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AUGUST 2019



Heroes in the Hallways

ROHS students
empower others
with truth

Where Are They NOW?

Jill Martinez

In the Kitchen With Debbie Dooley

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ON THE COVER

ROHS students shine the spotlight on making good choices.

Photo by
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RED OAK ISD



4 Talons of the Hawk

New school year starts Aug. 19

Red Oak ISD welcomes students, new and returning, to the Hawk family with exciting opportunities for this school year! New student enrollment and returning student verification portals are online! ALL students are required to upload proof of residency each year before the first day of school.

SECONDARY STUDENT - SCHEDULE PICK UP

Middle School

- All grades - Thursday, August 8, 8 a.m.-7 p.m.
- 6th Grade Orientation - Tuesday, August 6, 8 a.m.-2 p.m.

High School

- 9th grade - Monday, August 5, 11 a.m.-6 p.m.; Orientation 6:30-7 p.m.
- 10th & 11th grades - Tuesday, August 6, 11 a.m.-7 p.m.
- 12th grade - Wednesday, August 7, 8 a.m.-6 p.m.

ELEMENTARY OPEN HOUSE AND MEET THE TEACHER

- Thursday, August 15, 6-7 p.m. - At each elementary school

New faces at Red Oak ISD

Following the superintendent's departure, the Board named Dr. Ann Dixon as interim superintendent. Dr. Dixon has over 40 years of school leadership in Texas public schools. The Board will now seek a new superintendent. While Red Oak ISD has experienced several changes in central administration this past year, our campuses continue under the leadership of veteran administrators with a few changes.

- Schupmann Elementary - Principal Ashley Jackson
- ROMS 6th Grade - Associate Principal Rob Waller
- ESC - Executive Director of Secondary Learning Scott Rogers

Back to School & Health Fair

On Saturday, August 3, Red Oak ISD and the Council of PTAs will host the annual Back to School & Health Fair at Red Oak High School. This event includes immunizations, dental and vision screenings, haircuts, school supplies, and a uniform exchange. Students must register online or onsite to receive services.

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Calendar

Saturday, Aug. 3, 8 a.m. to noon - Back to School Fair, ROHS, 220 S. SH 342
Monday, Aug. 19 - First Day of School
Thursday, Aug. 22, 7:30 p.m. - Meet the Hawks, Goodloe Stadium
Monday, Aug. 26, 7 p.m. - School Board Meeting
Monday, Sept. 2 - Closed for Labor Day Holiday

NEWS TO KNOW

MEET THE HAWKS

The community is invited to *Meet the Hawks* on Thursday, August 22 at 7:30 p.m. at Goodloe Stadium.

FALL SPORTS

Red Oak student-athletes and coaches are gearing up for another fantastic fall season in football, volleyball, tennis and cross country. Check out the Athletics webpage for schedules, player rosters, and ticket information.

ROHS HOMECOMING WEEK

Calling all alumni, and the community! Don't miss this year's Homecoming Week **Sept. 30-Oct. 4, 2019!** The parade will be held the afternoon of Friday, October 4 prior to the game that evening at 7:30 p.m. at Goodloe Stadium.

HAWKTOBERFEST

Red Oak ISD will host the annual *Hawktoberfest* on Saturday, **October 12** at Red Oak High School. This year's event will include a family fun run along with food trucks, bounce houses, games and a chili cook-off! All proceeds benefit the ROISD PTAs. Check online for details!

EDUCATION FOUNDATION GOLF TOURNAMENT

Join us on Monday, **October 14** at 9 a.m. for a great day of golf at Thorntree Country Club supporting the Red Oak ISD Education Foundation. For information, contact Karen Anderson at 972-617-4320.

EDITOR'S NOTE

Time flies ...

It's hard to believe it's been a year. Last August, I sat at my keyboard and wrote my first-ever *North Ellis Co. NOW Magazine* "Editor's Note." I remember being nervous, not really knowing what to say to you in way of an introduction. I also remember being excited about the treasure hunt upon which I was embarking. I knew I'd find riches untold in the people's stories I'd uncover. I didn't know I'd make so many heart-level friends along the way.

I thought about listing some of those friends here but quickly found it impossible to name even a tiny percentage of them in this space. To those who've shared your hearts and your stories with our readers, thank you! You have left imprints of your souls on us all.

To those who've shared story ideas with me, telling me in an email or phone call about a North Ellis County gem, thank you! Not only have you allowed me the privilege of telling their stories, you've allowed others to meet these amazing people, as well.

To those of you who take the time to meet new friends and learn more about this great community by reading the stories we bring to your home every month, thank you! You are the reason we keep telling their stories.

Every time we read a story about good people doing good things, something good happens. It may be a flash of inspiration, a few minutes of comfort or simply a smile brought to an otherwise smile-less moment. In the grand scheme of the universe, there's no such thing as an insignificant amount of good.

Every moment matters!



Sally

Sally Fuller
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HEROES IN THE HALL

If we believe the philosophers of old that truth equals freedom and freedom equals power, it follows that those armed with the truth are powerful. There are some superheroes walking the halls of Red Oak High School. They may conceal their capes underneath hoodies or hide them in their backpacks, but they are there, using the superpower of truth to stay free from and help free others from the myth that “everyone’s doing it.”

You may not believe in superheroes, but spend some time with Mykala Elder, Korbin Dennis or any of the 40-something ROHS students involved in IMPACT and you just might change your mind. “The IMPACT group is a group that focuses on students who are making the positive decision to not do drugs or not participate in any type of illegal actions or just bad decisions overall. We really want to make sure we give the spotlight to the kids who are making the best decisions to keep them on the right path toward success, toward whatever pathway they want to take in their future,” Mykala explained.

The truth Mykala and IMPACT began spreading here as a united group last year is that almost 90 percent of ROHS students are not using marijuana, abusing prescription drugs, smoking, vaping or engaging in underage drinking. Those statistics, taken from an ROHS survey, fly in the face of popular belief. “So many times, the impression is that all teenagers are doing bad things, doing things we’re not supposed to be doing. We want to remove that stigma and say instead, ‘You’re not alone because you’re not doing drugs,’” Mykala said. “Most of us aren’t.”

Rather than relying on organization sponsors, teachers or other adults to spread this message, IMPACT is a student-to-student platform that Mykala said is making a difference. “We use students, so they can hear from their peers and people who look like them the importance of staying away from drugs and the dangers of drug abuse.”

IMPACT-created posters proclaiming these truths line the halls of ROHS. Members encourage their schoolmates by wearing T-shirts that identify them as part of the group who has made the decision to stay drug-free. These are some of the ways Korbin said they can “shout out that you don’t need to do drugs. Not just that you don’t need to do drugs, but that there’s a student body here in Red Oak that is not, that is actually trying to make things better.”

This is not a school club. This is a “boots on the ground, in the trenches” movement with a vision reaching far beyond poster-board lined hallways and T-shirts. IMPACT routinely presents at other schools, health fairs and local events.

Presenting at a Red Oak School Board meeting, IMPACT member Jordan Mosley explained the broad vision to members: “If we can convince students to make decisions to not use drugs, then it creates safer families, safer schools and safer communities.” Toward that end, one goal of the group is to “un-normalize” the idea of drug use among teenagers



WAYS

— By Sally Fuller



IMPACT

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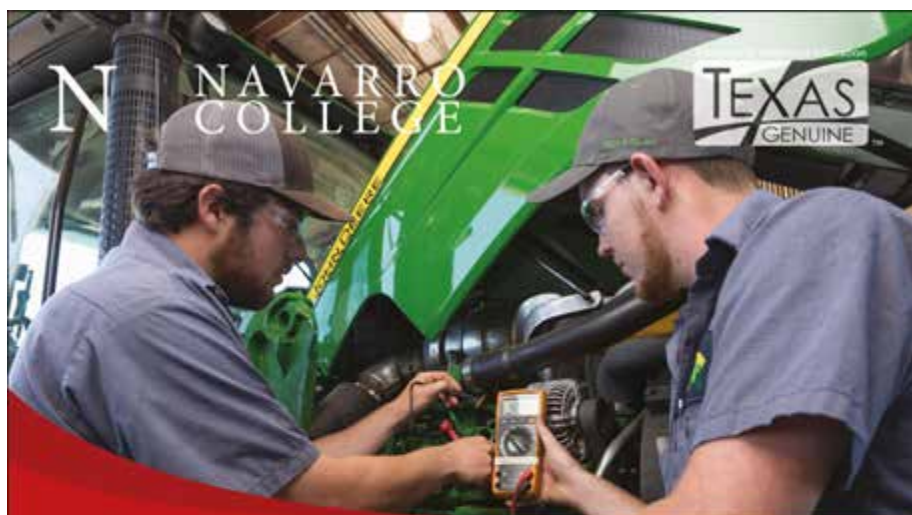


so that the "new norm" will be young people who choose not to use drugs.

Mykala and the rest of the group have gotten the attention of teachers, administrators and civic leaders. "I never thought it would have exploded this much, become this big and made this much of an impact. At the very first meeting we went to, to introduce IMPACT to our city officials, we actually saw tears in people's eyes. People were *that* happy because this is having such an effect on our community," Mykala said.

"It's been a blessing not only to us (IMPACT members) but especially for other students who are seeing what we're doing. We have seen, especially from the students, that they are realizing, 'That person who looks like me, that person who's the same age as me is saying all these positive things, so maybe this negativity that is always suffocating me is maybe just, you know, an abstract idea,'" Mykala said.

Mykala and Korbin obviously don't call themselves superheroes. They even shy away from the notion that they are leaders of a group made up of exceptional students who all have made the decision to stay drug-free and encourage others to do the same. As



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Mykala put it, "I'm very vocal, so I'm typically the voice. But we don't have a 'president' of IMPACT. We have so many good students in the group and everybody has such good ideas."

A 2019 graduate, Mykala won't be returning to ROHS. She's taken her message and her dreams to Howard University in Washington, D.C., as the first step toward her career goal of being a defense attorney. Though she's not here physically, she has left a legacy. "I'm handing off the baton to the younger students. The legacy I'm trying to leave for the underclassmen is, 'It's OK to be a leader. It's OK to create awareness of the positive things that teenagers and our generation are doing rather than focusing on the negative.' So many times people focus on the negatives, and they aren't even aware of the positives that are going on around them."




Korbin will be a junior this year, once again walking the halls of his school, continuing the quest to arm his fellow students with the truth, cape safely stowed away in his backpack. "We want to take the legacy from what Mykala did for us to not only influence the next classes but to take it into the whole community," he said.

Plans for this year include IMPACT-sponsored tray-liners at a local fast-food restaurant, increased presence at the junior high and middle schools and increased utilization of audio-visual resources to spread the message.


Korbin is one of those to whom Mykala has handed the baton. It's in good hands. **NOW**

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WHERE ARE THEY

J I L L M A R T I N E Z

Jill Martinez, former editor of North Ellis Co.NOW Magazine, left our community a year ago for an adventure on the other side of the world. She, her husband and their children, Ian and Helena, moved to Cambodia to the Australian International School Phnom Penh. “My husband and I both work at the school. I’m the admissions director. When a family is interested in enrolling their child at the school, I give them info, take them on a tour of the campus, administer the entrance exams, interview the families — all that sort of stuff,” Jill explained.

“Our family has lived and worked in South Korea and China before, so Asia is not new to us. Cambodia is a developing country with lots of modern skyscrapers and luxury car dealerships selling Bentleys and Porsches, but there are many gaps in basic infrastructure as well.”

Tuk-tuks are one of the main ways people in Phnom Penh, including Jill and her family, get around. The motorcycles with attached, covered seating, sort of like a motorized rickshaw, can get you anywhere. “Right after we arrived, we met a driver who speaks really good English, so we contracted him to pick us up and bring us home every day. You could say we have our own driver!” Having their own driver is good in traffic Jill describes as “very fluid” with the sidewalks used as extra lanes.



NOW?

— By Adam Walker



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"It's very warm and sultry there. The country has a dry season and a rainy season. In the cooler months, it's only 70 to 80 degrees. In the hotter months, it's 80 to 100, but with humidity like New Orleans or Houston. This year, the cooler months didn't come."

Jill has found some things about life in Cambodia easier than other adventures in Asia. "English is widely spoken. That hasn't been true other places. I haven't learned much Khmer yet, as all my co-workers in admissions speak such good English. My husband has to use Khmer a lot more speaking with his staff, and they really enjoy it when he belts out a Khmer phrase, no matter how poorly or perfectly pronounced."

One of Jill's favorite local foods is *lok lak*. "It's usually beef in a tomato gravy served over rice. It's pretty good. We also have a lot of fish and seafood, since Phnom Penh is right on the tributaries of the Mekong River. The city has people from all over the world, including workers from NGOs and missionaries and tourists, so we can find almost any kind of food we want. We enjoy good Mexican and Italian food."

Jill has been busy working full time and completing her master's degree, so she hasn't seen much of the country outside the city. "My husband and the kids went to Siem Reap. That's where Angkor Wat is. They got to see the temples. He took them on lots of weekend adventures, while I used the time to finish my degree. In December 2018, we all went to Kampot on the





coast. They have beaches as well as rice fields and pepper plantations where they grow white, green and black pepper. We also ventured up into the mountains to Monduliri and visited the elephant reservation."

This summer, Jill and her family swung by Ellis County to catch up with friends and family before returning to Cambodia. "We're contracted for another year, and then we'll see what's next. We've all adjusted to life in Cambodia pretty well. It's Asia again, so there hasn't been any big culture shock. The regional expectations are pretty similar. The kids' biggest challenge was adjusting to a smaller school."

Jill likes the international school market and International Baccalaureate system. "I'm not teaching now, but I learn the ins and outs of the curriculum because I share it with parents of prospective students. We added grades six through nine in 2018 and will add grade 10 this year. Rapid growth means lots of work. There's so much to do! It's an Australian school, so we have many Australian teachers and an ever-growing Aussie student body. Our student and staff population represents about 15 nationalities. When we have 'International Day,' everyone dresses up in clothes from their country and brings traditional food. It's always a great time, celebrating so many cultures and appreciating all the similarities and differences."

Life overseas has presented many challenges and adventures, but Jill enjoys it. "Years ago, a friend gave me a plaque that says, *A smooth sea never made a skillful sailor*. I think that sums up the year so far. It has been challenging, but I wouldn't trade it because it's where God has placed us." **NOW**

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— By Sally Fuller

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Anticipating their clients' needs inspires everything Jeremy Lewis and Ben LaFleur do as new owners of Green Funeral Home — from something as small as offering funeral guests a cup of coffee to hold while they pay their respects to as large as completely remodeling their facilities. "Coming to the funeral home can be uncomfortable. Modern families deserve a modern place where they feel welcome and comfortable.



Sometimes, just holding a cup in your hands provides that comfort," Jeremy shared, explaining the connection between the funeral home's recent renovation and his and Ben's desire to provide state-of-the-art funeral services to North Ellis County.

In October 2018, Jeremy and Ben purchased the funeral home that has been a Ferris business mainstay since 1882. They immediately began working with architect/designer Mark Nelson to remodel the facilities. The new open floor plan, lighting, color scheme and minimizing the casket display area are some of the physical changes. Clients discover the less tangible yet equally substantial changes once the planning process begins.

Ben and Jeremy work together with family members to create unique commemorations of life. "It's a sad time, but you don't want it to just be sad. You want it to be a celebration, to celebrate their lives," Ben said, "so we do special things to make it personal."

Making it personal can be anything from having services at a loved one's favorite park, church or even sports bar to presenting a personal letter from a favorite sports team to a horse-drawn carriage procession. Services can be simple or elaborate or anything in between. The ability to digitally complete many of the steps involved in creating a one-of-a-kind funeral is another way they help families through this stressful time.

One cornerstone of their business is their commitment "to serve all faiths and all families," they said, almost in unison. They also offer special rates to the families of veterans and first responders.

Jeremy has worked in the funeral business 19 years but began preparing for his role much earlier. Because his grandparents were musicians who sang at funerals, Jeremy attended many services growing up. Observing the funeral director's compassionate support of others appealed to Jeremy's natural empathy and desire to help.

"Most kids wanted to play cops and robbers. I wanted to play funeral director," he said, smiling as he described the pretend funerals he and his cousins held.

What began as child's play became Jeremy's "mission" at 16 when his brother-in-law passed away suddenly. "That was the true passion point, seeing my sister through the process."

Office Manager Lori Longino, daughter of the former owner, still works at Green. Her continued involvement and daily presence "has been hugely comforting" as Ben and Jeremy have become acquainted with their new community, and the community has gotten to know them.

"One of our experiences here is we've seen the sense of community in a huge way. That's one validation we're in the right place," Jeremy said.

"We've been embraced here. When they come and see the changes and go, 'This is beautiful,' we say, 'We did this for you.' The vision from day one was to anticipate the needs of our families, even before we know them, even before they think they need us. We did this for them," Jeremy concluded. **NOW**

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Barbara Hibbler, leasing agent, greets friends, neighbors and prospective residents at The Palladium Apartments in Glenn Heights.

Zoomed In: Bryan Sawyer

By Sally Fuller

U.S. Army Veteran Bryan Sawyer of Red Oak enjoyed friends, family, food and fireworks to celebrate the freedom he fought to defend. Bryan, whose military service included more than a year's deployment in Iraq, said the significance of the Fourth of July "changed after seeing what other countries are like. It's something you have to see firsthand to appreciate how different America is from other places."

After being injured while stationed outside of Baghdad, Bryan retired and began pursuing an education in art and animation. The warrior-artist soon will graduate from the Art Institute of Dallas with a bachelor's degree in media art and animation. He hopes to use his talent and training to "help others find the same joy in animation that I did as a child."



New Oak Leaf resident, Kim Lytle, freshens up her fence with a new coat of paint. Next step: horses!



Members of Ovilla's First United Methodist Church Prayer Team Jenny McKee, Judy Ray, Thomas Davis, Lori Ruehle and Pastor Joel Robbins offer Drive-Through Prayer in the morning near Ovilla's historic bridge.



Owners Ben LaFleur and Jeremy Lewis gather with friends and family for their long-awaited ribbon cutting at Bundle of Love Flowers & Gifts.



Nicholas Perricelli shows off his Whataburger gift card and the medal he won at the Red Oak Baseball and Softball Association Family Fun Night Home Run Derby.



ROHS students Andre Johnson II (left) and Januarie Espinoza (right) receive a congratulatory hug from school Intervention Counselor Andrea Jones for receiving the IMPACT Service Award for most volunteer hours.



Rep. Carl Sherman presents a proclamation honoring Glenn Heights' 50 years of incorporation to Mayor Harry Garrett during the city's 50th Anniversary Celebration.



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CookingNOW

In the Kitchen With

DEBBIE DOOLEY

— By Sally Fuller



Homeschooling seven children, it's a wonder Debbie Dooley had time to cook anything, much less grind her own wheat for bread. But when her children were young, she began creating recipes she knew would be safe and nutritious for her family. With most of her children grown, Debbie still makes healthy food from scratch.

Pizza is a Dooley family favorite. "It took years, but I finally came up with my own dough and sauce that our family enjoyed, and we could still call healthy." Recently, the family gathered for a "pizza feast," making their own wood-fired pizzas baked in their outdoor pizza oven.

Debbie works part time at Dallas Baptist University. She and David, her husband of 39 years, enjoy traveling to other states and countries to visit their children. **NOW**

Homemade Bread

2 cups warm water
1 Tbsp. dry yeast, rounded
3 Tbsp. coconut oil
3 Tbsp. honey
2 tsp. salt
1/4 tsp. lecithin
4-6 cups whole wheat flour
1-2 cups unbleached white flour

1. Mix water and yeast in a large bowl with an electric mixer; pulse to mix well. Let stand 10 minutes.
2. Add next four ingredients; pulse a few times.
3. With mixer running, add flour, 1 cup at a time, to allow it to mix well.
4. Begin with half of the whole wheat flour. Alternate between wheat flour and white flour, continuing to add flour until dough

begins to make a ball and pull away from bowl sides.

5. Allow mixer to knead dough about 5 minutes.

6. If mixing by hand, spread last 2-3 cups of flour on a surface; knead 7-10 minutes until dough is smooth.

7. Separate dough into two loaf pans, greased or sprayed with cooking spray.

8. Let dough rise in unheated oven until doubled in size, about 20-30 minutes.

9. Bake at 350 F for about 30 minutes. Let cool on a wire rack; remove from pan to finish cooling.

Homemade Cinnamon Rolls or Bread

Rolls or bread:

1 batch of Homemade Bread dough (divided use)

Flour or water, for rolling dough
1 stick butter, softened or melted (divided use)

1 cup brown sugar (divided use)

2 Tbsp. cinnamon (divided use)

1/2 cup nuts, chopped (optional) (divided use)

Icing:

2-3 cups powdered sugar
2-3 Tbsp. milk or water
1 tsp. vanilla

- 1. For rolls or bread:** Divide dough into two equal balls. Roll one ball of dough onto a floured or watered counter until approximately the size of a 13x9-inch pan. (Water keeps dough from sticking without caking it in flour.)
- 2.** Spread half of the butter over the dough. Spread half of the brown sugar over dough and butter. Sprinkle half of the cinnamon and nuts over the brown sugar.
- 3.** Repeat with second ball of dough.
- 4.** Starting with the short side of the rolled dough, roll tightly into a jelly roll-style loaf.
- 5.** For bread, place rolls of dough in greased baking pan. For rolls, cut into 1-inch slices and place in greased baking pan, spaced apart for even baking.
- 6.** Let rise in unheated oven until doubled in size. Bake at 350 F 15-20 minutes, until light brown.
- 7. For icing:** Place powdered sugar in a mixing bowl; add 2 Tbsp. milk or water and vanilla; beat until smooth.
- 8.** Add liquid or sugar to obtain desired consistency. Icing should stand on dough, not absorb into it. To test for consistency, drop a little on a paper towel. If it absorbs into the paper towel, add more sugar.
- 9.** Spread or drizzle icing over cooled bread or rolls.

Homemade Pizza Dough

Makes two 14-inch crusts.

4 tsp. yeast
2 cups warm water
1 Tbsp. honey
1 1/2 tsp. salt
2 cups wheat flour (divided use)
1-2 cups unbleached white flour (divided use)
Olive oil, for oiling bowl and pans
Cornmeal, to sprinkle on pans

- 1.** Sprinkle yeast over warm water; add honey. Stir until yeast dissolves; let stand for 10 minutes.
- 2.** Add salt and 1-2 cups of flour; stir until mixed.
- 3.** Pour out onto a smooth surface; knead in last 1-2 cups flour, adding more until dough is smooth.
- 4.** Oil bowl with olive oil; return dough to bowl. Let rise in unheated oven until doubled in size, about 30 minutes.
- 5.** Oil two 14-inch pizza pans. Sprinkle a small amount of cornmeal on each pan.

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6. Spread dough in pans; let rise again in warm oven until doubled.
7. Bake crusts at 425 F for 6-8 minutes, until lightly brown.
8. Top with homemade pizza sauce and favorite toppings.



Homemade Pizza
Dough and Sauce

- 1 tsp. basil
- 1 tsp. oregano
- 1/2 tsp. salt
- 1/2 tsp. honey

1. Combine all ingredients in a saucepan; simmer until mixed.
2. Spread on cooked pizza crusts. Follow with toppings of your choice.

Spice Bars

- 3/4 cup canola or vegetable oil
- 1/4 cup honey
- 1 cup sugar
- 1 egg
- 2 cups flour
- 1/2 tsp. salt
- 1 tsp. soda
- 1 tsp. cinnamon

1. Preheat oven to 350 F. Combine all ingredients; mix well. (Dough will be stiff.)
2. Press into ungreased 13x9-inch pan; bake 25 minutes.

Dooley Family Favorite Party Sandwich — Homemade Focaccia Bread

- 1 Homemade Pizza Dough recipe
- 2-3 tsp. basil
- 2 tsp. garlic powder
- 2 tsp. oregano
- 3 Tbsp. grated Parmesan cheese
- 2 Tbsp. olive oil
- Deli sandwich ingredients of your choice

1. Prepare pizza dough per recipe. After first rise, spread dough into a jelly roll pan.
2. Poke holes over surface of the dough. Sprinkle spices and cheese over bread; sprinkle with olive oil.
3. Gently rub spices, cheese and olive oil over the surface of the bread to distribute evenly.
4. Allow bread to rise in unheated oven for 30 minutes. Bake at 350 F 15-20 minutes.
5. Slice bread widthwise to create one large sandwich loaf; add sandwich ingredients.

Homemade Pizza Sauce

Makes enough for two 14-inch pizza crusts.

- 1 can tomato paste
- 2 cans water (measured in tomato paste can)
- 1 Tbsp. olive oil
- 1 large clove garlic, chopped

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TravelNOW Always Something

— By Rick Mauch

Snow falls. Lightly at first, then a little more, and even more. Soon, it's coming down in droves. Middle of winter? Hardly. Even in mid-April, snow isn't uncommon in Estes Park, Colorado.

In fact, nothing stops. Everything goes on as usual, despite a high temperature of 32 F. This includes the annual Bigfoot Days celebration in the town's main park. Every vendor booth, every food and beverage stand — they're all open as if the sun was shining and the temperature was 80 F.

But whether it's snowing or the middle of summer, Estes Park, named after Missouri native Joel Estes who founded it in 1859, has a lot to offer folks who live there or are only staying for a short while. The small town of about 6,500 people (though that number is usually much higher when visitors are added) is nestled smack dab in the Rocky Mountains. From Denver, it's about an hour-and-a-half drive.

No trip to Estes Park is complete without stopping by the historic Stanley Hotel. Standing tall on a peak overlooking the city, this beautiful and majestic resort was the setting for the famous Stephen King novel *The Shining* and two versions of the film by the same name.

King was, in fact, a guest at the hotel before writing the book. It inspired him to change the original setting of his classic novel from an amusement park to the fictional Overlook Hotel.

The Stanley offers a variety of tours. The ghost tour is perhaps the most popular as the guide takes guests to numerous haunted sites throughout the property, including underneath the hotel through secret tunnels.

The large lobby is a great place to take a break. The restaurant offers some incredibly tasty — and large — dishes, so come hungry.

Downtown Estes Park is lined with a plethora of specialty shops. From novelty T-shirts to leather goods, and everything in between, it's a challenge to pass through and not leave with your arms full.

While in downtown, go along the Riverwalk. This is especially great during the spring thaw or after a heavy rain. Stop in at the shop with Bigfoot T-shirts and various paraphernalia in the window, and the proprietor will gladly tell you about the latest sightings of the big fella. It's a popular topic among locals, and sightings have been plentiful in the area over the years.

Many of those sightings have been in the nearby Rocky Mountain National Park. Numerous tours of the park are offered, either hiking on foot or in a vehicle, which provide a panoramic view for miles.

Trail Ridge Road, the highest continuous highway in the United States, runs from Estes Park westward through Rocky Mountain National Park. It eventually reaches Grand Lake over the legendary Continental Divide.

While visiting the park, also stop by the YMCA of the Rockies. This is not your ordinary YMCA, as it is surrounded on three sides by the Rocky Mountain National Park and features almost 900 acres that offer lodging, chances to commune with nature, hiking, biking and a lot more. It even has its own post office.

Back in town, the Rock Cut Brewing Company is a craft brewery that produces a variety of unique beers in a family-friendly environment. There is no in-house kitchen, but a food truck from Two Chicks Wings and Henhouse is available Tuesday through Saturday for lunch and dinner — and you can always bring your own food.

The Snowy Peaks Winery features handcrafted wines from right at home in Estes Park in a family-friendly tasting room. Artisanal cheeses, gourmet foods and unique gifts from around the state are also available. Tours are also available. For those not old enough for the real thing, juice tastings and a playroom are included on-site.

So even if you're not looking for a Bigfoot, keep your eyes open while in Estes Park. There's always something going on. **NOW**



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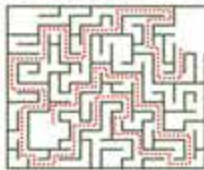
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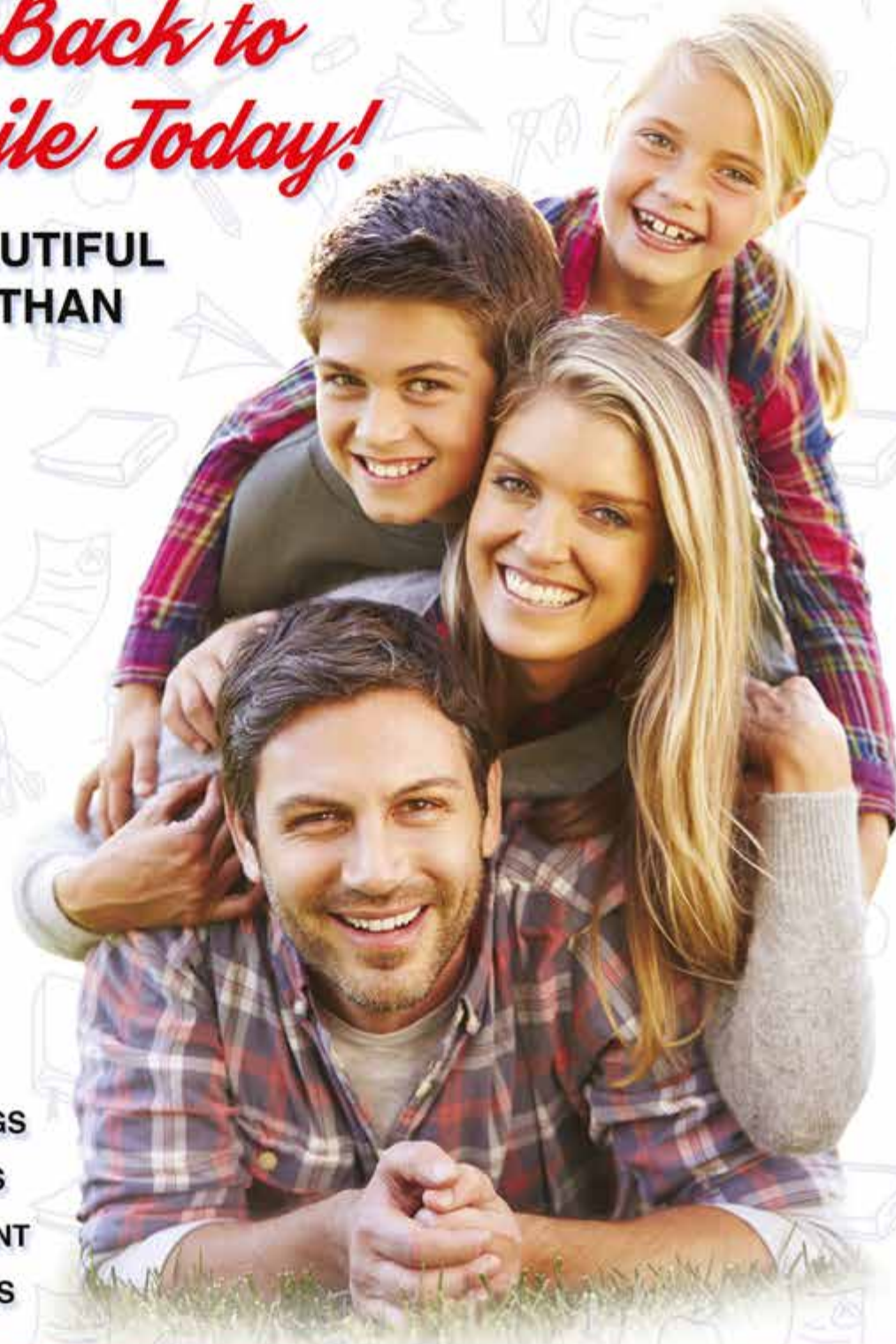
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ONE 30-MINUTE TREATMENT COULD END YOUR PAIN!

Have you ever wondered how different your life would be if you could significantly reduce your joint pain? Where would you go, what would you do? What if this therapy took ONLY ONE 30-MINUTE TREATMENT? We're pleased to announce that joint pain sufferers don't have to wait any longer to get one of the most advanced treatments available today. If you suffer from debilitating joint pain, we invite you to regain control of your life by visiting Complete Health Medical Center, a modern, holistic medical facility.

WHAT IS OSTEOARTHRITIS (OA)?

Osteoarthritis, also known as degenerative joint disease, is the most common type of arthritis. In Osteoarthritis, the surface layer of cartilage breaks down and wears away. This allows the bones under the cartilage to rub together resulting in pain, swelling and loss of motion of the joint. Although in some people it progresses quickly, in most individuals joint damage develops gradually over years.

HOW DOES THIS TREATMENT WORK?

Advanced live motion sonography allows us to pinpoint problem areas with extreme accuracy. We prepare and introduce regenerative tissues into your affected joint and the healing process begins. Stem cells are the building blocks of nearly any tissue type, i.e. are multipotent, and support soft tissue supplementation and possible regrowth! This treatment also quickly reduces pain, inflammation and swelling of the joint. Most patients describe the treatment as getting a shot at the doctor's office and report little pain or discomfort.

WHAT ACTUALLY IS A STEM CELL?

Stem cells (also called mesenchymal cells) have the exceptional ability to take on the behavior and characteristics of their surrounding cells. As such, following a stem cell joint repair procedure, the injected cells may become specialized for the joint and, over time, may help to regenerate the damaged cartilage and other tissue. Results will vary among patients, but many report experiencing pain relief in as little as one week. You have probably recently seen many professional athletes in the news using stem cells to regenerate their bodies following a sports injury (including Super Bowl champion Peyton Manning). Stem Cell Therapy for joint repair is used for acute and chronic injuries and to stop the progression of degenerative arthritis.

WHEN WILL I FEEL RESULTS?

Most people feel better as quickly as one week and can begin enjoying everyday activities within a few days following the treatment. Healing and regeneration continue for several months afterwards, further recovering more function in the joint and supporting tissues.

IS IT AFFORDABLE?

Yes. Our clinic has made stem cell treatments affordable and within reach of most people. Imagine eliminating the need to wear a brace or the dependency on antiinflammatories or opioids.

WHO IS A GOOD CANDIDATE FOR THIS TREATMENT?

Do you wake up with joint pain? Does your pain keep you from certain activities? Have you been told you need a knee replacement? Are you active and sometimes suffer from soreness? Do you take medications for joint pain? Do you have difficulty going up and down stairs due to pain? Are you considering surgery to alleviate pain? Have you tried everything to get rid of joint pain with no success? If you answered yes to any of these questions, you are ready to apply to see if you are an eligible patient candidate at Complete Health Medical Center.

HOW DO I KNOW THAT THIS IS RIGHT FOR ME?

In many cases, regenerative medicine is a solution for joint pain. Our medical staff will give you an honest and fair evaluation of your particular joint pain. We are pleased to announce that we have opened up our schedule and we are now accepting new patients. Take the next step by learning more at our free seminar.

COMPLETE HEALTH MEDICAL CENTER

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Dr. Richard R. Knight, M.D.

Haley A., Arlington, TX

I gained 37 pounds while I was pregnant with my daughter and worried about the struggle of getting the baby weight off, but DSC made it so easy and stress free. I was able to get back to my pre-pregnancy weight in about 2 1/2 months. Not only did I lose the weight, I am actually able to keep it off. I feel great and have the energy I need to keep up with my newborn!



AFTER



**Haley A. lost
37 lbs. in
10 weeks***

*Individual results
may vary.

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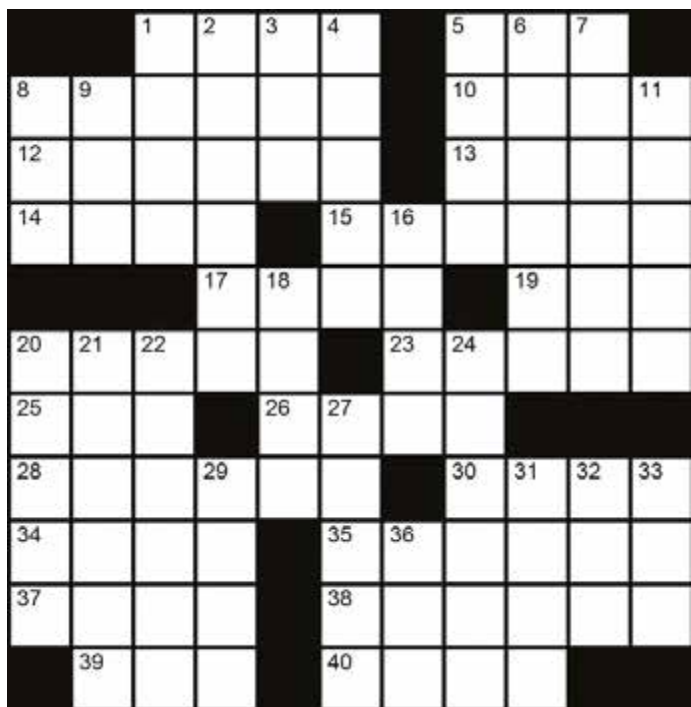
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Waxahachie, TX 76165

214-980-1414

Crossword Puzzle



CrosswordSite.com Ltd

Across

- 1 Competitor of Bloomingdale's
- 5 Annoy by persistent faultfinding
- 8 Bathroom
- 10 Conscious minds
- 12 Heart problem
- 13 "At what time?"
- 14 Communist leader after Mao
- 15 Revolve
- 17 Wind instrument
- 19 Rider Haggard classic
- 20 It is sold in bolts
- 23 Speak
- 25 Pastor, for short
- 26 Avoid
- 28 The most famous Waugh
- 30 React to something hilarious
- 34 Region of the Moon
- 35 Three-legged support
- 37 Finishes
- 38 Airs again
- 39 Nipper
- 40 Plumps

Down

- 1 Agree formally
- 2 Dismount
- 3 Range of vision
- 4 Whitewater figure
- 5 Water-loving salamander
- 6 Horrified
- 7 German writer and dramatist
- 8 Tiny bit
- 9 Unity
- 11 Scoff
- 16 Disagreeable necessity
- 18 Expression of alarm
- 20 Cupcake filling
- 21 East Mediterranean region
- 22 Try too hard
- 24 Vacation souvenir, maybe
- 27 Short beginning
- 29 In case
- 31 Literary work
- 32 Succeeded
- 33 Denom. of many Utahans
- 36 Agent, commonly

Solutions on page 36

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Sudoku Puzzle

Easy

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

Medium

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

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Solutions on page 36



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Welcome BACK TO SCHOOL

AUGUST

8/3

ROISD Back to School Health Fair:

Haircuts, uniform exchange, school immunizations, dental and vision screenings and more. Free for students registered for the new school year. Families can submit proof of residency and register on-site.
8:00 a.m.-noon, ROHS,
220 S. Hwy. 342.
(972) 617-4658 or
donna.knight@redoakisd.org.

Ferris ISD Back to School Fair:

A car show, free school supplies, uniform exchange and haircuts along with live performances and vendors will be on-site for Ferris ISD students. Most of the services and goods are free. Skyward online registration must be completed to receive free school supplies.
10:00 a.m.-2:00 p.m., FHS,
1025 E. 8th St. ferrisid.org/
news/what_s_new/2019-20-
back_to_school_fair.

8/17

Back to School Bash:

Face painting and free school supplies are just part of what's in store for Glenn Heights residents. Parents/guardians must present two forms of identification confirming residency to receive free supplies. 10:00 a.m.-1:00 p.m., Heritage Park, 400 E. Bear Creek Rd. (972) 223-1690 or

glennheightstx.gov/319/Back-to-School-Bash.

9/14

Red Oak Founders' Day:

"Roll Into Red Oak" for the city's 41st Founders' Day Celebration! A parade, live entertainment, bounce houses, food, crafts and more! Free admission. 9:00 a.m.-3:00 p.m., Watkins Park, 100 Live Oak St. Visit business. redoakareachamber.org/events/details/founders-day-2019-4086.

First Mondays

Ellis County Genealogical Society:

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

Tuesdays

Red Oak Library Toddler Playtime and Story Time:

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

Writing for Enjoyment Group Meeting:

12:30-1:30 p.m.
(469) 383-5365 or
joanpomeroy@att.net.

Tuesdays and Thursdays

North Ellis Co.

Outreach Assistance:

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

Wednesdays

Ferris Public Library Story Time:

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

Wednesdays and Thursdays

Red Oak Senior Citizens Group:

Join other seniors for games and activities. Light breakfast provided both days. Lunch provided **Thursdays**; \$2 per week membership fee. 8:30 a.m.-1:00 p.m., 207 W. Red Oak Rd. (972) 571-0632.

Second Thursdays

Ovilla Service League:

Projects include annual fundraisers to support the

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

Third Thursdays

Ferris Lions Club:

6:30 p.m., Scout House in Mutz Park, 514 S. Mabel St.

Sundays

Alcoholics

Anonymous Meeting:

5:00 p.m., Midway Baptist Church, 4511 FM 660, Ferris. Michael Peebles at
(830) 928-4177 or email
mikepeeples@outlook.com.

Third Sundays

Matthew 7:7 Riders Motorcycle Ministry:

Rides and activities vary. Mark Rose
(972) 748-4076 or Facebook
Matthew77RidersMotorcycleMinistry.

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

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Forms and more information available at redoakareachamber.org
Contact the office at 972-617-0906 or chamberassist@redoakareachamber.org
Find us on Facebook <https://www.facebook.com/RedOakTXFoundersDay/>

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