

Waxahachie NOW

MAGAZINE

NOVEMBER 2016

More Than a Meal

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Church of Christ
celebrates 25
years of feeding
the hungry

New Memories

At Home With
Robert and Cindy Kalinec

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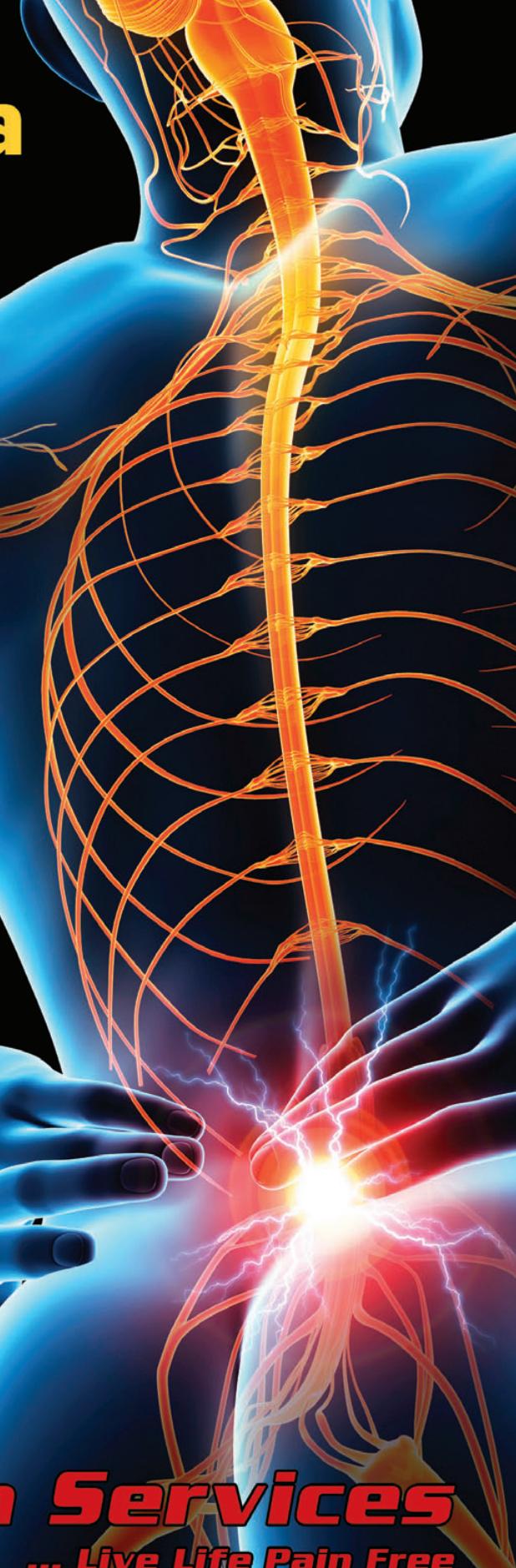


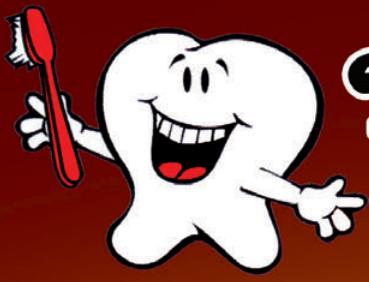
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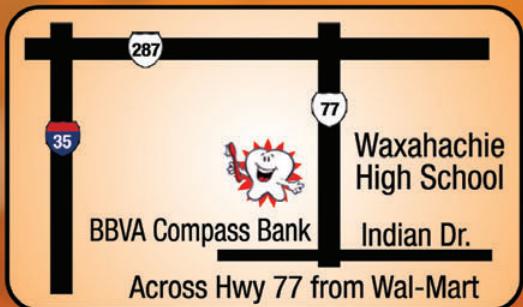
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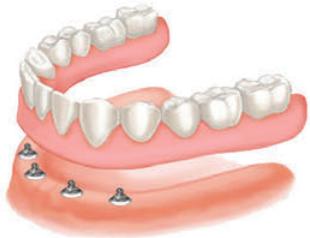
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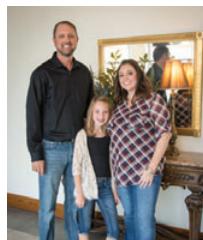
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ON THE COVER



To the Fletchers,
Thanksgiving means serving
the community.

Photo by Amy Ramirez.

CONTENTS

November 2016 • Volume I3, Issue II

8



8 More Than a Meal

The congregation at Brown Street Church of Christ cares deeply for the community in which they serve.



16

16 Absorbing the Shock

Scott Schlee is making strides to bring hope to cancer patients.



22

22 New Memories

At Home With Robert and Cindy Kalinec.

34 Desire and Dedication

Typical isn't a word used to describe a Texas game warden's day.

- 50 BusinessNOW
52 Around TownNOW
54 FinanceNOW
56 HealthNOW
60 CookingNOW

42 Organizing Your Ornamentation

These simple steps will help you prepare for the holiday season.

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Editor's Note

Happy Thanksgiving!

Even though I changed my eating habits 18 months ago, I'm still looking forward to Thanksgiving dinner — preparing it, as well as eating it. I can't wait to experience the smells of this special holiday — the turkey roasting, the green beans simmering and the pumpkin pies resting on a cooling rack. All the things I love most about the holiday meal are found on my eating list, minus the pie, but a girl can cheat every once in a while, can't she?

When the table is cleared and the dishes are washed, dried and put away, it will be time to get busy decorating for Christmas. I will carefully unwrap each Santa, excited to see them once again. I will rearrange the living room to accommodate the large Christmas tree, while smaller trees will bring holiday cheer to the other rooms in the house. I will lose my patience at least once in the process, but by the time Sunday night arrives, I will be sitting back enjoying all I've been able to accomplish in one long weekend.

Let the decorating begin!

Sandra

Sandra Strong
WaxahachieNOW Editor
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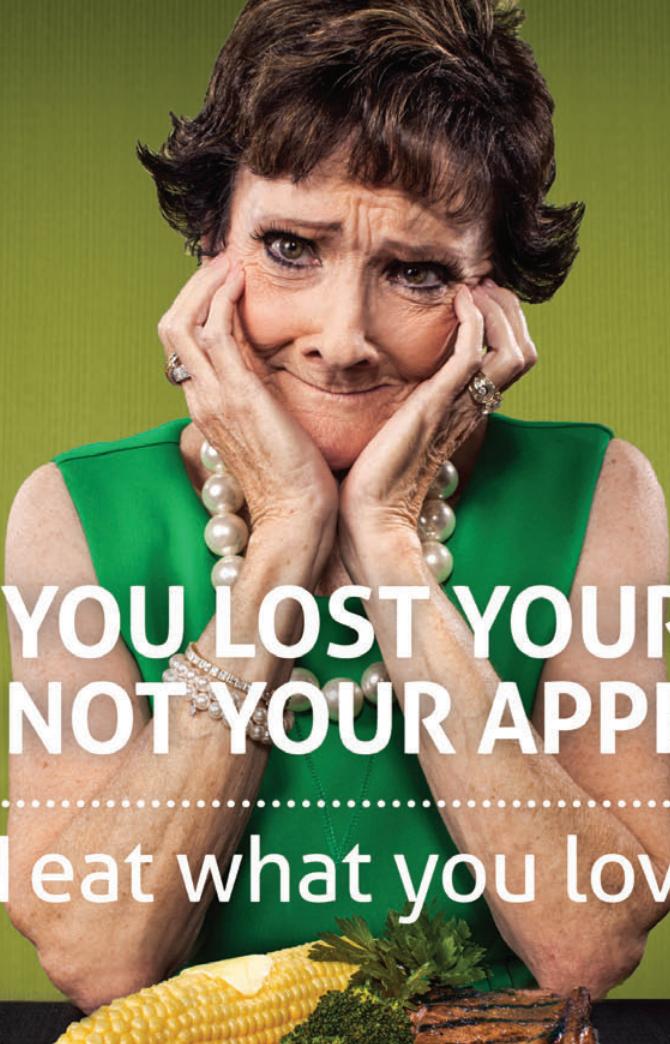
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More



More Than a Meal

— By Sandra Strong

Thanksgiving Day brings so many memories to mind. For some, it's spending hours in a hot kitchen, lovingly preparing a meal that will be devoured in minutes. For many, it's about the gathering of family and friends. For others, it's about the blessings found throughout the day. For Chad and Staci Fletcher, it's all these things and so much more. As they work diligently, along with their church family, to make the final preparations for the 25th Annual Brown Street Church of Christ Thanksgiving Dinner, they do so with memories from previous years in mind and a great deal of Christ-like love in their hearts for their fellow men and women. "We have so many wonderful memories," Staci said, "but for Chad and I, this effort goes much deeper than a meal for a day."

The annual meal was birthed out of the church's Christian Care Center. The same families were coming to the food pantry on a regular basis. The church's slogan was "A Church That Cares," and several members felt they needed to truly live out that effort. "They saw a need and wanted to serve," Chad said, recalling the history he was given when he and his family took over the coordinator positions last year. "It may have started small, but it's grown in size and number each year for the past 25 years."

That first meal was held at the former building on College Street. Thanksgiving Day meals are now partaken in the church's large fellowship hall. "Each year, I'm told, the numbers have varied," Staci shared. "Last year, we fed over 450 people. Probably 150 of those were eaten at the church, while the others were deliveries and take-out meals."

Chad and Staci, along with their soon to be 11-year-old daughter, Calli, have been attending Brown Street Church of Christ for nearly five years. Chad currently serves as the deacon over community outreach. When Carl and Deborah Rausche, the past leaders of the Thanksgiving meal, stepped down, it only seemed natural that Chad and Staci continue the effort and fill some mighty big shoes. "As the deacon over community outreach, I was going to be there anyway," Chad stated. "It just made sense for Staci and me to step in and take up where they left off."

Although last year's event was the largest to date, the 600-plus church members are eagerly looking forward to what the Lord brings their way in the form of hungry people this year. Last year, they prepped for 500, and they plan on preparing for that same number this year. The goal has always been to make this a "true churchwide outreach," and in so doing, it's always been up to the congregation as a whole to make it happen.

The church purchases the turkeys, the serving pans and the drinks. Everything else — potatoes, green beans, stuffing, gravy, rolls and desserts — is donated and prepared by the caring, compassionate members of the congregation. The grocery





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shopping list to feed 500 is quite extensive: 25 20-pound turkeys, 20 large roasting pans of mashed potatoes and dressing, 30 gallons of green beans, 84 packages of 12-count rolls, 50 cans of cranberry sauce, 40 regular pies and 20 sugar-free pies. Seeing the event to fruition each year means getting an early start the morning of Thanksgiving Eve, as congregation members bake the turkeys and prepare the items needed for a wonderfully delicious dressing. “We couldn’t do this without the generous members of the church,” Chad said, as



Staci nodded her head in firm agreement. "Last year, we had over 50 volunteers who came to help on Thanksgiving Day. Most of them were members of the congregation, while several others were volunteers from the community who like to come out to lend a hand."

"Some people do the same job from year to year," Staci added. "One lady oversees the gravy, while several of the men come to the church building around 4:30 a.m. on Thanksgiving morning to fire up the stoves and get the coffee brewing."

The focus is primarily on Waxahachie and its residents, but anyone who wants to come to the church on Thanksgiving Day to enjoy a meal is more than welcome. Places to serve are bountiful, too. Members and volunteers can work at the church, making sure the food continues to flow, or they can greet those eating and help them get their meals to



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the table, if needed. "Some are called to just come and visit," Chad explained. "Even the kids in the church help by restocking, sorting the pies and scooping the cranberry sauce."

Others find joy in making deliveries. Staci recalled one member saying he was trying to deliver 10 meals to one house, but no one was answering the door. He ended up giving the meals to a neighboring home that was also in need. The stories are many, and they are as heartwarming as they are humbling.



Chad had volunteered with the dinner for a couple years prior to taking the reins last year, but Staci's first year was last year. So many people touched her heart, but the one family that made her sit back and think was a woman who was juggling several small children, as well as a middle-aged handicapped gentleman. "She had her hands full of kids and trays. As she went through the line, she filled the plates to the brim," Staci said. "I saw them go back for more, later. We then offered them some take-out containers, so those sweet babies would, at least, have one more good meal at home that night."

As parents, it was heart wrenching for Chad and Staci, but serving during the Brown Street Church of Christ Thanksgiving Dinner event has taught them to not take a single blessing in this life for granted. They quickly realized there are people right next door who

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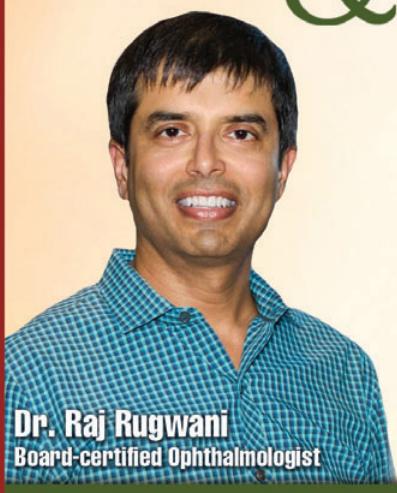
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don't know where their next meal is coming from. "There are people next door who need food, clothes and housing," Staci said. "Most importantly, there are people next door who need Christ and His love."

The main goal is to feed hungry people, while opening their eyes to the caring and compassionate congregation at Brown Street Church of Christ. "We are instructed to feed the widows and the orphans," Chad said, referring to Scripture. "We are blessed with all we have, so it feels good to help others."

No matter what capacity they come on Thanksgiving Day — those being fed or those doing the feeding — each and every one will leave feeling different than when they first arrived. "It is our hope," Staci said, "that this outpouring of love and concern for the community will lead someone to now the love of Jesus Christ." **NOW**

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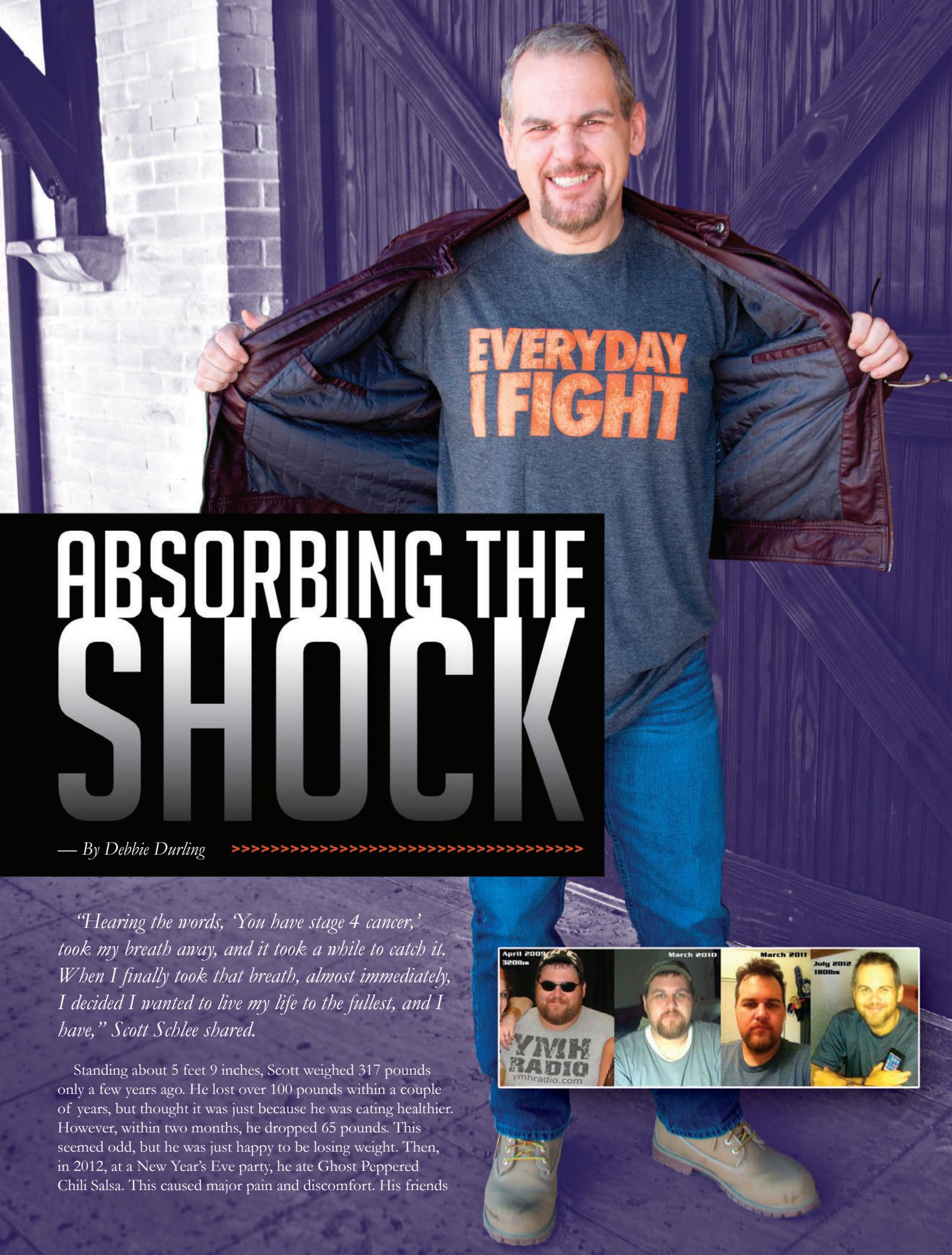
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ABSORBING THE SHOCK

— By Debbie Durling



"Hearing the words, 'You have stage 4 cancer,' took my breath away, and it took a while to catch it. When I finally took that breath, almost immediately, I decided I wanted to live my life to the fullest, and I have," Scott Schlee shared.

Standing about 5 feet 9 inches, Scott weighed 317 pounds only a few years ago. He lost over 100 pounds within a couple of years, but thought it was just because he was eating healthier. However, within two months, he dropped 65 pounds. This seemed odd, but he was just happy to be losing weight. Then, in 2012, at a New Year's Eve party, he ate Ghost Peppered Chili Salsa. This caused major pain and discomfort. His friends



"God has taught me humility and opened my eyes to life. He has provided me with what it is to be loved and to give that love back."

noticed that he looked jaundiced. A couple of months later, February 2013, he was diagnosed with pancreatic cancer. His was the neuroendocrine-internal form of the disease. He was given a drug — SUTENT — that had been used to treat other kinds of cancer, but it was still experimental for pancreatic cancer.

Up until this point, Scott had lived mostly for himself. He had a shirt that said, *iLove Me Some Me*. "It was all about me," Scott confessed. In high school, he was the class clown and took nothing seriously. This was just an attempt to compensate for his low self-esteem.

Scott became a web designer. He volunteered to design a website for Moms on a Mission — MOM. Through this endeavor, he met many celebrities, which created a network that caused his career to soar, as he was hired to do their websites. He was on his way. The news of the cancer could have been a hurdle that thwarted him and sent him into depression and despair. However, he chose a different route. Determined to rise above his diagnosis, Scott began to live. "It was like a wake-up call. It was like God said to wake up and get the word out there about cancer and humanitarian issues," Scott said. "I was 37 years old when I finally grew up."

The town of Waxahachie played a big role in his recovery and positive mental state. He had created a website for Greg and Ginger Compton. "They immediately

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treated me like family," Scott said. After he got out of the hospital, they and the entire town came out to support him. He had over \$200,000 in medical bills. Some of his musician friends and several restaurant owners donated time and facilities, raising over \$10,000 in one day. Silent auctions were held and attended by people he had never met before. "They supported a perfect stranger just because I was in need," Scott shared. "I have ties to this town that are deeper than property. This town is my family."

Scott returned to his faith. He connected with Jason and Money



Salmon, accompanying them on a mission trip to Belize. "I got up early one morning and went for a swim. God showed me the ocean through a survivor's eyes. The brilliant sparkles from the sun reflecting off the ocean gave me an awareness of the beauty God had created. It made me feel it's not over, that nothing is impossible for Him," Scott remembered.

He joined the Pancreatic Cancer Action Network, or PanCan. He also became the DFW PurpleStride Volunteer Chair. (PurpleStride is the name of a 5K Run to raise money for pancreatic cancer research.) Through his research and interest in the disease, he began to learn

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that many celebrities have been affected by this disease. Many of them he knew personally because of his career in web design. Others, such as Roger Staubach and Coach Rick Carlisle of the Dallas Mavericks, he met through his work with PanCan. Roger lost his mother to pancreatic cancer during his rookie year with the Cowboys. Coach Carlisle lost his mentor to the disease.

One day, after his car broke down, Scott was walking up the service road by I-35 to a convenience store and came upon another person walking who asked what the word "survivor" on his shirt was all about. Scott told him he had survived pancreatic cancer. The guy's first words were, "Is it contagious?" This is when he got the idea to do a documentary, so people would understand and know the truth about cancer. "People tend to think of cancer as a morbid topic. However, I think of it as a celebration of life because it was after my diagnosis that I really started living," Scott said with enthusiasm.

"The documentary I'm working on is about cancer, in general, every part of cancer — not a sad display, but one of facts, struggles and triumphs to inspire all those who have been touched by the disease," Scott explained. Fundraising for the endeavor has already begun on Kickstarter with a pitch video. Celebrities and filmmakers have lined



up to help, as well as Emmy nominated cinematographer Jamie Hall and Zatella Beatty, director of the documentary, *Iverson*. He plans to interview doctors, researchers, celebrities touched by cancer, survivors and current patients. He also wants to include research and methods from other countries. The narrator and executive producer of the film will be Aaron Douglas, who played Chief Petty Officer Galen Tyrol in *Battle Star Galactica*. His own wife died of breast cancer while filming the series.

At the end of the documentary, Scott plans to ask each cancer survivor and participant, "What is on your bucket list?" His dream is to use all the connections he has made throughout his career and involvement in PanCan to fulfill one bucket list item for each cancer patient or survivor he features in the documentary.

After a speech he gave at PurpleStride was put on YouTube, people began to contact him. "They would say I was an inspiration to them, and it made me uncomfortable," Scott confessed. "I've never seen myself as an inspiration to anyone." He is contacted regularly by those who are newly diagnosed with cancer, or by their caretakers. They ask him to come spend time with them, sharing his story and encouragement, kind of like a "shock absorber." He finds himself helping to ease the shock of the initial news that can cause some to fall into despair. He is a living testimony that survival is possible, and he wants to share that news with all who will hear.

"I feel like my whole life is falling into place like dominoes," Scott said. "God has taught me humility and opened my eyes to life. He has provided me with what it is to be loved and to give that love back." **NOW**



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New Memories

— By Rick Mauch



At Home With
Robert and
Cindy Kalinec

When Robert and Cindy Kalinec decided to move to Waxahachie, it was a fresh start. Literally, almost everything in their home is brand new. But the memories, both old and new, are ageless. For example, Cindy points to a mid-century drum table that opens up for storage space, surrounded by a leather, mission-style couch and chair to match. Though practically new, it takes her back in time. "When my parents had their second house in the 1960s, they had furniture like this," she said.

Though the three-bedroom, two-and-a-half bath home doesn't have any actual antiques, per se, they did carefully choose the furniture and contents, and each piece is priceless to them. They saw their relocation in January 2013, after the passing of her parents, as a chance to start anew. "I just sold pretty much everything in the house and bought everything new," Cindy said. "We lived in a little trailer house and just



didn't have enough to fill this place."

Robert and Cindy moved to Waxahachie from Lake Whitney. He was a building maintenance supervisor at White Bluff Resort, and she worked at an antique mall in Whitney, after retiring from her father's plating company in Dallas. Her father passed away on Easter in 2012 of leukemia. Her mother passed in December of that same year of natural causes. "It was eight months after daddy, but it was a fast eight months," Cindy said. "They were together 63 years."

Robert and Cindy have been married 30 years, after meeting through his sister, who was Cindy's friend. He was in the Army when they first met, and later, though he lived in Bryan and Cindy in Dallas, their relationship flourished through trips from his sister to visit, and she would always bring Cindy along.

Then one day, he became overwhelmed with an idea. He wanted to marry Cindy, and he didn't want to wait. "I jumped in my '67 Fairlane and took off to Dallas," Robert said with a chuckle. "One of my freeze plugs kept leaking.



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I had to stop four or five times, but I was on a mission." That mission continues today as they go through their retirement years. Both are 67 years old and enjoy every day in their home and community.

In the fall, passers-by can see the decorations placed in the front yard. During the Halloween season, Cindy uses real pumpkins. Thanksgiving turkeys take the spotlight in November. Christmas features reindeer and, of course, Santa Claus. When one begins anew, the options are endless. And

Robert and Cindy have taken advantage of such with a plethora of scenes throughout their home.

Upon entering the foyer, one is greeted with pictures of a variety of dogs, along with a fox. Cloth letters held in place by tiny studs cover a homemade plaque with the simple word, *Hi*. A pillow features words that perfectly describe the Kalinecs: *Today I will be happier than a bird with a French fry*. And it's all highlighted by a statue of a Weimaraner. He's holding a candy dish, much like a butler would

hold a serving tray. "In the winter, he's got a little Christmas hat I put on him, like Santa Claus," Cindy said with a laugh.

The den features a large, welcoming fireplace. Another inspirational bit of wisdom is on a piece of art above it, which reads: *The happiness of your life depends on the quality of your thoughts*.

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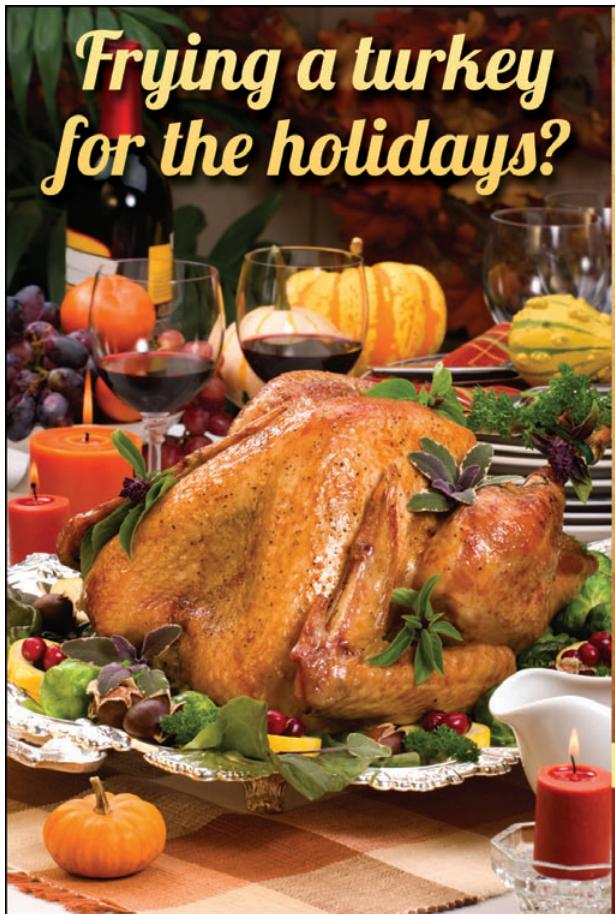


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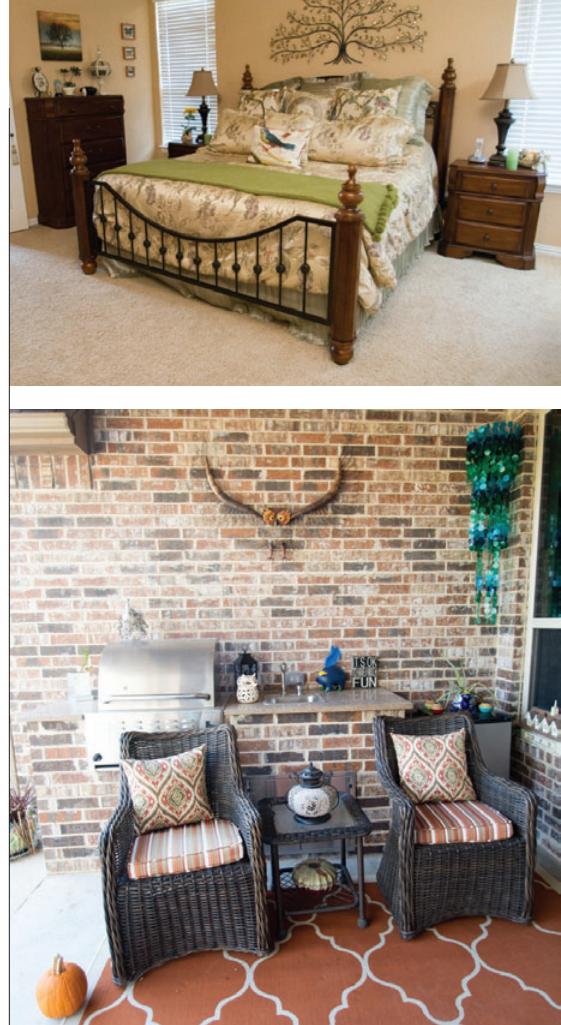
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nicely in the shade, one can close his or her eyes and listen to the calming ripple of the water as it cascades into the pool when the weather allows. "We've got a nice south wind that comes through in the evening that makes it cool back here," Robert said.

LED lights of a variety of colors, including red, blue and green, illuminate the pool at night. A nearby wooden swing invites people to sit in it, going back and forth as they while away the time. A variety of flowers and shrubbery can be found throughout the backyard, including magnolia trees and Mexican petunias. A fountain features a statue of a raccoon with a pine cone. Two baby raccoons are positioned below.

One of Cindy's favorite items is a fountain featuring metal statues of a pair of magpie birds, much like the cartoon characters Heckle and Jeckle. "All year round, we just love it back here," Cindy said. "Our pool is never hot." The pool is also a great place for a gathering of the family. She has two sons from her marriage before meeting Robert. Bryan is 48 and lives in Oak Cliff, and Donovan is 42 and lives in Dallas. They



are in business together as owners of an advertising company.

One of the few items Cindy brought with her sits alone in the dining room window. When the light hits it just right, the multi-colored vase creates a beautiful prism. "That was my grandmother's — one of the few things we have that's a true antique," Cindy admitted.

In a cabinet on the other end of the table is Cindy's prized Fiestaware collection. She started collecting when they made the move, but her collection has grown a lot in a short amount of time and features a rainbow of colors. "There's a vendor here in Waxahachie who sells it. She also had a booth in Whitney," Cindy said. "And people give it to me for gifts. They're always coming out with new pieces, so there is always something I don't have."

The game room features a large pool table that came with the house, as did the nearby high-definition TV on which they watch sporting events. One wall houses framed sports photo posters, including one of Babe Ruth. On another wall is a photo of the Three Stooges in golf gear. "That's Bob (Larry), his brother, Willie (Mo) and his other brother, David (Curley)," Cindy said, chuckling.

Next to it is a sign with Rod Serling's legendary introduction to every episode of the *Twilight Zone* TV series on it. Robert is a huge *Twilight Zone* fan. "I remember one with William Shatner. That's my favorite," Robert said, referring to the famous episode where William's character freaks out during a flight, claiming to see a gremlin on the wing of a plane.

The Kalinecs also own the lot next door. However, they haven't made any decision on what they will do with it. They are in no hurry, though they are always, obviously, ready for something new. "Right now, it's a home to the bluebirds," Cindy said. "I guess they like what they see over here." **NOW**

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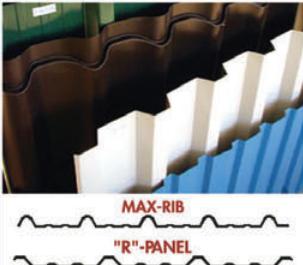
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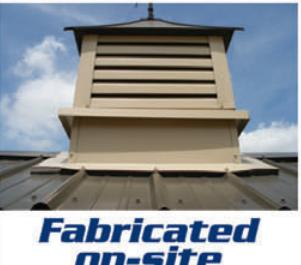
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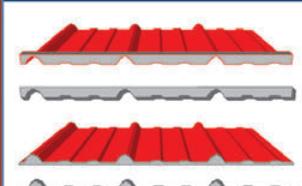


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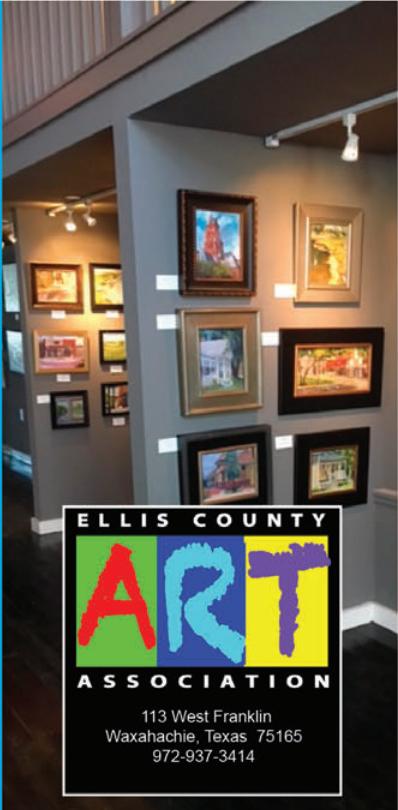
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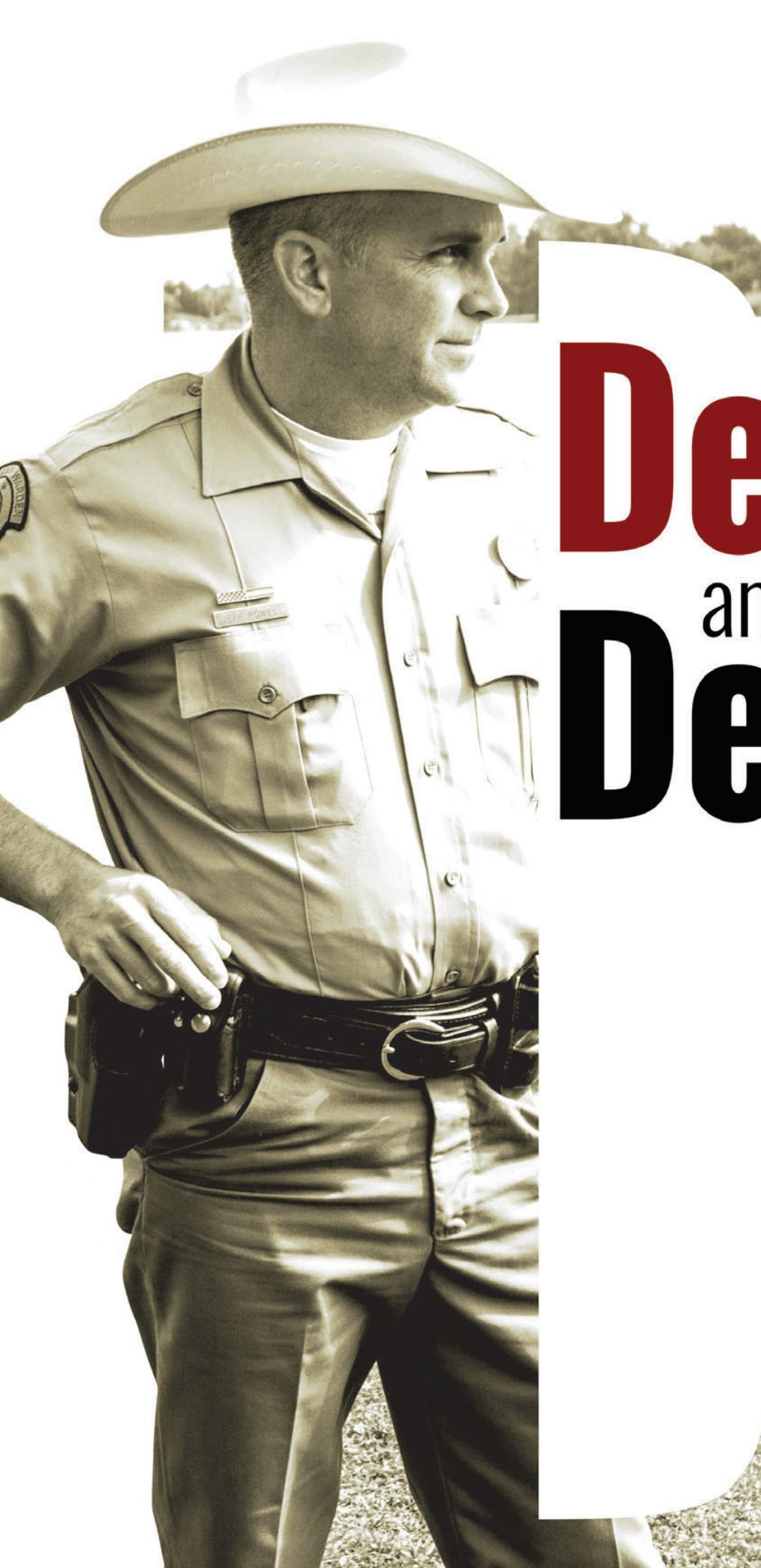


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While citing his dad as his first mentor, Warden Powell remembers being about 10 years old and observing a game warden in action for the first time. "That meeting left an impression on me and my

— By Virginia Riddle

tion

brother. Later, after college, I introduced myself to our local game warden, who allowed me to come on ride-a-longs for several years and observe. I learned a lot from him and became hooked. I knew I wouldn't be happy unless I was doing this job," Warden Powell said.

But becoming a Texas game warden isn't easy. Less than 10 percent of applicants are accepted each year into the Texas Parks and Wildlife Game Warden Training Center located in Hamilton County. All applicants must have a bachelor's degree — a unique requirement since a degree isn't required to become a commissioned officer for other types of law enforcement. Playing football on a scholarship helped pay Warden Powell's way through Northwestern State University in Louisiana. Even with a degree in wildlife management, Warden Powell applied several times before he was hired into the game warden training center. "I worked on a GM assembly line many years before I was hired," he recalled. Perseverance is

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an attribute that comes in handy. "I once received information from a source about a group of hunters who were illegally hunting deer at night. I sat and waited for seven nights straight until I caught that group who poached and killed a deer the last night!" Warden Powell stated.

Since 1895, when Texas game wardens were first commissioned as state police, they have earned reputations as can-do men and women. Their training is intense. New Texas game wardens become part of one of the best-trained corps of conservation officers in the United States. "Our training is longer than any other and lasts almost eight months. We have to learn what all police officers learn, and on top of that, the parks and wildlife code, hunting and fishing laws, intensive swim training, boat operations, search and rescue and so much more. Having integrity, facing adversity and being able to work without set hours and direction are important attributes game wardens have," Warden Powell stated.

Border patrol duties are also a part of the job description, so Warden Powell, who has been Ellis County's game warden for 13 years, periodically spends time in South Texas. "We have boats where we patrol the Rio Grande River, but we also work in the rural areas where illegal aliens and drug crossings occur. There are lots of kids who are coming

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over by themselves. They hop on top of trains from Central America to Mexico to get here. Some don't make it across the river. We also have to watch out for drug cartel members who are bringing illegal drugs over. It can become very dangerous," Warden Powell stated.

Texas game wardens serve at the direction of the governor, and their duties include enforcing all state laws, with an emphasis on hunting, fishing and water safety regulations. Game wardens are fully commissioned police officers who also work with other law enforcement agencies. Texas, with its diverse terrain, is challenging, and game wardens are able to handle any situation involving any of those ecosystems. "We





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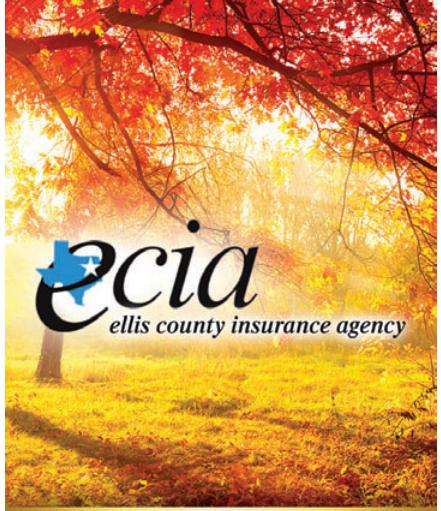
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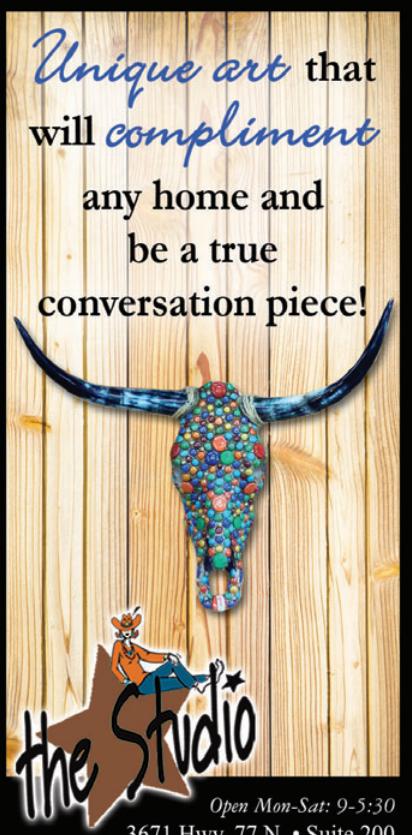
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Beginning in 2015, Warden Powell has been followed on the job by a film crew from Animal Planet's popular show, *Lone Star Law*. "I wanted to represent the over 500 game wardens around the state. The show isn't about me but what we all do as game wardens. This is a docuseries, not a reality show. Everything you see is in real time, just like the episodes of COPS.





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The camera crews are very professional and know how to mingle into the surroundings while filming us on patrol,” he said. Recognized often, especially by fans of the show, Warden Powell grants autographs and photos with a smile. “It’s flattering but, also, a little surreal. Some folks look at people who are on television differently. I’m just doing my job, but the difference is, I have a camera crew following me.” The family show is getting good reviews, and there are lots of young kids who enjoy it.

“Everyone’s always intrigued and loves to hear our stories. Texas is the biggest hunting, fishing and recreation state,” Warden Powell stated. One of his most memorable stories occurred in 2008. “I was lucky enough to do a private conservation program in Ellis County for the former President George W. Bush and First Lady Laura Bush, guests from Cornell University and the ranch owners. The program was on injured raptors and their rehabilitation. I released numerous recently rehabilitated hawks and owls, and I related the presentation to an illegal wildlife case I had made that same morning on an individual who had shot and killed numerous hawks just north of Ennis. President Bush, being an avid outdoorsman and conservationist ... let’s just say his remark on what should be the individual’s future punishment was priceless! I was invited to stay for dinner and was able to visit with President Bush in a casual setting. It’s a day I’ll never forget.”

Game wardens live where they work, and working with the citizens of their community is vital. Ellis County’s population is booming and changing, demographically, from its rural roots to a more urban society. “My job has become more contextual. I meet new folks and explain about wildlife in the area. Urbanization is a people problem, not an animal problem. People have to learn to adapt, too,” Warden Powell explained. “Also, we want people to be involved and report problems to us. Half the cases we make began with people calling in to report a violation.”

When on vacation, Warden Powell loves the mountains, hunting, fishing, playing golf and traveling. “I advise kids who want to become a game warden to stay in school and go to college,” he said. “And if you love the outdoors, hunting and fishing and law enforcement, then this is the best job, hands down!” **NOW**



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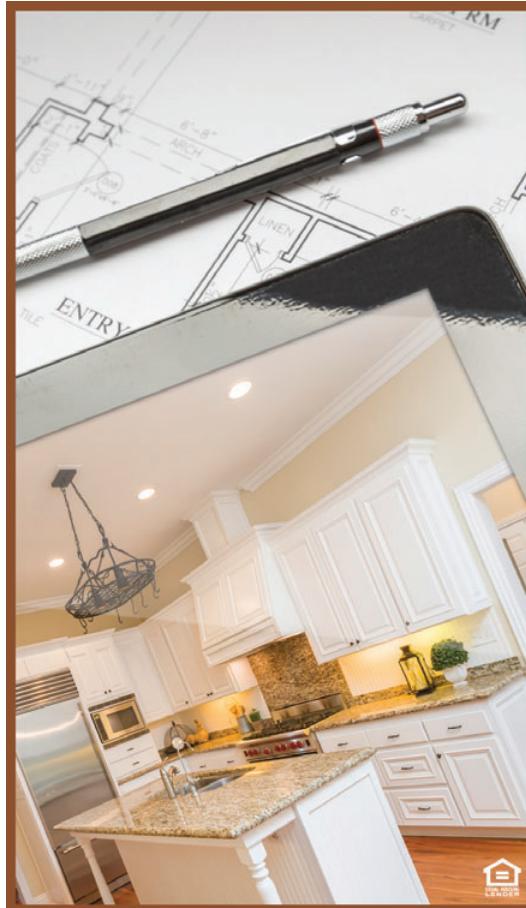
Though there is no place like home for the holidays, everyone knows it takes countless hours of work to get your home ready for the season. Whether you are the host for dozens in your extended family, or you just like to tidy up as you put out your fall decor and Christmas trimmings, here are some tips to help you organize your space and prepare for your festively adorned holiday fun.



G ON

HAVE A PLAN

- Before you head up to the attic, make sure you have your non-Thanksgiving stuff organized and put away. You do not want to make extra trips up and down your attic staircase because you accidentally buried your seasonal towels under your summer wreath. One great and simple option is to use a few different colors of plastic tubs. It will cost you a few dollars, but the tubs will last a lifetime, and if you color code based on the seasons, it will be easier to get ready with each changing season.



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- Organize your storage space. One of the most common mistakes people make is to pile boxes thoughtlessly in their attic, meaning every decorating season includes an exercise in moving boxes for other seasons before finding the ones currently needed. Take some time and spread out your tubs around the space. If need be, add a few more sheets of plywood decking to give yourself ample room to store your bins.



- If you decorate with more than just a different scent of candle and hand soap, take photos of your completely decorated house to use as a reference in years to come. There is nothing worse in decorating than knowing you had it just right before but being unable to duplicate it this year.

SPRING CLEANING, PART TWO

- Give the house a decent cleaning between seasons. Decorating can take a while on its own, so adding house cleaning might turn this into an entire weekend job. If you have kids, try making the cleaning a family event. Give each kid a duster or dry Swiffer and see who can collect the most dirt and dust.



- When you are putting your decorations away, be sure you give them a wipe, a rinse or a dry towel, whatever applies to each piece. The biggest thing is that you make sure any water or liquid is completely dry

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- Pack smartly. Give breakables plenty of padding and packaging, and do not overfill your tubs. It may mean buying an extra bin or two, but the few dollars spent upfront will easily outweigh the monetary and sentimental cost of replacing your decorations.

- When it comes to your Christmas lights, take extra care to keep from breaking bulbs in the cleanup process. If you find that you have broken bulbs or strands during the holiday season, check local stores at the end of the season for two reasons: You might find big savings with after-Christmas sales, and you want to make sure to match the style you are replacing, which is no guarantee from one year to the next.

GETTING READY FOR GUESTS



- If you have a houseful coming to celebrate, it can be overwhelming. Unless your house is equipped to hold a few dozen cousins and in-laws, you're probably trying to figure out where to have everyone sit. One option is to borrow tables and chairs from friends, family or even your church or business. If you plan on hosting regularly, it may be worth the cost to buy some simple foldable seating that you can tuck away in the garage or attic. But if you

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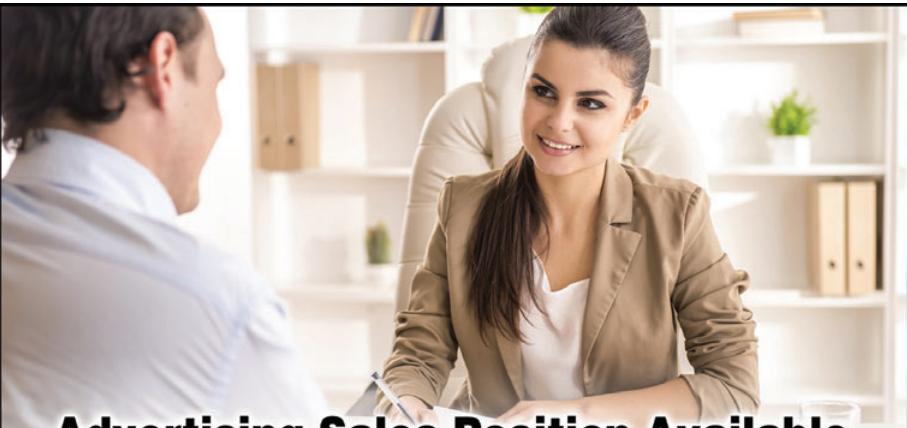


BUYING AND PURGING

- There is nothing wrong with starting a new holiday collection, or adding new pieces to what you already have. But, if you find yourself leaving certain accoutrement in the attic year after year, consider getting rid of some pieces before you buy anything new. For you empty-nesters, offer decorations and even whole collections to your children for their homes. You might be surprised what family mementos your son or daughter wants to hold on to from his or her childhood.

- When you take your next trip to the craft store, you might be tempted to load your cart with new items for your home. Take your decoration photos with you. Similar to going to the grocery store on an empty stomach, if you head out while your house is devoid of decor, you might end up with decorations you cannot fit. But, with pictures of your home in hand, you will have a good chance to consider whether or not you really need one more fall spread.

As you prepare this holiday season, remember that time with your family is supposed to be fun, not full of stress. With these simple organizational and decorating tips, you can focus on being thankful for all that you have. **NOW**



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Mr. Reddy and his multispecialty team at Vcare Health Services work together to restore quality of life and well-being to their many patients.

Pain-free Living

Surgery doesn't have to be the first line of treatment. — By Sandra Strong

Although centrally located in Waxahachie, Vcare Health Services also reaches out to patients in all the surrounding communities. James W. Galbraith, MD and Vik Reddy MSN, MPH, FNP-C, along with Office Manager Mary Boggan and a group of four full-time employees, make up the caring, competent and personable staff at Vcare Health Services. Working as a team is of the utmost importance to them. "We try to always put our patients' needs first," Mr. Reddy stated. "Pain can be debilitating, and hence, we offer same-day appointments for patients."

Mr. Reddy has been in the field of emergency medicine his entire career, where the majority of the cases he's worked with have dealt with pain. He wanted to do more than medicate and mask the pain. He decided early-on to get into a more conservative, health-friendly form of pain management. "I am

focused on treating and ridding patients of the problem," Mr. Reddy explained, "as opposed to just temporarily masking the underlying symptoms."

Vcare Health Services remains true to its slogan — Live Life Pain Free — by offering a multitude of pain relief solutions to multiple musculoskeletal problems. Vcare Health Services takes a nonsurgical approach to injury and pain through conservative pain-management techniques, physical therapy and rehabilitation. The multispecialty team at Vcare Health Services collaborates and combines its years of expertise, which results in not just relieving pain but, also, restoring health, quality of life and well-being by correcting the cause of the condition. "Relieving pain to bring back happiness and a normal, healthy lifestyle is the most rewarding aspect of what we do here," Mr. Reddy reiterated.

Business NOW

Some of the conditions Vcare Health Services specializes in treating include: neck and back pain, disc problems, sciatica, migraine headaches, fibromyalgia, neuropathy, osteoarthritis and joint pains, such as: shoulder, elbow, wrist, hip, knee and ankle. Along with pain management, other services include: primary care, physical therapy, medical weight loss, hormone replacement therapy, allergy management, physical and wellness exams, cholesterol screenings, diagnostic testing, second opinions and more. On-site diagnostic services include: digital X-rays, computerized range of motion testing, muscle strength testing, nerve testing and vascular screenings.

The non-surgical approach to treatment includes state-of-the-art, FDA-approved technological advancements, such as: the DR Flat Panel X-ray Imaging System, DRX 9000 Spinal Decompression Table, LipoLite Laser for medical weight loss, Pettibon System, advanced whole-body vibration units, electrotherapy units and infrared systems, to name a few.

It's this commitment to patients that led Vcare Health Services to develop this state-of-the-art practice. "We listen to our patients. We take plenty of time to do a thorough examination on every patient, while customizing each individual treatment plan in order to resolve their medical issues," Mr. Reddy explained. "We provide a wide variety of both modern and traditional diagnostic and therapeutic services to completely and accurately diagnose and treat the issue."

Vcare Health Services also uses FDA-approved natural/biologic medications, which have proven to produce excellent, long-acting pain relief without any potential negative effects on the body. In Mr. Reddy's five-year tenure in Waxahachie, the treatment plans have resulted in a 95-percent success rate in treating various medical ailments. "We have found success in treating chronic cases," Mr. Reddy added, "which have failed other treatments."

Mr. Reddy speaks at businesses about preventative and functional medicine, proper body mechanics and injury-preventive methods. "My goal is to let people know surgery doesn't have to be the first line of treatment. I have many patient success stories to prove this," he admitted. "Come talk to me, so you can start living pain free." **NOW**

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Around Town NOW



Firefighters James Koonsman, Jonathan Laws and Danny Driskell proudly display the pink T-shirts that they are also tough enough to wear.



Faith Browning and her son, Tech Sgt. Odos Matthews IV, celebrate his graduation from the Lackland AFB NCO Academy in San Antonio.



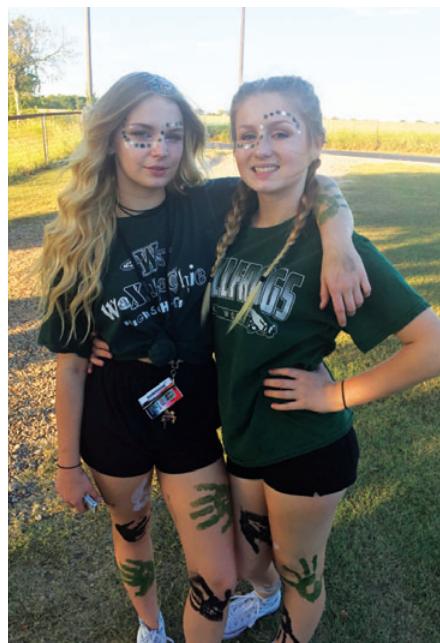
Enterprise Rent-A-Car celebrates their Waxahachie Chamber ribbon cutting ceremony.



Ella Rich and Emily Denny spend quality friend time jumping at Urban Air Trampoline Park.



Bride-to-be Mayme Bowen and Nicole Goodley, a member of the bridal party, consult with Carlee Gilley during the Waxahachie Bridal Fair.



Jessica Snyder and Piper Frye head for WHS Homecoming Game!



NOW Magazines is proud to Back the Blue as Rachel Smith drops goodies by the station to Kevin Wright, Kevin Patterson, Dale Sigler and Casey Borders.



John Kahn, Alex Scott, Robert Hernandez, Yvette McMillan, Joe Ayala and Travis Rochford make up the crew that was on hand from The Paint Shop during the C10s in the Park Truck Show.



Joyce Sebesta poses with Melissa Shook at the Waxahachie Chamber Auction.

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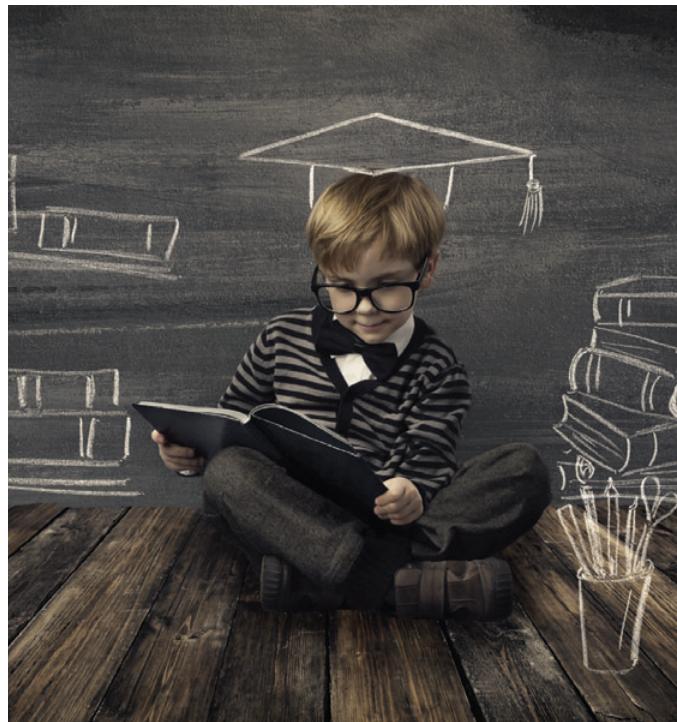
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Get Your Young Kids Saving for College



College tuition continues to increase every year, so it's important to start saving for college as early as you can. Getting your kids involved when they're young can help them form valuable savings habits and alleviate some of your financial burden. These steps can help you get started:

Divvy up their pennies. Decide with your child how much of every dollar they earn will go toward spending, saving, etc. Set up separate banks for each category, and help them split their earnings.

This can simultaneously teach them to save for long-term needs and to spend only within their means.

Reward saving. Children might be more encouraged to save with a little incentive. At the end of every month, match all or part of what your children have saved, so they can watch their money grow even more.

Take a field trip together to the bank. Go old school and regularly deposit your children's cash and coins in person. They can experience the savings process firsthand, and they can see how their money grows. If you utilize an online savings account, then act as the banker: Set a regular deposit date when your kids will bring you their allotted savings, and put that amount in their accounts.

Suggest cash gifts from relatives. If eager gift givers are looking for another idea, mention contributing to your kids' savings accounts or giving money. If it's the latter, remind your kids to divide it up according to their spending and saving categories.

Look for non-institutional scholarships. Yes, there are scholarships available as early as elementary school! Essay contests, science awards and more may come with cash prizes. If your child receives award money right away, consider investing it in a tax-advantaged college savings account. **NOW**

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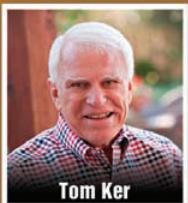
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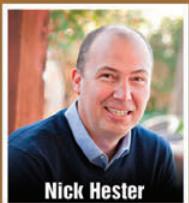
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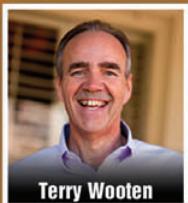
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The “Caring for America’s Seniors: The Value of Home Care” Report

Aging in America is dramatically reshaping society and creating an ever-increasing dilemma. Nearly 70 percent of Americans who reach age 65 will at some point need assistance to care for themselves. But who will provide that care?

In four years, the United States will be home to 56 million people age 65 and older, and this number is expected to climb to 84 million by 2050. The country's traditional model of institutional care, such as social services and nursing homes, cannot keep pace with this rapid demographic rise of America's seniors. Family members who step in to help aging parents and relatives face their own limitations of juggling work and raising children. Compounding the issue is that on average, older adults and their nearest child live about 300 miles apart.

To help, professional home care is emerging as an invaluable partner in providing care and comfort for elderly loved ones. Trained, at-home caregivers assist with daily living activities, such as dressing and preparing meals, to managing more skilled care including diabetic injections and wound care. Home care fills in the gap between living in a care facility and depending heavily on family members.

Home Care Improves Seniors’ Health Outcomes

The Home Care Association of America (HCAOA) and the Global Coalition on Aging (GCA) notes in its “Caring for America’s Seniors: The Value of Home Care” report that in-home caregiving offers a number of health and financial benefits including:

- Reducing common injuries and falls. In-home caregivers complete everyday tasks for seniors (e.g., cooking, light housekeeping and laundry), which protects older adults from muscle strains,

burns, falls and other injuries.

- Keeping seniors connected and engaged. Because of driving limitations, older adults often miss out on social activities. Professional caregivers can help with transportation to social functions and to errands and medical appointments. Care specialists also assist with computer and phone connections to keep seniors in touch with family and friends.

- Protecting everyday health. Up to 75 percent of seniors make some type of medication error. In-home caregivers provide medication reminders and prepare nutritious meals to keep elders healthy and energetic. Professional caregivers also help ensure the personal hygiene of elders and can spot changes in their condition that could lead to a possible health issue.

Home Care Reduces Overall Health Care Costs

By improving the health of seniors, at-home caregivers lower health care costs nationwide. Home care reduces hospital admissions and readmissions, keeping down the cost of government-funded health care including Medicare and Medicaid. A more cost-effective option for the well-being of older adults, in-home care services saved hospitals as much as \$25 billion in 2008 alone. One study finds that paid at-home care decreased doctor visits by 25 percent annually.

For 2015, professional home care services cost roughly \$45,000 a year for an average of 44 hours per week — half the cost of \$91,250 for a private room in a nursing home. It only costs about \$1,800 more a year to remain living at home with assistance versus moving to an assisted living facility. How has at-home care assistance benefited seniors you know? **NOW**

*Whitney Krupala, MBA, MSN, RN
Owner – Administrator
Right at Home #1486*

Perceptible Nature

Discover an intersection of art and nature at Austin's Elisabet Ney Museum.

Interstate 35 provides North Central Texans an escape to what feels like another world. In the Hyde Park area of Austin, a three-story limestone structure arises from two-and-a-half acres of xeriscaped butterfly havens open to nature lovers. The 120-year-old, castle-looking museum invites people to snoop around in the lives of two people who pushed conventional boundaries.

Philosopher and physician Edmund Duncan Montgomery and his sculptress wife, Elisabet Ney, came to Texas from Bavaria when she was 39. Their cultural contributions are on display in the sculpting studio Elisabet built in the late 1800s. She named it *Formosa*, and turned its turret into a writing study for Edmund when he'd visit. Considered the first art museum in Texas, *Formosa* was selected by The National Trust for Historic Preservation to join the league of former studios of more contemporary artists, including Jackson Pollock, Winslow Homer and Georgia O'Keefe, as one of the members of its Historic Artists' Homes and Studios program.

Montgomery was a good match for Elisabet, who was sculpting in the court of King Ludwig II when they met. They had a child together, and during her pleasures of womanhood and motherhood, she continued creating works from marble. Her works are found in the Texas State Capitol, the U.S. Capitol, the Smithsonian American Art Museum and in museums and private collections throughout Europe and the U.S. Her sculptures honor great men, including King Ludwig II, Otto von Bismarck, Giuseppe Garibaldi, Arthur Schopenhauer, William Jennings Bryan, Sam Houston, Stephen F. Austin and General Albert Sidney Johnston. Some are on display at *Formosa*.

After Elisabet's death in 1907, friends preserved the studio and its contents as the Elisabet Ney Museum, and established the Texas Fine Arts Association there dedicated to her memory. Most materials

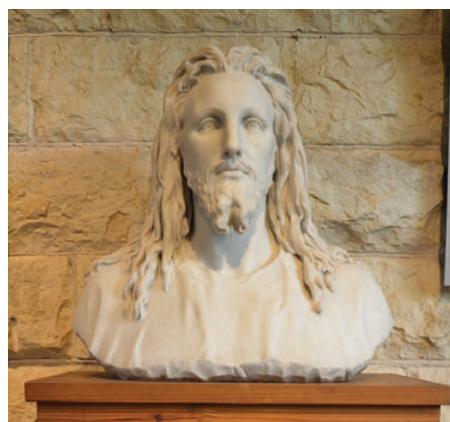
in the museum comprise the Elisabet Ney Collection of the Harry Ransom Humanities Research Center of The University of Texas at Austin. Year-round exhibits include photographs of Austin, Texas, from 1840 to 1911, as well as photographs of her homes and studios in Europe and America. Staff-led tours of Elisabet's former studio are available, and research and archival access is provided for scholars, researchers and educators.

Throughout the year, special events are hosted on the grounds of the Elisabet Ney Museum. February's celebration of urban birds unifies the Audubon Society, Cornell University and the public. In April, the museum hosts the Austin Short Short Festival, an afternoon of fewer-than-1000-words fiction read by Austin's finest authors. In May, the museum's annual Ney Day celebrates women in the arts with five all-women bands, various activities, art displays and demonstrations, food trucks and more. That's also when the museum announces its Featured Artist of the Year who unveils a temporary outdoor art piece that will remain on the grounds until the next Ney Day. September's *Who Are You? Portraiture in the Park* kicks off fall programming, shedding light on the functionality of portraits.

After enjoying the intellectual trip to the museum, you may want to close an evening in the fresh air at one of Austin's many parks. Barton Springs Pool and Zilker Metropolitan Park are beautiful year-round, but summertime is certainly when pools and splash pads provide exactly the kind of perceptible nature Texans of any age know and love. **NOW**

For more information about the wide range of educational programs, exhibits, special events, workshops and lectures at the Elisabet Ney Museum — which is only open from noon to 5:00 p.m. Wednesday through Sunday — just call (512) 458-2255 or visit www.elisabetney.org.

By Melissa Rawlins. Photos courtesy of Austin Parks and Recreation Department.



Calendar

NOVEMBER 2016

Through the Fall

Lighthouse for Learning/Community Education/Fall-Holiday Semester: Visit www.wisd.org or call (972) 923-4631 for more information.

November 4, 5

Waxahachie Old Fashioned Singing: 7:00 p.m., **Saturday**; 3:00 p.m., **Sunday**, Chautauqua Auditorium. For more information, visit www.WaxaOFS.com.

November 5

Battle Cry 5K: MKT Depot in downtown Waxahachie. The event benefits The Salvation Army. For more information, call (972) 937-0509.

Fall Farm-to-Table Feast: downtown Waxahachie.

Waxahachie Symphony Association – Arts District Chorale “Broadway and More”: 7:00 p.m., SAGU Hagee Communication Center Performance Hall, 1200 Sycamore. For more information, visit www.waxahachiesymphony.org.

November 11 — 13

Waxahachie WWII Weekend & Reenactment:

the big battle will take place at **3:00 p.m., Saturday**, historic downtown Waxahachie.

November 12

Harvest and Holly Days Market: 9:00 a.m.-3:00 p.m. First United Methodist Church of Waxahachie, 505 W. Marvin Ave. For vendor, sponsoring or volunteering for the event, contact the school at (972) 937-4113.

The Settles Science and Nature Center Children’s Event: 9:00 a.m.-noon, Pettigrew Academy, 806 E. Marvin Ave. The event is free to the public. For more information, call Kim Bauman at (972) 923-1633.

Ellis County Veterans Appreciation Day: 10:00 a.m., Waxahachie Civic Center.

Waxahachie Veterans Weekend Film, Dinner & Dance: 6:00 p.m., Waxahachie Civic Center. Information and tickets, visit www.crossroadsoftx.com.

November 14 — 21

Operation Christmas Child, Shoebox Ministry of Samaritan’s Purse, National Collection Week: two drop off locations at Farley Street

Baptist Church, 1116 Brown St., Waxahachie and East Ridge Baptist Church, 732 E. Ovilla Rd., Red Oak. For more information, contact Burt Lyon, Ellis County Operation Christmas Child Area Coordinator, at (310) 413-8716.

November 18, 19

Ellis County Habit for Humanity Festival of Trees: 5:00-9:00 p.m., **Friday**; 9:00 a.m.-3:00 p.m., **Saturday**, Waxahachie Bible Church, 621 N. Grand St. For more information, call the Habitat office at (972) 937-2797. For event times and to get your designer entry form, email Teresa McNeil at elliscountyhrh@gmail.com. For general information, call (972) 937-2797 or email elliscountyhfh@gmail.com.

November 19

Waxahachie High School’s Pre-Christmas Craft Fair: 9:00 a.m.-4:00 p.m., Waxahachie High School. Admission: \$1. Kim Kriegel at kimkriegel@aol.com.

November 29

Christmas Parade & Community Tree Lighting: 6:30 p.m., downtown Waxahachie.

Submissions are welcome and published as space allows. Send your current event details to sandra.strong@nowmagazines.com.



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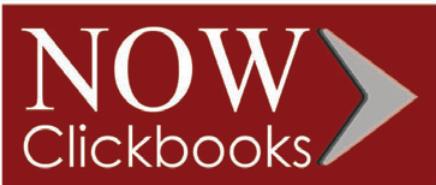
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In the Kitchen With Tina McCaney

— By Sandra Strong

Tina McCaney has been cooking for others since the age of 10. “My mother and brother taught me everything I know,” she admitted. This fact may have been true when she was just learning to prepare meals for family and friends, but she’s had plenty of time to perfect all those early lessons as a cook at Baylor Scott and White Hospital. “I’ve been a cook at the hospital for 25 years,” she shared. “I started there when it was W.C. Tenary Hospital.”

Growing up in Waxahachie hasn’t influenced her cooking style, but Tina does admit to inventing some of her own signature dishes. Her goal is to prepare meals that others enjoy eating. “I really do love baking and also some down-home cooking,” she admitted. **NOW**

Sweet Potato Pie

**1 1/2 cups sweet potatoes, cooked and mashed
2 eggs
1 cup sugar
1 tsp. salt
1 tsp. cinnamon
1 cup milk
2 Tbsp. butter
1 8-inch unbaked pie shell**

1. Boil sweet potatoes in water over medium heat until fully cooked.
2. Beat eggs slightly. Add sugar, salt, cinnamon and milk; mix well.
3. Add butter to the potatoes. Blend with milk/egg mixture and mash all together well.
4. Pour into pie shell. Bake at 350 F for 1 hour, or until knife inserted in the center comes out clean.

7-Up Pound Cake

**3 cups sugar
1 1/2 cups butter
5 eggs
3 cups flour
1 Tbsp. lemon extract
3/4 cup 7-Up**

1. Mix sugar and butter together. Beat until light and fluffy. Add eggs and flour. Mix well. Add lemon extract and 7-Up.
2. Pour batter into greased and floured baking pan. Bake at 325 F for 1 hour 25 minutes.

Banana Bread

**2 cups sugar
8 Tbsp. butter**

**2 eggs
3 bananas
1 tsp. milk
2 cups flour
1 tsp. cinnamon
1 tsp. baking powder
1 tsp. baking soda
1 tsp. salt**

1. Preheat oven to 325 F. Grease a 9x5x3-inch loaf pan.
2. Cream the sugar and butter in a large mixing bowl until light and fluffy. Add the eggs, one at a time, beating well after each addition.
3. In a small bowl, mash the bananas with a fork. Add milk, making sure to mix in well. In a separate bowl, mix together flour, cinnamon, baking powder, baking soda and salt. Add the wet mixture to the dry mixture, stirring until well-combined.
4. Pour batter into pan. Bake for 1 hour 10 minutes, or until a toothpick inserted in the center comes out clean.
5. Set aside to cool on a rack for 15 minutes. Remove bread from pan. Invert onto rack and allow to cool completely before slicing.

Wonder Brownies

**2 cups all-purpose flour
1/2 tsp. double-action baking powder
3/4 tsp. salt
1 cup sugar
2 eggs, well-beaten
2/3 cup Wesson Oil
2 squares cooking chocolate, melted
1 tsp. vanilla
1/2 cup nuts, coarsely chopped**

1. In a mixing bowl, sift flour, baking powder and salt together. Set aside.
2. In another mixing bowl, add sugar to the eggs, blending well. Mix in oil, chocolate and vanilla.
3. Add dry mixture to wet mixture, all at once. Make sure to mix together well. Fold nuts into brownie mixture. Pour into a greased 7x11-inch baking pan.
4. Bake at 350 F for 20 minutes, or until a toothpick inserted in the center comes out clean.
5. Allow to cool 5 minutes before turning out of pan. Cut into 16 squares and enjoy.

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