14	1	+		15	T	T		16	t	1
17	$\vdash$	$\vdash$	18		t		19		t	$\vdash$
		20	$\vdash$	$^{+}$		21		T		
22	23		T		24		$\vdash$	T	25	26
27	1	t		28		T		29		
30	1	1	31		T	T	32			
33	1	1	$\vdash$	T	t		34		1	T
	35	+	+	+	+		36	+	+	

Solutions on page 36

Crosswordsite.com Ltd

#### Across

- 1 Illustrative craft
- 4 Knitted wrap
- 9 --- Falco of "Nurse Jackie"
- 10 Hawaiian Punch fruit
- 12 Lawsuit
- 14 Exclamation of contempt
- 15 Writing fluid
- 16 Blaster's material
- 17 Wedding vow sites
- 19 Sunday rite
- 20 Pro bono promo, briefly
- 21 Female sibling
- 22 Encourage in wrongdoing
- 24 Most pleasant
- 27 High rock
- 28 Rollaway
- 29 Dove sound
- 30 Impish
- 33 Skiers' haunts
- 34 Tavems
- 35 Gin
- 36 Append

#### Down

- 1 Words after make or close
- 2 Just the one
- 3 Long Island iced cocktail
- 4 Crosses
- 5 Writer for hire
- 6 Disposed
- 7 "Hey, that's not right!"
- 8 Film critic Jeffrey ---
- 9 Able was I ere I saw ---
- 11 Pangolin food
- 13 Old Italian money
- 18 Nova Scotia hours
- 19 It may be open at a bar
- 21 Location
- 22 Cash caches, perhaps
- 23 Prepares eggs
- 24 Din
- 25 Narrow sea channel
- 26 Throw
- 28 Singer who's got you, Babe!
- 31 IRS forms expert
- 32 By way of

For online versions, visit nowmagazines.com



#### Sudoku Puzzle

Easy Medium 

For online versions, visit nowmagazines.com

Crosswordsite.com Ltd

Solutions on page 36





#### 7/3

#### **Perot Tech Truck:**

Red Oak Library presents this free learning activity designed to engage young people in hands-on science, technology, engineering, art and math (STEAM) to promote creativity and confidence. 2:00-3:00 p.m., Red Oak Public Library, 200 Lakeview Pkwy. redoaktx.org/library.

#### 7/13

#### **Bingo and Banana Splits:**

Free event for all ages. Child care provided if needed. 6:00-6:30 p.m., First United Methodist Church of Red Oak Fellowship Hall, 600 Daubitz Dr. (972) 617-9100 or fumcro.org.

#### 7/19

#### **Kids Fest:**

Carnival games, free food, bounce houses, slip-n-slides and more presented by Ovilla Road Baptist Church. Free. 5:00-8:00 p.m., Les Zieglar Park, N. Parks Dr., DeSoto. www.orbc.org/kidsf.

#### 7/20

#### Barn Family & Friends BBQ:

A dinner and silent auction hosted by 3 Amigos Equine Rescue & Sanctuary, a nonprofit organization that rescues, rehabs and rehomes abandoned, homeless and neglected equines. \$10/adults; \$5/children. 3:30-8:30 p.m., 723 E. Ovilla Rd., Red Oak. www.3amigosequine.com.

#### 7/21-7/25

#### To Mars and Beyond:

First United Methodist Church Red Oak's vacation Bible school for pre-K through fifth grade. Free. 5:30-8:30 p.m., 600 Daubitz Dr., Geneise Waltmon, (972) 754-2182.

#### Mondays

#### **Ellis County Republicans:**

7:00 p.m., Ellis County GOP Headquarters, 610 Water St., Waxahachie. (972) 923-9383.

#### First Mondays

#### Ellis County Genealogical Society:

7:00 p.m., Ellis County Woman's Building, 407 West Jefferson, Waxahachie. Sammie Lee, (214) 564-4025.

#### Second Mondays

#### Ellis County Veterans Networking:

Dinner and guest speaker. 6:00 p.m., IHOP, Waxahachie. Jim McKeever, (469) 258-7424.

#### Tuesdays

#### Red Oak Library Toddler Playtime and Story Time:

Free crafts, story time and learning games for children 18 mo.-5 yrs. accompanied by a parent or caregiver. 9:45-11:00 a.m., 200 Lakeview Dr. (469) 218-1230.

#### Ferris Public Library Game Day:

Young people 7 to 17 can play PS4 and Wii in the library's meeting room. 3:30-5:30 p.m., 301 E. 10th St. (972) 544-3696.

#### Second Tuesdays

#### 342 Network Group:

Open to business owners from any county interested in networking. 7:30 a.m., Denny's, I-35E Service Rd., Red Oak. (214) 244-2829.

### The National Active and Retired Federal Employees (NARFE):

11:00 a.m.-1:00 p.m. (972) 775-2463 or rjcarey I@gmail.com.

## Tuesdays and Thursdays

North Ellis Co.
Outreach Assistance:
Assistance is for those living

within the 75154 and 75125 ZIP codes or within the Red Oak and Ferris ISD boundaries. Ferris location: 9:00 a.m.-2:30 p.m., 205 S. Main St., Ferris. Red Oak location: Monday-Friday: 9:00 a.m.-2:30 p.m., 404 S. State Hwy. 342, Red Oak. (972) 617-7261.

#### Wednesdays

#### Ferris Public Library Story Time:

Pre-school children and their caregivers are invited for stories. 11:00 a.m., 301 E. 10th St. (972) 544-3696.

#### Second Wednesdays

#### Sarah's Laughter Infertility Support Group for Ellis County:

7:00-8:30 p.m., Gateway Church Midlothian, 555 N. Walnut Grove Rd., Midlothian. Contact amy@sarahs-laughter.com.

### Wednesdays and Thursdays

#### Red Oak Disc Golf Mini-Tournaments:

6:00 p.m., Cherry Creek Preserve Disc Golf Course (located at the end of Pecan Street). Facebook: Red Oak Disc Golf.



#### 7/4

#### **July 4th Fireworks Celebration:**

Celebrate the Fourth of July with live music, children's activities, games for all ages and food vendors. 6:00-10:00 p.m., Grimes Park, 501 E. Wintergreen Rd., DeSoto.

#### Second Thursdays

#### **Ovilla Service League:**

Projects include annual fundraisers to support the Ovilla police and fire departments, collecting food for local charitable organizations and providing support for Heritage Day. 10:00 a.m., Ovilla City Hall, 105 Cockrell Hill Rd. Jane Watson, (214) 769-8591.

#### Third Thursdays

#### **Ferris Lions Club:** 6:30 p.m., Scout House in

Mutz Park, 514 S. Mabel St. (972) 842-2136.

# Third and Fourth Thursdays

#### God's Woven Hearts Ministry:

Bring your talents and join in efforts to gather and create items for homeless veterans and to visit the elderly to do crafts. 7:00 p.m., Lone Star Cowboy Church, 1011 E. Ovilla Rd., Red Oak. Peggy Butler, (214) 417-1173.

#### **Fridays**

#### Ellis County Democrats Coffee and Talk:

8:00 a.m.-noon, Democrat HQ, 215 E. Main St., Waxahachie. (972) 937-9039.

#### Second Saturdays

#### Texas Civil Defense Monthly Drill:

9:00 a.m.-1:00 p.m., 101 Live Oak St., Red Oak. LTC Tim O'Connor, (214) 868-0082.

Red Oak Opry: 7:00-9:00 p.m.,

Lone Star Cowboy Church, 1011 E. Ovilla Rd. www.redoakopry.com.

#### Third Saturdays

#### Ferris Police Department's Coffee With a Cop:

Spend time visiting with your local police officers. Get to know them and express your concerns. 8:00-10:00 a.m., I-45 Donuts, 502 E. 8th St. (972) 544-2233.

Submissions are welcome and published as space allows. Send your current event details to sally,fuller@nowmagazines.com.

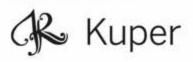








Gorgeous, completely remodeled home in a private, gated community. Hardwoods throughout, freestanding tub and large custom shower in the master bathroom. Private, spacious backyard with large pool and screened-in porch with hot tub - perfect for entertaining. This spacious home features the master bedroom and bath on the lower level as well as a guest bedroom and bathroom.



Sotheby's

Jillian Rose 512.574.5073

jillian.rose@sothebysrealty.com







# Crossword Sudoku Solutions

	1A	R	3 T		s	٥н	6 A	w/W	°L	
°E	D	1	E		10 P	Α	Р	Α	Y	11 A
12 L	Е	G	Α	13 L	Α	С	Т	1	0	N
14 B	Α	Н		15 L	N	K		16 T	N	Т
17 A	L	Т	18 A	R	S		19 M	Α	S	S
		20 <sub>P</sub>	S	Α		21 S	-1	S		
<sup>22</sup> A	<sup>23</sup> B	Е	Т		24 N	1	С	E	<sup>25</sup> S	<sup>26</sup> T
<sup>27</sup> T	0	R		28C	0	Т		29 C	0	0
30 M	1	S	31C	Н	1	Е	32°V	0	U	s
33 S	L	0	P	E	S		34	N	N	S
	35 S	N	Α	R	E		36 A	D	D	

#### Easy

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

#### Medium

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

Happy 4th of July!

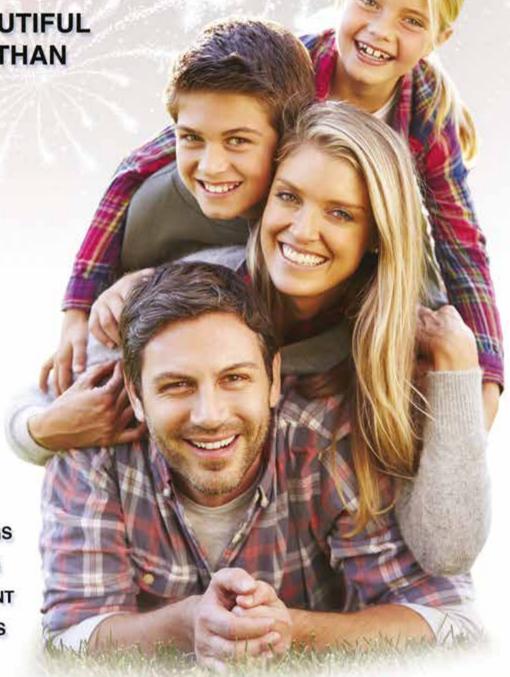
CREATING A BEAUTIFUL SMILE IS EASIER THAN YOU THINK.

DENTISTRY CAN BE PAIN FREE & AFFORDABLE.

### CALL US TODAY!

#### AVAILABLE SERVICES:

- INVISALIGN
- WHITENING
- CROWN AND BRIDGE
- TOOTH COLORED FILLINGS
- IMPLANTS/MINI IMPLANTS
- PERIODONTAL TREATMENT
- DENTURES AND PARTIALS



WILLIAM A. BROWN, D.D.S., F.A.G.D.

972-298-8515

www.williamabrowndds.com • williamabrowndds@gmail.com GENERAL DENTISTRY • 226 N. CEDAR RIDGE RD. DUNCANVILLE, TX 75116

### MTM TIME TO UPDATE Countertops YOUR KITCHEN?



18-gauge Stainless Steel Sink (\$350 value)

Call or visit our website for details! www.MTMCOUNTERTOPS.com Granite, marble & quartz fabricator for kitchen & bathroom countertops

Extensive color selection combines beauty, function & elegance for any bathroom or kitchen!



- FREE Estimates Competitive Pricing
- Up to 15-year Warranty on Some Products

2460 Hwy. 287 N. • Mansfield (Northbound service road – between Callendar Rd. & Turner-Warnell)

For more info call 817.477.8663

