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M A G A Z I N E

August 2010

**Getting in
the Swing
of Things**

Battle Between
Good and Evil

ALSO INSIDE:

ROISD Back to School Guide

*2nd Annual Red Oak
Bridal Show Section*

A Place of the Heart

Leaps and
Bounds

A Teacher's
Teacher

At Home With
Ron and Jo Ann

Graham



Red Oak Independent School District

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Superintendent Scott Niven*

cordially invite you to celebrate the

*Dedication of
Red Oak High School*



at 2:00 p.m.

Sunday, August 22, 2010

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Performing Arts Center

2010-2011 Standardized Dress Policy

Red Oak Independent School District has a standardized dress policy for all grades and all campuses. The purpose of this policy is to give the District a positive and distinctive identity, and reflect the values of the schools and community. All students are required to comply with this policy.

Philosophy

The District maintains dress and grooming standards because it believes that students who dress and groom themselves in a manner considered acceptable and appropriate by the community, will become more responsible citizens of the community. The standardized dress gives the District a positive and distinctive identity and reflects the values of the schools and community. The District believes that the business of school is student learning and that school dress and grooming standards should support that purpose and should also promote a safe, orderly learning environment. Further, the District believes that one worthwhile goal of a comprehensive education is learning that different situations require different modes of dress and behavior. School is a place of learning; therefore, the dress and grooming of a student should reflect the serious intent of one who has an important job. Accordingly, dress and grooming standards should promote an atmosphere that is comfortable but not too casual, free from disruption, easily enforced by teachers and administrators so as to not take away from instruction, and is easily self-monitored so that students and parents can ensure that the standards are met prior to the student coming to school. Each student and parent shall be responsible for ensuring compliance with the standards presented in the Standardized Dress Policy.



Dress Policy

Shirts & Turtlenecks

STYLE:

- Collared knit button/snap polo or golf shirt.
- Turtlenecks.
- Dress style, button only shirts with long or short sleeves (no snaps).

COLORS: Solid white, gray, maroon/burgundy, black or navy

- All shirts and turtlenecks must be tucked in at all times and must stay tucked in when arms are raised. Shirts must be tucked in for grades 2-12 so that the belt shows.
- Red Oak school logos only.
- All shirts must be fastened no lower than 4 inches from the top of the collar.
- No visible stripes, checks or other designs on shirts and turtlenecks.
- Sleeveless shirts or shirts with cap sleeves are not allowed.
- Thermal type shirts are not allowed.
- No piping, brads, studs, zippers, buckles, chains or other adornments.
- No denim of any color.

Slacks & Shorts

STYLE:

- Pleated or flat front casual slacks (belted and full-length), walking-style shorts, and capris.

COLORS: Solid khaki (tan), black or navy

SIZING: Slacks/shorts can be no more than one size larger than the student's measurements, nor may the garment be too tight.

- Slacks/shorts must be worn at the waist, above the hips. No ultra low pants.
- Belts must be worn inside belt loops at all times. A belt is optional for PK-4 grades and special needs students.
- Labels on slacks and shorts must be no larger than 1 1/2 inches by 1 1/2 inches.
- No sweatpants, wind pants, pants with drawstrings, warm-ups, coveralls or skinny form fitting pants.
- Corduroy and jean (denim) materials of any color are not allowed.
- Hem on shorts should fall between the bottom of knee and no more than 3 inches above the knee cap in both front and back.



Guidelines

- Athletic-style shorts are only allowed in PE/athletics, cheer-leading, and drill team classes.
- No baggy legged slacks or bell-bottom pants wider than shoes.
- No cargo or carpenter style pants or shorts.
- No brads, studs or chains on slacks or shorts.
- Slit at bottom of slacks must have finished edges and be no longer than 3 inches.



Skirts, Skorts, Gauchos & Jumpers

COLORS: Solid khaki (tan), black or navy

- Skirts, skorts, gauchos, and jumper length must be no more than 3 inches above the knee cap in both front and back.
- Labels on skirts, skorts, gauchos, and jumpers must be no larger than 1½ inches by 1½ inches.
- Skirts and jumpers may have a kick-pleat or slit which opens no higher than 3 inches above the top of the knee.
- No cargo or carpenter style skirts/skorts.
- Any skirt/skort with belt loops must include a belt that must be worn inside the loops. A belt is optional for PK-4 grades and special needs students.
- Standardized dress policy shirt (with no piping) or turtleneck must be worn under the jumper at all times.
- Dresses are not allowed.
- No logos.

Shoes, Socks, Hose/Tights, and Belts

SOCK COLORS: Solid white, brown, black, navy, khaki, gray or maroon. Socks are optional.

HOSE/TIGHTS COLORS: Solid white, black, khaki or flesh-tone

- Shoes can be athletic shoes, loafer style or dress shoes. Shoelaces must be white or the same color of the shoe. Shoelaces must match each other. Open-toed shoes, sandals or flip-flops are not allowed at any grade level. Shoes must have both closed toe and closed heel. Shoes must match each other. No stiletto heels.
- Socks, hose or tights must be worn with all attire.
- Socks must match each other.
- No stripes, checks, lettering, wording or other designs on socks.

BELT COLORS: Solid black or brown or color of pants being worn

- Belts must be buckled.
- No tie or fringe belts.
- No stripes, checks, lettering, wording, metal studs or other designs on belts.
- Plain belt buckles (no names, marquees, etc).
- Belts must be worn inside belt loops (Gr. 5-12).

Outerwear

- Jackets/coats/pull-over hooded sweatshirts are allowed in accordance with appropriate weather conditions, but must be removed upon entering the building.
- Outer coats/jackets may be any color.
- Sweaters, vests, and sweatshirts are permitted-standardized dress policy colors only. They may be worn in the building but may not extend below the bottom of the back pocket.
- Labels are permitted on coats, jackets, sweaters, and sweatshirts but must be no larger than 1½ inches by 1½ inches.
- Jackets/coats must have a closing mechanism (full length zipper, buttons or snaps).
- No professional/collegiate athletic team jackets.



Dress Code Enforcement

All students, upon entering the building, will abide by the established ROISD Dress Code. All classes will begin with staff checking dress code in which the staff will visually check every member of the class for adherence to the established dress code. Students will be immediately referred to an administrator if a student is in violation of the dress code. Once arriving at the designated administrator, the student will not only receive notice of the violation, but also will receive another copy of the ROISD Dress Code.

Consequences

Consequences for failure to follow dress code will be strictly enforced. Please see the student handbook for elementary, intermediate, and secondary consequences. The student handbook can be found on the District website. Please visit www.redoakisd.org/ students to view the handbook.

Discretionary/Spirit Days

The Principal may designate "Discretionary/Spirit Days" and has the authority to establish a particular mode of attire for those special days or a part of those days. Students who do not choose to participate with the particular mode of attire for those special occasion days are required to follow the Student Standardized Dress Policy.

Final Authority

Administrators will have complete and final judgment on all matters concerning interpretation of the Student Standardized Dress Policy. Matters concerning appearance and dress not specifically covered in standardized dress policy shall be within discretion of the administration.

Opt-Out Provisions

For opt-out guidelines and forms, please visit www.redoakisd.org and click on the "Standardized Dress" link. Forms are also available in the main office of each school campus.

Other Guidelines

- Leather, suede, vinyl, corduroy, and denim materials are not allowed for shirts, turtlenecks, slacks, shorts, skirts, skorts, gauchos, jumpers, sweatshirts, vests, or sweaters.
- Spandex, nylon or stretch-type materials are not allowed.
- Clothing can be no more than one size larger than the student's measurements nor may the garment be too tight.
- Caps, hats and head coverings inside the building are not allowed.
- Overall pants, overall shorts, and overall jumpers are not allowed.
- Wind shorts/pants, athletic shorts/pants are not allowed except in PE/athletics, cheerleading, and drill team classes.
- All clothing must be solid colored, with no stripes, checks, lettering, wording, designs, etc. unless the logos are an approved Red Oak school logo.
- Students must comply with District standards for grooming and accessories.
- Clothing items cannot be worn in any way that reflects gang affiliation, conceals contraband or creates a distraction.
- All clothing must be properly hemmed and/or have finished edges. Ripped/torn clothing is not allowed.
- Undershirts may be solid white, gray, maroon/burgundy, black or navy.
- No black on black clothing worn together will be allowed, excluding black undershirt with black shirt.
- Sufficient underclothing is required.



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On The Cover

Red Oak High School 2010 graduate, Carly Dear, is on her way to the University of Central Arkansas on a golf scholarship.

Photo by Amy Ramirez.

Editor's Note



Hello, Red Oak Folks!

While I have already met some of you, I wanted to introduce myself and let you know I am the new community editor for *Red OakNOW* magazine. I have more than two decades' writing experience and a journalism degree from The University of Texas at Austin. Perhaps more importantly, I grew up in a suburb very similar to Red Oak and know how unique, talented and inspiring hometown people can be.

Before I even got the job, *NOW* had filled this issue with homegrown athletes, an action-junkie author and an educator-turned-administrator. You will be "At Home" with Ron and Jo Ann Graham and in the kitchen with father-daughter cooks Willie and Cicily Pettigrew.

I look forward to reading this issue with you and continuing *NOW*'s tradition of sharing stories of incredible Red Oak folk next month. Help me in my mission by sending your suggestions to angel.morris@nowmagazines.com. The best-read stories are in *Red OakNOW*!

Angel Morris
Red OakNOW Editor

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Leaps and Bounds

— By Janice C. Johnson

a class. When he was only 3, his older sister, Jessica, took gymnastics. Scott started by imitating her exercises in the backyard, moved on to recreational classes at age 6, and was competing by age 9. He now specializes in three events. Power tumbling involves a series of flips down a long, specially-constructed mat of fiberglass and hard foam. Double mini-trampoline consists of a running start, then springing from a combination ramp/mini trampoline into a pass of flipping, twisting and landing skills. Scott's third event is regulation trampoline, now familiar to those who watch the Summer Olympics Games. He competes through the organization USA Gymnastics, of which the *Palaestra* is a member club.

Competing at this level means a demanding practice schedule: Scott makes the one-hour commute to the gym four days a week, working out for three to four hours at a time. His high school, Waxahachie Preparatory Academy, offers a three-day-a-week schedule that encourages such activities. Even so, it takes the whole family to coordinate transportation. His mother, Karin, or sister, Jessica, usually drive him to practice, but both his grandmothers step in to help when needed. "We can't wait for him to get his driver's license," Karin said. Vincent, Scott's father, works long hours and is not available for weekday practices. But he goes to competitions whenever he can. "Once he took Saturday off and drove to Tulsa just to watch Scott compete in one event," Karin said.

Competition takes a toll not only on Scott's time, but on his body as well. Besides the two arms broken in a practice accident, he has sustained cuts, stress fractures and some painful joint conditions. In 2009, he had to wear a back brace while two stress-fractured

vertebrae healed. The brace came off just one week before he traveled to Holland for his first international trampoline competition, where he performed well, but did not medal.

Despite his injuries, Karin said, "He never once considered quitting. He gave up Scouts; he gave up soccer; we went to homeschooling, and then to Waxahachie Prep — just so he could have the time to practice and travel."

Scott has several natural traits that make him well-suited to

Fortunately, the building has a 30-foot ceiling; otherwise Scott Sapolio would have hit his head many times over. As he rebounds from the trampoline at The Palaestra Gym in Farmers Branch and soars into the air, he likes to reach up and touch the rafters.

Scott has taken gymnastic lessons for only about nine years. Of course, that is still over half his lifetime. The 15-year-old high school sophomore began competing at the Junior Olympics level in 2004 and was crowned State Champion in five of the last six years. And the sixth? Scott shrugged. "That was 2007, the year I broke both my arms," he said. He also holds multistate Regional Championships from 2005, 2006 and 2009. In all, his room is festooned with 37 gold, 16 silver and 11 bronze medals.

Scott showed his talent for gymnastics long before attending



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gymnastics. "I'm pretty calm," he said, "whether I'm competing or just learning a new skill." He also has a "try-anything" attitude and is very spatially aware; that is, aware of his body position. That is not to say that new skills always come easily. Scott remembers when he was trying to master the triple back flip, and landed flat on his face. "I learned that they use those big, squishy landing mats for a reason!" he quipped. Vincent noted that from a young age he was always focused, and his coaches commend his good attitude and work ethic.

Even the calmest person might shy away from risky new skills after getting injured, and Scott is no exception. "After you crash on a high-level skill it gets scary really fast — especially if it happens again. You kind of get a mental block." His head coach, gym owner Becky Weathers, has helped him recover

**"He is a good support
for his teammates and
has helped many kids
learn new skills."**

from these setbacks. "One thing that helped is once when I took a few months completely off practice," Scott explained. "Other times, I will break a skill down into small parts, and drill over and over on just one thing, like a single flip or twist." What keeps him going despite the challenges? "It's just fun," Scott said. "I enjoy competing — and it's cool when you win all three events."

Since he started competing, Scott has set a series of goals. He has enjoyed success at the state and regional levels and has been chosen twice for USA Gymnastics' Elite Development program. Now his eyes are on at least one gold medal at the National meet, then a place in the World Competition in the fall of 2011. "At the Final Selection competition, they take the top four for the World's. In 2009 I came in fifth — missed it by one place," Scott shook his head with a wry grin.

Yet with all Scott's goal orientation, gymnastics is not his whole world, nor is competition. He works hard in school, where his favorite subject is science,

often doing homework in the family's van or on airplanes. He is an amateur illusionist, amasses trivia facts and enjoys art. He also volunteers at Lone Star Cowboy Church, "Jonathan's Place" for homeless children and the Dallas Zoo. Karin added, "He is a good support for his teammates and has helped many kids learn new skills. He has a lot of patience and keeps encouraging them to improve and try again."

Gymnastics has given Scott and his family some unexpected opportunities. Vincent pointed out, "We started out with classes for fun and weren't really



thinking of him competing." But the meets have given them the chance to travel in 12 states, besides the trip to Holland. "We try to do fun things and learn about the history of the places we visit," Karin said. "In Holland, we visited the Anne Frank house. And in San Francisco we bicycled across the Golden Gate Bridge." On one trip to Los Angeles, Scott got to meet George Nissen, the inventor of the trampoline, who died in April of this year.

Scott's parents encourage him to do his best, but to have fun and keep his priorities straight. "God, family, education and then gymnastics," Karin said. They can see how his hard work in gymnastics is helping prepare him for adult life. His determined attitude and habit of self-motivation will serve him well regardless of his eventual career. And then, Scott has noticed the health and fitness benefits of his athletic discipline. "Without gymnastics," Scott said, "I'd be just another skinny kid." **NOW**

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**Another Reason to
SMILE**



Dolls and Dragsters

— By Adam Walker



At Home With Ron and Jo Ann Graham

Ron and Jo Ann Graham had known each other casually for many years before they ever dated. They had worked in human resources for the same company in different states, had met twice at company functions and spoken over the phone as their business duties required. In 1983, Jo Ann was transferred to the Dallas office. “Ron and I would talk on the phone about once every three to five years,” Jo Ann remembered. By the early 1990s, Ron was doing a lot of international travel for the company and Jo Ann told him, “If you ever come through Dallas, call me and I’ll buy you a coffee.” Then one day in 1998, she

found a message on her answering machine, “Hi. This is Ron Graham. I just moved to Dallas. I’ll take you up on that coffee.”

By this time Jo Ann no longer worked for the same company and was living in McKinney. Ron was new to the area and living in Ennis, so Jo Ann agreed to meet him at a gas station at I-35 and Ovilla Road. At this point, Jo Ann had been single for 16 years and Ron had been single for five. “We hadn’t seen each other for 15 years,” Jo Ann said, “but we went to a Super Bowl party together.” Six weeks later they were engaged, and four months after that, in July 1998, they were married and moved to Ovilla.

Now the Grahams live comfortably in

Ovilla. Among the first things you will notice on entering their home are all the portraits of family — Jo Ann’s parents, Ron’s parents, her son, his daughter, Jo Ann’s siblings, Ron’s identical twin. Everywhere you look, on dresser tops, in bookcases, on sofa tables and end tables and walls there are photos of their loved ones and of important family events. Family is also represented by the engraved brass plate family tree studded with each family member’s birthstone that hangs in the hall. The plaque, which was originally a gift from Jo Ann to her parents on their 40th anniversary, hangs outside the bedroom which her mother now occupies every winter. This room serves as a guest room through the rest of the year and features one of several window seats in the house





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and a deep burgundy accent wall and burgundy border on the remaining walls.

The second bedroom, though it can also serve as a guest room, has become Jo Ann's room for her collection of Kelly dolls — you know, “Barbie’s kid sister.” Jo Ann has an example of every doll issued either in the U.S. or overseas since the doll was introduced in 1994. She also has numerous one-of-a-kind Kellys, some of her own handiwork and some that she has purchased or received as gifts from other Kelly collectors at conventions. The astronaut Kelly standing on the moon, flag in hand is one of Jo Ann's creations, as is her own award-winning lookalike doll based on a first grade photograph of herself in a tutu. She has Kelly dolls representing various movie characters, including a number of *Gone with the Wind* dolls and a complete set of Disney princesses. She even has a Kelly doll of her daughter-in-law in her wedding dress.

With all this time spent on Kelly, of course this is where she turned when it was time to write her thesis for her degree in cultural anthropology. She did her research on on-line communities of Kelly doll collectors and her work was published. She has been invited to present her study several times at universities, conferences and conventions.

The master suite features two unusual choices in the bathroom. First, since Jo Ann does not like draperies, those window treatments only appear in the two rooms that serve as guest rooms. In the master bath, the windows above the tub are frosted and then an extra measure of privacy is supplied by hanging leaded glass panels in the windows which still do not obstruct the light. The second uncommon element is also about privacy; the bathroom's his and hers sinks are divided by a two-sided mirror so Jo Ann and Ron each have their own counter space.

The sunken living room is just a step down from the entry

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featuring leaded glass panels in the windows and sage wallpaper. The two rooms are separated by brick pillars while the living room's pecan paneling echoes the hardwood floor of the entry. Jo Ann's collection of blue glass paperweights, including two made of glass from the ash of Mt. St. Helens, displayed on the coffee table, is balanced by a family of glass Bluebirds of Happiness on a nearby table, each of which was a gift from a different person at a different time in her life.

The dining area, where Jo Ann holds dinner parties, and the blue and white kitchen, where she loves to spend time cooking the pies and soups she auctions at church and community functions, both feature recessed ceilings. In fact, every room of the house features some type of recess in the ceiling. Whether an octagonal wagon wheel design in the breakfast nook or a double recessed

rectangle or something simpler, the recessed ceilings are one of the design features prevalent throughout the house.

In the den, the ceiling is peaked and accented with heavy pecan beams and more pecan paneling like that in the living room. This is the room where Ron's passions are on display. Some of his golf awards share the shelving with racing memorabilia including photographs of dragsters he has built and raced. Of course, with Jo Ann's passion for Kelly dolls it should not be surprising that a couple more "originals" should appear in the den. The pair of dolls, modified to look like Dale Earnhardt Jr. and Tony Pedregon, were a gift she gave Ron in 2003.

Out back Ron has a huge, three-car garage/work building where he keeps his deep blue Chevy Nova racer which proudly displays its 8.6 second quarter



mile in the window. In addition to his own cars, Ron is currently restoring a beautiful 1964 Mustang for one friend, and helping one of his pit crew members build an off-roader on the chassis of an old postal jeep.

Standing poolside amid some of the many seating clusters in their entertainment oriented backyard, Jo Ann declared, "Ovilla is a wonderful place to live. It is silent and peaceful at night. We plan on staying right here in this house. Ron and I couldn't find anywhere to live as nice as Ovilla." **NOV**

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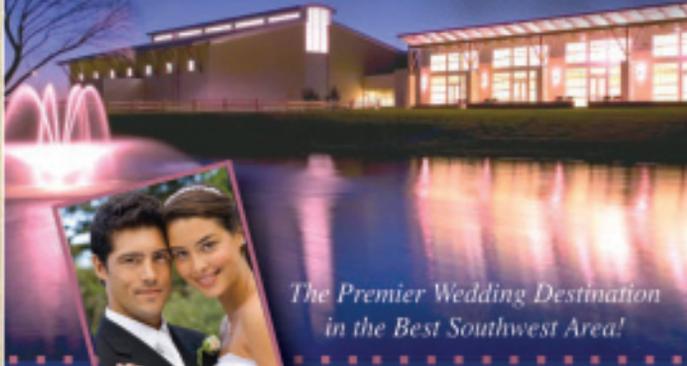


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Another dazzling display of fireworks is seen at the annual Red Oak White & Blue.



Isabella Frier gets a cold snow cone at Snow King on a hot summer's day.



Ruthie Burke buys watermelons from a local farmer.



The Red Oak Hawks — a local 7-on-7 football team — pose after winning third place in the state tournament in College Station.



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Battle Between GOOD AND EVIL

— By Sydni Thomas



With hours to spare before each of his flights took off, Red Oak, Texas, resident David McCoy began writing down the action scenes taking place in his mind. David's job at the time as an insulation quality coordinator required him to travel three months out of the year. "I visited a lot of airports and instead of filling my time reading books or dozing off," he said, "I created an action-packed world that brought traditional biblical stories into modern times."

The adventures in *Shurod and the Angelic Bloodline*, the first installment of his "gatekeeper" trilogy, began in Red Oak and then took the reader across the world to Israel. In each book, he has included places that have been important in his life. David has planned for his characters to visit Quemado Lake in New Mexico, where he spent time in his youth, with hopes that it will be put on the map. His parents still live in New Mexico and run a bed and breakfast there.

Originally from Dallas, Texas, David's parents relocated his family to the Zuni Indian Reservation of New Mexico when he was in high school. After a year of being the only Caucasian male student on the reservation, the McCoy's moved to Quemado, New Mexico, when his father was hired as the high school principal. "My dad was actually my high school principal, football coach and pastor," he said. "I couldn't do *anything* wrong!"

An action junkie, David decided to join the Navy after high school graduation. While in the Navy, he served in the Gulf War and was stationed in Yokosuka, Japan. In 1994, after he left the Navy, David decided to move back to Texas. It was then that he met his wife, Sherri, an ITT Technical Institute recruiter. David has three children: a son Timothy, and two daughters, Sierra and Victoria. Both of his daughters have read his book. His oldest daughter, 13-year-old Sierra, gives him ideas on what she would like to see happen in the rest of the trilogy. He has even inspired his children to pursue writing.

The McCoy's are members of Red Oak's First Baptist Church. As a Christian, he felt that it was important to write a book with characters that possessed good morals and would intrigue young adults. He also included biblical stories with the hope that those not familiar with the Bible would take interest. "It gives an alternative to *Twilight*," he explained. "Good and evil are always battling, referencing biblical influences without perverting the original context."

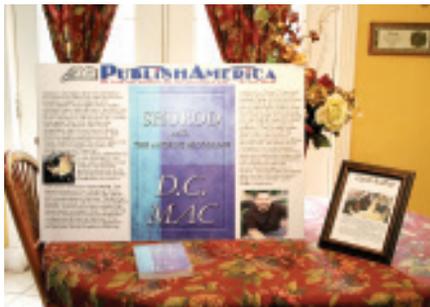
Inspired by popular Christian author of suspense thrillers, Frank Peretti, David filled his book with supernatural battle scenes to keep the readers involved. The main character, Dan Clifton, struggled with life's ultimate question. What was his purpose? Soon enough he learned that he was a descendant in a long line of mortals tasked with protecting the gate that imprisoned fallen angels for eternity. Dan was transported back in time to biblical events and witnessed demonic and angelic encounters. The idea for this book was developed when David came across the Bible passage 2 Peter 2:4. "One of the things that I wanted to accomplish with writing is for people who don't know anything about the Bible to learn it and not even know it," he admitted. "All of the places I've used are historically factual."

Writing a book was never something David planned on doing. In fact, his

co-workers did not believe he could. Determined to finish, he labored over this book for two years while keeping a full-time job. After a year of searching for a publisher, Publish America picked up his book.

David planned the entire trilogy, but when he finishes the third book he may write another if the story can continue. He does not want the stories to stop with the books. His ultimate goal is to see them on the big screen. "My publisher already sent the book to Tom Hanks," David said. "I'm just waiting for the day when I pick up the phone and they say, 'Hey we're going to make a movie.'"

In September 2009, David lost his job of eight years. Since then, he and his wife decided to take the leap back to school. David delayed college to join the Navy after graduation. He is now pursuing a degree in networking and information security. "The book has helped me deal with this loss," he confessed. "I can put everything aside when I write and go into



"Good and evil are always battling, referencing biblical influences without perverting the original context."

my own little world and type away."

David does not know where his writing will take him or if he plans on turning it into a full-time job. In his Navy days, he spent a lot of time in Third World countries where he saw people struggling every day to find food. He expressed that one day his writing will help people in those situations. "I keep thinking in the back of my mind that this is what I should be doing," he said. "Through writing, I hope that I will someday be able to help others because relationships are the key." **NOW**

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Getting in the

Swing
of Things — *By Alana
Williamson*

A journey that began in her own backyard has taken Carly Dear to the University of Central Arkansas (UCA) this fall on a golf scholarship. Carly, a 2010 graduate of Red Oak High School, began playing

golf more than a decade ago with her father. “I would watch my dad hit balls in the backyard,” Carly said. “He got me started playing, and I really took to it.”

Carly began playing golf at the age of 7 and after her dad taught her all he could, she began taking lessons from

professional golfers. She still takes lessons once a month and plays at Thorntree Country Club in DeSoto on a daily basis. She competed in tournaments with the Northern Texas Professional Golfers’ Association, American Junior Golf Association and the Texas Junior Golf Tour. Carly traveled around the state, Oklahoma and Mexico to compete.

As part of the ROHS golf team, Carly received district honors as an individual and advanced to regionals each of her four years in high school. She also advanced to state two years, placing seventh in the 4A Division as a sophomore.

Her tournament and high school experience has helped prepare her for the challenging competition she will face at UCA, a Division I school located in Conway, 30 miles north of Little Rock. Carly is happy with her college choice and looks forward to improving her skills. One of the aspects that drew her to the college was the facilities at UCA. “The location is fantastic and the golf courses are amazing,” she said. “They have a brand new indoor hitting facility that will allow me to practice anytime and in any weather.”

In addition, the coaches have experience playing professionally, something that is very important to Carly in achieving her goals. “I’m definitely going to try to play professionally. I want to play golf for the rest of my life,” she said.

While not practicing or competing, Carly enjoys watching professional tournaments both on television and at live events. In fact, Carly admitted that the only television she watches is golf-related. “I try to follow the women, but I enjoy watching the guys more because it’s more competition,” she said. Carly proudly displayed a pin flag from the 2007 Masters personally autographed by winner Zach Johnson. Zach, who also won the 2010 Crowne Plaza Invitational at the Colonial in Fort Worth, receives instruction from one of Carly’s coaches.

Carly credits her swing instructor, Amy Fox, for helping in her success. Amy began coaching Carly when she was in the fifth grade. She helped her build her swing, improve her mental game and pick a college.

Her parents, Bridget and Tim, have provided constant support. “They’ve gone to every tournament I’ve ever played in,” Carly said. “They are also going to travel with me in college.” Carly’s parents took her and a friend to Cancún after graduation. She traveled to the area twice before to compete in the Mayakoba Golf Classic, experiences that had two very different outcomes. Her first competition in the tournament was cut short by a back injury she sustained while lifting her golf bag on the second day of the three-day tournament. Not only did Carly have to drop out of the competition, but she also

spent four months rehabilitating. "It took a long time, but it was an obstacle that I was able to overcome," she said.

During her next trip to the Mayakoba in 2009, Carly excelled, placing fifth in the international competition. She considered both experiences to be important lessons and enjoyed playing on the challenging course. "PGA players have a tournament there," Carly explained. "They set up the greens and pin locations the same, so we get a feel of what it's like for them to play."

While in high school, Carly's classmates voted her most likely to become famous and that is exactly what Carly intends to do after college. She faces an even greater challenge balancing academics and golf at UCA where she expects to be out of state for three days at a time when competing. Golf will also be a year-long commitment for her with tournaments in the fall and conference competitions in the spring.

"Even when no one is watching, you have to be truthful, or you won't make it."

Nevertheless, Carly is determined to succeed and encourages others to not give up on their goals. "You have to believe in yourself, work hard and stay focused on what you want to achieve," she said.

Carly chose to pursue golf because it is an individual sport and a unique one. She credits her dad for getting her started early because every tournament since then has been a learning experience for her.

Her learning experiences in golf have also extended to other areas of her life. Since golfers have to be respectful on the course, she has learned the importance of being courteous to others and she has gained integrity. "Even when no one is watching, you have to be truthful, or you won't make it," she said.

Carly definitely intends to make it in the game of golf and as for her college jitters, she said, "I will probably get in the swing of it." **NOW**

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Left:
The staff of Red Oak Health and Rehabilitation.

A Place of the Heart

*Red Oak Health and Rehab is dedicated to the whole care of each patient.
— By Alex Allred*

Red Oak Health and Rehab Center is truly a place where the heart leads in health care and hope. Officially, the center is a personalized nursing care system that offers long-term care, rehabilitation services and a secured Alzheimer's unit. The Red Oak center is just one of 19 facilities in Texas owned by the Senior Care Centers, but each is personalized with professionally licensed nurses and certified nursing assistants. Red Oak Health and Rehab is dedicated to the whole care of a patient, offering social activities and educational programs in addition to their rehabilitation programs.

"I always wanted to work with seniors," Tammie Dooley said. With a background in medical management and marketing, she has been a part of the admissions team since 2008. "I had the best grandmother in the world," she shared, adding that as she grew older, she realized not everyone experienced the same grandparent/grandchild relationship she once did. "This is my way of paying tribute to my grandmother and crossing those generational lines. I believe it's time my generation steps up to the plate." It is that kind of testament that makes Red Oak

Health and Rehab Center so successful.

For the nursing staff and licensed therapists, the goals set for their patients are simple: return to their normal, everyday lives following rehabilitation or simply focus on a resident's quality of life by improving functional abilities and independence. "Usually after a short hospital stay, for example, recovering from a hip replacement, stroke or heart attack," Tammie said, "we also provide some additional services for the patient and family beyond physical rehabilitation. We offer education classes for when they [patient] get home."

In addition to occupational and physical therapy, "we also provide speech therapy and stroke rehabilitation," Tammie said. There is a health care system that goes far beyond wound care management or feeding tube care. "We are a 24-hour service — whatever you need."

But the Red Oak Health and Rehabilitation Center offers care beyond the short-term needs of a patient, and it is here that they are most proud of their sprawling facility with beautifully landscaped grounds and courtyard cabana. Live-in patients are

offered “home-cooked meals,” and such on-site conveniences as beauty stylists, as well as dental and podiatrist care. A private dining room and fireplace allow residents to feel a sense of community that is their own.

The center’s completely secure Alzheimer’s care unit is for the families who can no longer take care of their family members. “Our lock down facility prevents our patients from wandering outside and their family can be assured that they are safe and secure,” Tammie said.

With the long-term care, medication management and daily activities, schedules are carefully planned. Housekeeping and nursing as well as medical transportation are all provided to



residents. “And,” Tammie said, “we are going Wi-Fi!”

The Wireless Internet promises to make Red Oak Health and Rehab Center a top-notch facility. There is hope that residents will learn how to use modern technology, but it is also for the staff. Although voice-activated care has been used for more than 20 years in the medical profession, the Red Oak Health and Rehab Center staff now has the ability to essentially be on-line around the clock, allowing for faster, easier care for the patient.

Of course, they are dedicated to the idea of community and health, offering guest speakers and exercise programs. “This is the heart of the job,” Tammie said. Educational programs and birthday celebrations are great fun, but bringing in the best, most efficient care is the ultimate goal. “We owe them that much.” **NOW**



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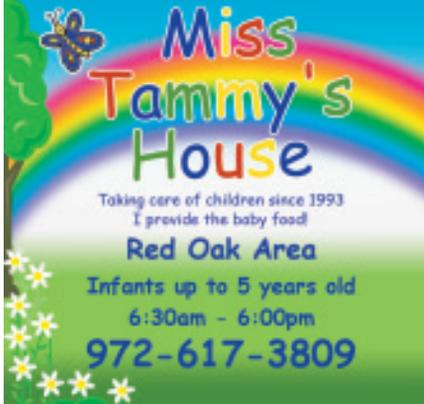


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A Teacher's Teacher

— By Sandra Strong

This is the busiest time of the year for Cassie Fulton, assistant principal at Eastridge Elementary School. Although it is busy, she seems to bubble over with excitement as she ponders the possibilities of another school year. “I’m a self-proclaimed problem solver,” Cassie confessed. “Whatever issues arise at school, whether they be student- or curriculum-related, my goal is to be part of the solution, not the problem.”

Cassie masters this goal time and time again by being a “teacher’s teacher.” Her years as a classroom teacher gave her the experience she needed to understand those who she serves today as assistant principal. Her résumé reads like a short story. Cassie attended Navarro College in Corsicana, earning her associate degree. She married and moved to Nacogdoches with her husband, Jerry, a Baptist minister. While residing in Nacogdoches, she completed her bachelor’s degree at

Stephen F. Austin State University. “I taught eighth-grade language arts for two years,” she added. “I loved it!”

Cassie stated, “It seems as if God had a hand in our next move. “Jerry accepted a position in Waxahachie,” she explained, “and by chance, the two assistant principals I was working under were moving to Lancaster at the same time. They asked me to go work for them once we were settled in our new home.” Once again, she found herself in the classroom. This time, she taught sixth-graders at the Intermediate School. “I was there for three years,” she said, “and I loved it, too. It was a new challenge every day.”

Jerry then took a new pastoral position in Eules, so another move was warranted. Cassie taught third grade for the Grapevine-Colleyville ISD for the next three years. While there, she was able to enroll in a cohort program sponsored by Tarleton State University

where she earned her master’s degree.

Once again, a move was imminent when Jerry was offered another ministerial position, director of the Baptist Missionary Association of Texas, in Waxahachie. “This time, the position was more permanent,” Cassie smiled. Moving back to Waxahachie, Cassie was able to return to Lancaster and work for her former principal. She taught third-graders and was also chosen to be a reading instructional coach for Lancaster this second time around.

After 10 years and a long journey, Cassie decided to become an assistant principal in the Red Oak Independent School District. “I felt it was the next step for me,” Cassie admitted. “It just seemed natural.” Cassie has a big heart for teachers, especially since she was one herself for many years. As an assistant principal, she feels she can have a far greater impact overall, and she is able to help more students by helping their teachers.

Cassie works closely with all the teachers. She enjoys celebrating the successes they have with their students. She sits in on classes as an observer, and will often leave positive words of encouragement to remind the teachers what a great job they are doing. Cassie feels like she has the opportunity to help

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all students, instead of a class of just 22 as she had done before. "As a teacher, I was only able to help my own class," she said. "As an assistant principal, I can help teachers enhance what's already being done well by the teacher in his or her classroom," Cassie reiterated with a smile.

Cassie went on to say that she was particularly involved with assisting with guided reading this past year. She explained, "It brought great satisfaction to me to assist the teachers on how to manage teaching reading to a small group of one to five students while the other 20 or so students are involved in centers and are occupied with constructive and educational activities." There were no magic wands; no shoes that were magic, just solid organization and planning. Cassie jokingly admitted, "I'm a bit obsessed with organization."

Recently, Cassie was awarded a grant from the Region 10 Educational Service Center. "The \$4,700 grant allowed Eastridge to open the Parent Resource Center in our library," Cassie proudly stated. "Many parents reported that they did not have the instructional materials at home to assist their student in their academic needs. However, the Parent Resource Center gives parents tools that can be used at home to help reinforce what's being taught in the classroom." The grant not only provided a PC computer, television and DVD player at the school for parental use, it also supplied a variety of educational games, flash cards and quick-learning devices. Also available to parents are DVDs and books on behavioral and attention questions they might have, all of which can be checked out to the parent through the school library. With one grant already being used to its fullest, Cassie is hopeful that she will win additional grants to grow the Parent Resource Center. "It's all about educating the children," she said.

Another integral part of Cassie's position as an assistant principal is that of discipline. Her goal is to keep the students in the classroom setting. "I'm able to correct behavior before it becomes a problem due to the positive relationships I try to form with the students," she stated. It is these relationships that spell success. **NOW**



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In The Kitchen With Willie and Cicily Pettigrew

— By Faith Browning

Willie and Cicily Pettigrew make up a tasteful team working together in their family-owned bakery. “My dad has loved cooking since he was 10 while helping his mother prepare meals for the family. Just as his mother taught him, he taught me,” Cicily explained. “Honestly, my love for cooking didn’t come into fruition until I was a teenager, once I discovered how creative I could be in the kitchen.”

Together, they enjoy reading cookbooks, watching Food Network and experimenting with new recipes. “Working every day in the bakery is our hobby. It doesn’t feel like work because we have fun spending time together inventing new cookies and mixing new flavors of pies and cakes,” Cicily said. “Using our hands to create new things is a joy to both of us.” **NOW**



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1/4 tsp. ground cumin
6 8-inch flour tortillas
3/4 cup reduced-fat sour cream
1 cup (4 oz.) shredded reduced-fat Mexican cheese blend
1 cup shredded lettuce
1 med. tomato, chopped
1/4 cup fresh cilantro, minced

1. In a large skillet, cook turkey and onion over medium heat until meat is no longer pink; drain. Stir in the salsa, beans, dressing, taco seasoning and cumin.
2. Place three tortillas in a 2-qt. baking dish coated with cooking spray. Layer with half of the meat mixture, sour cream and cheese. Repeat layers.
3. Cover and bake at 400 F for 25 minutes. Uncover; bake 5-10 minutes longer or until heated through. Let stand for 5 minutes before topping with lettuce, tomato and cilantro. Yield: 8 servings.

ORANGE-MAPLE GLAZED CHICKEN

1/3 cup orange juice
1/3 cup maple syrup
2 Tbsp. balsamic vinegar
1 1/2 tsp. Dijon mustard
1 tsp. salt, divided
3/4 tsp. pepper, divided
1 Tbsp. fresh basil, minced or 1 tsp. dried basil
1/2 tsp. grated orange peel

6 boneless skinless chicken breast halves (6 oz. each)

1. In a small saucepan, combine the orange juice, syrup, vinegar, mustard, 1/2 tsp. salt and 1/4 tsp. pepper. Bring to a boil; cook until liquid is reduced to 1/2 cup, about 5 minutes. Stir in basil and orange peel. Remove from the heat; set aside.
2. Sprinkle chicken with remaining salt and pepper. Grill chicken, covered, over medium heat for 5-7 minutes on each side or until a meat thermometer reads 170 F, basting frequently with orange juice mixture. Yield: 6 servings.

BROCCOLI CHICKEN CASSEROLE

1 1/2 cups water
1 6-oz. pkg. chicken stuffing mix
2 cups cooked chicken, cubed
1 cup frozen broccoli florets, thawed
1 10 3/4-oz. can condensed broccoli cheese soup, undiluted
1 cup (4 oz.) cheddar cheese, shredded

1. In a small saucepan, bring water to a boil. Stir in stuffing mix. Remove from the heat; cover and let stand for 5 minutes.
2. Meanwhile, layer chicken and broccoli in a greased 11 x 7-inch baking dish. Top with soup. Fluff stuffing with a fork; spoon over soup. Sprinkle with cheese.
3. Bake, uncovered, at 350 F for 30-35 minutes or until heated through. Yield: 6 servings.

ROASTED CAJUN POTATOES

2 1/2 lbs. med. red potatoes
1/4 cup olive oil

2 shallots, chopped
1 garlic clove, minced
1 tsp. salt
1/2 tsp. paprika
1/2 tsp. cayenne pepper
1/2 tsp. pepper
2 Tbsp. fresh parsley, minced

1. Cut each potato lengthwise into eight wedges. In a large bowl, combine the oil, shallots, garlic, salt, paprika, cayenne and pepper; add potatoes and toss to coat.
2. Place in a greased roasting pan. Bake, uncovered, at 450 F for 45-50 minutes or until tender and golden brown, turning every 15 minutes. Sprinkle with parsley. Yield: 8 servings.

BROWN SUGAR MEATLOAF

1/2 cup packed brown sugar
1/2 cup ketchup
1 1/2 lbs. ground turkey
3/4 cup milk
2 eggs
1 1/2 tsp. salt
1/4 tsp. ground black pepper
1 sm. onion, chopped
1/4 Tbsp. ground ginger
3/4 cup finely crushed saltine cracker crumbs

1. Preheat oven to 350 F (175 C). Lightly grease a 5 x 9-inch loaf pan. Press the brown sugar into the bottom of the prepared loaf pan; spread the ketchup over the sugar.
2. In a mixing bowl, mix thoroughly all remaining ingredients and shape into a loaf. Place on top of the ketchup.
3. Bake in preheated oven for 1 hour or until juices are clear. Yield: 8 servings.

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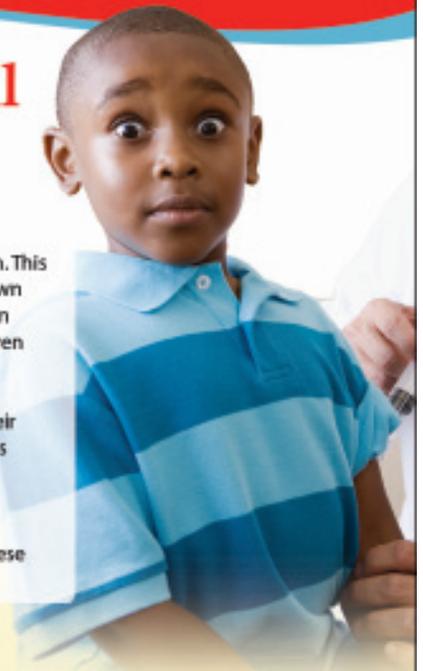
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AUGUST IS National Immunization Month

August is National Immunization Awareness Month. This is a great time to look at your children's and your own immunization record. The CDC has an immunization schedule that can help you determine if your children need immunizations before returning to school or help you verify if you are up to date. Each school district has different requirements, so check out their web sites or call to find out what their requirements are for entry. Our Desoto and Ovilla locations do Immunizations Monday through Friday. Bring your immunization record to our office so we can verify what immunizations are needed and document these for you.



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Protect Your Family's Safety WITH LIFE INSURANCE

— By *Nickie Weyrauch*



As fall approaches, parents plan for their children's future by making sure they are ready for the new school year so they can make the most of their education. Another important way for parents to help their children have a bright future is to make sure they have taken steps to protect their family's financial future by having proper life insurance coverage.

It doesn't matter how old or young you are — it's never too early (or too late) to think about life insurance. Whether you're on your own for the first time, just starting a family, have a spouse and children who depend on you or are retired, life insurance can help provide monetary death benefits when you die to those you designate as beneficiaries.

Life insurance protects you and your family in many ways. Some life insurance products combine death protection and savings. These products can be useful during your lifetime, not just after it. They can help you achieve your financial goals through death benefits should you die, and through cash value accumulation while you're alive, which can help with college or retirement savings.

While it's difficult for each of us to face our own mortality, planning for it will ease the burden our loved ones will later face. Life insurance can be purchased to help in this difficult situation by providing death benefits, which help cover:

- Unpaid medical bills.
- Income replacement for survivors.
- Final expenses like burial costs.
- Unplanned or emergency expenses.
- Mortgage balance.
- Future education funds.

You can also use some life insurance products to help you establish an estate plan, as a component to your savings strategy, for retirement income or to pay estate taxes. **NOW**

Nickie Weyrauch is an Allstate agent based in Red Oak.

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BE A GREAT PATIENT: The Key to Great Health Care Is You

When it comes to your health care, you want the best there is. Sure, it helps to have an excellent physician and superb specialists, but they are not the key to your health care — you are.



Here's how to get the care you need:

1. Find Dr. Right.

Choose a primary care physician whom you're comfortable with and have confidence in. Before committing, ask him or her questions such as what their office hours are, what the physician's treatment philosophy is and who will care for you if he or she is unavailable. Ask yourself if this is someone you'd want caring for you if you were critically ill. You have to have someone you trust.

2. Go prepared.

Even the best physicians are not mind readers. So tell them everything about your health. When asked about your personal and family medical history, be honest and disclose as much information as possible.

If you are experiencing symptoms, tell your physician what they are, how severe they are and when you experience them. Report even small changes in your health; they may indicate an underlying problem.

3. Ask lots of questions.

When your physician tells you something you don't understand — whether it's about heart disease or a hangnail — ask questions. Quality health care is dependent on good physicians partnering with the patient and their family. This is accomplished by questions being asked between all of the participants. This dialogue will ensure that the physician, patient and family understand the disease and care plan to be followed.

Start by repeating back in your own words what your physician tells you. This will ensure that you understand what he said and will open up a dialogue if you didn't.

4. Seek a second opinion.

If you are uncomfortable with a diagnosis or treatment plan your physician gives you, get a second opinion. And don't worry about offending your physician. A good physician will want you to be comfortable with your diagnosis. If he or she is offended, then he or she is not the physician for you. **NOW**

Contributed by Baylor Medical Center at Waxabachie. For more information regarding this topic, visit www.BaylorHealth.com/Waxabachie.



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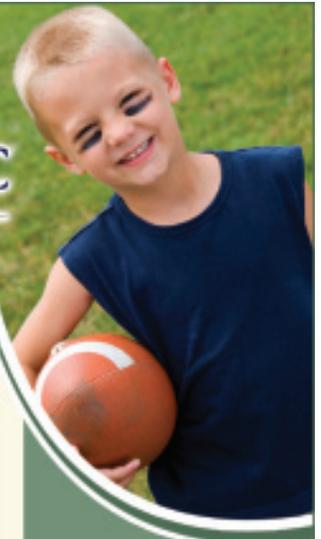
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GETTING YOUR TREES READY FOR WINTER

— By Nancy Fenton

Did you notice how many limbs some of the trees lost this year? Let's talk about what happens when trees are not pruned on a regular basis. The worst case scenario would be for a rather large branch to drop through your roof or on your car! The second worst incident would be for the falling limbs to take out electricity or close bridges and roads. We may not like it, but our local utility companies and counties have to pick up the slack when safety becomes an issue. Let's face the reality; tree trimming can be a costly procedure, and if we do not do it ourselves, someone has to.

The county and the utility companies do not cut the limbs over your roof, but they do protect the lines that power our homes as well as the roads on which we drive. They have a lot of territory to cover, and it is an economic reality that they will move through as quickly as possible. Each one of us could pick up the cost of having our trees trimmed the way we want it done — as long as the safety issues were addressed. All it takes is a plan and a phone call to the utility or the county. Hey, it



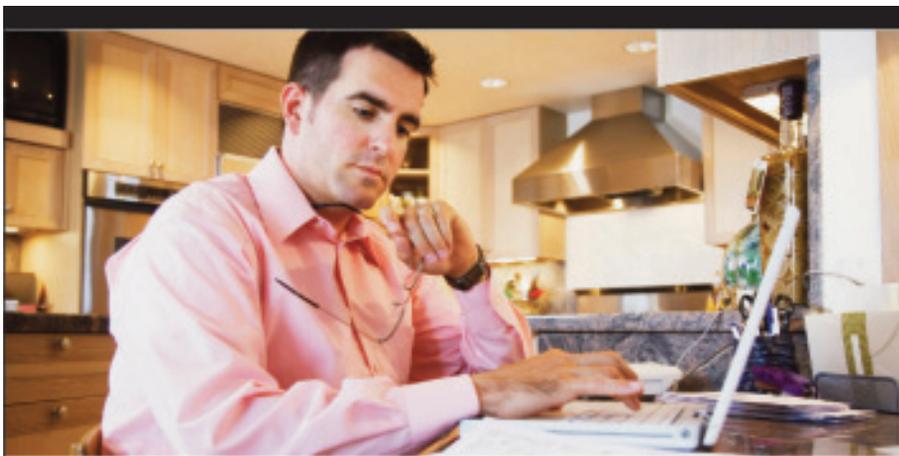
saves them time and money, so they would be delighted to see the homeowner/landowner take care of it.

Most of the trees around our homes are the slow growing, beautiful ones like live oaks, maples, burr oaks and pecans. Hackberry trees, poplars and cedars are fast-growing and short-lived. Even though they may look awful when the utility or county workers are forced to cut them back, they will cover the road again in two years if not "whacked back" again. Of course, any landowner has the option to trim back any trees on their property. The county and utility companies only do it to keep us safe on our public roads. The pictures taken on our public county roads may look bad right after the trees are trimmed in the spring, but drive back by in the summer months, and you will see lush growth everywhere.

This is the month to start scheduling your own tree trimming if you do not do it yourself. The first freeze is usually around Thanksgiving, and you do not want to be cutting on your trees anytime after October 1. The trimming stimulates growth, and you do not want the freeze to really damage your trees.

Call a licensed and insured tree service now to get on their schedule, and get ready to sit back and smile as others scurry to repair roofs, get electricity turned back on and even to get out of their driveways when the big storms come! **NOW**

Nancy Fenton is a Master Gardener.



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All Month

Citizen's Police Academy registration begins. Classes are Thursday evenings, September-November, 6-9:30 p.m. at various city facilities. The 11-week course gives participants a working knowledge of the Red Oak Police Department. Contact Nathan Bickerstaff at (972) 617-7632 or nbickerstaff@redoaktx.org.

Through August 7

North Ellis County Outreach Center School Supply Drive, 404 S. State Highway 342. Needs include: crayons, pencils, pens, manila paper, construction paper, pocket and brad folders. For a complete list, call Sandra Boone at (972) 617-7261.

Third Monday

Red Oak ISD School Board meetings: 7:00 p.m., Red Oak Elementary cafeteria, 200 Valley Ridge Dr. Call (972) 617-2941 or visit <http://www.redoakisd.org/>.

Fourth Monday

Creative Quilters Guild of Ellis County meeting: 6:30-8:30 p.m. at Waxahachie Bible Church, 621 Grand Avenue. The guest speaker this month will be Jane Cook with her presentation of "Machine Embroidery Quilts."

First Tuesday

PrimeTimers Senior Group meeting: 10:00 a.m.-2:00 p.m., Oaks Fellowship, 777 S. I-35 East in Red Oak. Open to all seniors. Fun, food and fellowship. RSVP (214) 376-8208.

First and Third Tuesdays

Red Oak Lions Club meeting: 7:00 p.m., 207 W. Red Oak Rd. For more information, call (214) 864-8014.

Second Tuesday

Oak Leaf City Council meetings: 7:00 p.m., Oak Leaf Municipal Center, 301 Locust Dr., Oak Leaf. Call (972) 617-2660 or visit <http://www.oakleafatexas.org/city-council> for details.

Tuesdays and Thursdays

Alcoholics Anonymous meeting: 7:00 p.m., First United Methodist Church, 600 Red Oak Rd. (972) 617-9100.

Every Wednesday

Family Story Time: 10:00 a.m., Red Oak Public Library, 200 Lakeview Pkwy. All ages welcome. Call (469) 218-1230 or visit www.redoakpubliclibrary.org.

Third Wednesday

Ellis County Christian Women's Connection luncheon: 11:30 a.m.-1:00 p.m., Waxahachie Country Club, 1920 W. Hwy. 287 at I-35 East (Exit 401B). Cost is \$13, inclusive. Nursery vouchers available for young

children. Reservations preferred, but walk-ins welcome. Contact Kay at (972) 937-2807 or windchime423@yahoo.com.

Wednesdays and Thursdays

Red Oak Senior Citizens Club meeting: 8:30 a.m.-1:30 p.m., 207 West Red Oak Rd. Games, exercise and activities. Call (972) 576-2777 for details.

Every Thursday

GriefShare recovery support group for those who have lost a loved one: 7:00 p.m., The Oaks Fellowship in Red Oak, room E-104. (214) 376-8208.

First and Third Thursday

Glenn Heights Lions Club meeting: 7:00 p.m., Bienvenidos Restaurant, 920 N. I-35 E., Lancaster.

Red Oak seniors' luncheon for all citizens 55 and over. Pre-register on the Tuesday before the event you plan to attend. There is no cost to senior residents, \$5 for all senior non-residents. Call Jennifer for information and to register. (972) 576-3414.

First Saturday

Red Oak Fire Rescue CPR classes: 9:00 a.m. Call early to register. (469) 218-7713.

Second Saturday

Lone Star Cowboy Church motorcycle group ride. 1011 E. Ovilla Rd. (972) 576-0900.

August 2, 9, 16

Glenn Heights City Council meetings: 7:30 p.m., city council chambers, 1938 Hampton Road, Glenn Heights. Call (972) 223-1690 or e-mail citysecretary@glennheights.com.

August 5

The Navarro College Small Business Development Center's "Funding Your Small Business" seminar: 9:00-11:00 a.m., Waxahachie Chamber of Commerce, 102 YMCA Drive, Waxahachie. Discover the variety of loans available and the process for getting funds guaranteed by the U.S. Small Business Administration. Cost: \$20. To register, call (972) 923-6425 or e-mail sbdc@navarrocollege.edu.

August 6

After Hours Improv Theater comedy night benefiting Red Oak Project Graduation 2011: 8:00 p.m., 100 N. College Street, Waxahachie, inside the Rogers Hotel. Call (972) 937-9839 or visit www.AfterHoursImprov.com.

August 7

Red Oak ISD Council of PTAs and ROISD present a uniform exchange/sale: 8:00 a.m.-noon, Red Oak Intermediate School, 401 E.

Ovilla Road, Glenn Heights. Items can be exchanged one for one or purchased at \$2 each. Uniform donations can be left at the intermediate school from 10:00 a.m.-2:00 p.m. Aug. 2-5 in exchange for vouchers to use at the sale. Contact Kathy Higginbotham at (972) 617-7124 or Donna Knight at (972) 617-5895.

August 12

"Cook-a-Doodle-Do" — a messy comedy of errors for all ages: 10:30-11:30 a.m., Red Oak Public Library, 200 Lakeview Pkwy. Come see Little Red Hen's great-grandson, Big Brown Rooster, as he attempts to make Strawberry Shortcake with the help of Iguana, Turtle and Pot-Bellied Pig. Stick around afterwards for hands-on activities that will encourage children to try out various kitchen tools and techniques. Call (469) 218-1230 or visit www.redoakpubliclibrary.org.

August 20

After Hours Improv Theater presents "Murder at the Four Deuces" Murder Mystery Dinner. \$35 per person includes three-course dinner. Call (972) 937-9839 or visit www.afterhoursimprov.com.

August 21

The Navarro College Small Business Development Center's "QuickBooks Simple Start" seminar: 9:00-11:00 a.m., Navarro College Continuing Education department, Room 104, at 1900 John Arden Drive, Waxahachie. Simple Start will introduce you to the fundamentals of financial software. Cost: \$20. To register, call (972) 923-6425 or e-mail sbdc@navarrocollege.edu.

August 22

The Second Annual "Hitch a Ride" Red Oak Bridal Show: noon-5:00 p.m., Red Oak Municipal Center, 200 Lakeview Pkwy. Call (469) 218-1202 or visit www.facebook.com/redoakbridalshow.

August 23

First day of the ROISD 2010-11 school year: Call (972) 617-2941 or visit www.redoakisd.org and visit your school's home page for start and end times.

August 25

Red Oak Area Chamber Luncheon: noon, Red Oak Municipal Center, 200 Lakeview Parkway. Cost is \$12 with reservations or \$15 at the door. Contact Shelley Oglesby at admin@redoakareachamber.org.

Submissions are welcome and are published as space allows. Send your event details to angel.morris@nowmagazines.com. Deadline for the September issue is August 10.



“Since knee replacement at Baylor, I’m hard to keep up with.”

“When I was 15, I was sliding into home plate, and the catcher fell on my knee,” says Ron Brown. “It gradually got worse, and as I got older, I couldn’t walk very well. And I enjoy walking.” At Baylor Medical Center at Waxahachie, Ron underwent knee replacement surgery followed by one-on-one physical therapy. “Everything about the procedure and rehab was explained to me. It was just very informative, and gave me a lot of confidence in my doctor and the staff. They took great care of me.” Today, Ron is able to walk without pain. “That’s key for me. I don’t like to sit around very much.”

For a physician referral or for more information about orthopaedic services, call [1.800.4BAYLOR](tel:1.800.4BAYLOR) or visit us online at BaylorHealth.com/WaxOrtho.

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