

**North Ellis Co.**

Red Oak | Ferris | Glenn Heights | Oak Leaf | Ovilla

M A G A Z I N E

AUGUST 2017

**NOW**

# Safe Haven

At Home With  
Loreen Silva

## Harnessing the Power of Technology

Rebecca Strickland  
creates a world of  
opportunity for her pupils

Claiming Their Identities

School's in Session

Feeding the Soul

Dining Deals

In the Kitchen with  
Beth Kaemmerling



# Fibromyalgia



- Do you live with constant pain?
- Does your whole body ache and burn?
- Do you experience numbness and tingling?
- Do you feel tender points all over your body?
- Are you always tired and fatigued?
- Are you sleep deprived?
- Do you have recurring headaches?
- Are you irritable all the time?

**All the above can mean Fibromyalgia**

**At Vcare, we specialize in treating Fibromyalgia and other painful conditions such as Arthritis, Tendonitis, Bursitis, Neuropathy Etc.**

LET US HELP EASE YOUR PAIN.

**CALL NOW FOR  
FREE CONSULTATION**

**214.550.0680**



Treatment is covered by most insurances including Medicare.

**Care Health Services**

**... Live Life Pain Free**

UNIVERSITY PLAZA, 401 N. HWY 77 • SUITE #1 • WAXAHACHIE  
WWW.VCAREHEALTH.ORG

# Afraid of the dentist?

Come relax with oral sedation and nitrous.

Dr. Martin and his team of caring professionals will help you get a smile that you are proud of.



Dr. Martin does white fillings, crowns, bridges, veneers, implants, implant dentures, root canals, extractions & Invisalign. He also sees children. Our hygienists, Ruby & Charlsy, do deep cleanings if gum disease is present. Years of dental needs can be completed with very few appointments all in our office.

Same-day treatment available.  
No-interest financing W.A.C. for up to 2 years.

Convenient Hours: 8am-5pm M-Th

In network with these major PPO plans:  
Aetna, Delta, Cigna, Metlife, Blue Cross Blue Shield of Texas,  
Humana, Principal, Ameritas, Guardian, Dental Select

[www.FearlessDental.com](http://www.FearlessDental.com)

Mention this ad and get **FREE WHITENING FOR LIFE** when you become a patient at Fearless Dental. After all dental work is completed, you'll receive **FREE** trays and then **FREE** whitening gel at every cleaning.

## Snap on Denture

Lower only  
with 2 implants

**\$292**

/month  
\*No interest  
for 24 months

**FREE**

**Oral Sedation and Nitrous  
for Snap On Dentures**

(Limited Time Offer)

Upper or lower  
with 4 implants

**\$375**

/month  
\*No interest  
for 24 months

Call our office for more  
details and to schedule  
your complimentary  
snap on consultation.



\*With Valid Care Credit

972-617-3322 · 101 Austin Boulevard · Suite 100 · Red Oak, TX 75154

# CALL NOW FOR THE NEW COUNTERTOPS

## YOU'VE ALWAYS WANTED!



*Granite, marble & quartz fabricator  
for kitchen & bathroom countertops*

*Extensive color selection combines  
beauty, function & elegance for any  
bathroom or kitchen!*

# FREE

**18-gauge  
Stainless Steel Sink**

(\$350 value)

Call or visit our website for details!  
[www.MTMCOUNTERTOPS.com](http://www.MTMCOUNTERTOPS.com)

- \* FREE Estimates
- \* Competitive Pricing
- \* Up to 15-year Warranty  
on Some Products

**COME SEE OUR  
WIDE SELECTION!**

**SHOWROOM HOURS:**  
MON-FRI: 8AM - 5PM  
SAT 10AM-2PM

**SILESTONE®**  
by COSENTINO



# MTM Countertops

2460 Hwy. 287 N. • Mansfield

(Northbound service road – between Callendar Rd. & Turner-Warnell)

**For more info call 817.477.8663.**

LIKE US



Publisher, Connie Poirier

General Manager, Rick Hensley

**EDITORIAL**

Managing Editor, Becky Walker  
North Ellis Co. Editor, Jill Martinez  
Editorial Coordinator, Sandra Strong  
Editorial Assistant, Rachel Smith  
Writers, Alexandra Allred . Betty Tryon  
Zachary R. Urquhart . Carolyn Wills  
Editors/Proofreaders, Pat Anthony  
Shannon Pfaff

**GRAPHICS AND DESIGN**

Creative Director, Chris McCalla  
Artists, Kristin Bato . Morgan Christensen  
Martha Macias . Brande Morgan  
Anthony Sarmienta

**PHOTOGRAPHY**

Photography Director, Jill Rose  
Photographers, Shane Kirkpatrick  
Amy Ramirez . Hannah Chartrand

**ADVERTISING**

Advertising Representatives,  
Cherise Burnett . Bryan Frye  
Linda Roberson . Dustin Dauenhauer  
Jennifer Henderson . Casey Henson  
Kelsea Locke . Melissa McCoy  
Lori O'Connell . Steve Randle  
Keri Roberson . Joyce Sebesta  
Shilo Treille . Adam Woolverton

Billing Manager, Angela Mixon

# CONTENTS

 August 2017 • Volume 12, Issue 8

# 8

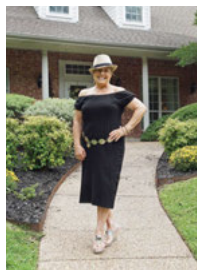


# 16



# 22

## ON THE COVER



*Loreen Silva, a local businesswoman, has a free-spirited style.*

*Photo by Shane Kirkpatrick.*

## 8 Harnessing the Power of Technology

Rebecca Strickland engages kids in the joy of learning.

## 16 Safe Haven

At Home With Loreen Silva.

## 22 Claiming Their Identities

When more is needed, SWAGG delivers.

28 BusinessNOW

30 Around TownNOW

32 Lifestyles

36 CookingNOW

North Ellis Co. NOW is a NOW Magazines, L.L.C. publication. Copyright © 2017. All rights reserved. North Ellis Co. NOW is published monthly and individually mailed free of charge to homes and businesses in the Red Oak, Ferris, Ovilla, Bristol, Glenn Heights, Pecan Hill and Oak Leaf ZIP codes.

Subscriptions are available at the rate of \$35 per year or \$3.50 per issue. Subscriptions should be sent to: NOW Magazines, P.O. Box 1071, Waxahachie, TX 75168. For advertising rates or editorial correspondence, call (972) 937-8447 or visit [www.nowmagazines.com](http://www.nowmagazines.com).



## Editor's Note

Dear Friends,

What kinds of things clutter up your life and steal away your time? The first week of August is National Simplify Your Life week. I love this because I am always looking for ways to make life easier. The times I have felt the best have been when I have purged my possessions and cleared my calendar.

We tend to fill our homes and schedules with so many things that we feel like life is drowning us. The good news is it doesn't have to be this way. We can be in control of how we spend our money and our time.

Make sure to carve out enough time to read the entire magazine this month. We've got some great stories for you!

Happy decluttering!

*Jill*

Jill Martinez  
North Ellis Co.NOW Editor  
jill.martinez@nowmagazines.com  
(214) 980-2653

P.S. If you or someone you know has a cool home or an interesting hobby, contact me! I'd love to hear about it!

**FAITHARMORYTX**  
**507 US HWY 77, STE 404**  
**WAXAHACHIE, TX 75165**  
 (NEXT DOOR TO BIG LOTS)  
**972-755-1770**  
**VETERAN OWNED**  
**TUES - SAT 10 AM - 7 PM**  
**GUNS, AMMO,**  
**FREEDOM, GEAR**  
**WWW.FAITHARMORYTX.COM**



Thank you for our  
**1-year anniversary at**  
our Red Oak branch!

We help make your home buying  
or selling a great success!

100 Plaza Drive, Suite 500, Red Oak, TX 75154

**INVEST IN YOUR FUTURE.**  
Buy a home in 2017!

**1%  
Down**

**3% Equity**

Turn to Guild Mortgage, a leader since 1960 in helping first-time homebuyers and others achieve their homeownership dreams.

**Guild  
mortgage**

**Arthur Pierot**  
Loan Officer | NMLS #258614  
Red Oak Chamber Board Member  
100 Plaza Dr., #500 Red Oak, TX 75154  
M: 214.229.8299 | O: 972.937.4333  
apierot@guildmortgage.net

Guild Mortgage Company is an Equal Housing Lender; NMLS #3274. All loans are subject to underwriter final approval, loan limit restrictions based upon subject property state, terms and conditions may apply. Subject to change without notice. Always consult an Accountant or Tax Advisor for full eligibility requirements on tax deductions. Eligibility for this non-repayment grant is subject to the Program guidelines. Changes to loan parameters including but not limited to loan amount, owner occupancy status, loan to value, and other factors may render Borrower ineligible for the Program. The grant may only be used for the borrower's cash investment in accordance with the Program guidelines.

**City Real Estate**



**Kim Lu**  
817-913-2693



**Claudia Rodriguez**  
469-471-4240



**Therese Winslow**  
214-336-6690



**Teresa Kelton**  
214-434-4585



**Charles Edwards**  
214-200-1961



**Hali Wylie**  
214-564-7042



**Amelia Valdez**  
BROKER ASSOCIATE  
469-658-5506

**Apply Online** | arthurpierot.com

**972-935-0048 • www.citytxrealestate.com**



**ORANGE  
OPPORTUNITY  
SALES EVENT**

Opportunity is knocking—save on Kubota's versatile **B Series** compact tractors today!

**\$0 Down, 0%<sup>A.P.R.</sup> Financing for 60 Months\***

*Offer ends 9/30/17.*

*Check out our complete line of quality Kubota products.*

**CENTRAL  
KUBOTA**  
WAXAHACHIE, TEXAS  
[www.centralkubota.com](http://www.centralkubota.com)

**501 NORTH I-35E**  
WAXAHACHIE  
**972-938-1770**  
Open Monday–Friday 8-5, Saturday 8-2



\*\$0 down, 0% A.P.R. financing for up to 60 months on purchases of select new Kubota B Series equipment from participating dealers' in-stock inventory is available to qualified purchasers through Kubota Credit Corporation, U.S.A.; subject to credit approval. Some exceptions apply. Example: 60 monthly payments of \$16.67 per \$1,000 financed. Offer expires 9/30/17. See us or go to [www.KubotaUSA.com](http://www.KubotaUSA.com) for more information. Optional equipment may be shown.

[KubotaUSA.com](http://KubotaUSA.com)



© Kubota Tractor Corporation, 2017

# What is Life School?

- A tuition-free, open-enrollment, public, charter school of choice
- Subject to the same state and federal academic accountability standards as traditional public schools
- Character and Leadership Development
- Parent Involvement
- UIL Participation in Academics, Music, Fine Arts and Athletics



## Apply Now For Fall 2017

Character Training

Strong Academics

Parenting Program



SCHOOL STARTS  
AUGUST 16, 2017

**SchoolMint**

Enroll Now  
Visit our new enrollment page.

[enroll.lifeschools.net](http://enroll.lifeschools.net)

*powered by SchoolMint online registration systems*

469-850-LIFE (5433)

[WWW.LIFESCHOOLS.NET](http://WWW.LIFESCHOOLS.NET)



@lifeschools.net



[lifeschools.net](http://lifeschools.net)

Life School admits students of any race, color, nationality, and ethnic origin to all the rights, privileges, programs, and activities of the school. Admission will not be based on gender, national origin, ethnicity, religion, disability, academic, artistic or athletic ability, or the district the child would otherwise attend.



**CREATING A  
BEAUTIFUL SMILE IS  
EASIER THAN YOU THINK.**

**DENTISTRY CAN  
BE PAIN FREE &  
AFFORDABLE.**

**CALL US  
TODAY!**

**AVAILABLE  
SERVICES:**

- **INVISALIGN**
- **WHITENING**
- **CROWN AND BRIDGE**
- **TOOTH COLORED FILLINGS**
- **IMPLANTS/MINI IMPLANTS**
- **PERIODONTAL TREATMENT**
- **DENTURES AND PARTIALS**



**WILLIAM A. BROWN, D.D.S. F.A.G.D.**

**972-298-8515**

**[www.williamabrowndds.com](http://www.williamabrowndds.com) • [williamabrowndds@gmail.com](mailto:williamabrowndds@gmail.com)**

**GENERAL DENTISTRY • 226 N. CEDAR RIDGE RD. DUNCANVILLE, TX 75116**

# Harnessing the Power of *Technology*

— By Jill Martinez



*Rebecca Strickland was the recipient of the first annual Technology Innovation Award in the Ferris Independent School District in 2015. She has received honors in the past for her outstanding work in the classroom, including being named Teacher of the Year in 2007 for Red Oak ISD, where she got her start.*

Rebecca is commencing her fifth year with Ferris ISD, and she absolutely loves it. “I wasn’t sure I would like teaching fifth grade at first, but I love my kids,” Rebecca said with a big smile. Her class sizes range between 18-20 students, most of whom deal with the effects of poverty and struggle with language barriers.

“My biggest goal is to make school a safe, happy place where students can come and have experiences they haven’t had before,” Rebecca explained. She wants her pupils to go home and share with their parents and grandparents what they learn each day because if they can tell someone about it, then they have gotten it.

Education has changed so much since Rebecca started teaching in 2000, the beginning of the 21st century. She couldn’t have anticipated the journey on which she was about to embark. “You have to continually grow and change, or you get left behind, so I told myself I would try anything,” Rebecca shared. Perhaps her willingness to take risks inspires her students to reach for new heights in their learning.



In Rebecca's second year in Ferris ISD, all the teachers at her school received iPads, and her campus was given iPad carts. Eventually, she got to keep a few devices in her classroom. She worked with her grade-level teaching team to do activity stations with the kids, so everyone had a chance to work with the technology.

The 2016-17 school year saw Ferris ISD become a one-to-one device district. This means that every student in first-12th grade has access to an electronic device every day. Elementary students use iPads, while secondary students use Chromebooks. It was a huge undertaking. In the beginning, teachers and students weren't sure



**Virunde' Weddings**  
 & EVENT CENTER

GORGEOUS WEDDING & EVENT VENUE WITH AN  
 EVENT COORDINATOR ON STAFF TO HELP FULLY CUSTOMIZE  
 THE FACILITY TO MAKE YOUR EVENT SPECTACULAR.

Call for a Free Consultation and Venue tour.

469-358-0611 | 102 Brothers Blvd., Ste. 201, Red Oak, TX  
 virundewedding@yahoo.com | www.virundewedding.com

Like us on

how to harness the power of technology for learning.

Rebecca had the typical fears that most digital immigrants have. She worried that she would make plans that would go south or not know how to use the technology well enough to lead her students through it. "Now, I love the flexibility that technology brings. If something doesn't work properly, I can change it easily part way through the day."



Rebecca attended conferences to learn new ways of using technology for learning. "I wanted to bring something back from every conference I attended and try it. If it flopped, I learned from it, and my students learned how to analyze their steps and problem solve."

Ferris ISD Director of Technology, Mr. Daniel Domain, enjoys Rebecca's eagerness to incorporate technology into her classroom. "When she got here five years ago, she was afraid to use technology. After being coached a little bit and learning what she could do with her students, she made a complete turnaround. She is now leading the charge for instructional technology on her campus!" Mr. Domain said proudly.

A couple of reasons for incorporating technology into the classroom was to increase student engagement and close learning gaps. Wednesday became "no worksheet Wednesday." Rebecca's team used websites to help kids investigate things they wondered about. They would find articles, pictures, videos, vocabulary words, etc. Through this, students sharpened their digital fluency skills, as well as their content knowledge.

**ACCESS SELF STORAGE AND TRUCK RENTAL**  
 PREMIER STORAGE FACILITIES

- SMALL - LARGE UNITS
- MOVING SUPPLIES
- LOCAL & ONE-WAY TRUCKS
- LOCALLY OWNED SINCE 1973

**Midlothian Location NOW OPEN!**

Midlothian • 214-236-7474  
1630 Hwy. 67

Lancaster • 972-224-4545  
1040 Cedar Valley Dr.

Red Oak • 972-515-8600  
E. Ovilla Rd. & TX-342

Oak Cliff • 214-372-3880  
3427 Marvin D. Love Frwy.

DeSoto - Opening Early 2018  
SE Corner Hampton Rd. & Daniieldale

**www.accessstoragedallas.com • 888-247-5603**

Rebecca is now a strong believer in Google Apps for Education. She uses Google Docs, so students can type things they learn during their online activity. They have the opportunity to give details and draw conclusions. "It gives kids a voice when they share these things with the class, and kids light up when others ask questions and show interest in their work," Rebecca explained.

Students don't always get excited about research projects, but with Rebecca's integration of technology, the kids didn't want to stop learning. In past years, students did a project on a famous Texan. The students thought the project went by so fast because they had so much fun. For another project, students selected an animal to learn about and report on. They loved the freedom they had to choose their topic and find information. Other research topics were the Dust Bowl era and Christmas around the world. The presentations got better each year.



Lynsey Odom Green, Rebecca Strickland and Cindy Johnson believe learning should be fun and engaging.

Rebecca learned that being resourceful is a key to being successful. She discovered that the campus music teacher, Mr. Absolom, was more knowledgeable about technology than she was, so she recruited his help. He often recorded her students giving book talks and helped them post them on a YouTube channel Ms. Bell set up. "I know just enough about technology to be dangerous," she said with a chuckle. There are things that she is still unsure of, but she has learned to ask her students for help. She's ready to learn from her students if they are the "expert" on something. One student put lots of videos on YouTube, so he helped her the first time she did it.

Rebecca attributes much of her success to the administrators who



# DENTURES+IMPLANT SOLUTIONS<sup>®</sup>

Thomas John Kennedy of Texas, DDS, PLLC and Associates  
General Dentistry

★ ★ ★ ★ ★

GUARANTEED

At Least 10% Less

Than Any Other Licensed Dentist's Treatment Plan








Making care possible...today.

Call Today to Schedule Your Free Consultation!

(469) 656-8475

FREE Exam & X-ray • \$100 Value

With This Coupon

1700 N Hwy 77, Ste. 200, Waxahachie, TX  
Deo Pun, DMD • [www.waxahachiedentures.com](http://www.waxahachiedentures.com)



## Snap on Denture

Lower Denture  
with 2 Implants

\$3,995

\$194

per month for 24 months  
\*with approved credit

Upper or Lower  
with 4 Implants

\$5,995

\$291

per month for 24 months  
\*with approved credit

**HUGE Selection of Medical Supplies in Stock! Stop by TODAY!**

**LIFT CHAIRS  
& SCOOTERS**

from **\$629**

**GOLDEN**  
Technologies



JUST IN TIME FOR

**Back to  
SCHOOL**

**SCRUBS CLEARANCE EVENT!  
SAVE UP TO 50% OFF!**



972.757.7636

www.csemobility.com

100 Plaza Drive, Ste. 300, Red Oak, TX



Julio Morales enjoys using technology in Rebecca Strickland's class.

encouraged the teachers to keep learning and taking risks. "Principal Kendra Gajdica has been an awesome cheerleader and motivator. Superintendent Hartman, as well," Rebecca added.

Now that Rebecca has learned so much, she acts as a mentor for her teaching team. She encourages them and leads them in using a variety of technological tools. "It is great when the teachers work together to teach various tools to the students. One time, I was going to teach a tech tool to my students, but they said the science teacher had already taught them. It was fantastic!" Rebecca exclaimed. "We just dove right into the task."

Thanks to all she has learned and implemented, Rebecca says she is a very different teacher now than she was 10 years ago or even one year ago. "Last school year was a whirlwind of experience," she reflected. But she isn't ready to stop learning. This year, she hopes to extend her digital proficiency, so she can make more connections to the learning standards as well as engage kids in the joy of learning. "I want to make my classroom so engaging that kids don't want to get off task." **NOW**

**N** | NAVARRO COLLEGE

**21 Career & Technical PROGRAMS**



CAREERCENTER.NAVARROCOLLEGE.EDU

903.875.7571 | 1.800.NAVARRO

CORSICANA • WAXAHACHIE • MIDLOTHIAN • MEXIA • FAIRFIELD • ONLINE

Classes start  
Aug. 28<sup>th</sup>



*Some things just get better with age!*

Great things happened in 1939! The first televised Major League Baseball Game between Cincinnati Reds & Brooklyn Dodgers aired, the first air conditioned car, the 1939 Packard, went on show and **Wolverton Service Company** opened!

Since 1939

**Wolverton Air**  
AIR CONDITIONING & HEATING  
**(972) 923-COOL (2665)**

704 Solon Road • Waxahachie, TX 75165 • #TACLA132E



# Impressions Salon Etc.

**30<sup>th</sup> Anniversary**  
 Join us August 24th for our  
**ALL DAY LUAU CELEBRATION**  
 Food & Fun!

**30% OFF**  
 All Products

Must bring coupon - 8/24 only

**20% OFF**  
 Cut & Color

New client only - Exp. 8/31

- Cut, Color & Highlights • Balayage & Ombre • Blow Outs
- Special Event Hair • Bridal Parties • Manicures / Pedicures
- Massage • Skin Care Specialist

Hair, Skin & Make-Up Products

202 Suite B., N. I-35 • Northbound Service Rd.  
 between Ovilla and Red Oak Rds.

Red Oak • 972-617-6300 • Open at 8 a.m., Tues. Thru Sat.

Now hiring for all positions.  
 Looking for beauty-inspired professionals.

## Back to School New Shirts for 2017!

**RO Spirit**

- T-SHIRTS
- HOODIES
- CAPS
- BACKPACKS
- NAMES
- MONOGRAMS



\*SALE ends 8/19/2017

**CHANNEY'S**  
 DESIGNS  
 Embroidery & More

206 S. Hwy. 342 Ste. B • Red Oak  
 (next to Curves)  
 972.576.5800 • 9-5 T-F • 10-2 Sat

**LAND HEADQUARTERS**  
 Co



"Where Country Living Begins"

## "Where Country Living Begins"



**1/2 to 10 acres in various locations**

**Low Down Payment • Owner Financing  
 Affordable Monthly Payments**

**972-842-3276 • 101 S Main • Ferris TX  
 www.LandHeadquarters.com**

# WORD DERMATOLOGY

**Andrew Word, MD**  
Board Certified Dermatologist

Medical Dermatology,  
Skin Cancer Screening & Surgery,  
Cosmetic Dermatology

UT Southwestern Dermatology  
Chief Resident  
UT Southwestern Medical School

Accepting most major insurance  
plans, including Medicare.

**Call to get scheduled today!**



2460 North I-35E  
Suite 285, Waxahachie  
**Open 5 Days Weekly**

**972-736-DERM (3376) | www.worddermatology.com**

**Voted #1 Home Health Care Agency**  
by Waxahachie Daily Light Readers Choice 2016



*Bristol Hospice*  
**PATHWAYS LLC**  
EMBRACING A REVERENCE FOR LIFE®

**WE PROVIDE:**

- Pain and Symptom Management • Counseling and Support Services • Spiritual Counseling
- Therapy Service • Skilled Nursing Care • Home Health Aide Services • Volunteer Services
- Supplies, Medication and Durable Medical Equipment related to the Life-Limiting Illness
- Continuous Care • Outpatient Services • General Inpatient Services • Respite Care Services

**972-923-2436 • 877-214-3565**

115 Park Place Blvd., Suite 100, Waxahachie, Texas 75165 • [www.bristolhospice.com](http://www.bristolhospice.com)

**PROUDLY SPONSORING**

**JOIN THE FIGHT FOR  
ALZHEIMER'S FIRST SURVIVOR.**



**SATURDAY  
SEPTEMBER 30  
DOWNTOWN ENNIS**



**ALZ.ORG/WALK**

alzheimer's association

**PROTECT THE  
THINGS YOU  
CHERISH THE MOST**

- Products and services to meet all your insurance needs
- Call to see if you can save



**Marianne Whitley**

Your Local Agent  
117 W OVILLA RD  
GLENN HEIGHTS, TX 75154  
[MWHITLEY@FARMERSAGENT.COM](mailto:MWHITLEY@FARMERSAGENT.COM)

**Call 972.223.9992 today!**  
For Home, Auto, Life and Business.



Restrictions apply. Discounts may vary. Not available in all states. See your agent for details. Insurance is underwritten by Farmers Insurance Exchange and other affiliated insurance companies. Visit [farmers.com](http://farmers.com) for a complete listing of companies. Not all insurers are authorized to provide insurance in all states. Coverage is not available in all states.



**CHICKENS  
HAVE NO TEETH.  
DON'T BE A  
CHICKEN!**



**Ferris Family  
Dentistry**  
Dr. Virginia Williams

**\$79 New Patient Special**

Some restrictions may apply. Call for details. Cannot be combined with other offers. New patients only.

**CEREC**  
One-visit dentistry

**Crown in a Day!**



**CareCredit**  
Making care possible...today.

**Full Sedation  
Now Available**



454 FM 664 • Suite B • Ferris, TX 75125 • FerrisDentist.com • 972-544-2123

*Now Open*



**Driggers  
& Decker**  
Family  
Funeral Home  
*LLC*

Call Gregg Driggers  
for more information:

**469-820-5140**

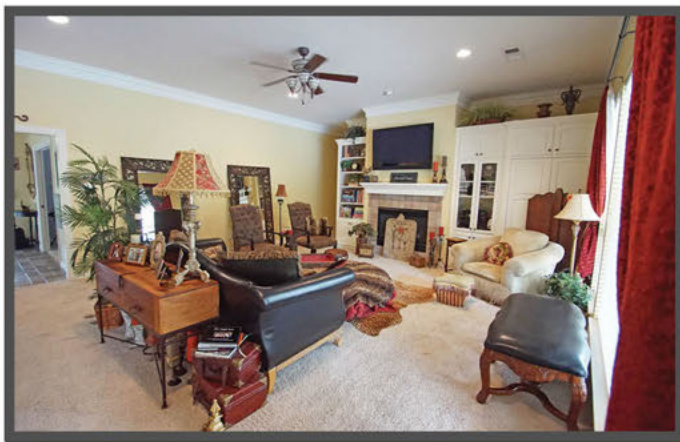
105 Vintage Dr., Red Oak  
www.driggersanddeckerfh.com

Everything from wellness and preventative care  
to advanced diagnostics and surgery...  
on every pet from cats and dogs to reptiles and birds



**A H**  
**ANIMAL HOSPITAL**  
**OF OVILLA**

972-617-9996  
3357 Ovilla Road in Ovilla  
www.OvillaVet.com  
7am-6:30pm Monday-Friday



— By *Alexandra Allred*

# SAFE HAVEN

At Home With Loreen Silva



Loreen Silva is the consummate hostess, but she is also a woman of many contradictions. Professionally, she owns a Landstar Agency. "I've been in the logistics [trucking] industry for 36 years," Loreen said with a smile. Yet, the petite blonde with a penchant for "girly" things appears to be anything but a trucker. She is small in stature with a big personality. Her style is both elegant and grand, yet she cannot wait to tell anyone who admires the decor what a bargain each purchase was. She is both private and unabashed. She is an extrovert. She is an introvert. The woodwork of her furniture is solid, yet the prints and patterns are floral and breezy. While the main rooms serve as treasure troves of small ceramic and porcelain collectables, vintage artwork, designer pillows and shams, all littered with evidence of Loreen's love of reading, the hallways of the home are bare. With nary a picture or pattern on any walls, the contrast is brilliant, making each room all-inviting.



**TRANE**  
COMFORT SPECIALIST

**MITSUBISHI ELECTRIC**  
COOLING & HEATING

**FREEDOM HEATING & AIR**  
214-434-1391 | www.freedomcooling.com  
Service - Maintenance - Sales - Parts - Residential - Light Commercial

**LET THE EXPERTS AT FREEDOM HEATING & AIR HELP YOU BE PREPARED FOR ANY WEATHER.**

Contact Us To Learn More About  
**0% APR For 72 Months Special Financing\* On Qualifying Purchases**

- Free Estimates on New Equipment
- Authorized Oncor Service Provider
- Quality Service on All Brands

**April's Pet Grooming**  
972.576.1777  
600 Methodist, Ste. 2130, Red Oak  
(Behind Sonic & Across from Fire/Police Station)

**DOG DAYS OF SUMMER SPECIALS**

- \$3 OFF Any Full Groom Service**  
Includes: Shampoo, Haircut, Ear Cleaning, Toe Nail Trim \$5 Value  
Not Valid With Any Other Offer. One Coupon Per Visit. Expires 8/31/17
- FREE Extra Service (\$5 Value)**  
Your Choice of One of the Following Specialty Shampoos:  
Including Flea Bath, Nail File, Paw Treatment, Facial Scrub  
Not Valid With Any Other Offer. One Coupon Per Visit. Expires 8/31/17

**De-shed Service Available**

**SERVING RED OAK FOR OVER 7 YEARS** Find us on Facebook

**Cynthia Luna**  
Financial Advisor  
307 E Ovilla Road Suite 200  
Red Oak, TX 75154  
972-576-8536

**www.edwardjones.com**  
Member SIPC

**Join us for Walk to End Alzheimer's®**

**Edward Jones**  
MAKING SENSE OF INVESTING

She has had plenty of experience in decorating as she is the owner of The Villas of Ovilla, a quaint bed-and-breakfast that has served locals, as well as both U.S. and international travelers



for overnight retreats or weeklong gatherings. Although the Victorian-style B&B is run by her son, the decor and style is all Loreen.

Upon entry to her home, visitors are struck by the variety of thematic decor. The dining room is both industrial, with a magnificent iron wine rack and collectable-free area, and French country, offering softer colors and a beautiful table setting that Loreen is proud to share “is a re-sale.”

Prior to her move to Ovilla, she gave seminars on how to shop on a shoestring budget. The mother of two grown sons and two grandsons finds quality furniture, frames, mirrors and decorative items in



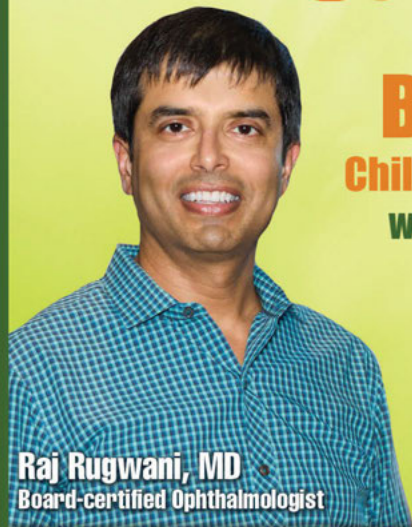
consignment shops, outlets stores and at garage and estate sales. “It’s just fun,” she said.

Her living room is a feast for the eyes. It has an eclectic feel with piles of magazines and books illustrating her varying interests. All this, along with gifts from friends, blends with a very warm, Old World aesthetic that manages rustic, re-sale and refurbished items with elegance and charm. The color of choice is red. “Red is passion, but I had the walls painted yellow because that depicts happiness,” she said.

Loreen is a woman of emotions, many of which are depicted on the walls of her home. A plaque that hangs high on a wall between the living room and kitchen reads: *Life is not measured by the number of breaths we take, but by the moments that take our breath away.* It is in the breakfast nook, however, that Loreen truly showcases her own style. A 3-foot statue of St. Francis,

## ALL EYE & OPTICAL CARE

New Patients Welcome



**Back-to-School**  
Children's Packages Available!

Warranty included at no extra charge.

**972-937-4433**

800 N. Hwy. 77, Ste. 100

Waxahachie, TX (Next to HEB)

AllEyeCare.com

AllOpticalCare.com

**We Accept All Major Insurance/Medicare**

- Complete Eye Exams
- Glaucoma Treatment
- Eyeglass & Contact Lens Rx's
- Diabetes Eye Care
- Eyeglasses for Every Budget
- Cataract Surgery



Extensions ✿ Weaving ✿ Braids  
Natural Hair ✿ Hair Care



Now Open in  
**Red Oak!**

NEW CLIENTS SPECIAL  
**\$10 OFF**  
any one service

Expires 8/31/17

Like us on **410-456-2188**  
600 Methodist St., Red Oak, TX  
(Across from the fire station)

# MASSAGE FOR A LIFESTYLE ALL YOUR OWN

**ME** Massage Envy

1620 N. U.S. Highway 77  
Suite 300, Waxahachie  
(469) 296-3689  
MassageEnvy.com

- \$55** Choose a 60-minute Massage, or Customized Healthy Skin Facial, or Men's Facial Session
- \$83** Choose a 90-minute Massage, or Customized Healthy Skin Facial Session
- \$34** 30-minute Total Body Stretch Session
- \$55** 60-minute Total Body Stretch Session



Mon-Fri 8:00 AM-10:00 PM | Sat 8:00 AM-9:00 PM | Sun 10:00 AM-6:00 PM

## EXPERIENCE MATTERS

wisdom teeth removal | dental implants | oral and maxillofacial surgery



# OSANT

ORAL SURGERY ASSOCIATES  
OF NORTH TEXAS

DALLAS | PRESTON HOLLOW | ROWLETT | CEDAR HILL | ALLEN

[OSANT.net](http://OSANT.net)

**Named Best  
of the Best**

**2013-16**

by *D Magazine!*

DR. COLIN BELL  
DR. WILLIAM WALSTAD  
DR. DOUGLAS DINGWERTH  
DR. MAXWELL FINN  
DR. PHILLIP NEWTON



618 N. HWY 67, CEDAR HILL, TX 75104 • 972-291-0297

Quality Never Goes Out of Style

TILE | WOOD | CARPET



Carpet Outlets of Texas Inc.

274 E. Ovilla Rd. • Red Oak • 75154

972-617-7847

Hours: Mon-Fri 10-6, Sat 10-3

www.CarpetOutlets.net



typically an outdoors ornament, is boldly displayed. “How could I keep him outside?” Loreen asked. With her admission that the statue is meant for the garden, Loreen maintains that the “Prayer for Peace” by St. Francis of Assisi “should be shared because he brings such peace.” The beginning of that prayer is a favorite for Loreen: “Lord, make me an instrument of Your peace. Where there is hatred, let me sow love.”

“I want this to be a peaceful haven for people,” she said. In fact, Loreen’s friends often refer to her home as “the retreat.” It is the reason her cross wall means so much to her. Every day, the wall reminds her that she would have nothing if it weren’t for her faith. And just as it is with everything else in her home, friends and family have gifted her crosses from around the world, including rosary beads from the Vatican. She also has a cross she brought back from Israel.

Of the four bedrooms in the home, it is her guest room that pays greatest tribute to who Loreen is as a decorator, a friend, a grandmother, a mother and a daughter. Before it was a haven for friends, it was a room for her mother who visited frequently and brought her tremendous healing and peace. Even as Loreen speaks of her mother now, three years after she succumbed to Alzheimer’s disease, her tone is wistful, but tender as she says the words, “My precious mother.” In tribute to her loved ones, here and gone, Loreen’s style hinges on treasured knickknacks, floral patterns and earth tone colors that promise tranquility and peace. Centered on the bed is a plaque, nestled against the pillows that reads: *Come away to a secret place and rest for a while.*

In great contrast to the Sanctuary Room is the Peacock Room. On the opposite side of



Our interest is you.  
Bank on it.



Andrea Walton 972-617-7770



Suzushii  
Sushi & Grill

Lunch Bento Box

Start at \$7.95

Serving sushi roll  
over 80 items

\$5 OFF

Any \$25 Order

Alcohol not included. Tax not included. Dine-in only. One coupon per party.

638 Uptown Blvd. Cedar Hill  
972 293-1009 • www.suzushiisushiandgrill.com  
OPEN 7 DAYS Mon- Fri: Lunch 11am-3pm • Dinner 4:30 - 10pm  
Sat: 11-10pm Sun. 12:00-9:30pm



the dining room, mere steps from the front door, is a sitting area lavished in all things peacock. Teal and turquoise are featured in the upholstery, pictures and statues. Again, Loreen points out all the deals represented in the decor. "I would say 95 percent of this room came from outlet and resale stores," including two plush chairs from Pier One Imports. A peacock lamp was a gift from someone special in her life, while the peacock tapestry was an incredible find at a garage sale. But when asked why she created such a room, Loreen only shrugged and smiled. "I just love peacocks," she said.

The truth, however, is in the feathers. While the peacock got its own room, two more birds are displayed prominently in and around the house. Cardinal statues, figurines and pictures are a common theme in the home. Outside, flamingos adorn the garden, the patio, bar and grill areas.

Loreen, however unwittingly, is all of these birds. Like the cardinal, she is strong, confident, thriving on hard work and persistence. The flamingo is highly social. According to animal symbolism, the flamingo is most expressive and grateful. It is a bird of great emotion and compassion. But the peacock, in history, legend and lore is the bird of nobility, holiness, guidance and protection. "Home is a safe haven to all who enter," Loreen said, and she dedicated an entire room to this bird.

Unexplainably smitten with the peacock, symbolic for offering hope, Loreen has affixed yet two more quotes to her front door for guests to see as they leave. *May all who enter as guests leave our home as friends,* and *It will cost nothing to dream and everything not to.* These are her personal mantras, evident in her decor, in her eagerness to share, and even in the feathers of her chosen flock. **NOW**

*We Believe That Helping One, We May Heal Many*

*Alicia Rogers*, Marketing Liaison

- Passion and love for seniors
- 20+ years experience in working with the elderly and disabled
- American Business Women's Association vice president
- Navarro Regional Hospital Senior Circle Ambassador
- Blessed to work for a locally owned company with people I love



Call Alicia if you have questions about home health palliative care or hospice.

**Awarded Elite Hospice Company 2017**



*Family First*

Home Health Palliative Care & Hospice

**972-878-CARE (2273)**

**109 SW Main St., Ennis**

Proudly Servicing Ellis & Surrounding Counties



Your *local* Home Health, Palliative Care & Hospice Professionals



**McDONNELL RICHARDSON CPA, PC**  
Certified Public Accountants

**A Better Experience**

**Principal Office:**

215 W. Second St. • Waxahachie, TX  
(972) 923-2881 • www.kjcpapro.com

107 S. Gaines St., Suite 105  
Ennis, TX 75119



**TAX FILINGS | BOOKKEEPING | PROPERTY TAX CONSULTING | TAX DISPUTE RESOLUTION**



**RED OAK**  
**CHIROPRACTIC**

**FULL SERVICE FAMILY CLINIC OFFERING:**

- Chiropractic
- Massage Therapy
- Rehab
- Sports Medicine
- Auto Accidents
- Most Insurances Accepted

**FREE ½ Hr. MASSAGE**  
**For All New Chiro Patients!**

307 E. Ovilla Rd., Ste. 100 • Red Oak, TX  
**972-576-5501 • www.RedOakChiro.com**

# Claiming Their Identities

— By Carolyn Wills







For Larry and Nikeesia Ranson, any moment to help a child is a moment that matters. Always exuberant, these two know no strangers. Their hope is about faith, relationship, activities and a place where every child has choices and self-esteem. Their actions are about strength, commitment and hard work. What Larry and Nikeesia do for foster kids is vitally important, and, as they quickly added, they don't do it alone. "Our mission is to serve," Nikeesia said with a smile. "That's why God brought us together."

In 2014, they founded a nonprofit organization known as SWAGG Programs. What SWAGG is, how it came to be, the many children's and families' lives it's touched and what its future might be is truly a remarkable story.

The goal for SWAGG is for every child to experience Serenity, Wisdom, Agility, Grace and Guidance. It is, on one hand, a glorious store filled with every item of necessity and joy and, on the other hand, a place of self-affirming programs with names like SWAGG Bag, Art and Recreations, The Beauty in Me, The Man



**Merry Toppins**  
practically perfect in every way!

791 N Hwy 77, Ste 501E, Waxahachie, TX  
(Next to Fuzzy's Tacos)

**972-923-1500**  
**MerryToppins.net**

**BACK TO SCHOOL**

**Buy One, Get One 25% OFF**  
NEC • Expires 8/31/17  
Gift Cards Available

LIKE US ON facebook

**Companion Care** | Rhea Rogers, DVM  
Veterinary Services, PLLC

We believe your pet deserves individualized attention!

New Full In-house Lab, Digital Full Body & Dental X-Ray

**Dog Days of Summer Are Here!**

504 N Hwy 342, Red Oak, TX

972.576.8850 • [www.CompanionCareVeterinary.com](http://www.CompanionCareVeterinary.com)

**Green Funeral Home**  
Since 1882

P.O. Box 387  
207 South Wood St., Ferris, TX  
[greenfhlee@aol.com](mailto:greenfhlee@aol.com)  
[www.greenfh.com](http://www.greenfh.com)

**972-544-3230 • 972-842-5777**  
**800-594-2239**

Lee Longino  
Director



**CAMPUZANO**  
mexican food

**\$5 OFF**  
**\$20 PURCHASE**  
Expires 8/31/17  
**CAMPUZANO**  
mexican food

Let **Campuzano** cater your next event.

108 N. 8th Street Midlothian, TX 972-723-2634	2167 N. Highway 77 Waxahachie, TX 972-938-0047	213 W. Beltline Cedar Hill, TX 972-291-1053	2618 Oak Lawn Ave. Dallas, TX 214-526-0100
---	--	---	--

The Red Oak Area Chamber of Commerce  
Presents ...  
**The 39th FOUNDERS DAY**



**UNDER THE BIG TOP**

**Saturday, September 9th**  
at Watkins Park, 101 Live Oak, Red Oak

**PARADE at 9:00 am • Festivities till 3:00 pm**

Games, Food, Live Music, Entertainment,  
Local Vendors and More ...

For more information, visit our website at  
[www.redoakareachamber.org](http://www.redoakareachamber.org)  
Email [admin@redoakareachamber.org](mailto:admin@redoakareachamber.org) or call 972-617-0906

to Be, Prom Prep Day, Orphan Awareness and Holiday Support.

Its beginnings likely started even before Larry and Nikeesia met and fell in love, weathered Larry's six-year commitment to the United States Air Force, raised three sons and devoted countless resources to helping others. "We both grew up with mothers deeply rooted in the will to serve," Nikeesia shared.

Throughout their 25-year marriage, and largely as a result of Nikeesia's 17 years as an educator and school principal, she and Larry often had an opportunity to assist children, including providing their home as a temporary shelter. Five years ago, they were called to do more.

With sons Larry, Kameron and Nikolas, ages 18, 15 and 14 at the time, Larry and Nikeesia agreed it was time to become a foster family. "We applied for a group of siblings in hopes of alleviating some of the fears of separation that often occur with foster children," Nikeesia explained.

The day they welcomed three brothers, ages 12, 8 and 5, was a happy day at the Ransons' house. The combination of three brothers was familiar and seemed ideal for everyone. As it happened, though, there was more to know. "The boys were essentially nonverbal at first, and then the oldest began asking about their two sisters and two more brothers," Larry said. Sure enough, Larry and Nikeesia would learn of four younger siblings who were also in foster care.

"We sprang into full-help mode," she said with a grin. Not only did the four younger siblings eventually join their older brothers, but in 2014, and at a moment that definitely mattered, Larry and Nikeesia decided to adopt all seven children. "It hurt our hearts to think these kids might be separated again," she shared. "They are our seven from heaven, and in the end, the decision to adopt wasn't even a long conversation — but more of a realization."

It was life-changing. Nikeesia transitioned from educational administrator to a stay-at-home mom. Larry focused on working from home as a telecommunications specialist. The office became a girl's bedroom. The media room became the 12-year-old's bedroom. "His own so he could be young again," Nikeesia said with a smile. Life became filled with Hello Kitty toothbrushes and rubber



duckies, meals served in phases, medical and dental issues, emergency room visits and, of course, trading the family car for a 12-seater van.

All of this and, yet, there was an overriding question. “We kept asking ourselves, ‘Once we adopt, then what?’” Nikeesia said. “We didn’t know how we would continue our mission to bless others.” As always, the answer was revealed in family prayer, as they considered some important questions: “What was God telling us to do? What did we want our kids to have? And, then,” Nikeesia shared, “we asked the children, ‘What do other foster kids need?’”

In that moment, SWAGG was born. “Foster children need our help,” Nikeesia said. “That’s the reality.” With their savings and lots of labor from Nikeesia’s parents and all of the Ransons’ family, friends and volunteers, Larry and Nikeesia created a place and a way for the community to take care of the community. Since Thanksgiving 2014, a leased, stand-alone building on Waxahachie’s Ovilla Road has served children from as many as nine counties.

Children entering foster care or a new home often have little or nothing of their own, and most arrive with their belongings in a trash bag. On top of that, they’re understandably frightened and confused. “At the SWAGG store, we serve one family at a time every 30 minutes,” Nikeesia explained. “By having their own time, there’s no shame. They can come in, relax, shop and try on clothes. It’s also a good time for foster parents to learn about and bond with their child.”

The store carries everything from hygiene items, medicine and cosmetic items to clothing, uniforms, diapers, shoes, socks, underwear, purses, jewelry, school supplies and SWAGG bags — duffel bags they get to fill with items they choose. The bags become theirs to keep through any transitions they may have. “We want

**ARBORS • OUTDOOR KITCHENS • PATIOS**

**Your Oasis Awaits...**



Call today for  
**FREE**  
Consultation



**817.453.3100**

**WWW.URBANOASISOUTDOOR.COM**



**URBAN OASIS**  
OUTDOOR LIVING

**PAVILIONS • FIRE & WATER FEATURES • LIGHTING**

Make your  
current home  
the home of  
*your*  
dreams!

BC  
Stonemill  
cabinets & countertops

Beautiful kitchens  
and baths  
for over 20 years



214-484-6646 jennifer@bcstonemill.com



children to have choices and opportunities to claim their own identity,” she added.

Misty Mitchell is a foster parent who visits monthly from Decatur. “I make the long drive to SWAGG because, in addition to getting help with physical items, I’m given invaluable advice, prayers and encouragement,” she said.

Whitney Urquhart from Midlothian heard about SWAGG through Presbyterian Children’s Homes and Services and her foster care community. “There really is no program like it near Midlothian or the south Dallas areas,” she commented. “Not only did we shop for clothes, diapers and essentials during those first few months of a new child placement, but Mrs. Ranson was a wealth of knowledge and support.”



“If it weren’t for SWAGG, I don’t know what we would do,” Julie Gonzales, from Red Oak shared. “These are awesome people, and I thank God every day for bringing them into our lives.”

Nikeesia’s hope is for every county to have their own version of SWAGG, and they would be thrilled to share resources and experiences. “SWAGG relies on volunteers, partners, sponsors and everyone who donates time and items,” she said. “We are so grateful. At this point, our prayer is to receive help with expenses and, ideally, a donated location.”

“The minute our family stepped into the SWAGG home, we felt the love,” Maria Miller from Waxahachie shared.

Larry and Nikeesia know that helping children matters. They live it, and, in awareness of the special challenges of children who are homeless or in foster care, they were moved to create this nonprofit organization to meet the needs. That’s what SWAGG is all about. **NOW**

*Editor’s Note: For more information, visit [www.swaggprograms.com](http://www.swaggprograms.com).*

**BEST BUY** WALK-IN BATH TUBS

Call For Pricing.  
Mention NOW for  
\$500 OFF Discount!

Expires 8/31/17

THE ONYX COLLECTION

NOW INSTALLING  
ONYX Walk-in Showers.

Family owned, Texas built Visit our Showroom  
3411 E. Hwy 377, Granbury, TX 76049  
817-326-3003 • [www.bestbuywalkintubs.com](http://www.bestbuywalkintubs.com)



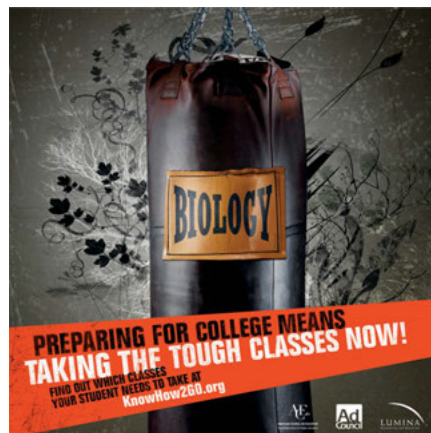
SEND YOUR DOG ON VACATION AT  
**Camp FurBaby**

214-228-9639

Dog boarding  
that’s  
not boring.

Customized Dog  
Boarding  
A Canine Country  
Retreat in Ennis

CampFurBaby.com



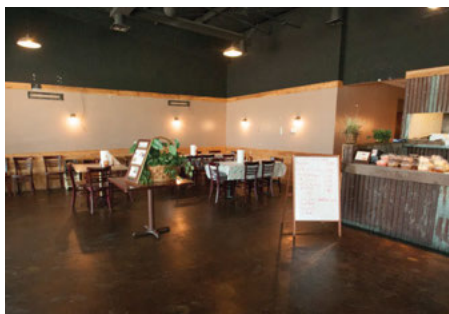
# For digestive health, trust Methodist.



A summer cookout means fun with family and friends, but it can also mean heartburn. If your favorite foods cause bloating or acid reflux, ask a doctor at Methodist Digestive Institute about your options. We offer new minimally invasive and nonsurgical techniques so you can enjoy the feast. **Trust. Methodist.**



For a physician referral, call 214-890-4182.



### Gran Gran's Catfish and Soul Food

205 S. Main St. #1007  
 Red Oak, TX 75154  
 (972) 576-8226  
 Facebook: Gran Gran's Catfish and Soul Food

#### Hours:

Tuesday-Thursday: 11:00 a.m.-8:00 p.m.  
 Friday: 11:00 a.m.-10:00 p.m.  
 Saturday: 11:00 a.m.-8:00 p.m.  
 Sunday: 1:00-6:00 p.m.  
 See our ad in Dining Deals.



Customers can enjoy Gran Gran's expanded dining area at their new location.

## Feeding the Soul

*The Medlocks provide friendly service, delicious food and a family-like atmosphere. — By Jill Martinez*

Ursula and Brian Medlock have owned and operated restaurants since 2003. They were originally located in Pleasant Grove. Three years later, they moved to Lancaster and then again to Glenn Heights.

In 2015, Ursula lost her grandmother and her father, two very important people in her life. This caused her and Brian to postpone the Red Oak restaurant's opening. "Finally, my dad came to me in a dream and said I needed to move on," Ursula explained.

They wanted to honor the lady who inspired Ursula to learn to cook in the first place, so they opened in January of 2016 under her grandmother's nickname. After being open for a little over a year, Gran Gran's Catfish and Soul Food became a member of the Red Oak Area Chamber of Commerce. Just last month, they

relocated the restaurant to a larger location in Red Oak's Main Street Plaza. "We will be able to fit everyone at this location. God answers prayers," Ursula exclaimed.

Several of the dishes which are served at the restaurant were Gran Gran's recipes. Ursula watched her grandmother make them as she was growing up. Other recipes are the result of Brian and Ursula's experimentation with different seasonings. "When we first started, we would mix up different seasonings for the fish batter and marinades for the ribs. Then we invited our family and friends over to see what they would say about the flavor. We had a lot of parties back in the day trying different foods!" Brian reminisced.

A glance at their menu is sure to make your mouth water. Customer favorites are Brian's fried catfish and fried pork chops,

but there are plenty of other delicious items to choose from, such as meatloaf and baked chicken. Add a delicious side item. Your tummy will thank you for it.

Everyone who works at Gran Gran's has a role to play. "In addition to preparing all the soul food and setting the menus, I work the counter and provide customer service," Ursula said.

"I cook the fried foods, shop and unload the groceries. I am also the muscle of the restaurant in case there is an irate customer, employee or owner," Brian said with a chuckle, tongue in cheek, as he glanced at Ursula.

*Customers find the restaurant to be a friendly, relaxing place.*

The restaurant is a tight-knit family affair for both employees and customers. Carmen, with whom Brian grew up, is like a sister. She runs the front area and focuses on keeping the customers happy. Debra, another family friend, helps in the kitchen and wherever she is needed.

Customers find the restaurant to be a friendly, relaxing place. "It has an at-home feeling. The customers are so nice, and sometimes they peek their heads through the little window just to say hello," Ursula said. Some of her younger customers call her "momma," and others talk about her being their "aunt." She just laughs and enjoys her big, happy family.

Brian and Ursula were elementary, junior high and high school classmates, though Brian didn't know Ursula back then. He just knew that one of his high school teachers had a daughter. After being out of high school for 17 years, they reconnected. Now, here they are in 2017 with seven children and 17 grandchildren. It looks like seven is their lucky number. They feel very fortunate to have such a wonderful life together with their friends and family. **NOW**

**LINE-X**  
**972-617-3161**

**DON'T LET THE IMITATIONS FOOL YOU!**

**LIFETIME WARRANTY**

**NOW AVAILABLE  
 Paintless Dent Repair!**

- Bed Liners
- Dustless Blasting
- Collision Repair
- Insurance Claims
- Complete Line of Truck Accessories

**403 S. Hwy. 342 • Red Oak, TX 75154 • Email: linex0397@sbcglobal.net**



*Lose your weight, once and for all!*

**FREE BODY CONTOURING PACKAGE**

We're promoting our office with this **FREE** package! (**\$200 Value**)  
 Give our services a try and visit our office with this **FREE** introductory offer.

**Learn More**  
[www.projectyouhealth.com/free-weight-loss-package](http://www.projectyouhealth.com/free-weight-loss-package)



*Project You*  
*Weight Loss & Rejuvenation Center*

**972-938-0014**  
 905 Ferris Ave., Waxahchie, TX



*Ben Livingston, a member of Ovilla Road Baptist Church, teaches during discipleship time on a recent trip to Malawi.*



*Commander Gene McAda and Adjutant Robert Sonnier of the Sons of the American Legion Chris Kyle Squadron #388 join Red Oak Police Chief Garland Wolf to donate the flag retirement receptacle.*



*Michael and Connie Martinez, along with Jennifer Torres, are excited to move into their new building.*



*Cash Hartley assists Marty the Magician during Ferris Library's summer reading club opening activities.*



*The Ferris community supports Chief Salazar during the Gazebo-a-thon, smashing the fundraising goal. Funds will benefit Ferris ISD students.*



*Ms. Alicia Lozada, Red Oak Library employee, gets candid with the 4th of July backdrop.*



*The Red Oak Area Chamber helps Kaplan & Moon celebrate the ground breaking of their new offices.*



# Dining DEALS



110 E. Ovilla Rd. 2A, Red Oak, TX 75154

**972-576-3400**

Sun. - Thurs.: 7 a.m. - 9 p.m. (Bar until 10 p.m.)

Fri. & Sat.: 7 a.m. - 10 p.m. (Bar until Midnight)

See Website for Full Menu

[www.thelonestarburgerbar.com](http://www.thelonestarburgerbar.com)

Serving Breakfast, Lunch and Dinner • Dine-in or Takeout Available

## Come in for a Great Breakfast

Monday-Friday 7:00 a.m.-11:00 a.m.

Saturday-Sunday 7:00 a.m.-12:00 p.m.



## Happy Hour

Sunday-Thursday 8:00 p.m. - close

Food & Drink Specials Daily!



## Gran Gran's

Catfish & Soul Food

**NOW OPEN**

**New Location**

205 S. Main St., #1007 Red Oak, TX

(Across from Red Oak HS)

Mon: Closed | Tue-Thur: 11 a.m.-8 p.m. | Fri: 11 a.m.-10 p.m.

Sat: 11 a.m.-8 p.m. | Sun: 1 p.m.-6 p.m.



**972-576-8226**

### Back-to-School Lunch Plate Special



**\$7.99**

**1 Meat, 2 Sides, Fountain Drink & Cornbread**

Tues.-Fri. 11 a.m.-2 p.m. • (Excludes Fish & Ribs) Expires 8/31/17

## Sparacello's Deli

New York Style Deli

Group & Party Bookings Available!

Full Deli • New York Style Pizzas • Lunch  
Dinner • Sandwiches • Ice cream • Italian Ice

**NOW OFFERING GLUTEN FREE PASTA**

**\$3.50 Cappuccino or Espresso  
with Cookie or Brownie**

Some Restrictions May Apply • Expires 8/31/17



**\$19.99 Large Pepperoni Pizza  
with a Dozen Buffalo Wings**

Expires 8/31/17

Like us  
on 

**469-552-6333**

Mon. - Thurs. 9:00 AM - 10:00 PM

Fri. - Sat. 9:00 AM - 11:00 PM • Sun. 9:00 AM - 9:00 PM

**600 Methodist St., #3120, Red Oak**

(Across from the Fire Station)



# School's in Session

— By Zachary R. Urquhart



*Whether your summer has flown by or you are counting down the days until the hot months come to an end, the fact remains that summer is almost over. And with the end of summer comes the start of a new school year! If you are getting your first child ready for kindergarten, or you are a recent graduate headed away for college, follow these tips to get a great start for a great school year.*

## Be Ready for the First Day

- *Dot your I's.* One of the biggest jobs for parents getting ready to send kids to school is finishing paperwork. When you are starting, be ready with shot records, birth certificates and proof of residency, so that you can enroll without a problem. If your children are in sports, get the school's physical form and head to your doctor or a nearby clinic, so they are ready on day one. There is also a mountain of surveys, financial forms and demographic sheets that will take time to complete, so do not wait until the night before the first day of school.

- *Get the gear you need.* No matter which school your child attends, supplies will be needed. Most large stores will have copies of lists from the local schools, so you can head there ready to shop. If your young student is apprehensive about starting, let him or her have fun picking out colors and characters, but be sure you know which supplies are shared by the class. This will help you avoid your son happily picking a themed box of tissues only to find out that the class uses each other's boxes communally. And if you are running short on

time, most elementary schools use fundraising companies that will package a complete set of needed supplies for a small fee.

- *Older kids need stuff, too.* Though your high-schooler may not take the same pleasure in picking out school supplies, you cannot neglect that part of his or her year. Some teachers at that level will have specific requirements for their class. So while you may not be able to get an exhaustive list until your student comes home the first week, you know that they will need paper, pen and pencil and a notebook or two.

## Look the Part

- *Find a style.* Unless your school has a dress code, there are endless options when it comes to dressing for the day. These days, kids can wear almost anything and fit into some style category. Whether they want to have a common theme in their dress, or they want to change it up each day, they can shop anywhere from a thrift store to the fanciest boutiques to come up with great looks for the year.

- *Function matters.* High school students normally have a regulated schedule, complete with time to change for athletics or other special activities. But in elementary school, kids often have a different activity every day of the week. Be sure to include a variety of clothes and shoes, so your daughter does not overheat trying to run in wooly leggings or ruin a fancy dress painting in art class.

## Get in Rhythm

- *Start a routine now.* Summer nights are great for staying up, enjoying sunsets and going on late night excursions. With school fast

approaching, though, it is time to get your little ones back into a bedtime routine. The first few weeks might be tough regardless, but making sure they are getting to bed early now should help ensure a better start to the year.

- *Routines are good for everyone.* While it may seem like a losing battle to ask your teenagers to go to bed early with several weeks left of summer, encourage them to start waking up when they will need to be up for the school year. After a few weeks of being forced out of bed before noon, they will naturally get to sleep at a more reasonable hour. And if your high-schoolers drive themselves in the morning, spend the week before school helping them get the timing of waking up, getting ready and heading out the door in time to get to school before the bell rings.

## College Is Not Just a Party

- *Take care of the little things.* If you are a college student, on your own for the first time, you may be overwhelmed with your new responsibilities. It is a good idea to make a monthly and quarterly checklist to ensure you pay your rent and bills, keep your car maintained and do things like changing air filters and taking care of the yard.

- *Make a budget.* One of the biggest changes for many college students is budgeting money. Figure out how much money you need for utilities, housing, basic grocery purchases and any regular bills you will be paying like insurance or phone service. Compare that to your sources of income, and be sure not to spend more than you have.

- *Be careful with credit.* College students are easy targets for cards with ridiculously high rates. Their free shirt is not worth opening a high interest credit card where a pair of jeans paid for over time can cost you hundreds in fees. On the other hand, you might consider getting a card with good rates and making one or two purchases that you pay off immediately. That can help establish good credit that will help you buy a car or a home down the road.

For anyone sending a child off for the first time, or shipping a graduate into the borderline adulthood that is college, using these tips will ensure a successful start to school. **NOW**



**OVILLA CHRISTIAN SCHOOL IS NOW ENROLLING**

PARTNERING WITH LETOURNEAU UNIVERSITY FOR DUAL CREDIT & ASSOCIATE DEGREE

**LEARN ABOUT OUR FAITH - BASED, COLLEGE PREPARATORY EDUCATION, ATHLETICS, FINE ARTS, AND MORE.**

Visit us at [www.ovillachristian.org](http://www.ovillachristian.org)  
Contact us at 972.617.1177 or [admissions@ovillachristianschool.org](mailto:admissions@ovillachristianschool.org).



**FCA**  
Ferris Christian Academy

**Daycare & Private School**  
425 W. 6th St., Ferris, TX 75125  
(972) 544-8388  
[www.fcaferris.org](http://www.fcaferris.org)

Serving Ferris since 2001  
Daycare starting at 6 weeks  
Before and After School Care  
Private Pre-K - 3rd Grade  
ABeka Curriculum

Train up a child in the way he should go; even when he is old he will not depart from it. -Proverbs 22:6



**First Methodist School**  
Duncanville, Texas

**GREATNESS STARTS HERE**  
Now Enrolling Ages 1 year-Kindergarten

[WWW.FMSDUNCANVILLE.COM](http://WWW.FMSDUNCANVILLE.COM)  
206 W. DANIEL ST.  
972.298.5890  
SERVING THE BEST SOUTHWEST AREA SINCE 1968

Extended Hours Available 7 a.m.-4:30 p.m.

# A Mind on the Run

— By Betty Tryon, BSN

“I can’t sit still.” Those words come from an online blogger, who just needed to vent about ADHD, Attention Deficit Hyperactivity Disorder. She went on to chronicle her struggle with her thought patterns. “Like, I should have one thought that’s supposed to do its thing. Instead, it feels like there’s hundreds, all darting in different directions and confusing the others.” ADHD is a neurodevelopmental disorder that begins in childhood and can last into adulthood.

There are three types of this condition: inattention, hyperactivity and impulsivity. It is possible to have only one or a combination of the types. All of these behaviors can occur in anyone, but when they reach a level that causes everyday routines to be disrupted on a frequent basis, it is characteristic of ADHD disorder. Behaviors will differ from one person to another. Some will exhibit a combination of symptoms of this condition. Whatever symptoms are most predominant determine the diagnosis. Males are more likely to have this disorder than females. ADHD often coexists with other behaviors, such as anxiety disorders, learning disabilities and depression.

Inattention is characterized by someone having difficulty with organizational skills. They have problems keeping things in order and manage their time poorly. They make careless mistakes performing important tasks and are constantly losing items. There is difficulty in focusing and staying on task. When it comes to performing tasks that require mental focus, those with inattention may completely avoid them.

Hyperactivity and impulsivity are often seen in combination. When a person is hyperactive, that behavior will often be seen in very unhealthy ways, and being impulsive is a part of that. An example of the predominantly hyperactivity-impulsivity presentation is a person who fidgets constantly and can’t seem to sit still. Engaging in quiet activities is difficult. This patient seems to be the type of person who has to go, go, go all the time, is impatient, has trouble standing in line and engages in nonstop talking.

The cause of ADHD is still unknown. Environmental toxins have been blamed, possible brain injury, genetic factors and even cigarettes and alcohol are all suggested causes of ADHD.

The goal of treatment for ADHD is to reduce symptoms for better function. The treatment has to be patient specific and age appropriate. What works for children might not work for adults and vice versa.

When helping children with ADHD, it’s important not to label them as “bad” kids. Their behavior is not meant to disrupt and with treatment can improve. Managing this disorder gives the person a chance to live a more normal and calmer life. **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.*

TEXAS STATE TECHNICAL COLLEGE IN NORTH TEXAS

A great technical degree is closer than you think!

**PROGRAMS OFFERED**

- Computer Aided Drafting & Design Technology
- Computer Networking & Systems Administration
- Cyber Security
- Diesel Equipment Technology
- Electrical Power & Controls
- HVAC Technology
- Industrial Maintenance-Electrical Specialization
- Logistics Technology
- Precision Machining Technology
- Welding

Apply now at [tstc.edu](http://tstc.edu)!



**Get Your Smile Ready for Class**

No dental insurance? Call us and ask about our savings plan.

Dr. Pearson and her staff are devoted to giving their patients a quality dental experience.

We understand it isn't only about teeth but it is important to remember "you" the individual, your concerns and needs.



General Dentistry  
Private Practice • Care Credit Financing

**Pearson Family Dentistry**

972-576-0602  
307 E. Ovilla Rd., Suite 400, Red Oak

### August 11

Summer Moonlight Movies: 9:00-11:00 p.m., Franklin Street (between College and Jackson) in downtown Waxahachie. The City of Waxahachie Main Street program brings free outdoor movies to downtown. Bring your blankets and lawn chairs and join us for *Hairspray* (2007). Lions Club will have concessions on site. Call Anita Brown at (469) 309-4111 for more information.

### August 12

Back to School Bash and Family Festival: Noon-6:00 p.m., Heritage Community Park, Glenn Heights. Bring your family to the park for food, music, kids activities and free school supplies. For more information, contact Kemi at the City of Glenn Heights by emailing lakemi.osoba@glennheightstx.gov.

Dodge for a Cause: 9:00 a.m.-1:00 p.m., Claxton Gym, SAGU, Waxahachie. Register as an individual or a team to play in this dodge ball competition, or you can watch. A DJ, concessions and T-shirt sales will be available in support of the Big Brothers and Big Sisters of Ellis County. Contact Susan Smith at (469) 644-9876 for more information on registering a team. Spectator tickets are \$5.

### August 26

Ellis County SPCA Paws for the Cause Tailgate Party: 6:00 p.m., Midlothian Conference Center, 1 Community Dr., Midlothian. The event will include dinner and a silent and live auction. Sponsorship opportunities are available. Tickets are \$40. Reserved tables are \$500 and up. Tickets may be purchased online at [ecspca.ejoinme.org/2017ECSPCA](http://ecspca.ejoinme.org/2017ECSPCA). For more information, email [director@elliscountyspca.org](mailto:director@elliscountyspca.org).

### September 9

Red Oak's 39th Annual Founder's Day: 9:00 a.m.-3:00 p.m., Watkins Park, Red Oak. Free admission. Events will include a parade, food and entertainment. For more information, contact the Red Oak Area Chamber of Commerce at (972) 617-0906.

### Ongoing:

#### Tuesdays

Writing for Enjoyment Group meeting: 12:30-1:30 p.m., First United Methodist Church of Red Oak, 600 Daubitz Dr. For more information, call (469) 383-5365 or email [joanpomero@att.net](mailto:joanpomero@att.net).

### Tuesdays and Thursdays

Story Time: 11:00 a.m., Ferris Public Library. Pre-school children and their caregivers are invited for stories. For more information, call (972) 544-3699.

### Wednesdays

Toddler Story Time: 10:00-10:45 a.m., crafts/story time for children 18 months-4 years and their parents. Call the library at (469) 218-1230 for more information on all library events.

### Second Saturdays

Red Oak Opry: 7:00 p.m.-9:00 p.m., Lone Star Cowboy Church, 1011 E. Ovilla Rd., Red Oak. Tickets sold at the door. \$12 for adults; \$5 for children.

### Fourth Sundays

Prayer Shawl Circle: 10:00 a.m.-noon, First United Methodist Church of Red Oak, 600 Daubitz Dr. Circle of Hope and Healing ministry. For more information, call Beth Norris at (214) 392-0732.

*Submissions are welcome and published as space allows. Send your current event details to [jill.martinez@nowmagazines.com](mailto:jill.martinez@nowmagazines.com).*



## COMFORT REHAB CHIROPRACTIC

# GOT BACK PAIN? WE CAN HELP!



Specializing in difficult cases and chronic conditions like:

- Back & Neck Pain • Sciatica • Joint Pain**
- Arm & Shoulder Pain • Leg Pain**
- Tingling in Hands & Feet**
- Sports and Auto Injuries • Work Injuries**
- Pain Management • Wellness**



**We offer the following services:**

- Family Chiropractic Care • Therapeutic Massage
- Cold Laser Therapy • Vibration Therapy • Rehab
- Spinal Decompression
- On-site: Pain Management / ESI Injection - Medical Doctor**
- Treating Doctor for Federal/DOL/OWCP & TX Work Comp.**

**Dr. Bryan McCormick, D.C.**

Mention this ad for

**EXAM, X-RAY & RESULTS | \$59**

**30-MINUTE MASSAGE | \$45**

(New Patients Only. Excludes all federally funded programs such as medicaid/medicare.)

Gift certificates available.

**(469) 454-2169**

**ComfortRehab.com**

**CEDAR HILL MEDICAL PLAZA**  
**950 E. BELT LINE ROAD, SUITE 180 • CEDAR HILL**  
(Next to Methodist Family Health Center East)

**Mon. 8:30 AM - 7 PM • Tue. - Thur. 8:30 AM - 6 PM**  
**Fri. 8:30 AM - 4 PM • Open Lunch**



## In the Kitchen With Beth Kaemmerling

— *By Jill Martinez*

For Beth Kaemmerling, learning to cook was a process. Her first baking attempt with her sister didn't turn out as planned. "We were trying to make a white birthday cake for my mom, but it came out brown and hard, and the frosting was soupy." She persisted, however, and got better with time.

She and her friends participate in "cookbook nights" where everyone brings a few recipes, and they cook them together. Once Beth has made a recipe by the book, she begins to personalize it. She loves to share her creations with others. "Cooking is a stress reliever. It's also a way that I show love. A cupcake can perk up a friend's day. A meal can meet a need in times of sickness or sorrow," she said. **NOW**

### Carrot Casserole

- 2 lbs. baby carrots**
- 1 green bell pepper, chopped**
- 1 yellow onion, minced**
- 1 stick butter**
- Grated cheese**

- 1.** Preheat oven to 350 F Boil carrots in salted water until tender.
- 2.** Sauté bell pepper and onion in butter until soft.
- 3.** Mash drained carrots with onion and bell pepper.
- 4.** Pour into a greased 9x13-inch pan and sprinkle with grated cheese. Bake until cheese melts.

### King Ranch Casserole

- 1/4 cup margarine**
- 1 medium green bell pepper, chopped**
- 1 medium onion, chopped**

- 1 10.75-oz. can cream of chicken soup**
- 1 10.5-oz. can cream of mushroom soup**
- 2 10-oz. cans Ro-Tel tomatoes**
- 2 cups cooked chicken cut in bite-size pieces**
- 12 corn tortillas, cut in strips**
- 2 cups shredded cheddar cheese**

- 1.** Preheat oven to 325 F Melt margarine in a large skillet. Add bell pepper and onion; cook until tender over medium heat.
- 2.** Stir in soups, tomatoes and chicken; heat through.
- 3.** Place a layer of tortillas in the bottom of a greased 9x13-inch pan. Top with 1/3 of chicken mixture and 1/3 of shredded cheese. Repeat two more times.
- 4.** Bake for 40 minutes, or until bubbling.

### Cornbread Casserole

- 2 8.5-oz. pkgs. Jiffy Corn Muffin Mix**
- 2 eggs**
- 2/3 cup milk**

- 1 14.75-oz. can cream-style corn**
- 8 oz. sour cream**
- Grated cheese**

- 1.** Preheat oven to 400 F Mix Jiffy mix eggs and milk according to package directions for Johnny Cake. Add cream-style corn.
- 2.** Pour batter into a greased 9x13-inch baking dish. Bake for 20-25 minutes, or until cornbread is almost done.
- 3.** Remove from oven and spread sour cream in a thin layer on top of the cornbread. Top with grated cheese.
- 4.** Place cornbread back in the oven; bake until cheese is melted. Serve immediately.

### Pork Chops and Rice

Serves 4.

#### Nonstick cooking spray

- 1 cup uncooked rice**
- 1 10.5-oz. can French Onion soup**
- 1 can beef broth**
- 4 pork chops**

- 1.** Preheat oven to 325 F Spray a 9-inch square baking dish with cooking spray.
- 2.** Spread rice in the bottom of the baking dish. Add the soup and beef broth. Place pork chops on top of rice.
- 3.** Bake for 90 minutes, or until all liquid is absorbed.

### Chocolate Chip Pound Cake

- 1 box yellow cake mix**
- 1 small box instant French vanilla pudding mix**
- 1 small box instant Devil's Food (chocolate) pudding mix**
- 1 1/2 cups water**
- 1/2 cup vegetable oil**
- 4 eggs**
- 6 oz. chocolate chips**

- 1.** Preheat oven to 350 F In a mixer, beat the yellow cake mix, pudding mixes, water and vegetable oil for 2 minutes on medium speed. Add the eggs all at once and continue to beat for 1 minute. Fold in chocolate chips.
- 2.** Pour into a greased Bundt pan; bake for 50 minutes, or until a toothpick inserted in the cake comes out clean.

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

Ovilla Family Dentistry welcomes Dr. Monica Sheibley!

972-223-0313



105 Ovilla Creek  
Court #200 • Ovilla



Now accepting new patients of all ages!

[OvillaFamilyDentistry.com](http://OvillaFamilyDentistry.com)

Ennis  
PUBLIC THEATRE



MOON  
OVER  
BUFFALO



Show Sponsor:  
Angie Juenemann - Edward Jones

**AUG 25 - SEPT 9**

FRIDAYS & SATURDAYS 7:30 PM

**SEPT 3**

SUNDAY MATINEE 2:30 PM

A Broadway hit starring Carol Burnett. *Moon Over Buffalo* by Ken Ludwig, is a madcap comedy that centers on George & Charlotte Hay, fading stars of the 1950s. At the moment, they're playing *Private Lives* & *Cyrano De Bergerac* in rep in Buffalo, NY. They may just have one last shot at stardom, but everything that could go wrong does go wrong, uncertainty about which play they are performing, a clueless fiance and Charlotte's deaf, old stage-manager mother who hates every bone in George's body.

*Reservations & Information*

**972-878-PLAY (7529)**

**[www.EnnisPublicTheatre.com](http://www.EnnisPublicTheatre.com)**

Located in Historical Downtown Ennis ~ 113 N Dallas St.

Adults: \$15 Students & Seniors: \$12

# Ferris ISD New Student Registration Dates

New students in grades Pre-K through 12th grade will need to register at the Central Registration Office at 301 E. 5th Street from 8:00 a.m.-3:30 p.m. on the following dates by the student's last name:

Last Name A-G, Mondays, July 31st, August 7th & 21st

Last Name H-M, Tuesdays, August 1st, 8th & 15th

Last Name N-R, Wednesdays, August 2nd, 9th & 16th

Last Name S-Z, Thursdays, August 3rd, 10th & 17th



**BACK TO SCHOOL**

## Ferris ISD Meet the Teacher Nights

Please make plans to bring your child to meet their teacher before school starts. We have lots of new things happening at our campuses that we would love to show you. Be involved in your child's education. Together we can make this school year the best ever.

**Thursday, August 17th** - Ferris High School (5:00 p.m.-6:30 p.m.)

**Thursday, August 17th** - McDonald Elementary (5:30 p.m.-7:00 p.m.)

**Monday, August 21st** - Ferris JH (5:00 p.m.-6:30 p.m.) & Ferris Intermediate (5:30 p.m.-7:00 p.m.)

**Tuesday, August 22nd** - Ingram Elementary (5:30 p.m.-7:00 p.m.)



**Home of the Yellowjackets**

[www.FerrisISD.org](http://www.FerrisISD.org)