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In the Kitchen With
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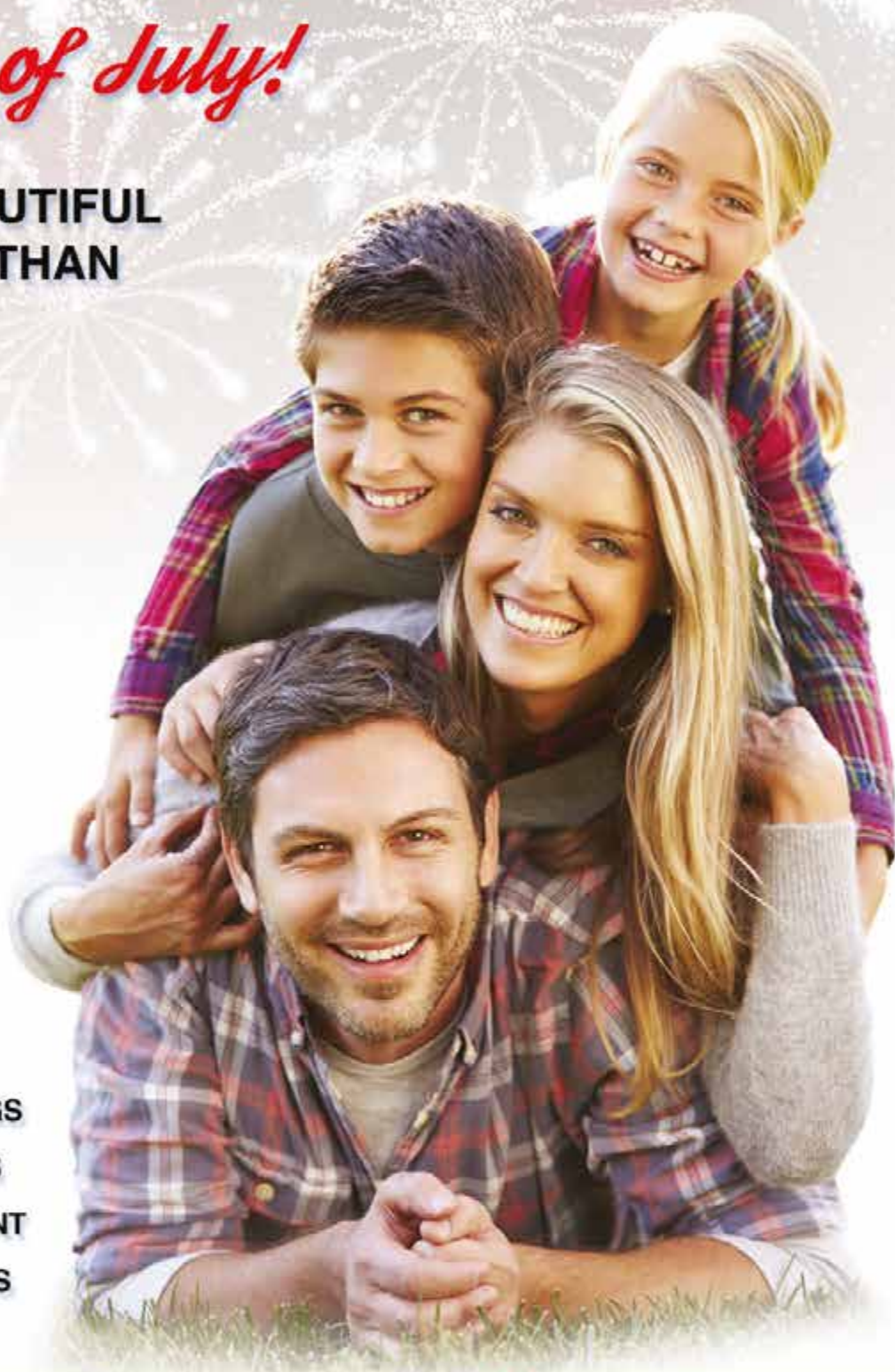
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CONTENTS

8 WHERE ARE
THEY NOW?
Giovanni Todaro

14 AROUND
TOWNNOW

16 BUSINESSNOW
1st Health Family Medical
& Cardiology

20 COOKINGNOW
Jeni Ogelsby



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ON THE COVER

*The Peace Corps scratched
this Red Oak native's itch
for travel.*

Photo submitted by
Giovanni Todaro.

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EDITOR'S NOTE



Angel

Angel Morris
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First my cousin,

I've heard it said that your cousins are your first friends. Not everyone gets to grow up with family nearby, but those of us who did, know the saying is true. Having relatives close in age and proximity can mean playmates from the day you're old enough to crawl. For me, it meant countless hours of imaginative adventures and memories we still laugh about 40 years later.

There were the summers pretending we were marooned on a desert island, splashing around in the swimming pool and diving for our make-believe dinner. (It was 1980, and Brooke Shields and *The Blue Lagoon* may have infiltrated our young psyches.) Countless days dressing Barbies gave way to hours commiserating over whatever drama arose in our teen lives. Sure, these are things we did with brothers and sisters, too, but cousins expanded our friend group and opened up our small world. Something about being related but not living under the same roof gave cousins special status, minus some of the sibling rivalry.

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WHERE ARE THEY NOW?

Giovanni Todaro

— By Rachel Rich

The words of Saint Augustine echo, “The World is a book, and those who do not travel read only a page.” The life of Giovanni Todaro is much more than a page — and his book keeps growing. His days in the Peace Corps have not only scratched that traveling itch, but given him wonderful memories and friends he holds dear.

Since he was young, he’s always wanted to travel the world. “My grandparents are from Italy and traveled to America by boat,” he reminisced. “As a child, they told me about their experiences coming to America, so it always gave me a desire to travel abroad. Now that I’m older, I want to honor my Italian roots, so I changed my last name from Montoya to my mother’s name, Todaro.”

During his college internship, one of Gio’s colleagues, who discovered his love for traveling and his drive to experience different cultures, mentioned the Peace Corps. “I knew as soon as I saw the Peace Corps website it was perfect for me,” he shared.



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The Peace Corps, funded by the U.S. Government, sends Americans around the world to help others in developing countries. Gio became involved with developing schools and businesses in many different areas, including Rundu, Namibia, northwest of South Africa. "One of the main projects I worked on there was an internship program for a local high school," he said. "The unemployment rate is very high, and many high school students do not have opportunities to work a part-time job during school breaks."

Gio's Peace Corps group was one of the first to travel to Rundu, and they learned what to do along the way. A go-getter, he and his team developed a program to help students work at local businesses and gain professional and personal life skills — and to put some extra money in their pockets.

Another idea sparked his creative juices after realizing the school was located in a bustling part of town. "We decided to use the school's walls as an advertising board, so local companies could advertise their business and the school would have extra money," he explained. Linking logic and creativity allowed people to experience the difference Gio and his team made in their town.

During his time in different countries, Gio stayed with host families. They showed him the customs and cultures of the country. "I had one big, loving host family in Namibia," Gio said. "I told them I could clean and cook and do my own clothes to lighten their load, and they looked at me weirdly. It wasn't their custom





to make the man clean and cook. It's very different. The most important thing is to educate yourself."

One of Gio's favorite teachers from the area was Mr. Ribebe, an English teacher. "He knew I was from Texas. Most foreigners still think we ride horses and wear cowboy hats. So, he always called me Cowboy," he laughed. "I was an usher at his wedding, and I gave him a cowboy hat for a wedding gift. He was a good friend."

In the Peace Corps, traveling was never off the itinerary. Gio got to visit five different countries while in Africa: Zambia, South Africa, Malawi, Tanzania and Lesotho. "A couple of my favorite places to visit were Victoria Falls in Zambia and Zanzibar Island in Tanzania," he reminisced. "One of the coolest things I saw was the wildlife. I went on a couple safaris and lived by a river, so I got to see many hippos. I have tried wild meat like zebra, ostrich, springbok, judu, oryx and warthog." He also enjoyed relaxing times watching TV shows.

After his days in the Peace Corps, he lived in Bangkok working a business-related job. Then, he moved to Cambodia. "Right now, I live in Vietnam and am working to get my teaching certificate," Gio stated. "But, my final goal is to go to Italy, where my family is from. Maybe when I'm almost done with teaching, I can go to Italy and teach there."

He has more to appreciate in life than his travels. "I owe a big thanks to my mom, Vita, for always being there and supporting my decision to travel abroad," Gio admitted. "I could not have done all of this without her." It's clear his experiences in the Peace Corps helped broaden his horizons, but his work has broadened many others' horizons, too. **NOW**

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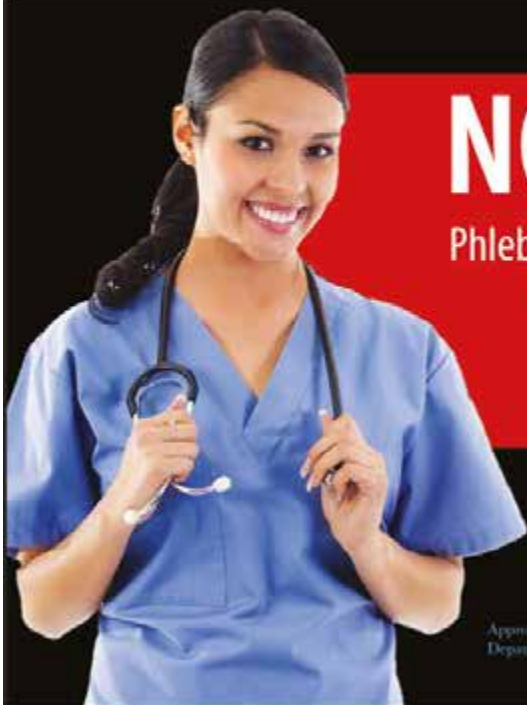
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Zoomed In: Chris Hale

By Angel Morris

When a call for help went out on the Nextdoor app, Ovilla's Chris Hale responded. A resident explained that neither animal control nor the fire department had been able to coax her cat from a tree, and it had been stuck for several days. "Someone saw recommendations of my services on Nextdoor, and climbing is part of my business," Chris explained of his company, Hale Yeah Trees. As a result, the cat owner called Chris, who managed to save the day, despite rainy weather. "It took about half an hour to get up to where the cat was, and another 10 minutes to calm him enough to grab him," Chris recalled. "The owners were grateful, and it was rewarding. I'm happy to do more rescues in the future!"



ROHS Valedictorian Ethan Mena addresses the Red Oak Area Chamber of Commerce.



Ovilla Police Department's Officer Mario Orregon helps Sarah Harrison locate the keys she lost along Ovilla Road.



Animal Hospital of Ovilla donates pet food to local shelters.



The Chamber of Commerce presents Red Oak ISD 2021 Scholarship winners with its highest-ever amount of funds thanks to local sponsors.



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Captain Chad Moore receives a plaque commemorating 20 years of service with the Glenn Heights Fire Department.



Nurah Bollin, age 3, celebrates his superhero-themed birthday party.

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— By Angel Morris

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Over almost 20 years, Dr. Federico Maese has grown to appreciate the people of Ellis County by serving as their physician. Specializing in internal medicine and cardiology, you could say his focus comes from the heart. “I consider it a privilege to serve the community as a medical doctor and cardiovascular specialist,” he admitted.

Dr. Maese worked in the Ellis County area for 18 years, from 2000 to 2018, first at the Ferris Heart Center in Ferris and then at MyClinic in Red Oak. “My medical philosophy is to prevent disease and advise people on a healthy lifestyle that will result in a long, prosperous, disease-free life!” he promised.

An individual’s medical needs, from acute minor emergencies to identifying and controlling cardiac risk factors such as diabetes, hypertension and cholesterol issues, are Dr. Maese’s specialty. His goal is always to help prevent catastrophic, life-altering events such as strokes, heart attacks, congestive heart failure and others.

In late 2020, Dr. Maese reopened at 1st Health Family Medical & Cardiology in a new location in Red Oak. “My goal is simply to make a difference in the overall health of the community and

provide affordable, high-quality, concierge-level medical care through our Angel Plan," he noted.

Dr. Maese catalogs his services into four main categories, beginning with the focus on preventative medicine. Inner health, outward beauty and medical concierge services are the next two categories of treatment. "In addition to physical conditions and illnesses, we treat anxiety, depression, insomnia and other mental health conditions, plus help patients with healthy lifestyle education. By focusing on dietary choices and an active lifestyle, we can help you transform into the best version of yourself," Dr. Maese explained.

1st Health Family Medical accepts Medicare and most insurances. For individuals who do not have any health care coverage or those with high deductible plans, Dr. Maese created a unique concept called Angel Plan, a membership-based medical model that allows people to obtain the affordable care they need, especially those with chronic conditions. Angel Plan also offers employer plans for businesses of any size.

Dr. Maese attended the University of Toronto, University of Western Ontario (Bachelor of Science), Universidad de Monterrey (medical doctor degree) and Baylor College of Medicine (Internal Medicine Residency and Cardiology fellowship). He is board certified in cardiovascular disease. "I have more than 30 years of experience in the medical field, was the chief resident in internal medicine at Baylor College of Medicine/Methodist Hospital in Houston and previously headed one of the largest bariatric programs in Texas," Dr. Maese added. "I continue to help many patients with their weight-loss journey and also speak Spanish to better serve my patients that are more comfortable that way."

1st Health Family Medical and the Angel Plan detail all their services on their websites and Facebook pages. Those interested can also schedule an appointment and conveniently complete patient forms online.

You can learn more about Dr. Maese there, as well, or via his many two-minute medical videos on Instagram through the *Dr. Fred Show*. "I have also published several books on various health care topics through Amazon," Dr. Maese said. "I enjoy working out, staying fit by eating healthy and, more than anything, sharing with others the best ways to attain and maintain physical and mental well-being." **NOW**



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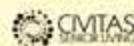
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CookingNOW

In the Kitchen With

JENI OGELSBY

— By Angel Morris

Jeni Ogelsby has come a long way since her first cooking disaster. “I wasn’t used to cooking in my aunt’s kitchen, but I was confident preparing a familiar Mexican dish. I was supposed to season with cumin but grabbed cinnamon instead,” Jeni recalled. “Needless to say, that dish did not turn out well! My aunt still laughs and mimics me just seasoning away.”

The memory of her mom, grandmother and great-grandmother preparing wonderful meals for family encourages Jeni. “There’s just something so interesting about putting ingredients together and making an amazing meal. I love hearing my husband and my kids rave about a good, hearty dish that I’ve spent hours on,” Jeni explained. “Plus, it’s something I don’t mind admitting that I am good at!” **NOW**

Gam’s Chicken and Dumpling Casserole

1 Tbsp. butter
3-4 boneless, skinless chicken breasts, boiled and shredded
1/2 tsp. ground sage
Salt, to taste
Pepper, to taste
2 cups Pioneer Baking Mix
2 cups buttermilk
1 14-oz. can cream of chicken soup with herbs
1 14-oz. can cream of celery soup
3 cups chicken broth

1. Melt the butter in a 9x13-inch baking dish. Place the chicken on top of the butter. Season with sage, salt and pepper.
2. Mix the Pioneer mix and buttermilk in a bowl; pour over the chicken. Do not stir in with the chicken.
3. In another bowl, combine the soups and the chicken broth. Mix well; pour over the casserole. Bake for 1 hour at 350 F.

Pookie’s Salisbury Steak

Onions, to taste (optional)
1 10.5-oz. can Campbell’s French Onion Soup (divided use)

1 1/2 lbs. ground beef
1/2 cup dry seasoned breadcrumbs
1 egg
1/4 tsp. salt
1/8 tsp. black pepper, to taste
1 Tbsp. all-purpose flour
1/4 cup ketchup
1-3 tsp. Worcestershire sauce
1/2 tsp. mustard powder
1/4 cup beef broth

1. Sauté the onions, if using; set aside.
2. In a large bowl, mix together 1/3 cup of the French onion soup with the ground beef, breadcrumbs, egg, salt and pepper. Shape the mixture into 6-8 oval patties.
3. In a large skillet over medium-high heat, brown both sides of patties; drain excess fat.
4. In a small bowl, blend the flour and remaining soup until smooth. Mix in the ketchup, Worcestershire sauce, mustard powder and beef broth. Pour over the meat in the skillet; top with sautéed onions, if using. Cover; simmer for 20 minutes, stirring occasionally.

Paw’s Butterfinger Surprise

1 box German chocolate cake mix
1 1.4-oz. pkg. instant chocolate pudding mix

2 bags snack-size Butterfingers

1 8-oz. container Cool Whip
(divided use)

1. Bake the German chocolate cake in 2 round cake pans, following the instructions on the box.
2. Make the chocolate pudding according to the instructions on the package.
3. Crush all the Butterfingers; put them in a bowl.
4. In another large bowl, combine the pudding with half of the Cool Whip and most of the crushed Butterfingers, leaving enough to sprinkle on top.
5. In a large serving bowl, layer the bottom with 2-3 spoonfuls of the pudding mixture. Add one of the German chocolate cake rounds. Layer more pudding mix, covering the cake. Place the second cake round on top of that. Pour the rest of the pudding mixture on top. Spread the remaining Cool Whip on top of the pudding; sprinkle the remaining Butterfingers over that.

Ella's Cinnamon Roll Apple Pie

5 Granny Smith apples, peeled and sliced
1/2 cup sugar
1 tsp. cinnamon
1 Tbsp. cornstarch
2 cans cinnamon rolls
Flour, for rolling

1. Preheat the oven to 350 F; spray a pie dish with nonstick spray.
2. Place the apples in a bowl. Add the sugar, cinnamon and cornstarch; stir.
3. Cut each cinnamon roll in half; roll out with flour until thin. Layer the bottom of the pie dish with the flattened cinnamon rolls to create a bottom crust. Add the apples; layer the rest of the rolls on top to create a closed crust, pinching any holes together with your fingers.
4. Cover with foil; bake for 35 minutes. Remove the foil; bake for another 10 minutes uncovered. Allow the pie to cool; drizzle with the icing from the cans of cinnamon rolls.

Liam's Peanut Butter Fudge

2 1/2 cups sugar
3/4 cup butter
1/2 tsp. salt (optional)
2/3 cup evaporated milk
1 1/2 cups creamy peanut butter
1 7-oz. jar marshmallow creme
1 tsp. vanilla extract
1 1/2 cups M&Ms

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Aunt Pauline's
Okra Salad

1. Combine the sugar, butter, salt and milk in a 3-qt. saucepan; bring to a full rolling boil over high heat. Stir constantly. Continue to stir over medium heat for 5 minutes.

2. Remove from heat; stir in the peanut butter until melted. Add the marshmallow creme and vanilla. Beat until blended. Fold in the M&Ms. Immediately spread in a greased 13x9-inch pan; let cool.

Aunt Pauline's Okra Salad

Salad:

1 bag frozen breaded okra (found at H-E-B)
1 onion

1 tomato
1 bell pepper
1 bundle green onions
8 slices bacon, cooked

Dressing:

1/4 cup extra-virgin olive oil
1/2 cup sugar
1/2 cup white vinegar

1. For salad: Fry the okra according to the package directions. Chop the onion, tomato, bell pepper and green onions; add to the bacon in a bowl. Pour in the okra.

2. For dressing: Mix all the ingredients; pour over the salad.

Shauna's Blueberry Cream Cheese Pie

1 8-oz. container cream cheese, softened
1 14-oz. can Eagle Brand Sweetened Condensed Milk
1/3 cup lemon juice
1 tsp. vanilla extract
1 prepared graham cracker piecrust
1 can blueberry pie filling

- 1.** Beat the cream cheese until fluffy in a large bowl. Gradually beat in the sweetened condensed milk until smooth.
- 2.** Stir in the lemon juice and vanilla. Pour into the piecrust; chill for 1 hour.
- 3.** Top with blueberry pie filling.

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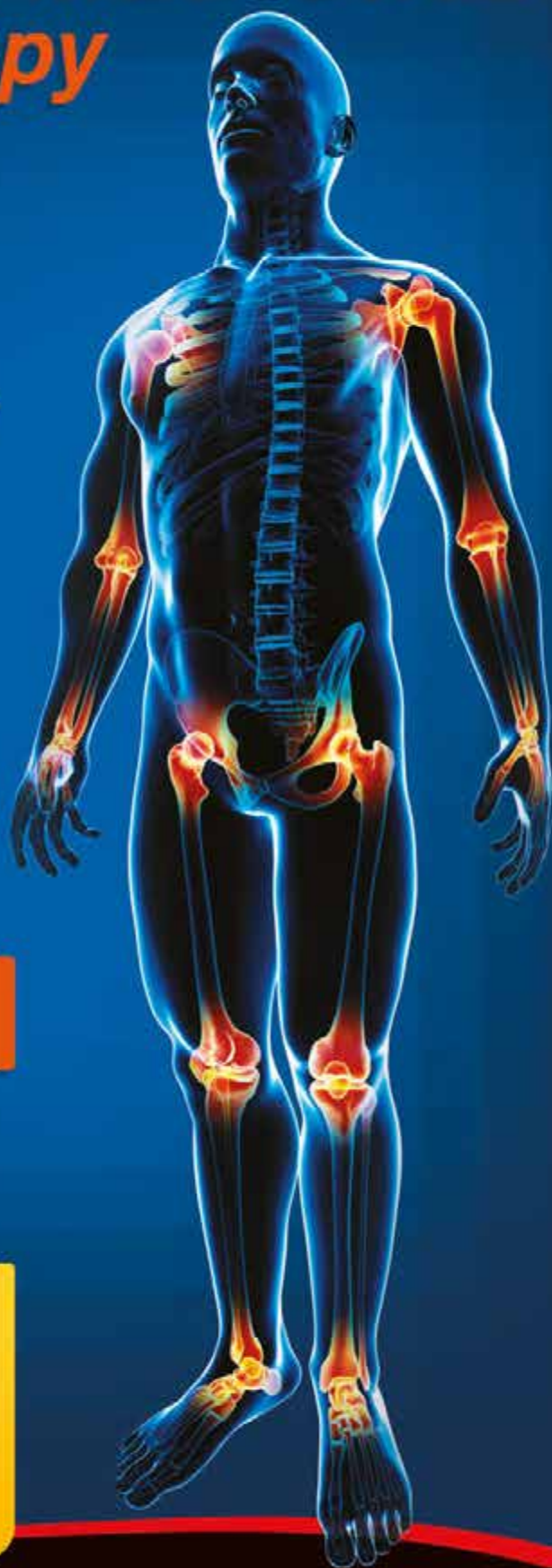
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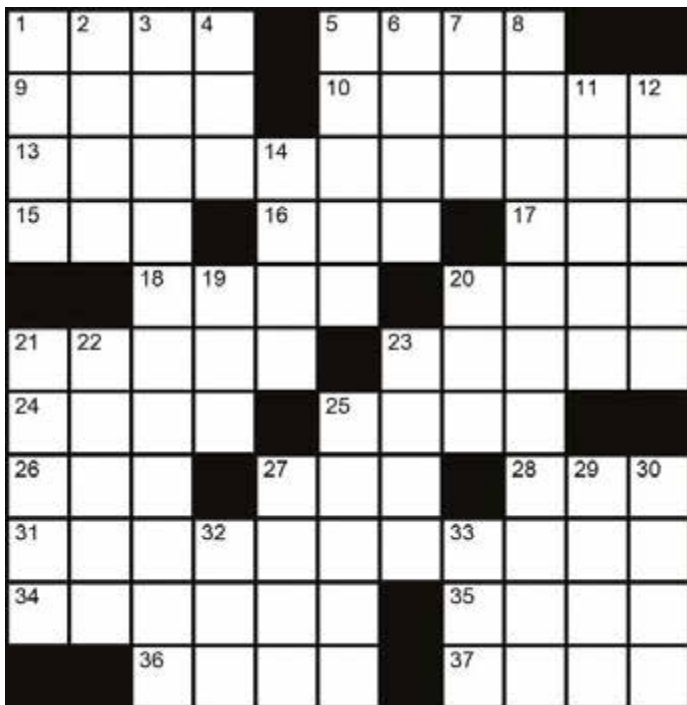
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Crossword Puzzle



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Across

- 1 Honked
- 5 H's is 1, He's is 2, briefly
- 9 Linden tree
- 10 Aims pinto's every which way
- 13 Amplify
- 15 Racket
- 16 Bon --- (witty remark)
- 17 Bovine bellow
- 18 Bald --- egg
- 20 Sonny, Cher's former partner
- 21 Betelgeuse is one, and Sirius, and Vega, and ...
- 23 Former Yankees' shortstop Jeter
- 24 Prominent personal comment article
- 25 90 degrees from rank
- 26 Basketball whistleblower
- 27 Graduation month for many
- 28 Needed by everyone, and anything in disrepair
- 31 Mundane
- 34 Shake awake
- 35 Guns won't fire without it
- 36 Military refectory
- 37 Obligation

Down

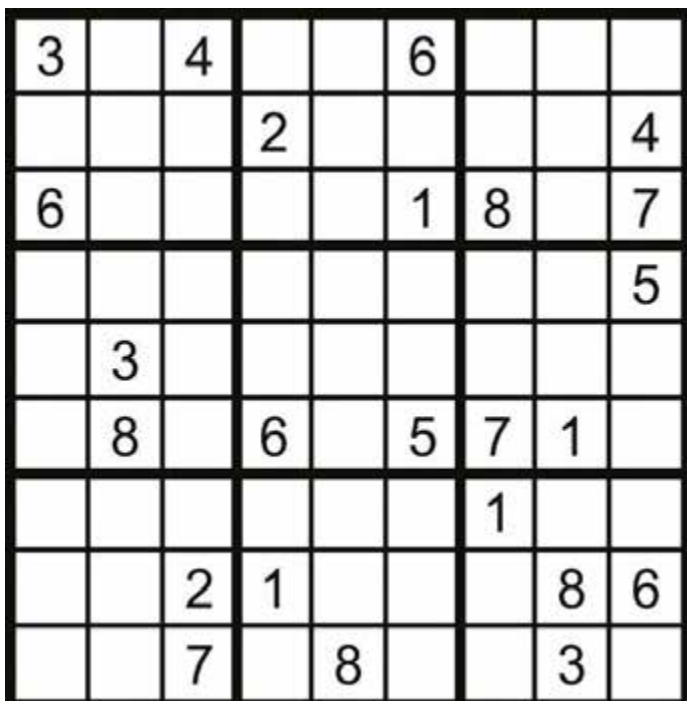
- 1 Ran off the margin
- 2 Julie Andrews film, "Darling ---"
- 3 Come out of
- 4 "Oh, what a tangled --- we weave" (Walter Scott)
- 5 Barbecue garment
- 6 Perfectly
- 7 Little louse
- 8 From the top
- 11 Odds ending, often
- 12 Derisive gesture
- 14 Five star General --- Bradley
- 19 Winter depression
- 20 Sound intensity unit
- 21 It comes from the heart
- 22 Third Reich architect
- 23 Impression
- 25 Overload blows them
- 27 Zooey's "New Girl" role
- 29 Innocent child
- 30 Congeal
- 32 Feel remorse
- 33 Admirably up to date

Solutions on page 28

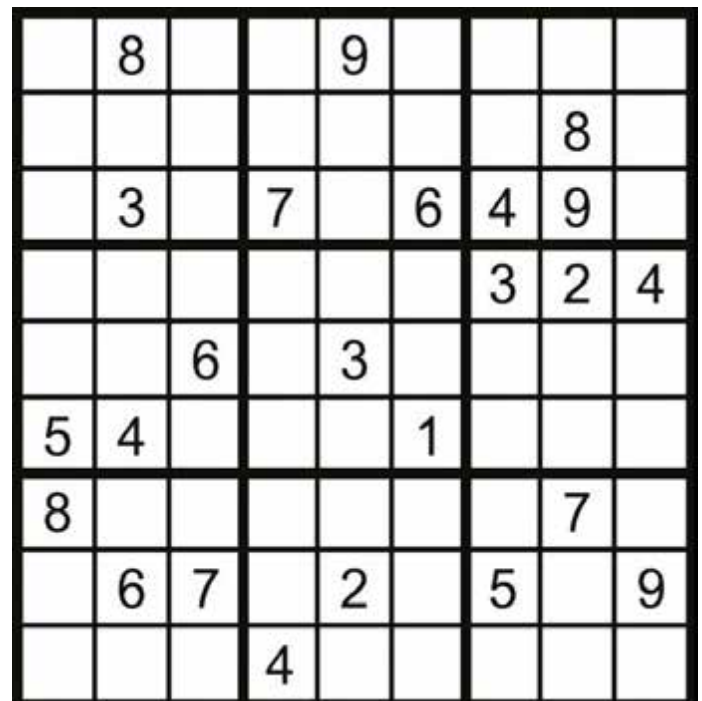
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Sudoku Puzzle

Easy



Medium



For online versions, visit nowmagazines.com

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Solutions on page 28



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JULY

7/3

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4th of July Festivities:

Free. **Pancake Breakfast:** 8:00 a.m. at the schoolhouse. **Parade line-up:** 10:00 a.m. **Carter Blood Care blood drive:** 10:00 a.m.-3:00 p.m. **Fireworks show:** Dusk at the ballpark.

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7/11-7/13

Vacation Bible School:

Sharing the good news of Jesus with children. 6:00-8:00 p.m., Eastridge Baptist Church, 732 E. Ovilla Rd. Call (469) 820-9645 for more information.

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

**Ellis County
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Connection Meeting:

Cost: \$15. Reservations due **Friday before** the meeting. 11:30 a.m.-1:00 p.m., Country View Golf Course, 240 W. Belt Line Rd., Lancaster. Contact Dee Ann Ellis at (972) 921-6221.

Fridays in July

Summer Language

Enrichment Classes:

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Saturdays

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| 1 | B | L | E | W | | A | T | N | O | | | |
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| 13 | E | L | A | B | O | 14 | R | A | T | E | O | N |
| 15 | D | I | N | | 16 | M | O | T | | 17 | M | O |
| | | | | 18 | A | S | A | N | | 20 | B | O |
| 21 | A | S | T | A | R | | 23 | D | E | R | E | K |
| 24 | O | P | E | D | | 25 | F | I | L | E | | |
| 26 | R | E | F | | 27 | J | U | N | | 28 | T | L |
| 31 | T | E | R | R | E | S | T | | 33 | R | I | A |
| 34 | A | R | O | U | S | E | | 35 | A | M | M | O |
| | | | | 36 | M | E | S | S | | 37 | D | E |
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Easy

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Medium

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

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