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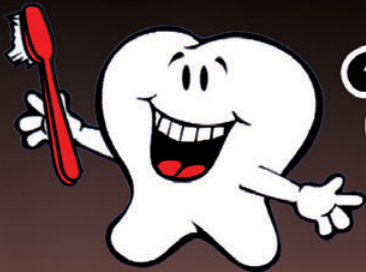


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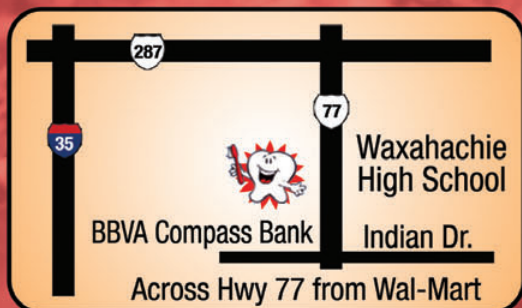
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ON THE COVER



*Tailgating to Luke Lorick
is more than just
one special day.*

Photo by Amy Ramirez.

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Editor's Note

Happy Fall!

Fall — my favorite season — has arrived! I love to sit on the front porch in the cool evening breeze counting my many blessings. Of course, my family always comes to mind, but those times I've spent falling off the mountaintop into the valley are the seasons that have really shaped me into the person I am today — and I'm starting to really like me. As a valley girl, I've learned I'm much stronger than I realized. Lemons that have been thrown at me have made the best tasting lemonade. Cards I've been dealt have become a royal flush. Adversities that once made me cry are making me stronger in my spiritual walk.

Later this month, another one of my sweetest blessings will be turning 3. Zane, my youngest grandson, has morphed from a sweet, chubby-cheeked baby into a handsome young boy, in what seems like overnight. His smile melts my heart, and his kisses, although few and far between because he doesn't really like them, are priceless.

Yes, I do so love counting my many blessings!

Sandra

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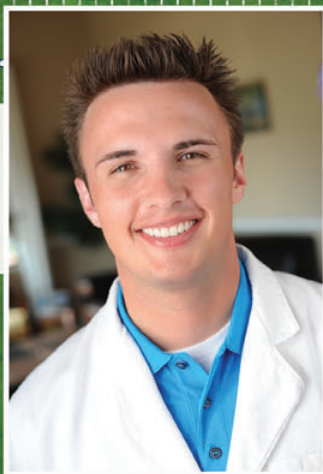
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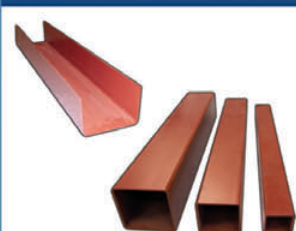


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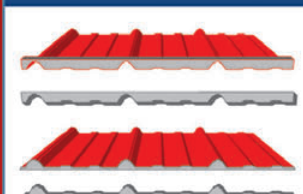


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PARKING LOT Party KING

— By Rick Mauch

Burgers sizzle on the grill. Hot dogs are next to them, both waiting for hungry folks to decide which to munch on — perhaps both — as they wait for the game to start. Footballs fly through the air, along with Frisbees. A friendly game of bag toss is taking place, and a television features a pregame show or a game that started earlier. This will be the scene in parking lots across America as another football season begins.

But for Luke Lorick, this season has something extra. He has September 3 circled on his calendar. It is the first National Tailgating Day, created by Luke himself. “I saw there is a National Flip-Flop Day (June 17) and a National Cookie Day (July 9),” Luke said. “I thought there’s got to be a National Tailgating Day, but there wasn’t.”

So, Luke went to work creating one. He completed the necessary forms, jumped through the appropriate hoops, and in a few weeks, learned that his request had been approved by the registrar at the National Day Calendar. The day will fall on the first Saturday in September each year. This is also typically

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the first weekend of the college
football season.

Luke, 33, and his wife, Meredith,
are both graduates of the University
of South Carolina, which is part of
the Southeast Conference. Like the
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of the premier conferences in college football. But, as Luke is quick to note, it doesn't take a powerhouse team to have a powerhouse tailgate experience. All it takes is a willingness to have fun with friends. However, it *is* enhanced if your team is having a good day. "I love having friends together. That's the best part of tailgating," he said. "It is a great experience and makes for a perfect day — especially if my team is winning!"

Tailgating to Luke is more than just this one special day, however. The day, in fact, is an offshoot of his company, Tailgating Challenge. "I was literally lying in bed one night and it came over me: Do something I like, and have fun with it," Luke said. "It began as a fun project that has ballooned."

Luke said Tailgating Challenge is more than a way to make some money. In fact, he still commutes daily from Waxahachie to his job at an insurance company in Richardson, and Meredith is a marketing professor at Baylor University in Waco. Tailgating Challenge showcases cutting-edge products and offers people an opportunity to learn

how to enhance their tailgates and get the most out of their experiences.

And if anyone would know how to get the most out of a tailgate, it is Luke. He's been enjoying such events ever since he was a young boy going to the





University of South Carolina football games with his family.

"The first game I remember attending as a child, I must have been 9 or 10, opened my eyes to tailgating," he said. "People were tossing footballs around. There was food everywhere. And after all that, we got to go into the stadium and watch our favorite team. I said, 'This is something I want to keep doing.'"

And he has kept doing it. Those who know Luke well want to be a part of his tailgates, along with thousands who follow him on Facebook. "It's always an adventure living next to Luke because you never know what kind of new tailgating product he's going to get," said his neighbor, Sherry Dollus. "He continues to come up with new and innovative ways to increase his followers and help enhance their tailgating experiences."

For example, one of Luke's favorite items is a backpack cooler. It's designed for folks who want to hit more than one tailgate, or tailgate hop, as Luke calls it. "Tailgate hopping is not uncommon," he said. "Tailgaters welcome all folks who want to stop by, and there's always extra food if you're doing it right."


Not everyone at a tailgate finds their way into the stadium. Some folks stay in the parking lot, watching the game on television. "That's been me before," Luke said. "Even if you don't have a ticket, you can go have a great time in the parking





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lot and be in the atmosphere of the game, all while saving a few bucks. When that happens, it means you are throwing a good tailgate.”

Food is one of the biggest essentials to a good tailgate outing. Next to people, of course. “Without friends and fun folks, it doesn’t matter what you have,” Luke said. “But as for food, the No. 1 rule is you can’t run out. Some people will stay and others will briefly pop by, and you must have enough for everybody. A good tailgate is also going to have plenty of beverages, adult and others.”

Grilling is always the top form of cooking at a tailgate, highlighted by hamburgers and hot dogs. But people are getting more creative with their menus, as Luke noted when he remembered a photo sent to him from a game. “They were lobster-gating. I bet they dropped



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quite a few more bucks than they would have for a couple of hot dogs,” he said with a laugh.

George Peters, co-founder of Kettle Pizza Ovens, is a big fan of Luke. He complimented him on his forward thinking to designate National Tailgating Day. “Tailgating with family and friends will continue to grow because people love to share food and have some fun in a safe and friendly environment. You never see too many unhappy people at tailgating events,” he said.

Luke envisioned his ultimate tailgate. This is what he would do if money were no object. “I’d have a customized trailer with a full bar, numerous TVs, a rooftop area on the trailer for people to go up and dance or sit and relax,” he said. “There would be all kinds of cool toys, such as motorized coolers.” He chuckled as he stated he’d also have to have lobster and fillets.

“We’d have a live band taking requests. It would be a day people would never forget. Oh, and it would be at a Clemson versus South Carolina game, with South Carolina winning,” he added.

And while tailgating is typically associated with football, from high schools to the pros (no alcohol at high schools, though), Luke sees no reason it can’t expand. Lots of folks already tailgate at concerts, he noted, but there could be some missed opportunities, like, say, a wedding? “I could make it happen,” Luke said with a grin. “And everybody would have a great time.” **NOW**



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— By Debbie Durling



Julia Kazda literally glows when she shares her plans for the future. This happy sixth-grade student aspires to be a writer “when she grows up.” However, she is already well on her way.

This past year, she won the UIL district and regional competitions in the Ready Writing category. The topic at the district meet was “Three words that describe me...” In the piece, she described herself as positive, clumsy and kind. “... You had better be yourself. I mean, everyone else is taken,” she wrote. She concluded her writing with, “... all of these things make up me, and *that’s* something I’m proud to be.”

Julia is only 11 years old, but even at this young age, she has overcome major obstacles. She was born with a condition known as hip dysplasia. This is a defect in which the ball at the top of the thighbone does not fit into the hip socket correctly and slips



out. Julia has endured many surgeries and hospital stays, at Texas Scottish Rite Hospital for Children, with long recovery periods. Her final surgery was before her 5th birthday. She remembers that Christmas, when her cousins got scooters and all she could do was sit in her wheelchair and watch them play because she was in a cast from the chest down. Feeling awkward because she could not get around as well as other people was also difficult. But, she turned the negative feeling into a positive response. She is now more sensitive to others who feel different or left out. A novel that has moved her is *Wonder*, by R.J. Palacio. It made her cry, because she has a tender heart toward those who are left out and different.

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Julia performed a major act of kindness on her 6th birthday. Remembering the other kids who were at Scottish Rite when she had her surgeries, she wanted to do something to make them smile. So, in lieu of gifts for herself, she asked that all of her friends bring an unwrapped gift for her to donate. After the party, she distributed them to the children who were in the hospital. She said she will never forget the joy her presents brought to the boys and girls who were sick. Now, it is a tradition to do something for Scottish Rite every year. It is no surprise that in her winning essay she described herself as kind. From an early age, she began to give back in appreciation of those who had helped her. While unable to walk and get around, she became an avid reader because there wasn't much else to do. This sparked her desire to write.

One of her first pieces of writing was a special sentence that read, "I wish I could fly, so I could have a tea party with God." What a beautiful thought from a little girl who had been through so much. She later wrote a book called *Dog Town*. It is the story of a dog who is picked on for his size and told he is not good enough while at the dog pound. However, he leaves the pound and becomes a great spy and soon realizes size does not matter. After her first trip to Walt Disney World, she wrote a story highlighting her favorite parts of

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Name: Julia Krasa 2-2-2015
Disney World (12)

Disney World feels just like home in many ways. For example, it has the friendliest people I've ever met and the yummiest food ever. And...well...it's just magical! Now, let me tell you some things about this place!

First is the people, they are sooo awesome! They always know what to say when you ask which never really happens when you're at Disney World. Anyway, everybody there is just great! Literally all the people there call you princess or sweetheart. Unless you were a boy of course! In that case you'd probably be called little boy or something like that.

Next is the food. Not just the regular yeah it's good food, but the BOOM! Blow your mind food. You know what I mean? Let's see...ummm...oh! Like when I ate at Cinderella's palace, the dessert I ordered was peanut butter smores. I was just waiting casually when it happened it came to my table. Finally after staring at it for a while, I took a bite. I was awestruck as soon as I bit in. It was like this creamy magic spread over my tongue. It was amazing!

Last, but not least is the magicalness. Everything seems so unreal! I remember distinctly seeing the fireworks shoot up behind Cinderella's

the trip. She described eating the dessert in Cinderella's Castle. "The dessert I ordered was peanut butter s'mores, and I was just waiting casually," she remembered. "Then, it happened. It came to my table. Finally, after staring at it for a while, I took a bite. I was awestruck as soon as I bit in. It was like this creamy magic spread over my tongue!"

She also described the "magicalness." "I also remember seeing the fireworks shoot up behind Cinderella's palace. It kind of made you realize the miracles

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God could make," she explained. "I mean like, think about it. Walt Disney was just a regular guy who liked to draw, and then all of this happened. Wow!" Disney World responded to her enthusiastic essay with appreciation, especially noting the word "magicalness," and that she likened the kingdom to a "second home" because of all the good food and friendly people. They also sent her a gift from Rapunzel, her favorite princess.

Wanting to make others smile, give them joy and entertain them is a major motivation for wanting to be a writer. "I want to entertain people with stories of fantasy and suspense," Julia said. Her favorite book series is Harry Potter, which, of course, makes J.K. Rowling her favorite author. She loves being able to escape to worlds of fantasy in a book and wants to provide fantastic experiences to her readers someday. She admires J.K. Rowling because she wrote on a napkin when she was too poor to buy paper. She did not let poverty stand in her way. This is kind of a mirror to Julia, an amazing little girl who is not letting the difficulties of her early life be an excuse for mediocrity.

Even though Julia can remember a love of writing as far back as kindergarten, it was her second grade teacher, Sarah Beratto, who helped her realize it was her passion. "Miss Beratto was different from all the teachers. She made writing into a game," Julia recalled. "We learned to spell new words by finding letters she had hidden around the room."

When Julia writes, she likes to begin with a hook to draw her reader in at the

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beginning, then she creates a climax in the middle, where it gets really exciting. She also keeps story journals. She gets story ideas and writes the beginning of the story right away, even if she does not have the middle or the end. She puts it down when she does not have any more to write. "Sometimes, I will have two months of inspiration," she admitted, "and then a month when I do not even want to pick up a pencil."

The *Junie B. Jones* book series hooked her on writing because Junie was always writing in her journal. Julia hopes to write a series one day. She wants to leave people in suspense at the end of one book until they read the next book. This 11-year-old is already planning her own publishing company and has been since she was 9. She has the name, The Eye Opening Publishing Company, and the logo is to be an eye with a book in the pupil. "I want my books to open people's eyes and inspire them," Julia said with a twinkle in her eye and a glow on her face. Filled with positivity and kindness, her vision and purpose are sure to be realized someday. **NOW**

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An Island Retreat in the CITY

— By Debbie Durling



Just on the edge of downtown sits a little white house that has been transformed into a dreamy cottage for two. After living in a larger home in Red Oak, the Autreys decided it was time to downsize and found themselves here in the heart of Waxahachie. Gary and Rhonda Autrey have led very busy lives. Rhonda's career has taken her to downtown Dallas for 25 years working as a secretary for a chief executive. Before he retired, Gary spent 44 years in education. He is now a Realtor who loves to remodel homes.

At Home With Gary & Rhonda Autrey



A true reflection of this couple who wants their home to be a place to get away from it all, every inch of their home whispers, "Rest, relax, come away." It is difficult to imagine that a home so close to the Waxahachie square could be a relaxing retreat, but that is where the skill of this talented duo becomes evident. They were married in the Bahamas 20 years ago while on a cruise. "We left my makeup bag and wedding ring in the car back at the dock," Rhonda laughed. They went directly from the airport to the marriage license bureau. While they were taking care of business, they noticed their cab driver taking a nap. Rhonda remembers the lights going out several times while she was trying to get ready for the wedding. The power failures also caused the water in the shower to stop running. However, the islanders took everything in stride and told them to



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relax, don't worry. When the ceremony was finally underway, over 50 islanders, who were simply passing by, joined them as they said their vows. Gary and Rhonda fell in love with the people and the laid-back, stress-free atmosphere. So, they recreated a little of that in their cottage in the city.

At first glance, their home appears to be a simple white house on the corner of the block. A traditional picket fence made of reclaimed wood surrounds the front yard. Sitting prestigiously by the front sidewalk is an antique Chelsea mailbox. A quaint, little front porch with a sitting arrangement greets guests. The Autreys love to sit there on the weekends and greet those who pass by. Gary told of a morning when a couple of ladies came by and stopped. After a little conversation, one of them said she would love to see the house on the opposite corner — it was where she grew up. Gary was happy to oblige her wish, as he owns all three houses on

the block. In fact, history reveals that these three houses were once owned by the Presbyterian Church across the street. In the days of wagons and horses, people would travel from the ranches outside of town to come to church. The houses served as a place for them to rest and/or spend the night before making the trip back home.

The view from the front door is an open concept living and dining area that opens left into the kitchen. Beautiful trim work can be seen lining the ceiling and casings, which are characteristic throughout the entire house. Earth tones bring a calming influence to the living area. A unique coffee table provides the sitting arrangement by the entry with rustic beauty and rich history. It was the door to the hull of a ship from the 1700s and rests on an ornate iron base.

Rich brown and golden tones flow in the hardwood floors throughout the house. Plantation shutters only add to the island feel. A Jack and Jill bathroom connects the elegant white and gray guest bedroom to the office.

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War time period and other interesting pieces Gary has collected are found there. A well-done graphite pencil drawing of a buffalo hangs over his desk, which was drawn because of the gratitude of a family he had helped while serving as principal in Palmer, Texas. Opposite that wall, under Robert E. Lee's picture, stands an 1897 ice box. In excellent condition, made of solid oak and sporting brass hinges, it is no surprise to peek inside and see that the porcelain panels, used for keeping the food cold, are also still intact. On the wall by the door is an antique pendulum clock, which houses treasures in its casing. One of those treasures is a Santa Fe special pocket watch that has been handed down through the Autrey family. Only railroad engineers were given these special edition watches.

Leaving the office and rounding the corner leads to the kitchen, where beautiful white cabinets, stone tile floor and countertops, a granite-top island and a work/conversation place created in an otherwise unused nook can be found.



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Through the French doors at the end of the L-shaped kitchen awaits a Key West-style oasis that invites the weary soul to just breathe and rest. Three large windows to the left invite refreshing light into the sitting room, while to the right, an open, sheer draped, archway leads to the bedroom. A four-poster bed with more white, sheer draping continues the island feel, with more light coming in from the large crafted windows on the right bedroom wall.

Just steps away from the bedroom is a master bath with a large open shower of multiple tones of brown and taupe. Two cherry vanities provide his and her space for dressing. However, the most unique feature of the home is a staircase that rises from the bathroom to the second floor, which is completely dedicated to Rhonda's closet and dressing room. "It's just for her," Gary shared with great sentiment.



The home is 1,600 square feet with every foot as livable as it is beautiful and unique. Yet, the Autreys' favorite place in this island paradise located in the middle of the city, is the back porch. The deck is made of cedar planks that cascade away from the French doors in three tiers. The deck wraps around from the back to the left side of the house. Cedar rails and open ceiling trusses make for a constant breeze that feels like the ocean must be near. A large-screen television is mounted to the side of the house, making an outdoor living room that most dream of having. Much of their time at home is spent relaxing in this breezy, tropical spot.

Gary and Rhonda have truly combined their love of the islands and their skill of remodeling to create an unexpected jewel in an unexpected spot. Special care has been given to the details to create warmth and structural strength yielding beauty that goes much deeper than the surface. **NOW**



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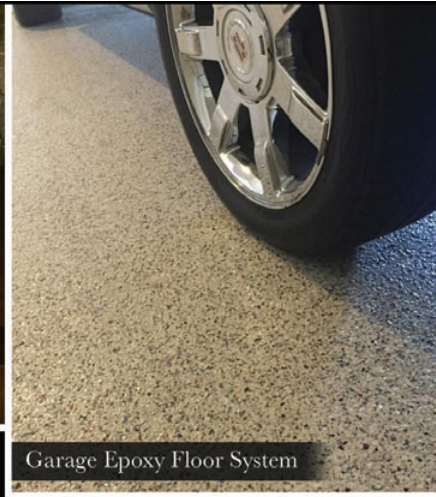
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The history of Ellis County is lined with strong, independent residents, all driving toward the same goal — to make this community the best in Texas. Amidst that history are a number of strong, powerful women who worked tirelessly to ensure the education and amenities available for the children of the community were head and shoulders above the rest. Numbered among those were members of the Waxahachie Mothers Club, led by women who brought their bountiful skills and illuminating talents together to not only provide opportunities for the children of the community but for their parents, as well.

WILLY ERS

— By Melissa Swedoski

The Waxahachie Mothers Club began in 1947, before the days of PTA and PTO, becoming a part of the City Federation of Women's Clubs, all designed to build a better community. "There were a number of mothers with an interest in improving the lives of our children, and they took it upon themselves to form the club to meet

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those needs,” explained immediate past-president, Frances Farley. Approaching their 70-year anniversary, Frances added, “So many wonderful women have come before us. We owed it to them to keep working for the children and families of Waxahachie.”

According to their mission statement, the Mother’s Club is “centered around the welfare of children and mothers,” allowing members the opportunity to “share their knowledge, time, money and expertise wherever and whenever needed in the community.” Incoming president, Grace Tamminga, said, “Our goal is to be communal, and it helps that we are all interested in the welfare of children and are all very good friends.”

Although the club’s numbers have diminished over the years, the impact that the organization continues to make includes scholarships, donations, volunteer hours and activities. “It’s all about the children and families,” Frances said. “We want to help children in any way we can to become responsible adults who then will serve our community with their gifts and talents.”

The club supports two scholarships each year. “Our graduates in Waxahachie are so bright,” Frances said. “They are amazing.” The Frances McGregor Scholarship is based on excelling in academics and continuing their education, while the Jennette Loftis Scholarship is based on grades and volunteer activities. Both women were former club members. “It’s really important to us to continue our children’s’ education,” Frances added. But that’s not all they do with Waxahachie ISD. Various members of the club have participated in volunteer



reading sessions at DEAR Day, while others have volunteered with the special needs students. "It's all been such a joy to do," Frances said with a smile.

Over the years, the club has made its mark in myriad ways. The Mothers Club members have volunteered their time at First United Methodist Church, where they made food packages to go all over the world; donated money and supplies to Daniel's Den, while helping homeless members of the community; helped establish and stock the library at Texas Baptist Home with books for children and tapes for education; donated to CARE; and volunteered for the annual Gingerbread Trail, which benefits the Ellis County Museum. "We try to touch as many lives as we can," Grace shared.

The group is also very generous, using their own funds to donate monthly to different groups such as First Look, designed to provide prenatal care for



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area women. Club members donate diapers and other supplies for new moms who might be struggling in the early days. "We've donated toys to the fire department toy drive, volunteered and given funds to the Gingerbread House and Hope Clinic. We don't host fundraisers, but we are careful with our funds and want to give to the community," Grace explained.

When asked why community service is so important, Frances was quick with the answer. "The community always needs volunteers. There are so many things to be done. If everybody just did one thing, what a difference it would make."

The club is also a great place for new residents, which is exactly what happened to Grace, who had recently arrived from Holland in 1984. "I wanted to be with other women and make friends," she recalled, "and it was a great way to do it."

When Frances moved to Waxahachie, she received an invitation from Jeanette Loftis and Virginia Curry. Frances noted, "They were very involved in the Texas Federation of Women's Clubs in Austin, a community of women who played



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an important role in shaping Texas and the nation. Women are intelligent and powerful. We need to use that power for the betterment of our world.”

The Waxahachie Mothers Club has a special place of honor, as the members learned. Grace was asked to do a cross-stitch of the Texas Federation of Women’s Club’s personal prayer from 1904, which is hanging in the state headquarters in Austin.

Of course, the club has its social aspect, also. The members take trips across the region to area attractions including art museums, the Dallas Arboretum and Bluebonnet Trails. Guest speakers share stories and community information at meetings. “It’s not required to be a mother to be a member,” Grace explained. “It all focuses around children and families, and we want to help build solid families, whether one parent or two.”

“We would welcome anybody. We’re very open,” Frances added. “It’s all about having a strong instinct to protect children and take care of them. All a child needs is one person to support him or her. So, it doesn’t matter if you’re a mother, as long as you’re interested in serving your community.” **NOW**

Editor’s Note: For more information, contact Grace Tamminga at gtamminga@aircanopy.net.

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READY AIM

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— By Zachary R. Urquhart

It's that time of year, again! Get out your camo, start cleaning your rifle and head to the store to stock up for your hunting expeditions. While most seasoned hunters have their routines down to an exact science, there are some simple things any new or novice hunter should know before heading out to get this year's limit.

HAVE A PLAN

- *Get Your Papers in Order*

Before you do anything else, make sure your licenses are up to date. You may purchase licenses at most sporting goods outfitters or large superstores. You can also now purchase licenses online through the Texas Parks and Wildlife website.

- *Know the Calendar*

Texas has outlined specific seasons for different animals. This area, called the North Zone, has start dates as early as September 1 for doves. The most anticipated season — white-tail deer — starts November 5, and there are dates for various game and fowl

starting everywhere in between. There are several animals with multiple or split seasons, so be sure you are hunting your prey legally, as the penalties include loss of license, hefty fines and can even involve jail time. If you want to try your hand at bow-hunting, your season will start about a month before rifle hunters.

- *Pick Your Spot*

There are several options when choosing a hunting spot. You may try to find a friend who has a hunting lease, allowing them to hunt on someone else's property. Or, you can opt for one of the many public hunting lands nearby. There are plenty of options within an hour or so, but if you are willing to travel a little farther, the Texas Hill Country is known to have the largest number of white-tail deer.

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before you pull the trigger. Make sure your gear is right for the natural environment that will surround you. On the other hand, there are clear laws requiring hunters on public lands to wear at least 400 square inches of hunter orange, in addition to orange headgear. So, when you are packing your camouflage, do not forget your orange vest and hat.

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well as fibrous foods like beans or broccoli that may lead to discomfort while you are trying to hunt. The best options are foods that have carbs, protein and a little fat. A peanut butter sandwich is easy and will keep your body ready when that deer or bird comes into view.



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If you are planning on making an entire weekend of your hunting trip, you will have to add another level of preparation. Research what camp grounds are available. If you are planning to go on the season's opening weekend, you will want to reserve a spot ahead of time. If you are pulling your tent from a pile of things you rarely use, set it up and check it for leaks before your trip. Bring a flashlight and extra batteries, and be sure to bring a warm enough sleeping bag for potentially cold temperatures. Lastly, be mindful of local wildlife. If bears or other animals are a potential threat, take precautions to keep food and trash sealed and out of reach from such critters.



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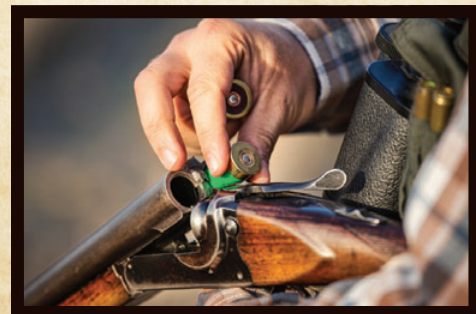
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Guns can be dangerous if not handled correctly. The state of Texas requires a hunter's education course for every hunter, which is good for life, after completion. You can get a one-time deferral good for a year, but it is highly recommended that you go through safety courses before operating a gun.

• Beware of Snakes

Most likely, your hunting site will be home to slithery critters, as well as the prey you are there to hunt. Only about 10 percent of Texas' snakes are dangerous for humans, so the first step to safety is identification. Bring a field guide, and be on the lookout for copperheads, cottonmouths and rattlesnakes. If you or a companion are bitten, the best solution is to get to a nearby hospital. Do not try to cut around the puncture or try to suck out the venom. Instead, clean around the wound with disinfectant soap, take off jewelry or items that may restrict the area, and try to limit movement of the extremity until you can get to a doctor.

Whether you are hoping to bag meat for the winter, or you want a 16-point buck over the mantel, a great trip starts with the right equipment and preparation. Staying safe while you are out will ensure a successful hunt is not overshadowed by injury or tragedy. With these tips, you are ready to aim and fire. **NOW**

Editor's Note: License purchasing, laws and general hunting information are available on the Texas Parks & Wildlife Hunting Page at www.tpwd.texas.gov/huntwild/hunt/.

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Dr. Rugwani and the staff at All Eye & Optical Care stand ready to serve your eye care needs with years of experience and the latest advances in technology.

Caring, Compassionate, Professional

Patients' complete eye care needs can be met locally at All Eye & Optical Care. — By Virginia Riddle

At All Eye & Optical Care, Rajiv (Raj) Rugwani, M.D., an eye specialist and surgeon, offers the latest in techniques, technology and state-of-the-art surgical procedures. "Our USA-, German- and Japanese-made equipment is top-of-the-line," Dr. Rugwani stated. "And everything begins with a friendly well-trained staff." This recipe for success has earned the clinic four Patients Choice Awards.

Services, provided to patients ages 10 and older, include complete eye exams, prescriptions for glasses and contact lenses, cataract surgery, glaucoma treatment, diabetic eye care, cornea and external disease treatment and designer Lifestyle cataract surgery with premium intraocular lenses. Most major vision and medical insurance plans are accepted, along with Medicare. "We offer competitive pricing in all our services and products,"

Dr. Rugwani said. The attached optical dispensary, which also accepts outside contact and eyeglass prescriptions, offers a wide selection of frames, from budget-friendly to designer brands, as well as safety eyewear, contact lenses and accessories.

Following his graduation from the UT Health Science Center School of Medicine in San Antonio, Dr. Rugwani interned in internal medicine at Texas Health Presbyterian Hospital Dallas, and received specialized training in ophthalmology at The University of Texas Southwestern Medical Center, Parkland Memorial Hospital, Children's Medical Center of Dallas, Zale Lipshy University Hospital and the Dallas VA Medical Center. He continues to train to keep up-to-date with medical advances.

Certified by the American Board of Ophthalmology, Dr. Rugwani is a member of the Texas Medical Association and

Business **NOW**

the Ellis County Medical Society. He serves on the Texas Ophthalmology Association's executive council and is a member of the American Academy of Ophthalmology. Dr. Rugwani has been a WISD student advisory council member, has performed area high school sports physicals and has volunteered in surrounding area health fairs.

"We offer competitive pricing in all our services and products."

"I love the people here," Dr. Rugwani said. The practice started in Waxahachie with a small office and one employee in 2004. In January 2010, All Eye & Optical Care moved to its current location in the H-E-B shopping center. "I have 12 employees in the clinic with two full-time and one part-time employee in the optical side of the business. Most of the staff has been with me since we first opened at this location. They are a people-friendly staff." A relaxing waiting room greets patients. The clinic includes a conference room for consultations, exam rooms, a laser room, biometrics room and procedure room. Dr. Rugwani performs advanced procedures at the North Texas Surgery Center in Dallas and is on the medical staff of Baylor Scott & White Medical Center of Waxahachie.

A grandfather, blind from the age of 27, was the inspiration for Dr. Rugwani to become an ophthalmologist. He was also influenced by his parents, both researchers in the field of eye care. A native of India, Dr. Rugwani came with his family to the United States when he was still a teenager. "I've been a Texan for over half my life," he said proudly. He and his wife, Marina, a former teacher, are raising two sons, ages 5 and 1. "We enjoy traveling and spending family time together." **NOW**

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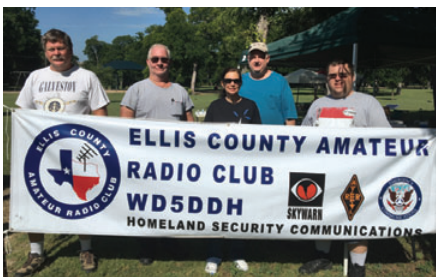


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Patty Brown works on a beautiful mermaid at Mosaic Madness.



The Ellis County Amateur Radio Club gathers in Getzendaner Park for a friendly competition.



The ladies of Gingerbread Antiques smile for the camera as they share lunch.



Sport Clips Owner Bobby Forrest, Manager Ally Petrisben and the team celebrate their Waxahachie location's grand opening.



Tuscan Slice pizza chef Jaime Mosqueda throws the pizza crust high in the air to the delight of the customers.



New Waxahachie Chamber President, Pete Havel, receives a warm reception at Fresh Market Coffee.



Aydan McKenzie, 2, practices his natural drumming skills while his mom finishes her shopping.



Several members of 4C Stables enjoy a cool and refreshing break during a barrel racing playday at the Waxahachie Rodeo Grounds.



Virginia Ramos shows off her homemade items at the Waxahachie Farmers Market.

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Investments may take many forms. Some people buy and sell stocks and bonds, while others purchase real estate. Another common investment tool is a mutual fund.

Mutual Funds

By investing in a mutual fund, you're essentially pooling your money with other investors to access a broader range of stocks or bonds than most people could own by themselves. According to the Investment Company Institute®, there are more than 8,900 mutual fund choices in the United States today controlling close to \$15 trillion in assets¹. The investment company uses the assets in the fund to buy and sell securities, such as stocks or bonds, in pursuit of a specific objective as outlined by the company charter.

Mutual Fund Objectives

One objective a mutual fund may attempt to achieve is long-term growth of capital. This may be done by purchasing the stock of large companies that have consistently made a profit, or buying the inexpensive stock of smaller companies in hopes that the value increases. Some funds may be invested primarily in foreign companies, while others invest in specific market sectors, such as technology or health care.

Some funds are developed to generate income for the investors. Dividends from bonds or preferred stocks held by these funds are accumulated and distributed to investors on a regular basis. If the fund's assets are invested in municipal bonds, the dividends may be exempt from federal taxes, which would provide the investor with income taxed solely at the state or local level.

How a Fund Is Managed

Many funds are actively managed, meaning an



experienced investment advisor will take an active role in determining the portfolio, or holdings, of the fund. The securities held in a fund may change based on how well a security performs and meets the objective of the fund.

Other funds are called index funds and attempt to mirror the performance of a given index, such as the S&P 500® or the Russell 2000® Indexes. The fund portfolio will generally contain stocks of as many companies in the index as is possible in amounts reflecting the weighting assigned by the index. **NOW**

Source:

1. ICI 2014 Fact Book.

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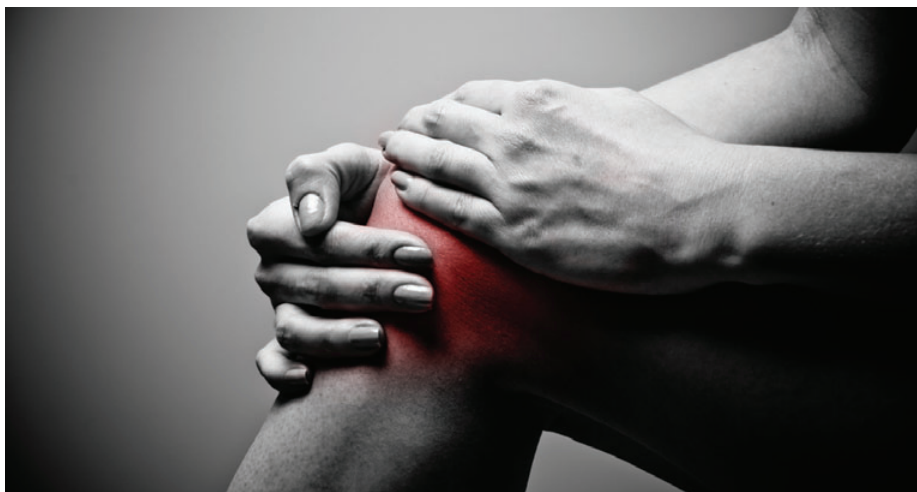
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Don't Get Sidelined

— By Betty Tryon, BSN

An injury commonly associated with famous athletes can bedevil nonathletic people also. The anterior cruciate ligament tear, or better known as a torn ACL, is actually a common problem. The ACL is one of the ligaments that connects the thigh bone (femur) to the tibia, which is one of the leg bones. Considering the way the knee is structured and its function, it is not surprising that it is prone to this and many other injuries. Some of the ACL's functions are to assist in changing position, bending, twisting and general stability and mobility of the knee. An injury occurs when the ligament is overstretched or tears.

These injuries occur when there is an abrupt movement, such as pivoting, having the foot planted when changing position and awkward landings with the knee fully extended and player-to-player contact. It has been found that women are more prone to this injury than men due to a combination of female knee anatomy, the effect of estrogen on ligaments, physical conditioning and muscle strength. When the ACL is torn, most people report feeling a pop in the knee. Severe pain follows immediately. Because of the swelling within the knee, straightening or even fully extending it will be challenging with a noticeable lack of stability in the knee.

Treatment after the injury will depend upon several factors, but primary to the

decision is what your level of activity was before the injury and what level of activity you wish to return to. Not every torn ACL needs to be repaired surgically. If your activity level was more sedentary and you are not inclined toward sports, you might opt for physical therapy and an exercise program to build strength and reduce further loss of function in the knee. Those who are more athletic will no doubt choose the surgical remedy to repair the structure, so they can return to their previous level of function. Recovery with the surgical option takes anywhere from four to six months before athletes can expect to return fully to normal.

Prevention of ACL injuries can be as simple as proper stretching and strengthening of the legs and also developing core and hip strength. Athletes should be taught the proper mechanics of exercises involving squatting, lunging and jumping to avoid ankle and knee collapse. Non-athletes and those who play sports should take extra care to watch their knee position when turning or twisting. It isn't possible to avoid all conflict with your knees, but being aware and having proper skill training will go a long way toward avoiding injuries. **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.

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September 17

14th Annual Oktoberfest hosted by St. Joseph Catholic School: 10:00 a.m.-7:00 p.m., Waxahachie Civic Center, 2000 Civic Center Ln. Free admission and parking. For more information, visit www.facebook.com/stjosephoktoberfest.

September 18

Bridal Extravaganza Market: Noon-4:00 p.m., Waxahachie Civic Center, 2000 Civic Center Ln. Admission: \$3. For more details, call (469) 309-4040 or visit waxahachieciviccenter.org.

September 22

North Texas Annual Giving Day: 6:00 a.m.-midnight. This is an online giving event for people across the nation (and the world) to come together to raise as much money as possible for North Texas

nonprofits on one day. For more information, visit www.northtexasgivingday.org.

September 24

Hike for Life: 8:00 a.m.-noon, Hike and Bike Trail, Getzendaner Park. Annual fundraising 5K hike to raise funds for area pregnancy assistance centers. Free refreshments. T-shirt for donation. For more information, visit www.hikeforlifetexas.com.

"World of Water": 9:00 a.m.-5:00 p.m., Chautauqua Auditorium, Getzendaner Park. For more information, visit www.WaxahachieChautauqua.org.

Ellis County Emergency Preparedness Fair: 9:30 a.m.-2:00 p.m., on the square in downtown Waxahachie. For vendor or general information, call (972) 825-5190 or visit www.co.ellis.tx.us.

BBQ, Bands & Brew Bash: 10:00 a.m.-8:00 p.m., Ellis County Expo Center. For more information, call (469) 672-6902 or visit www.Bridgestf.org.

Jeremiah Richey Concert: 7:00 p.m., Ellis

County Courthouse lawn. Admission is free. Don't forget your lawn chair. For more information, visit www.jeremiahrichey.com.

September 30 — October 29

Screams Halloween Theme Park: **Friday** and **Saturday** only. For more detailed information, call (972) 938-3247.

October 1

2nd IOOF Oddfest: 9:00 a.m.-6:00 p.m., Singleton Plaza. For more information, email collegestreetpub@yahoo.com.

Vintage Trailers on the Square: 9:00 a.m.-3:00 p.m., downtown Waxahachie. Email pdonathan@gmail.com for more details.

October 8

4th Annual Dentistry From the Heart: 7:30 a.m., official registration begins, Waxahachie Family Dentistry. For more information, call the dental office at (972) 937-4370.

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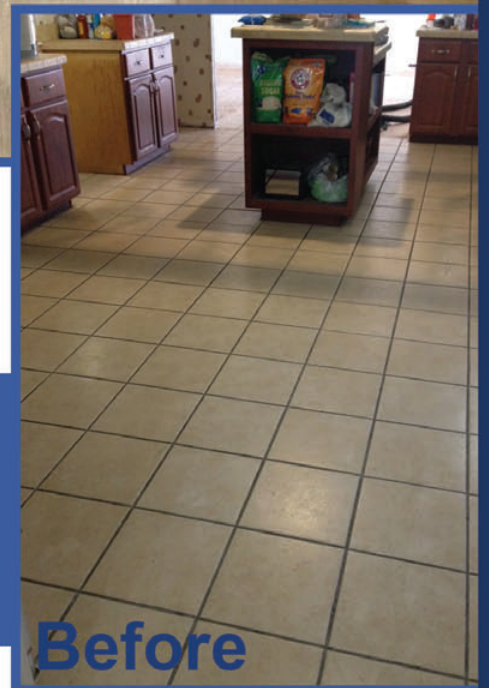
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In the Kitchen With Marilyn Adlof

— By Sandra Strong

Marilyn Adlof is a self-taught cook who enjoys baking and down-home cooking. “I was motivated by the fact that I come from a long line of good cooks,” she confessed, “so I had to continue the tradition.” Her family heritage has definitely had an influence on her cooking journey. “I grew up at a time when everything centered around family, church and school,” she said. “There were always large group gatherings with plenty of homemade breads, mouthwatering pastries and sweets of all kinds.”

Although small in comparison to the memories she has from childhood, Marilyn’s gatherings today allow her to set a pretty table using her china, crystal and silver. “My favorite flavoring is Adams Best vanilla,” she shared, “and there’s something therapeutic about handling a rolling pin!” **NOW**

Never Fail Pastry

1/2 cup shortening
1 cup flour with a dash of salt
1/4 cup ice water

1. Cut shortening into flour with two knives until slightly crumbly. Continue mixing with pastry blender, twisting and turning until mixture becomes the size of small peas.
2. Add water all at one time, stirring with a spoon until ball forms. With floured hands, form ball into a flattened ball and roll out on floured surface. (I use a wooden rolling pin and wooden cutting board, both of which have also been floured.)
3. Hold an inverted pie plate over rolled pastry to check for size. Roll about half the pastry onto the rolling pin and roll into pie plate. Prick the bottom and sides lightly with a fork prior to baking at 350 F until lightly browned.

Banana Cream Pie

2 eggs
1/2 cup sugar
1/2 tsp. salt
2 Tbsp. cornstarch
2 cups rich milk
1 tsp. Adams Best vanilla flavoring
2 tsp. butter
3-4 bananas

Pie shell

Cool Whip topping, to taste

1. Divide egg yolks from whites. Slightly beat egg yolks; set aside.
2. Mix sugar, salt and cornstarch in a saucepan. Slowly stir in milk. Boil 1-2 minutes over medium heat, stirring constantly until mixture begins to thicken. Remove from heat.
3. Stir half of the mixture into the egg yolks, and then blend back into the remaining hot

mixture. Cook until thick, stirring constantly. Remove from heat.

4. Add vanilla and butter; let cool. If preferred, to chill, pour into a bowl and cover with plastic wrap, making sure the wrap touches the pudding in the center.

5. Slice 1 to 1 1/2 bananas into the bottom of a baked pie shell. Slice another 2 bananas into the pudding mixture. Pour pudding mixture into pie shell. Garnish with dollops of Cool Whip topping, if desired.

Asparagus Pea Casserole

1 14.5-oz. can English peas, drained
1 14.5-oz. can cut asparagus, drained
1 8-oz. can water chestnuts, drained and chopped
1/2 lb. New York cheese (or cheese of your choice), grated
Salt, to taste
1 10-oz. can mushroom soup

1. Place a layer of peas, asparagus, water chestnuts and cheese in a greased casserole dish. Repeat layers. Season to taste.
2. Pour soup over casserole and top with a final layer of cheese. Bake at 350 F for 30 minutes or until cheese is melted and casserole is heated thoroughly.

Brownies

2 oz. bitter chocolate
1/2 cup salad oil
3/4 cup sifted flour
1 cup sugar
1/2 tsp. baking powder
1/2 tsp. salt
2 eggs
1 tsp. Adams Best vanilla flavoring
1 cup nuts (optional)

1. Melt chocolate in salad oil. In a separate mixing bowl, cream flour, sugar, baking powder, salt and eggs together. Add vanilla, chocolate mixture and nuts, if desired.
2. Pour into a buttered, waxed-paper lined pan. Bake at 315-320 F for 20 minutes.
3. The recipe can easily be doubled to make larger quantities. For a single recipe, use a smaller baking pan. For a doubled recipe, use a larger baking pan.

To view recipes from current and previous issues, visit www.nowmagazines.com.



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