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AUGUST 2013

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General Manager, Rick Hensley

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Managing Editor, Becky Walker  
North Ellis Co. Editor, Angel Morris  
Editorial Coordinator, Sandra Strong  
Editorial Assistant, Beverly Shay  
Writers, Randy Bigham . Betty Tryon  
Editors/Proofreaders,  
Pat Anthony . Pamela Parisi

## GRAPHICS AND DESIGN

Creative Director, Chris McCalla  
Artists, Casey Henson . Martha Macias  
Felipe Ruiz . Arlene Honza  
Brande Morgan . Shannon Pfaff

## PHOTOGRAPHY

Photography Director, Jill Rose  
Photographer, Opaque Visuals

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## ON THE COVER



Parrish Ruiz de Velasco focuses on his dream job.

Photo by Opaque Visuals.

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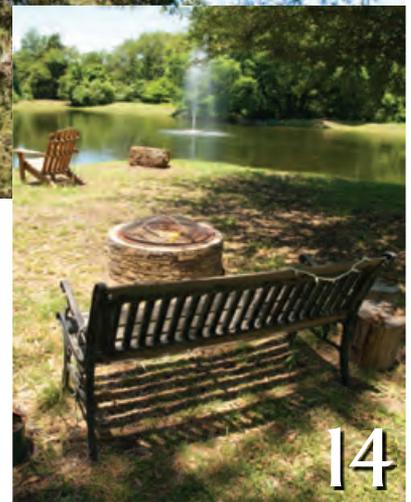
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## Editor's Note

*It's not August, agreed?*

Pssst! Don't tell anyone, but I'm going to pretend it is not, I repeat, not August, because August signals the end of the lazy days of summer as students and teachers are beckoned back to classes. I'm not quite ready to give up sleeping a bit later, more relaxed schedules and extra free time with my young son.

For my family, it is, perhaps, the beginning of June. We're going to swim as often as we can, play as much as we desire and rest as often as we'd like. Sure, we'll squeeze in required checkups and purchase back-to-school supplies, but we'll pretend we're doing it early, because it's only June, not August, in our world.

Here's wishing your August will be as June as possible, too!

# Angel

Angel Morris  
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# HIS BEST SHOT

— By Angel Morris

*Parrish Ruiz de Velasco's photographic career has been a whirlwind, of sorts. Initially pursuing a degree in construction science, Parrish was caught off guard when he discovered his real passion was behind a camera. "A good friend of mine asked me to take a few pics with his DSLR camera. I was hooked after that first shutter click," Parrish recalled. "I was amazed at the clarity and the way these cameras picked up light. I just had to have one of my own."*



Before that fateful photo experience, Parrish's family lived in Mexico for a few years, and then returned to the Red Oak area. "When we moved back, I was homeschooled but had friends in Red Oak schools. I went to football and basketball games, school field trips and even prom in the Red Oak school district. I owe it all to the Stanford family for keeping me plugged in," Parrish said.

After high school, Parrish pursued a construction science degree at Texas A&M University. While there, he turned his interest in graphic design and a newly discovered photography



passion into a real job. "I had built up a portfolio over the past few years by teaching myself. I beat out several upper-class students to obtain the graphic artist and photographer position at the university's rec center. I designed bus ads, newspaper ads, e-mail ads and even T-shirts. It was awesome seeing my work all over campus!" he said.

That experience and an inspiring teacher would change Parrish's degree course. "My Art History teacher was so passionate about what she was teaching. In a way, it shocked me. It made me think, I should be this passionate about what I will do for the rest of my life! So, I decided to change my degree to design or photography," Parrish said, only to discover A&M offered degrees in neither field.

"I struggled with leaving my friends at A&M, but I decided to come home and continue to study photography and design on my own. I searched articles online and read books and watched all the videos I could find," he explained. "I was hired by a school photography company, and while taking kids' school pictures isn't glamorous, it was an incredible experience where I learned a lot of technical knowledge in lighting and post production. Before I knew it, I was building a professional portfolio and gaining clients."

Driven to continue growing his photographic skills, Parrish discovered an unexpected opportunity one day on his drive to work in Ovilla. "I saw swirling clouds and knew something cool was happening with the weather. I randomly began following the clouds to see if they were going to turn into anything," Parrish said.

Traveling up I-35 toward Route 20, it took Parrish about 15 miles to get in front of the storm in order to photograph it and, by that point, Parrish admits he was running on adrenaline. "It's one thing to capture someone running down a field to score a touchdown, but it's another when your subject is moving at 40 miles per hour, throwing tractor trailers. Getting through traffic and the rain was rough. I actually followed police vehicles for a few miles to pass traffic," Parrish recalled. "I was lucky to end up in a good position. There were so many factors involved. I honestly have to say I took a lucky guess on exiting where I did!"

While the April 2012 Lancaster tornado destroyed many homes, it may have kick-started Parrish's career. "After I was done shooting, I went home to see if I had any good images. I thought they were decent, so I called News 8. They hung up on me, so I e-mailed *The Dallas Morning News* the

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pictures and asked them not to use them without my permission,” Parrish said. “Within two minutes, they called and asked me to come work out a contract at their downtown offices. While I was there, they asked if they could post onto Twitter and their Web site. I said, ‘Yes,’ and the phone calls for my picture didn’t stop for a week!”



By the next day, Parrish’s photo graced 17 newspapers, from *The Wall Street Journal* and *The Washington Post* to papers in Montreal and Buenos Aires. Later that month, it was featured in *TIME* magazine and would go on to be named a *TIME* photo of the year.

“It’s pretty hard to compare anything to making it as the No. 2 photo of the year in *TIME*, but being able to do what I love to pay my bills is the best kind of success I can imagine,” Parrish said.

Parrish continues to enjoy photographing storms today. “I love capturing nature when it’s misbehaving. I can only compare the feeling to playing in the final seconds of a sporting event ... down by one point and trying to score,” he said.

Now Parrish is excited to continue to push himself in the photographic arena. “The more I learn and grow, the more my photography grows.” Ironically, there is one type of photography Parrish finds more daunting than any tornado. “Shooting a wedding can drive me crazy. I don’t like the pressure!” he admitted.

While steering clear of brides and grooms, Parrish is excited about other photographic opportunities ahead that started, in part, from a spur-of-the-moment decision to chase a storm. “My tornado photograph is my biggest professional success so far.

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**“THE MORE I LEARN AND GROW, THE MORE MY PHOTOGRAPHY GROWS.”**

It comes up in every conversation with potential clients,” Parrish said. “There are tons of people out there in the daily grind hating what they do. Because I followed my gut and that storm, I am blessed to be doing what I love. That’s success to me.” **NOW**

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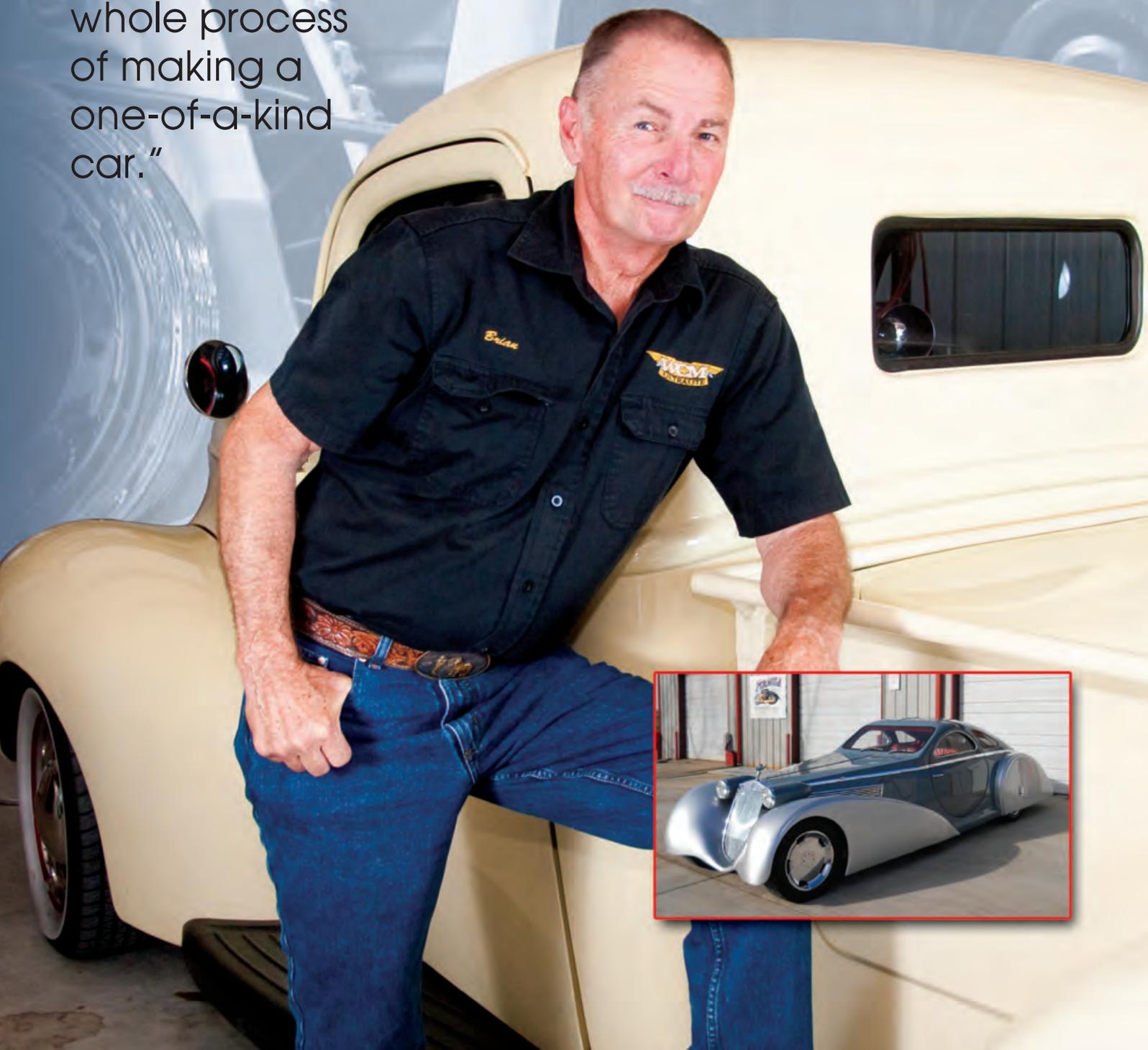
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# CALL OF THE ENGINE

— By Randy Bigham

"I love the whole process of making a one-of-a-kind car."



For more than 30 years, Brian Anderson has designed custom vehicles for enthusiasts, racers and specialty collectors all over the country. From limited edition, state-of-the-art airboats to his own line of sports cars to a one-off replica of a rare Rolls Royce, the former technical illustrator has drawn and built it all. A recent transplant from southern Dallas County to Ferris, where he lives with his wife, Jerre, Brian took a year off from his passion to help his better half open a clothing boutique. But the call of a revving engine has this auto connoisseur back behind the wheel, and under the chassis, of the special rides that have earned him national recognition.

"I love the whole process of making a one-of-a-kind car," Brian admitted. "The most fulfilling part of designing or restoring a vehicle is seeing the customer's smile. That does it for me. It's not for the money. It's for the enjoyment I get out of the project and the fun of knowing you're bringing somebody's dream to life."

Brian's own dream of the perfect car actually started with a bicycle. "As a boy in Illinois, my family didn't have much," he recalled, "so when a friend got a new bike, I didn't worry about it. I just built one like it myself." Gathering parts discarded in a neighbor's trash can, Brian produced his first custom vehicle. Friends were impressed, and so were his parents who smiled and reminded him that he had three brothers. They were soon zooming right alongside him on their own bicycles, but Brian's mind was already on his next project — a go cart. Next came a motorcycle, and by age 13, he had bought his first car for \$50. "It was a '56 Chevy with a bad motor," Brian remembered. "I asked my uncle, a taxi driver in Chicago, to help me, and together we rebuilt the engine."

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Invention seemed to be Brian's middle name. At 15, he designed an automatic floor shifter for cars as part of a machine shop project in school, and his experience continued when he joined the Army two years later, rising to staff sergeant by age 20. "I spent six years at different spots around the world," he said. "But cars were always on my mind." He built a VW pickup in Germany and rebuilt a jeep in Vietnam.

Returning to his native Illinois after serving his country, Brian found work in the field he loved, blossoming as a designer and technical illustrator. Creating on the side — "always trying to make a buck with my ideas," he confessed — success came calling when he made what he described as a "sports car version of an airboat." The fiberglass, two-passenger, helicopter-like water craft was small, fast and lightweight, and the prototype broke sales records when Brian exhibited it at the 1972 McCormick Boat Show. "I sold 20 right off the bat, and the next thing I knew I was in business, fabricating and delivering airboats," he said. "I have to say, though, looking back, I wonder if the girls in miniskirts who helped me open that show had a little to do with it!"

The self-taught mechanic turned entrepreneur was happy with the public's response to his latest invention, and he was coining money. But the high volume production work soon palled on the designer's creativity, and he opted out of the business, selling it to an Argentinian company. Over the next few years, he racked up experience restoring Porsches at his first official shop in Arizona, where he moved to escape the Illinois cold. He also found love with wife, Jerre, and the newlyweds moved to Texas in 1983.

Brian opened up branches of his business, Formula Automotive, in quick succession in Dallas, DeSoto, Arlington and Red Oak. By 2000, he was back in production mode with a specially-made vehicle called the Ultralite S2K, a two passenger sports car that attracted national attention and landed him atop a growing fortune. The car proved a racing favorite, winning the Run 'N' Gun for seven consecutive years, among other races around the country and even internationally. Meantime, Brian became the darling of the automotive press, his

work appearing regularly in *Car & Driver*, *Classic Motorsports* and many other magazines.

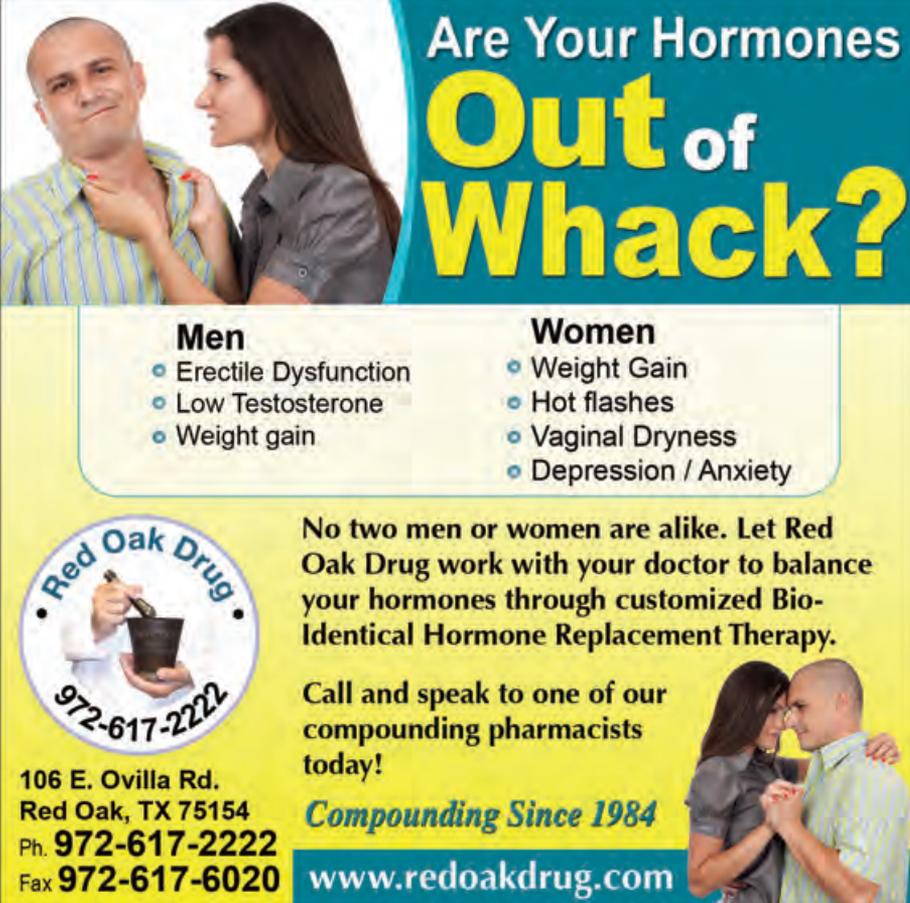
The Ultralites were a boom, but their builder was bored. "I loved that line of cars, but after making 94 of them, I was over it," he explained. "The first five were fun, but then it was just monotonous. I guess production isn't my cup of tea. It would have been nice to hit 100, but no matter what I did, I just couldn't turn that wrench again!" Brian sold his Ultralite S2K line in 2010.

But the king of the custom car wasn't finished, and he continued designing one-off works of automotive art to his heart's content. That is, until last year when he offered to help Jerre start her own dream of a business — a clothing store called Chances Are. They sold their house in Lancaster and moved to Ferris. Like the merchants of yore, Brian and Jerre live over the family store, and they love the small town they have adopted as their own. Brian lost no time getting involved in civic life and is now president of the Ferris Downtown Association, helping plan local festivities like Brickfest. "We love Ferris," Brian shared. "I've lived all over the state — and the world, when I was in the service — but this is the first place that feels like home."

He's particularly proud of the uptick in commercial development that's giving Ferris new life. "When we came here last year," Brian observed, "there were eight empty buildings in the business district. Now there are only two."

Brian is also excited about returning to his love of car building: "Jerre's shop is doing well, so I've been spending more time at my garage near Red Oak and am looking forward to building more fabulous cars," he said.

Right now, a seemingly incongruous framed photo of one of the great cars from Brian's past hangs in his wife's dress shop, a tantalizing signal of what awaits him. The car in the picture is Brian's homage to the famous Round Door Rolls Royce, a 1934 rarity now in California's Peterson Museum. Brian's flawless replication was recently exhibited at the Concours d'Elegance near Houston where it was the hit centerpiece of the show. "I may never top that," Brian smiled. "But who knows? I might!" **NOW**



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# SAFE HAVEN

— By Angel Morris



*Sharing a history in police work, John and Jill Matthews believe everyone should find peace and comfort wherever they may live and work. In fact, it was this shared belief — and a good first impression — that led to John and Jill becoming a couple.*

In 1996, Jill was a recruit in the Dallas Police Academy, and John was a Dallas Police Department senior corporal who hosted a radio show on KRLD, where several recruits were invited to be in the studio for a segment. "I chased John after the show, getting his phone number for some made-up reason that neither one of us remembers. When I called him to see if we could go out to dinner, he told me it would have to be a late dinner, because his boys had a baseball game that night, and he wanted to be there for them," Jill recalled. "I decided then that if he could tell a tall, 21-year-old blonde to wait until after his kids' game, that he was a good dad and the kind of man I wanted to be with!"

After marrying in 1997, the couple honeymooned in Italy and settled down

## At Home With John and Jill Matthews



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in DeSoto. From 2004-2011, they lived in Waxahachie, and moved just down the street to their current Ovilla home two years ago. “We chose this particular house because of the beautiful property and its proximity to smaller communities like Waxahachie, Red Oak and Midlothian, but also the easy commute to Dallas and Arlington,” John said.

Entering the home, guests are greeted by high ceilings with skylights and recessed lighting over head. A two-and-one-half story great room has a two-story faux-finished fireplace, several family pictures and enough couches and chairs to hold the large family. “This is



a well-loved room. We have had several large gatherings here, and it is perfect for any occasion,” Jill said.

The great room adjoins the kitchen and is the heart of the home. “We both love cooking and eating — everything from Caprese, Veal Marsala, homemade sauce, lamb chops with red wine marinade and desserts,” John said. “We love mealtime with the family. It is where we all talk about our day and laugh over good meals.”

The home’s five bedrooms are also enjoyed, with a master, three bedrooms

for the couple’s younger children, Michael, Joseph and Isabella, and one bedroom for the grown children, David, Mark and Megan, when they come to visit. A sunroom is another family oasis, with adult seating and toddler play space. “I think the most important aspect is that the house is surrounded by great views all around. It is perfectly situated to get the most out of the property,” John said. “We have long walls of windows and skylights, which allow a lot of natural light, too.”

The view also showcases a deck



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overlooking a scenic backyard. “We have tons of mature trees, and a small, wooden bridge over a rippling creek. We have a garden of raised beds, with tomatoes, peppers, potatoes and onions,” Jill noted. “We have a pond, which has bass, bream and turtles, and we’ve seen egrets, herons, ducks, woodpeckers, roadrunners, rabbits, beavers, raccoons, squirrels and skunks in our yard.”

Just as scenic inside are oil paintings brought back from the couple’s trips to Italy. “We have Italian vases and photographs in our home that reflect John’s heritage. His grandfather came to America from Italy,” Jill noted. “We have Delft vases and plates, a Zaandam clock and hand-painted wooden shoes from the Netherlands. These reflect my heritage, as my father and his family came to America in 1955.”

Adding modern-day touches to their sense of history, the Matthews have a home office and media room and have converted an exterior garage into a multiroom office. Installing new walls, insulation, lighting and the central heat and air was no small feat, and the couple credits a great contractor for the facility’s success.

After tackling that project, the couple said a pool might be in the future, but not until the kids are much older. In the meantime, they are content to enjoy the home as it is, relishing its open-concept design. They also particularly appreciate a layout that puts the two older children upstairs, the master near the toddler’s room, and the guest room in its own wing. “It’s really just a perfect design for our family, not to mention how we love the breeze of the ceiling fan on our deck

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outside and listening to rain fall on our skylights inside,” Jill said.

When not enjoying their home, the Matthews spend time fishing, hunting and traveling, enjoy “all things baseball,” and are big supporters of the National Law Enforcement Memorial and Museum in Washington, D.C. By day, Jill volunteers for the children’s schools and is bookkeeper for their family business, Community Safety Institute, of which John is executive director. John is also the award-winning author of *The Eyeball Killer*, *School Safety 101*, *Neighborhood Watch 101*, and his latest publication, *Mass Shootings: 6 Steps to Survival*.

“With all the traveling I do for my work, it was nice to find this property that makes my commute from home to office about 50 feet,” John joked. “It really has proven to be just the perfect place — family-centered, outdoor-centered, wildlife right at our back door. And the previous owners put a lot of planning into it. Everywhere we turn there is something we didn’t know we would need, only to find it was already thought of.”

The small-town feel of Ovilla, its friendly people and mature landscape give the Matthews just the sense of security they sought in a hometown, too. “We enjoy driving by the gazebo and seeing people take wedding photos, senior pictures and Christmas photos there in historic downtown,” Jill said. “We feel very blessed to live here, and are thankful for all we have. We hope our children have wonderful memories of growing up here. We’re thrilled to have our dream home and to know we are not going anywhere!” **NOW**

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Tammy Watson, better known to the children in her care as Miss Tammy, continues to offer at-home care that makes clients feel like family.



# A Day at Miss Tammy's

*Tammy Watson offers child care with feels-like-family flair. — By Angel Morris*

If you can't be at home with your children, having someone care for them in their own home may be the next best thing. That's where Tammy Watson, a registered child care provider, can be a solution for working families in need of weekday child care.

Miss Tammy's House Daycare in Red Oak stemmed from Tammy's desire to be a stay-at-home mom. "When my son turned 2 1/2, God told me to quit my office job and start watching kids," Tammy said. On November 15, 1993, Tammy opened her day care's doors and officially became known as "Miss Tammy."

Miss Tammy's House accepts all children, from newborn to age 5, and Tammy will continue to care for those enrolled with her by offering after-school care up until they are 12. Tammy

believes it is important to already have a relationship established when working with an older child and does not accept new clients after age 5.

A day at Miss Tammy's usually begins at 6:30 a.m. As a registered child care home facility, Miss Tammy's is part of the state's food program and provides a nutritious breakfast, lunch and snack daily.

"Once the children start to arrive, I make them breakfast and give the babies their bottles. "After that, we play outside or do hands-on educational play inside. It's really dependent upon the children, what they are most receptive to and, of course, the weather!" Tammy explained.

Tammy doesn't keep rigid schedules, except for lunch

and naptime. She is a big believer in responding to the needs and desires of the children in her care. "It's important for each child to learn skills in their own time.

The children usually ask me to teach them when they are ready to learn to count, read or even write," she said. "When the child expresses the desire to

*"Treating all God's creatures kindly and fairly is at the root of everything we do each day."*

learn, I will introduce them to phonics sounds and numbers, and use a mixture of hands-on curricula [such as A Beka and Bob Jones University Press materials]."

Tammy also emphasizes that everything she teaches is Christian based. "I start each day by telling all of the children at Miss Tammy's that God loves them. I tell them that all day long. We cannot let our kids live in this world not knowing how much they are loved," she added. "Treating all God's creatures kindly and fairly is at the root of everything we do each day."

Tammy has developed many effective ways of teaching children by homeschooling her own two boys, Junior, 22, and Lane, 18. A volunteer for the Texas Home School Coalition, Tammy is continually discovering ways to build on children's strengths.

"My favorite thing about home child care is watching their minds develop and being part of their working through different subjects and ideas," Tammy said. "When the preschoolers begin to ask me about Christmas and Easter, I love to see and hear their thoughts and ideas grow!"

For the children, being at Miss Tammy's House is almost like being at their own home, and Tammy realizes the importance of providing a family atmosphere. "Every morning when the next parent knocks on the door, the children get excited. We say, 'I wonder who is here now?'" Tammy said of the five children currently in her care. "The kids are like brothers and sisters, and their little faces light up every time another member of the family arrives!" **NOW**



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Monroe Bailey, of Ovilla, enjoys his school's field trip to the Perot Museum.

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# Tick Fever

— By Betty Tryon, BSN

Summertime means many things to creatures. For insects, warm weather signals a time to eat and breed. When they go about their business, far too often they cross paths with humans to our detriment. One species that can wreak havoc is ticks — specifically the American dog tick and Rocky Mountain wood tick. With their bite, they can transmit Rocky Mountain spotted fever, a bacterial disease, to humans. The infected ticks carry the bacterium *Rickettsia rickettsii*.

When campers and hikers go to forested areas or fields, they are at a higher risk of coming into contact with these ticks. Where the dog tick is common, owning a pet increases the risk. Many times a person does not even know they have been bitten, as the bite is usually painless. The longer a tick is attached, the higher the risk of becoming infected. If crushed while still attached or if crushed between the fingers, there is a possibility of the secretions causing an infection.

Initial symptoms occur within two to 14 days after being bitten, and the person may feel as if they have the flu. Not all of the symptoms are experienced by everyone. Some of the symptoms experienced are: headache, high fever, muscle aches, nausea and vomiting, fatigue and rash. The rash usually begins on the wrist and ankles spreading into the palms, feet, up the arms and legs and into the torso area.

Early diagnosis is very important. Rocky Mountain spotted fever can cause serious complications and can be fatal if treatment has not begun within the

first five days of symptoms. The Centers for Disease Control and Prevention (CDC) recommends Doxycycline as the first line of treatment for this disease. With clinical examination and medical history, hopefully your health care provider can get enough information to begin treatment even before the rash begins.

The National Institute of Allergy and Infectious Diseases lists these prevention guidelines: “To help prevent Rocky Mountain spotted fever, you should avoid walking in areas of tall grass and brush where there may be ticks. If you do go into these areas, be sure to:

- Wear light-colored clothing.
- Tuck your pants legs into your socks so ticks can't get up inside your pants legs.
- Wear a long-sleeved shirt and tuck it inside your pants.
- Spray insecticide containing permethrin on boots and clothing. The effects will last several days.
- Apply insect repellent containing DEET to your skin. Because DEET lasts only a few hours, you may need to reapply it.
- Look for ticks on your body, including in your hair, when you return from hiking or walking.
- Check children and pets for ticks.” **NOW**

*This article is for general information only and does not constitute medical advice. Consult with your physician if you have questions regarding this topic.*

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## August 2

Movies on the Square: 8:45 p.m., downtown pavilion, Ferris. Bring chairs and blankets and enjoy a free show. Concessions available, no coolers allowed.

## August 5, 12, 19, 26

Hot Yoga Community Class: 5:45-6:45 p.m. Dynamic Yoga for Love Studio, 558 Bluebird Ln., Red Oak. Beginner to advanced levels welcome; modifications offered for various body types and ages. Donations accepted. Visit [yoga4love.net](http://yoga4love.net).

## August 6

Emmaus Gathering: 7:00 p.m., First United Methodist Church of Red Oak, 600 Daubitz Dr. Singing, communion, fellowship and meal. Bring your musical instrument and a potluck snack, dish, and/or drink to serve about 40 people.

## August 10

Red Oak Opry: 7:00 p.m., Lone Star Cowboy Church, 1011 E. Ovilla Rd. Live country and gospel music. Adult tickets \$10 at door. Visit [www.redoakopry.com](http://www.redoakopry.com).

## August 13

342 Networking Group: 7:30 a.m., Denny's Restaurant, 408 N. I35 Service Rd., Red Oak. RSVP to Melton McKown at (214) 244-2329.

## August 17

Ferris Trade Day: 8:00 a.m.-4:00 p.m., downtown pavilion, Ferris. Vendors welcome. Call (817) 992-9204 for more information.

Household Hazardous Waste Collection: 9:00-11:00 a.m., Municipal Services Center, 2118 South Uhl Road, Glenn Heights. Glenn Heights residents showing current driver's license and utility bill may drop off household hazardous waste. Visit [www.glennheights.com](http://www.glennheights.com) and click "Community" tab for details.

## August 19

Red Oak Book Club: 7:00-8:30 p.m., Red Oak Library, 200 Lakeview Pkwy. Free and open to all adults in Red Oak area. Refreshments served.

## August 24

Bristol Opry: 7:00-9:30 p.m., Old Bristol Schoolhouse, Union Hill Road at Church Street, Bristol. Country music show featuring local singers and musicians. Call (972) 846-2211 for more details.

Indian Trail Master Naturalist Chapter Meeting: 6:00-8:00 p.m., Ronald Reagan Room, Red Oak Library, 200 Lakeview Pkwy.

## August 27

Girl Scout Volunteer meeting: 7:00-8:30 p.m., Brown Street Church of Christ, 2471 Brown St., Waxahachie. For more information, email [joinus@gssu251.org](mailto:joinus@gssu251.org).

## August 28

Chamber Luncheon: Noon-1:00 p.m., 200 Lakeview Pkwy. Networking opportunity for local businesses. Members with reservations \$12; members without reservations \$15; non-members \$20. RSVP: [katherine@redoakareachamber.org](mailto:katherine@redoakareachamber.org).

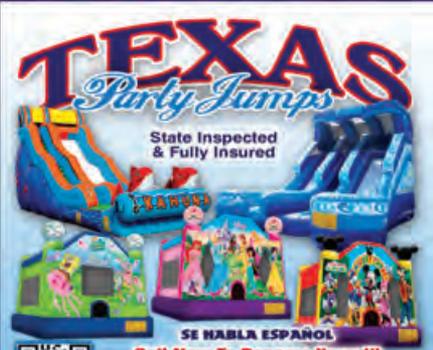
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## In The Kitchen With Joe and Kelly Hartman

— By *Angel Morris*

Joe Hartman is the cook. His wife, Kelly, is the hostess. From Louisiana, the Cajun couple favors gumbo, stew, jambalaya and fried seafood. “Part of our culture was participating in meal preparation. Joe learned about cooking and life from many Cajun men, particularly my dad,” Kelly explained.

Food and family go hand in hand for the Hartmans, who make huge meals for every imaginable event. “Many memories of gatherings we’ve had involve eating great food,” Joe said. “Preparing meals for family and friends provides enjoyment, and we like exposing Texan friends to new dishes.”

To that end, the couple hosts an annual crawfish boil. “It’s fun to see someone eat crawfish for the first time!” Kelly said. **NOW**

### Bread Pudding

#### *pudding:*

- 11 slices toasted bread
- 1 cup white sugar
- 1 13-oz. can Pet evaporated milk
- 2 cups whole milk
- 1 tsp. real vanilla
- 5 egg yolks (separate egg white for meringue)
- 1/3 cup melted butter
- Sprinkle of cinnamon

#### *Meringue:*

- 5 Egg whites
- 1/4 cup sugar

1. *For pudding:* Break bread into small pieces; place bread in a 9x13-inch glass dish.
2. Combine all other ingredients, except cinnamon; mix well with whisk.

3. Pour mixture over bread, saturating all bread; add a sprinkle of cinnamon.
4. Bake at 450 F for 15 minutes.
5. *For meringue:* Beat egg whites and continue beating while slowly adding 1/4 cup sugar. Beat until peaks form.
6. Cover baked pudding with meringue and bake an additional 3-4 minutes, or until golden brown.

### Chicken Andouille Gumbo

- 2 1/2- to 4-lb. whole chicken, quartered
- Tony Chachere’s Seasoning
- 1 lb. andouille sausage, diced (may substitute with smoked sausage, sliced)
- 3/4 cup oil
- 3/4 cup flour
- 1 Tbsp. parsley
- 1 large onion, chopped
- 1/2 bell pepper, chopped
- 1 stalk celery, chopped

- 1 Tbsp. minced garlic
- 9 cups hot water
- 2 tsp. liquid crab and shrimp boil
- Salt and pepper, to taste

1. Remove chicken skin and excess fat. Season with Tony Chachere’s Seasoning; set aside.
2. Add andouille or sausage to chicken.
3. Heat oil in thick-bottomed pot. Add flour, stirring constantly over a medium-high heat until roux is a medium to dark brown (10-15 minutes).
4. Add vegetables to roux, continuing to stir. Cook until onions are transparent.
5. Add meats. Continue to stir, cooking meat in roux for about 5 minutes (just browning).
6. Add all water and liquid crab boil to pot. Bring to boil then lower heat to simmer; cook until chicken is tender (about 30 minutes).
7. Remove chicken, let cool, then debone. Add deboned chicken back to the gumbo.
8. Skim excess oil from top of gumbo with spoon. Salt and pepper. Serve over rice. Compliment with potato salad and French bread.

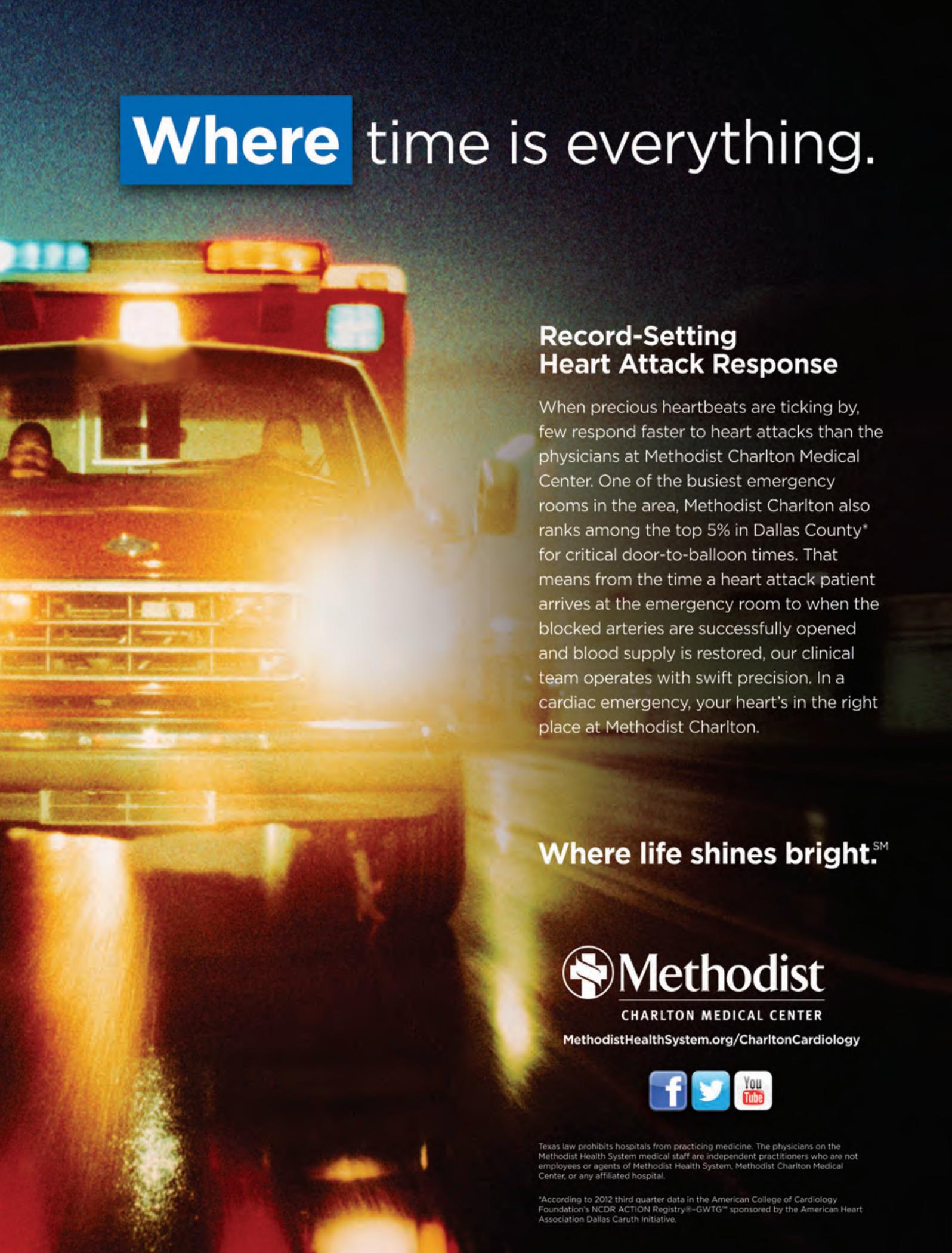
### Roast Beef Po-Boys

*We like to serve these with Swamp Fries — fries covered with extra Crock-Pot gravy and shredded cheese!*

- 1 roast
- 1 Tbsp. minced garlic
- 1 large onion, sliced
- 1 can mushrooms
- 2 packets brown gravy mix
- 1 can beef gravy
- 1 can onion gravy
- Salt and pepper, to taste
- French bread

1. Cut slits in roast, stuffing minced garlic inside. Place roast in Crock-Pot, and add all remaining ingredients except bread.
2. Cook on low until roast is tender (6-8 hours).
3. Remove from Crock-Pot and shred. Skim excess oil from gravy; add shredded beef back to gravy.
4. Serve beef and gravy on bread (like a po-boy). Good with mayonnaise, tomato, lettuce and cheese.

To view recipes from current and previous issues, visit [www.nowmagazines.com](http://www.nowmagazines.com).



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