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Dr. Maryam Raza

Dr. Raza is a Board Certified Physician in Wound Care and Hyperbaric Medicine practicing in the Dallas area since 2006. She completed her residency at Columbia University New York and has been medical director of the wound care program at Methodist Hospital Dallas since 2010. She is an ardent supporter of the concept of limb salvage and has developed a comprehensive program for healing diabetic foot wounds in a timely fashion. She is a member of Undersea and Hyperbaric Medical Society.

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continues to make educator
wishes come true.

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Angel

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EDITOR'S NOTE

Here's to parenthood!

With kids settling into their first full month of the school year, it seemed an appropriate time to reflect on parenting. Are you heaving a big sigh of relief for the routine school schedules bring, or longing for the freedom of summer's lazy days (even if it means an ongoing call for snacks and entertainment)? Maybe you recently dropped your babies off for their very first day of school or photographed them on their last first day — either way, shedding some tears. Perhaps your children have long since grown and flown, but seeing school supplies in every store makes you remember, maybe even long for, those days ...

I know every generation thinks the way they parented was best, with some liking to criticize those before or after them for doing everything wrong. My way of thinking is more in line with Maya Angelou, who said, "Do the best you can until you know better. Then when you know better, do better." I've found this a wonderful attitude to apply to just about every situation. So long as you're doing the best you can, who is anyone to fault you for that?

The key, in my opinion, is to realize that none of us knows it all. Those of us with children (young or old), are just building on how we were parented — hopefully taking the best from our experience and partnering it with the better we know today. Different generations have their Sigmund Freud, Erik Erikson or Jean Piaget. With time, we learn which experts improve how we parent, and, more importantly, which approaches work best for our own kids. May we always be learning from the parents we see doing things well.

Here's to our children!

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GRANTING WISHES

— By Angel Morris



For 20 years, the Red Oak ISD Education Foundation has been funding innovative programs in local classrooms. Founded in 2002, the foundation serves to supplement learning experiences not covered by the normal operating budget of the school district. “I’m most proud of the opportunities we’ve been able to provide for our students, and that these programs were the inspiration of their teachers — so, funding programs that our staff is passionate about is incredible,” Foundation Executive Director Karen Anderson noted.

Karen and her husband, 21-year School Board Trustee John Anderson, are both Red Oak graduates, who enjoy giving back to the community. As a result, Karen volunteered on the foundation board of directors from 2003-2005, then became its administrative coordinator until 2009 when she was named executive director. “Both of our girls graduated from Red Oak. We love Red Oak ISD, and the children of this community are important to us,” Karen said. “I first became involved with the foundation when I was asked to start the Alumni Association, and I consider the foundation the perfect platform for serving students.”

In two decades, the organization has given more than \$1.4 million to Red Oak ISD educators. “Of course, today the awareness of what we do is larger and further reaching. Our events have evolved into functions that people are eager to attend and support,” Karen reflected. Those annual events include: the Partnership Challenge Golf Tournament; Handbags for Hawks/Designer Handbag Bingo Fundraiser; ROISD Employee Partner Program; Jar Wars, the campus coin drive competition; and contributions from generous donors.

A board member from 2009-2012, then becoming administrative coordinator, Paige Davis is essential to the success of the organization’s activities. “I have a hotel and restaurant management degree, so planning events and fundraisers is something I enjoy doing. I also have an education background, so working in the district was something I was passionate about,” Paige explained. “Plus, I wanted to give back to the district that my children were in and the community that I live in.”

The efforts of directors, staffers and numerous volunteers have allowed the foundation to surprise teachers with grants each year since its inception, choosing from the numerous applications submitted annually by teachers outlining their educational program ideas. For its 20th anniversary, the foundation awarded two \$10,000 one-time grants.

“Teachers want to inspire students, and our grants give them the financial support to do that. I love to see students engaged with a program that was funded by a grant, to see them realize that learning can actually be exciting!” Foundation Board President Karen Stanfill noted.

Like Karen Anderson, Karen Stanfill had children who graduated from Red Oak ISD. Her husband, Mark, was a founding member of the foundation and served as director many years. He is also a Red Oak graduate and continues to serve the city as mayor. "I volunteered in the schools through PTA and other organizations for many years, and when my husband was ready to step down from the foundation board, I was ready to step in," she noted. "Today, I would love for the foundation to be more visible. It's hard to share news in our multi-channel media climate, but our mission is worthwhile, and people need to know about it!"

Since 2002 — in addition to grants totaling \$1,019,538.69 — the foundation has distributed: \$83,817.20 in dual-credit scholarships; \$39,057.43 toward district initiatives; \$27,980 in Teacher of the Month awards; \$11,350 in teacher mini-grants; \$240,270 toward outside grants and \$58,000 in special funding requests.

"Public schools don't get the support that they need from our state legislature, so nonprofits have to step in to help," Karen Stanfill explained. "Red Oak has a great district with a lot of excellent programs, and I want to see it continue to help students flourish."

Karen Anderson said the best part of this anniversary year has been reflecting on years past. "It's wonderful to see what we've accomplished and celebrate the fact that we did it together," she emphasized. "Knowing the ways we've helped innovative efforts grow and expand, seeing students engaged and eager to learn is the reward."

Now the foundation looks forward to continuing to encourage excellence in education. "We want to keep showing Red Oak residents what the foundation does and how they can support it. We are more than eager to share our mission with anyone who will listen," Karen Anderson promised. "We always welcome anyone who wants to help us out by being a director, a donor, volunteer or supporter of any of our events." **NOW**

Editor's Note: To get involved or learn more, visit <https://www.redoakisd.org/educationfoundation>.



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— By Angel Morris

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The rest of the All Optical Care staff also remains on the forefront of eye care through continuing education toward the latest state-of-the-art instrumentation, technology and eyewear products. "We are dedicated to providing care in an atmosphere

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Zoomed In: Isaiah Medeiros

By Angel Morris

When Oak Leaf resident Isaiah Medeiros discovered Ellis County Children's Theater, he knew it was a good place to continue his interest in performing. Having previously participated in productions of *Peter Pan* and *Beauty and the Beast*, Isaiah was excited to earn his most recent role in ECCT's *The Addams Family*. "I'm glad I landed the role as Lucas. The play was certifiably fun, and I thoroughly enjoyed it!" he said.

A freshman at Life High School Waxahachie, Isaiah said that in addition to acting, he likes to sing. He also enjoys staying fit through running.



Red Oak's Rob Minialoff, Isaac Minialoff, Jayden Rea and Riley Norwood wrap up summer by catching permit in Florida.



Janai Elegbe, a Red Oak High School senior, participates in heart dissection at UT Austin's summer health camp.



The fourth-grade Green Guppies group participates in Red Oak High School Student Council's Hawk Leadership Camp, Aloha Leaders.



Alongside fellow graduates, Joseph Miller addresses Vertical Church Ovilla's Driven Youth Camp attendees.



Last school year's ROISD Elementary Teacher of the Year, Tiffany Munoz, of Shields Elementary, is recognized at a Region X luncheon.



Christina and Steve Jones spend summer vacation at New Mexico's Carlsbad Caverns.



Ovilla's Ava Garland worships at NTD Kids Camp, where more than 3,000 youth came together for fellowship and fun.



Shawna White, of Ellis County Pest Services, selects a winner of the annual contest in which the company purchases supplies from a local educator's online wish list.



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CookingNOW

In the Kitchen With KRISSIE VAILOLO

— By Angel Morris

Krissie Vailolo's family immigrated from a village outside of Budapest, Hungary, in 1912. Her great-grandfather came from Czechoslovakia, and Krissie appreciated finding the Czech influence in Ellis County when she moved here from the South Pacific almost a decade ago. "My family strives to keep the Samoan culture and the Polynesian tenets of faith, family and respect alive," Krissie noted. "Food is a huge part of that. We feed everyone!"

The owner of Fruitful Designs & Boutique, Krissie has a heart for helping women, even offering unique services for families with special needs. And women introduced her to cooking. "I started cooking with my Muga [great-grandmother] and great-aunt. They inspired me to never forget where our family came from, and I still love introducing people to Samoan recipes." **NOW**

Oka Fresh Ahi Tuna Salad

1 lb. tuna, cut into 1-2-inch cubes
1/2 cup lemon or lime juice
1 14-oz. can coconut milk (brown can on Asian aisle)
2 fresh tomatoes, cubed
1 fresh cucumber, peeled and cubed
1/2 sweet onion, chopped
Salt, to taste
Lime, garnish
Green onions, garnish

1. Marinate the tuna in the lemon or lime juice from 1 minute to 1 hour. (The longer

it marinates, the more "cooked" it will be.)
Drain the juice.

2. Shake the can of coconut milk; pour it into a non-metal mixing bowl with the tuna. Stir in the tomatoes, cucumber and onions. Salt to taste and add garnishes.

Tangy Barbecue Sauce

3/4 cup chili sauce
1/3 cup tomato juice
3/4 cup onion, peeled and chopped
4 Tbsp. Worcestershire sauce
2 Tbsp. apple cider vinegar
2 Tbsp. brown sugar

1 Tbsp. dry mustard
1 Tbsp. minced garlic
1/2 tsp. salt
1/2 tsp. pepper

1. Mix together all the ingredients in a cast-iron skillet; bring to a boil. Cover the pan, leaving the lid slightly ajar; simmer about 45 minutes. Use to top your favorite barbecue. I suggest using this on the Campfire Barbecue Chicken.

Campfire BBQ Chicken

Salt, to taste
Pepper, to taste
2 lbs. chicken
Oil or butter, to cover the bottom of the skillet

1. Salt and pepper the chicken. Add oil or butter to a cast-iron skillet; pan fry the chicken, making sure both sides are golden brown, usually at least 5 to 8 minutes.
2. Once all the chicken is cooked, remove it from the pan; set it aside.
3. Leave the chicken fat inside the skillet; add the barbecue sauce of your choice. (I

recommend Tangy Barbecue Sauce.) Once it is well mixed, return the chicken to the skillet; cover with the sauce.

Oka

Amazing with fried plantains, baked taro or breadfruit! Also a perfect addition to any barbecue, especially one with beer.

2 13.5-oz. cans coconut milk (Chaokoh from Asian aisle is preferred.)

2-3 lbs. fresh Ahi tuna, chopped into 1 1/2-inch squares (frozen will work in a pinch)

1 cucumber, chopped and seeds removed
1-2 firm fresh tomatoes, or 1 container of cherry or grape tomatoes, halved
1/2 red onion or sweet onion, chopped (optional)

Sea salt, to taste

2 limes, freshly squeezed

1 bunch green onion tops (optional)

1. Shake the coconut cans well; pour both cans into a large mixing bowl with a lid. Add the chopped tuna. Add the cucumber, tomatoes and onions to the coconut cream in the bowl. *Note: Make sure the tomatoes and cucumbers are without seeds before adding them to the bowl. (It will make it watery fast.)*

2. Add the salt. Add the lime juice to help cook the tuna. Mix well; garnish with green onion tops if desired.

3. Refrigerate for about 90 minutes before serving in small bowls.

Monkey Bread

2 cans butter biscuits

1/4 cup white sugar

4 Tbsp. cinnamon

8 Tbsp. brown sugar

1/2 tsp. salt

1/4 stick butter

1. Preheat the oven to 350 F. Cut the biscuits into 1- to 2-inch pieces. Combine the sugar, cinnamon, brown sugar and salt in a bowl. Roll the biscuit pieces in the sugar mixture.

2. Spray a Bundt pan with butter spray. Place the sugared biscuit pieces in the pan. Slice the butter; layer it atop the biscuit pieces. Bake for 20 minutes.

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IT'S GAME TIME!

Due to COVID-19, some events may have been cancelled or rescheduled while we were at press. Check with individual organizations or your city or Chamber websites to verify dates and times.

SEPTEMBER

9/6

Mentors Care Charity Golf Tournament:

Registration: Noon; shotgun start: 1:00 p.m., Mira Vista Country Club, 6600 Mira Vista Blvd., Fort Worth. For more information, email Melissa. Tenner@mentors.care or call (214) 725-1062.

9/24

Ovilla Heritage Day:

Parade starts at Ovilla Road Baptist Church and marches to City Hall: 9:00 a.m. Live music, local businesses and artisans, food vendors and food trucks, car show, petting zoo, bounce

houses. 9:00 a.m.-2:00 p.m., behind Ovilla City Hall.

Lords Acre Celebration:

Silent auction, general store, live music and children's activities. Activities begin: 9:00 a.m.; barbecue lunch: 11:00 a.m.-1:00 p.m.; live auction: 1:00 p.m., First United Methodist Church Red Oak, 600 Daubitz Drive.

9/28

Chamber Luncheon:

Featured speaker is Stan Lewis/Transformational Coaching, followed by lunch. Member admission: \$15 with

RSVP; \$18 without RSVP; \$20 for nonmembers. Each guest may introduce themselves at the end of the program and share promotional materials on the share table. Noon-1:00 p.m., Red Oak Municipal Building, 200 Lakeview Pkwy. Learn more at <https://business.redoakareachamber.org/events>.

Third Mondays

Book Club:

New members always welcome. 6:30-8:00 p.m., Red Oak Library, 200 Lakeview Pkwy. For more information, email redoakbookclub@gmail.com.

Wednesdays and Thursdays

Senior Citizen Center of Red Oak:

Enjoy coffee, juice and donuts each morning, as well as a sponsored lunch on **first through third Thursdays** and a potluck on **fourth Thursdays**. Also, games, puzzles, bingo and informative guest speakers. 8:30 a.m.-1:00 p.m., 207 W. Red Oak Rd. Call (469) 218-1217 for details.

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