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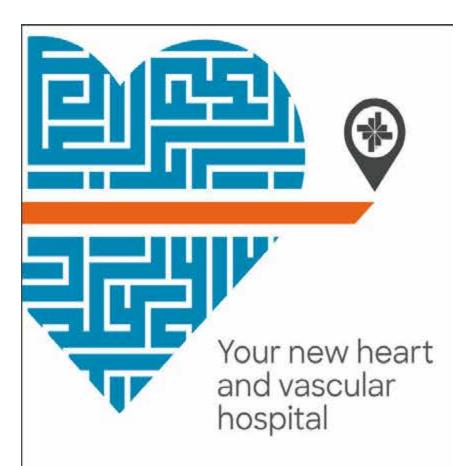
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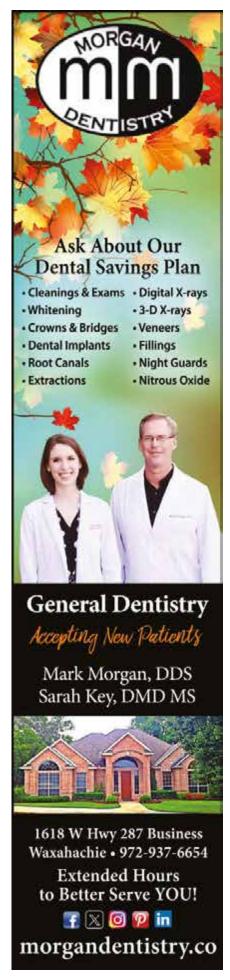
We created this dedicated hospital with cardiac catheterization labs just for you. Your new hospital is soon to be the area's destination for coronary and vascular care including clinical cardiology, outpatient diagnostics, and interventional cardiology procedures. It joins the expanding Baylor Scott & White - Waxahachie campus for a continuum of cardiac care from the emergency department to cardiac rehabilitation. Now, quality and convenient heart and vascular health is closer than ever.





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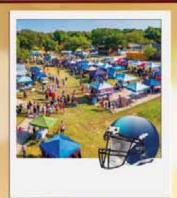
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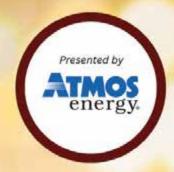






Saturday, Sept. 16

(9AM-2PM) Watkins Park 101 S. Live Oak St Red Oak TX 75154



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Events

9 AM: Parade along Red Oak Rd. 10AM-2PM: Founder's Day Event

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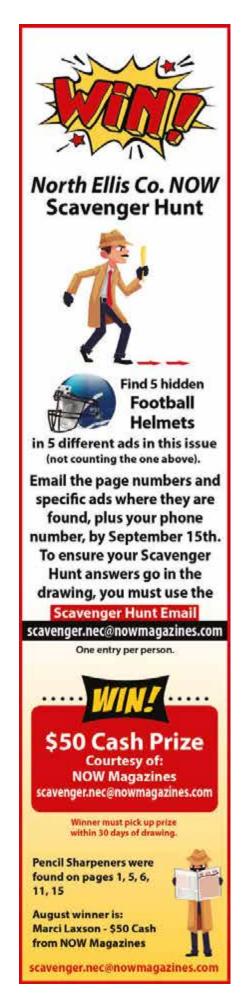
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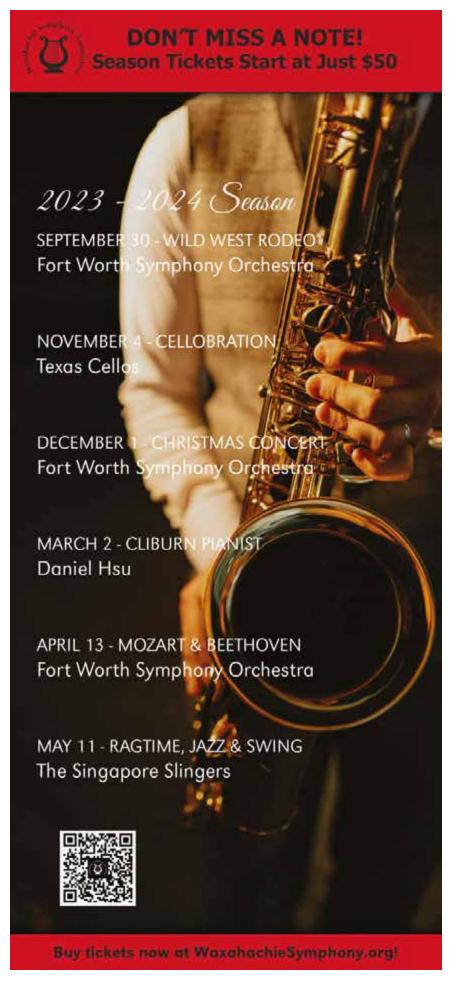
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ON THE COVER



North Ellis Co.NOW checks in with former ROHS football standout Kevin Pruett.

Photo by

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EDITOR'S NOTE

To Second Summers ...

Although temperatures don't necessarily reflect it, autumn is upon us, officially beginning September 23 this year. The unseasonable heat we continue to experience is so common, it actually was given its own name — Indian Summer, which is no longer considered an appropriate term. Perhaps it was so named because it was first noted in areas inhabited by Native Americans, or because they introduced the concept to Europeans. The roots of the term are difficult to trace, but it originally may have referred to the warm, hazy hunting conditions of Native Americans rather than ongoing, excessive temperatures. It has also been used to metaphorically reference a time when one recaptures their youth — like reconnecting with a lost love — or rediscovers success — finding a second suitable career later in life.

This period of time has been known by other terms that would be considered inappropriate today, translating to "Old Wives' Summer," "Poor Man's Summer" and "Gypsy Summer" in various regions of the world. In some countries it has a more positive connotation and is named for saints, while Spain calls it "Quince Summer," recognizing the ripening of the guince fruit. In Sweden, the period of time when badgers have a last chance to replenish their stocks for winter, it is called "Badger Summer." Possibly its most unique recognition may be from Turkey, where it's called Pastırma Yazı, or "Pastrami Summer," as it falls during a time that's considered best for making that particular type of meat. Some Northeastern European countries simply refer to the extended season of heat as "Late Summer," and before we began calling it Indian Summer here, it was known as what it literally is ... Second Summer.

This time of year is referenced in everything from books to board games, music, paintings and poems. May you enjoy the last of these hotter days, whatever their name.

With warm regards!



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WHERE ARE THEY

— By Angel Morris

Sixteen years ago, Kevin Pruett was the star quarterback for the Red Oak High School varsity football team, helping lead them to a major playoff accomplishment for the first time since 1984. During Kevin's final season, the team ended with an overall record of 10-3 and a district record of 5-1.

"In the past, I don't think anyone on the team believed we could win," Kevin remarked in his 2008 interview. "After the first game of the season, we all started working together and became successful as a team."

This showed the players the importance of teamwork. "You could tell that once we believed and then did what we were supposed to, we became more confident. Then, when we started winning, the town really started believing in us," Kevin recalled.

Kevin began playing football when he was 4 years old (following in the footsteps of two older brothers who were Red Oak Hawks). He was a volunteer coach for peewee and middle school teams, and fondly recalled a program

that allowed student athletes to read to elementary youth. "I encourage the kids to go for their dreams," he expressed in 2008. "I also tell them there will always be people behind them who will show their support every step of the way."

For Kevin, those supporters were a group of athletic friends who met in junior high. "We were a great, talented team through high school, but more than that, we were a group of guys who grew up with each other and trusted one another and are friends today," he noted.

Kevin studied at Tarleton State University, graduating in December 2012 with a bachelor's in marketing. "I had every intention of playing football in college as a reserved walk-on, but once I stepped foot on campus, it was nice just being a student," he recalled.

After graduation, Kevin entered a management program in the shipping industry, and after two years, he was a lead, managing 20 people. "I worked my way up, and after seven years of climbing the corporate ladder, I gave the entrepreneur desire a try," Kevin explained. "I started a gutter company — Gutter Up LLC — with zero experience and have since turned it into a company that is recognized as a top three company in Ellis County in our area of work. I also own Light Up Permanent Exterior Lighting."

His success can be credited, in part, to that 2007 football season that secured a sense of drive in Kevin, while putting Red Oak football "on the map," he said. "For 24 years, we had not made the playoffs, and for as long as I could remember, we had not had a winning season. Our first two years of high school, we saw the varsity teams go 0-10 both years. Even during the preseason of our year, we were projected to get last in our district. But we ended in second. I think it made people realize we were a team to be treated seriously."

Today, Kevin lives with his wife, Stephanie Cantu, and their children, Sophia, Kayne and Savannah, in Midlothian. "I lived in Dallas as a single guy for a couple of years until I met my wife. Once we married and conversations about kids started, I knew we would settle back into an area that was close to home," Kevin said. "Midlothian had the growth I like, at the same time keeping the values of a small community. The city events of blocking off the streets for the Main Street Dance, Christmas parade, the wine festival, it's just an overall great community to raise a family."

Sports remain important to Kevin. "I'm a believer in allowing people to go their own route in life, to being the person they were meant to be. But having my kids play sports at a young age is necessary to teaching the fundamentals of life and having experiences with people that could grow to be lifelong friends of theirs, as it did for me," he said.

"I continue my competitiveness in playing things such as cornhole, golf or even a friendly game of pickup basketball in town," Kevin noted. "The cornhole community has proven to be so much fun, and I have found friends and business allies through the sport."

Kevin also enjoys travel, supporting Texas athletic franchises and coaching his daughter's 4U soccer team. "My goal is to continue to become more involved, supporting those who help my community and surrounding areas to thrive," Kevin, who recently became a member of the Midlothian Utilities Department board and is a Chamber business member, said. "It's a desire that started way back on that winning team at Red Oak High School." Now









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Owner Kevin is a proud Red Oak High School Graduate

Both businesses are family owned and operated, with Kevin's father Don Pruett part
owner of both companies. Brother Bryan Pruett is the project manager of Light Up, LLC.



BRIGHTENYOUR EVENINGS

By Bill Smith

On the patio, around the pool, enjoying a barbecue or just watching the kids play, Texas days are extended further into the evening with the addition of any of the many outdoor lighting options. There are a lot of choices to consider, from 120-volt, hardwired flood lights, to low voltage wired systems and finally, solar powered lights.

For years, we have used wired flood lights, mounted to the corner eaves of our homes to provide light just for walking through our yards, and also for security. A wellilluminated yard may deter would-be burglars, as well as discourage destructive nocturnal pests. These lights are generally 120-volt systems and may include both sensors to only come on after natural light fades and motion sensors. On some models, the motion sensor will turn the light on from complete darkness, but often today, the lights will have a low-power mode, and the lights will come on to their

fullness when a motion sensor is activated. These lights may also be set with timers. While 120-volt systems have been the norm for many years, the advent of LED lights and small solar panels may be a more cost-effective option. Small solar panels may be attached to the light with a small wire, enabling the light to be under the eave and the solar panel on the roof.

Path lighting is an option for a safe way to navigate around the yard with a minimal amount of soft to moderately bright safety and landscape light. The low-voltage systems require a wired installation with a transformer to change your 120-volt house current to a 12- to 15-volt system. About the only drawback to this system is the wiring. Wiring needs to be buried between the lights — and, of course, consideration has to be given to avoid damaging the wires when working flower beds or doing other yard work. The solar option comes into play again with path lights. The investment into quality solar-powered path lights has become very economically attractive, and the lights are available for purchase either individually or in sets. Typical installation may only require driving a metal or plastic stake into the ground and attaching the light to the stake. The solar panels are built

into the top of the individual lights and power rechargeable batteries. While there are some path lights that include motion sensors, most only include the optical sensor that turns them on at dusk and off at dawn.

A popular option for patio lighting is string lights. These are typically low-voltage lights that emit a warm color that will add to the ambience of outdoor meals around the grill or firepit. The lights may be strung just about anywhere and may hang permanently from the eaves of the home around the patio, or loosely over the tables and chairs from the corner posts of an outdoor pavilion or gazebo. Again, if you are not interested in a permanently wired system, the portable, solarpowered option appeals to many and allows the string lights to be placed in different areas as your outdoor events may require. These lights are often seen illuminating personal campsites for both RV and tent campers.

Deck lights are small, often recessed lights that are installed around the perimeter of the deck surface, as well as between the individual steps of stairs and along the side railing. Deck lights provide safety against trip and fall hazards, as well as providing accent light for garden plants that surround the deck. A low-voltage system is usually a good option, and the lights are typically wired together rather than operating from a single powered source, whether it be solar or a transformer from the 120-volt system.

While all of the lights discussed up to this point have been of the floodlight variety, spotlights may also play an important role in outdoor lighting for accepting pool and garden areas. These lights are also known as "up-lighting" and shine narrower beams to highlight plants, statuary, garden ornaments and water features. These lights may typically be chosen and installed when a major landscape project is being constructed, such as a pool or new patio. However, LED lights that stand alone and may be solar powered are becoming more popular and are economical, widely available and easy for the do-it-yourself homeowner. NOW

Sources:

- I. www.bobvila.com.
- 2. www.familyhandyman.com.





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Around Town



Scott and Judy Frazier vacation in Colorado while visiting their daughter, who moved there this year.

Zoomed In: By Angel Morris **Anay Landeros Morales**

Anay Landeros Morales was recently presented with the Mayoral Initiative Scholarship from Glenn Heights Mayor Sonja A. Brown, as well as the Best Southwest Partnership Scholarship for a total of \$2,000 toward her educational goals. Anay was an outreach volunteer with St. Francis of Assisi Catholic Church and for DeSoto Teen Council. In school, she was a member of National Honor Society, Spanish Honor Society and Math Honor Society. "As a first-generation student and the daughter of immigrants, attending college was always at the forefront of my mind to help me create the future I wanted," Anay noted.

Anay will study environmental engineering at Southern Methodist University. She plans to pursue a law degree after college graduation.



John Powell poses with his grandchildren, Belle, lack and Aubrev Shackelford, after serving as guest speaker at First Red Oak church.



Jewel Homes holds a groundbreaking for the new Red Oak Gardens development.



Fallon Fields shows off her library goodie bag, which was a reward for having spent much of her summer reading.



Natalia Meltabarger, Denise Butler and Meisa Mason donate 642 rolls of toilet paper collected by First United Methodist Church Red Oak members for North Ellis County Outreach.



Choreographer Mikeala Phillips, Director Stacey Yee and Music Director Crystal Sanchez celebrate Ellis County Children's Theatre's production of 101 Dalmatians.



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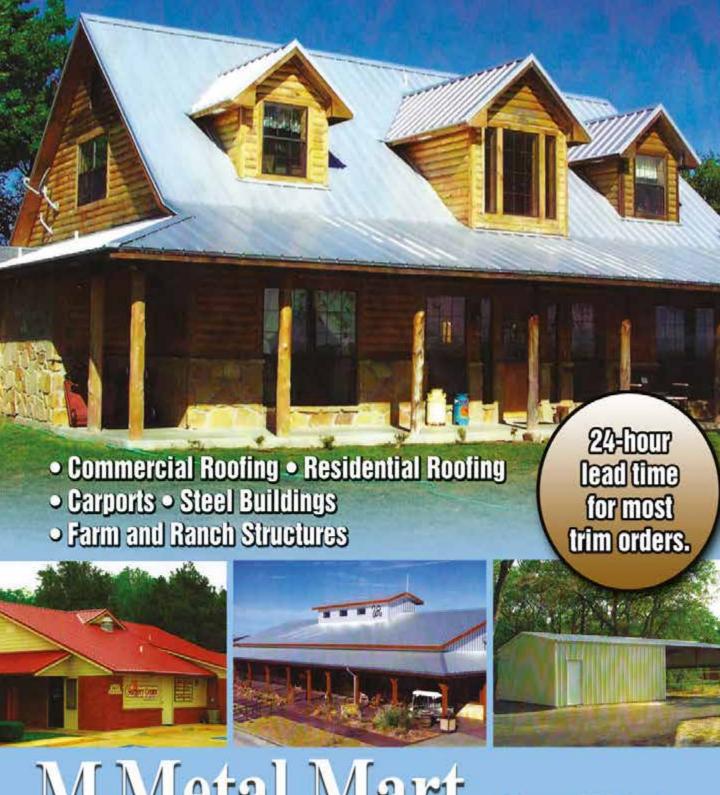
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Bryan Bell first began cooking in Boy Scouts, but his interest was reignited when his roommate at The University of Texas at Austin was attending chef school. "We ate like kings!" Bryan recalled.

Currently, the Outdoor Education teacher at Red Oak Middle School, Bryan uses cooking to reach students. "I love that you can get kids — who don't necessarily excel in a normal classroom — outside cooking, and they become a leader almost instantly. Cooking class is their time to shine," he noted.

A fan of fishing, camping, hiking and coaching his sons' sports teams, Bryan also makes his own sausage from scratch and is a fan of Texas barbecue. "The challenge of it is exciting," he admitted. "It takes research, preparation and patience, and in the end, it's always worth the effort." Now

Simple Dutch Oven Peach Cobbler This goes well with vanilla ice cream.

1 29-oz. can sliced peaches

I box yellow cake mix

I gal. Ziploc bag

3 Tbsp. cinnamon (divided use)

1/4 cup sugar

1/4 stick butter, sliced

1. Open the can of peaches. Dump the yellow cake mix and the juice from the peaches into the Ziploc bag. Mix together thoroughly until the cake mix is Play-Doh like. (You may need to add a tablespoon or two of water.)

- **2.** Dump the peaches into a Dutch oven; sprinkle 2 Tbsp. cinnamon and the sugar over them. Cut a corner off the Ziploc bag; pipe the cake mix to cover the peaches.
- **3.** Add slices of butter over the cake batter; sprinkle on the remaining cinnamon.
- 4. Cook 15-20 minutes over hot coals (about 350 F), or until the cake mix is browned on top and hardened enough to eat.

Simple Dutch Oven Southwest Soup This goes well with Dutch oven biscuits.

2 14.5-oz. cans whole kernel southwest roasted corn, drained

- 2 14.5-oz. cans pinto beans
- 2 14.5-oz. cans red kidney beans
- 2 14.5-oz. cans black beans, drained
- 1 14.5-oz. can chili, no beans
- 2 14.5-oz. cans tomatoes with green chilies 1 pkt. taco seasoning
- 1/4 block Velveeta cheese, cubed
- 1/2 lb. ground beef, cooked (optional)
- 1. Mix all the canned ingredients and the taco seasoning in a Dutch oven. Place the Dutch oven over full coals (350 F) for 12-15 minutes. Note: There should be a bed of coals underneath the Dutch oven, as well as a spread of coals covering the entire top of the lid.
- 2. Add the Velveeta. Stir constantly for another 5-7 minutes, until melted. Once the cheese is melted, mix in the cooked ground beef. Let cool: serve in a bowl.

Smoked Tomahawk Steaks

2-4 tomahawk steaks Truffle oil, to taste Smoked sea salt, to taste Baker's string Steak seasoning (your favorite brand or make your own), to taste

1. Rub the steaks lightly with the truffle oil and

smoked salt. Tie string around the bone and outside edge of the steak, making a loop to hold it all together. Refrigerate overnight.

- **2.** About 3 hours before mealtime, pull out the steaks; let them come to room temperature. Heat the smoker to 250 F. (Oak or hickory chips are best here.)
- 3. Season the steaks, making sure to get a good bark on all sides. Smoke the steaks until an internal temperature of 125 F is reached, keeping the fire temperature between 225-250 F (about $1 \frac{1}{2}$ hours). Remove the steaks; allow to rest for 10 minutes while bringing the fire up to 400 F. Put the steaks back on the direct heat; char about 30 seconds on each side. Let them rest 5 minutes: slice and serve.

Blue Ribbon Sticky BBQ Ribs These will fall off the bone.

2 racks pork spareribs or baby back ribs 1 6-oz. bottle vellow mustard 2 cups homemade or store-bought rib rub 2 cups sugar in the raw

1/2 cup raw honey

2 Tbsp. cayenne pepper 1/2 cup apple juice (divided use)

- **1.** Pull the ribs from the refrigerator; allow them to come to room temperature, while heating a smoker to 250 F. (Apple or cherry wood is best.)
- 2. Remove the membrane from the ribs; trim the fatty areas. Place the ribs in a large foil pan. Rub the ribs liberally with yellow mustard.
- **3.** Combine the rib rub and sugar in the raw in a bowl; mix well. Rub down the ribs with the mixture until you have a good coating all around. Place the ribs on the smoker, fatty side down; smoke for 2 hours.
- **4.** Remove the ribs; make 2 boats using a layer of pink butcher paper for each. Add a good covering of honey and cayenne on each rack. Add 1/4 cup of the apple juice to each pack. Wrap the ribs in the butcher paper, making sure the apple juice stays inside. Double wrap if needed.
- 5. Continue to smoke the ribs at 250-275 F for another 2 hours, or until they reach an internal temperature of 130-135 F. Pull the rib packs from the smoker; let rest for 30 minutes in a cooler or the oven. Open, cut and serve.









9/16

Founders Day:

Celebrating Red Oak's 50th anniversary with a parade plus festival featuring music, family activities, food trucks, vendors and more. (Free parking for this event, water, shopping bag and fan available across the street at First United Methodist Church.) 9:00 a.m.-2:00 p.m., Watkins Park, 102 North Live Oak St. Learn more at www.redoakchamber.org.

9/23

Ovilla Heritage Day:

Celebrating the small town with a big heart, this annual event features a parade, live music, games, arts, crafts, vendors and food trucks behind City Hall, 105 S. Cockrell Hill Rd., Ovilla. Find the schedule and more details at www.cityofovilla.org.

9/30

Lord's Acre Celebration:

Silent auction: 9:00 a.m.; barbecue lunch: 11:00 a.m.-1:00 p.m.; Dave Washburn & Three Quarter Fast Jazz Band: 11:30 a.m.-1:00 p.m.; live auction: 1:00 p.m., First United Methodist Church Red Oak, 600 Daubitz Dr.

First Mondays

Red Oak Lions Club Meeting:

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community leaders and civic-minded people while helping your community. 6:30-7:30 p.m., 207 W. Red Oak Rd. To learn more, call (469) 571-7265.

Third Mondays

Book Club:

New members always welcome. 6:30-8:00 p.m., Red Oak Library, 101 S. Live Oak St. 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-third Thursdays and a potluck on fourth Thursdays. Also, games, puzzles, bingo and informative guest speakers.

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