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October 2007

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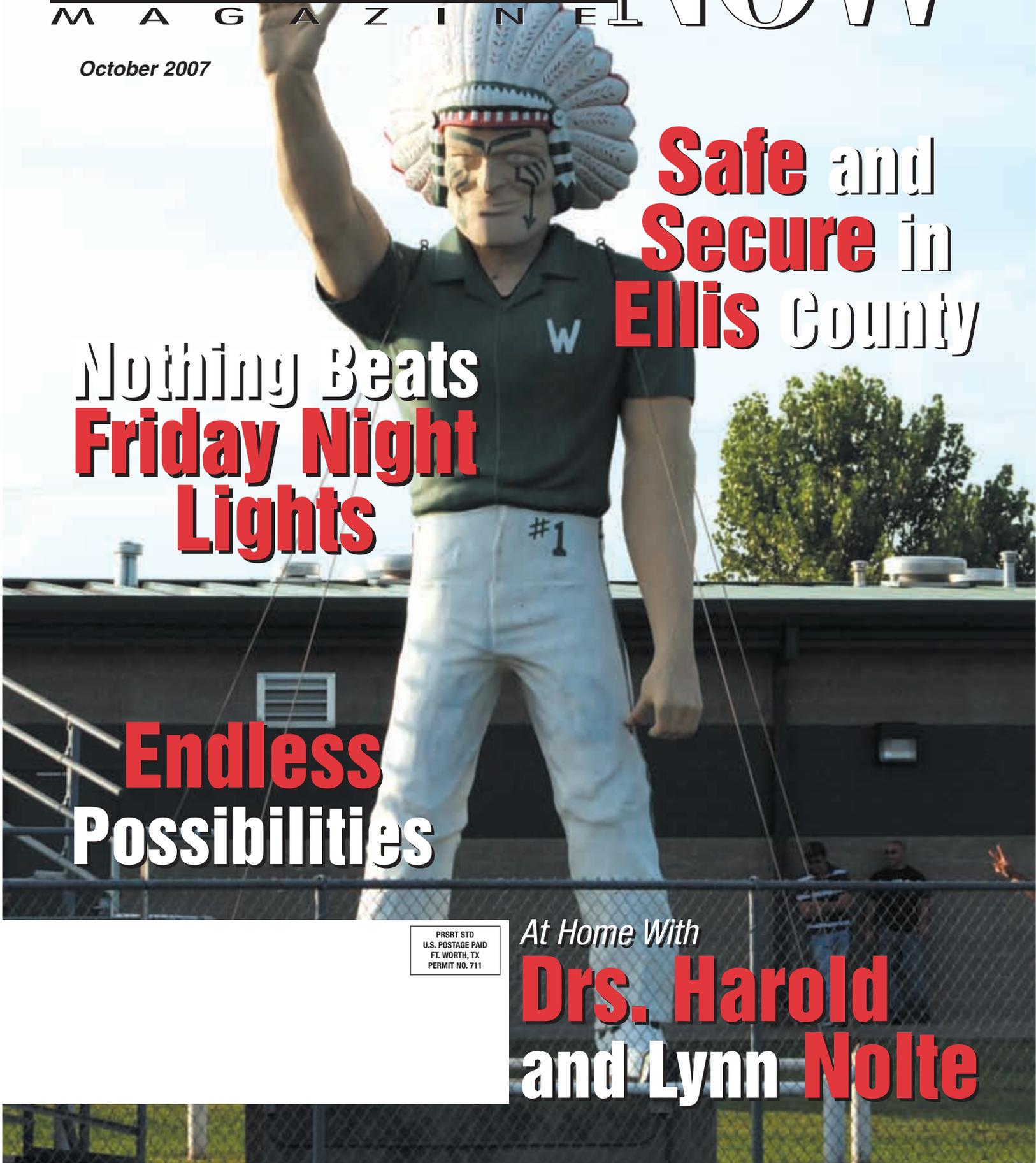
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**Drs. Harold
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On the Cover: The Waxahachie Indian is a familiar sight to local sports fans.

Photo by Terri Ozymy.

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Waxahachie NOW

Editor's Note

Dear Readers,

October is synonymous with beautifully colored leaves, exciting high school athletic competitions, homemade chili and temperatures that warrant the need for a sweater and stocking cap. The shorter days offer extra time to cozy up on the couch or sit before the fireplace enjoying another edition of *WaxahachieNOW*, the community magazine featuring your friends and neighbors.

Read about Drs. Harold and Lynn Nolte, who not only shared their hearts and home, but openly and honestly included news of Kathryn Venera Nolte, their adopted daughter from Russia. Other stories included in this edition are sure to warm your heart, while also educating, enlightening and inspiring you to get involved in your community in more ways than one. This edition would be incomplete without a special sports feature on senior "Boomer" Collins, starting quarterback for the Waxahachie Indians.

Believe me, there really is something for everyone, so get comfy, get cozy and enjoy!

Sandra McIntosh
Waxahachie Editor



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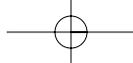
Salads and Soups:	
Tuna Salad Plate	\$8.95
Fancy Albatross Tuna with assorted crackers, fruit salad, mini muffin	
Cobb Salad	\$8.95
Mixed Greens, chicken, tomato, bacon, egg, groyere cheese, mini muffin	
Chicken Salad Plate	\$8.95
White chicken salad, greens, fruit salad, mini muffin	
Spinach Salad	\$7.95
Fresh baby spinach, chopped egg, crumbled bacon, mini muffin	
Smoked Salmon Caesar Salad	\$12.50
Honey smoked salmon, romaine, fresh grated parmesan, fresh garlic toasties.	
Fruit Plate	\$8.95
Fresh seasonal fruit, creme fraiche, mini muffin.	
Tossed Green Salad	\$4.50
Mixed greens, fresh garlic toasties.	
Fresh Soups:	
Wild rice and chicken vegetable	\$4.50
French onion soup	\$5.50
Asparagus Soup	\$4.50
Potatoes and Bacon	\$4.50
Sandwiches:	
Sun dried Tomatoes and Chicken	\$8.95
Chicken breast sautéed with sun dried tomatoes, parmesan cheese open faced on French bread, with fruit cup	
Chicken Cordon Bleu	\$8.95
Grilled chicken, ham, groyere cheese, open faced on French bread, with fruit cup	
French Ham and Groyere	\$8.95
Grilled ham, groyere and béchamel sauce between grilled toast	
Egg Salad	\$5.50
Fresh egg salad on whole wheat, lettuce, tomatoes, with fruit cup	
Tuna	\$5.50
Fresh albacore tuna salad on whole wheat, lettuce, tomatoes, with fruit cup	
Veggie	\$7.50
Grilled asparagus, sun dried tomatoes, roasted peppers, groyere cheese served open faced on French bread	
Club	\$7.50
Turkey, bacon, ham, swiss on whole wheat toast, with fruit cup	
Club Burger	\$7.50
Prime Angus Burger, served with groyere and bacon, lettuce, tomatoe, and chips on whole wheat bun	
Chicken Salad Sandwich	\$7.50
Fresh chicken breast salad with lettuce, tomatoe, on whole wheat, with fruit cup	

Dinner Menu • Friday and Saturday Nights

Specialties:	
Grilled chicken and roasted vegetables	\$12.50
White chicken breast grilled and served with roasted vegetables and garlic toasties, with fruit cup	
Rib eye steak and roasted potatoes	\$12.50
Tender rib eye grilled and served with roasted potatoes and gravy, with fruit cup	
Ranch chicken casserole	\$10.50
Made with white chicken breast, layered with whole wheat tortillas, special sauce and fresh cheddar, with fruit.	
Spinach quiche	\$6.50
Light spinach quiche served with fruit cup	
Grilled Salmon and asparagus	\$12.50
Fresh Salmon, asparagus, wild rice	
Peppercorn Filet Mignon	\$20.00
Aged prime angus filet, grilled and served with our triple creme mashed potatoes and side vegetable	
Chateaubriand	\$25.00
Filet mignon in puff pastry casing with mushrooms and béchamel sauce, side vegetable	
King's Rib eye	\$25.00
Prime Rib eye grilled and served with blue cheese, triple creme mashed potatoes and side vegetable	
Beef Bourguignon	\$15.00
Chunks of tender filet simmered with red wine, carrots, mushrooms, potatoes, topped with puff pastry	
Coq au vin	\$18.00
White chicken breast chunks simmered in red wine, with sun dried tomatoes and onion, served over wild rice	
Almond Chicken Oulettes	\$15.00
Tender chunks of white chicken breast, served with mushrooms, cherry béchamel sauce, almonds on puff pastry	
Crab Cakes	\$25.00
Made from lump crab to order served with wild rice and side vegetables	
Ranch Chicken	\$12.00
Gourmet style made with whole wheat tortilla, fresh grated cheddar, special tequila sauce and fresh chilies and sun dried tomatoes, served with side vegetable	
Pot Roast	\$15.00
Tender roast with carrots, potatoes, mushrooms, gravy, with grilled french bread	
Monte Cristo Chicken Breast	\$15.00
Fresh chicken breast stuffed with groyere and bacon, coated in bread crumbs and sautéed to golden perfection	
Treat Almondine	\$15.00
Dout fillet pan fried in leeson butter, served with almonds and béchamel, wild rice and vegetable	
Bouillabaisse	\$20.00
Crawfish, and shrimp in white wine and tomato broth, served with toasted garlic toast	

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Lending a Helping Hand

— By Ashley Carlino

Being big brings hope to little hearts. L-R, Mike O'Teter, Tom Collins, Melissa Cobb, Jim Phillips, Diana Phillips, Charles Pierson, Dr. Nolte

Giving back to the community is something that many of us have thought about from time to time. A lot of people would like to help in some way, but may not know where to begin. Some people donate money, while others donate items for those in need. However, one of the most valuable gifts of charity is that of time.

One way to serve your community is to become a mentor for the Big Brothers Big Sisters program. Created over 100 years ago, the program was designed to reach out to children in need. "They live with an at-risk factor, most commonly children of single parents, incarcerated parents, those who live in high crime areas and those with low self-esteem," said Diana Phillips, regional executive director for the North Texas chapter.

The North Texas chapter, which is also the largest chapter in the nation, has recently celebrated its 80th anniversary. Soon, it will enter into its fourth year of partnership with our very own, Waxahachie Independent School District. "This year the chapter is targeted to reach about 7,300 children. By the end of this year in Waxahachie, we want to be serving over 200," Diana added.

Although the Waxahachie group currently has over 100 mentors, 60 children are still on the list. How do you

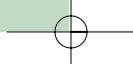
explain to a child who desperately needs a mentor that no one is available? A child with low self-esteem may take it as a sign of unworthiness, and may ask himself, "What is wrong with me?"

"Our main focus is on the recruitment of mentors," Diana noted. As regional director, Diana reaches out to different organizations and businesses constantly. "I would not hesitate to give a presentation to night-shift workers at midnight," she added.



The proven theory is that when these children, referred to as "Littles," are partnered with adult volunteers, known as "Bigs," a friendship is formed. This new friendship provides encouragement and trust. The statistics speak for themselves: 87 percent are more likely to graduate from high school. "Fifty-eight percent of those go on to college or

technical schools," Diana noted. Fifty-two percent are less likely to skip school; 46 percent are less likely to use illegal drugs; and 27 percent are less likely to use alcohol. The relationship between the Big and Little provides a consistent





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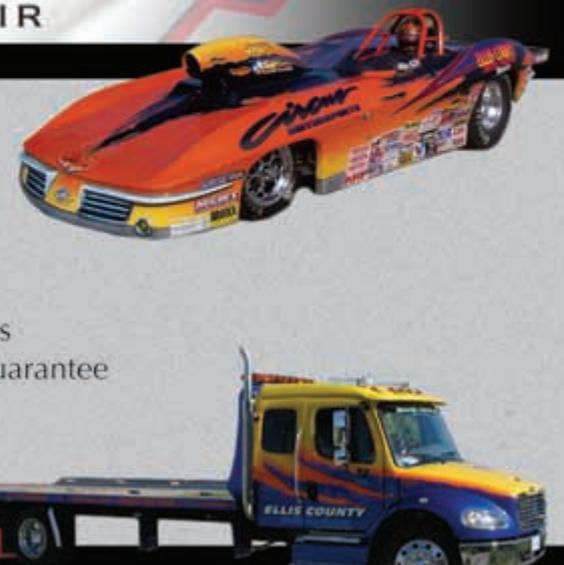
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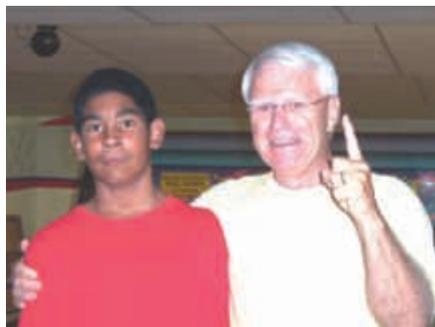


lifeline of support, a source of respite for the child. Instead of turning to drugs or the streets, the Little turns to the Big for guidance and a trustworthy, nonjudgmental ear.

An individual may want to help, but with today's hectic schedules, might be concerned about finding the time to do so. "It's not a huge time commitment," Diana explained. The program suggests only one hour per week, at the school, during a non-core class. "Everybody eats lunch," Diana noted. One hour a week is all it takes to change the life of a child. "It really is very rewarding," Diana said, having spent years as a Big Sister herself. "Sometimes all these children need is someone to listen to them."

"We try to cater to the needs of the volunteer. Our biggest need is men. We don't want to take them away from their families, but lunch is a possibility," Diana continued. The activities between the Little and the Big range anywhere from talking over lunch, to helping with homework or playing games. Whatever the task, the goal is to have fun. If a Big resides in Waxahachie, but works in Dallas, the program can easily accommodate for this need.

Mentors can range from 17 years of age and up. The program suggests



Mentors spend a fun-filled evening with their little brothers and sisters at the bowling alley.

only that the mentor has transportation, and that he or she stay in the life of the Little for at least one year. Bigs can even specify the age of the children they want to mentor.

The application process is a thorough one, yet not overly inconvenient. First, the application must be completed, listing three references. The application is then sent to the school district, where a background check is performed. Social-degreed professionals screen candidates very carefully. There is a detailed interview, which usually lasts an hour. The team asks the candidate about hobbies and interests. "This enrollment process makes for a good match – a good friendship and lasting relationship," Diana explained. The whole process can take up to a month.

For those who may be unable to participate in the school-based program, but still want to help, there is a community-based program available. This program basically follows the same guidelines, except that the time with the Little is spent during weekday evening hours or on the weekends. This program requires a more involved screening, including inquiring about the mentor's home life and investigating his or her driving record.

There are many opportunities in the community-based program for the Little to interact with the Big, but in Waxahachie, Diana's goal is to build the school-based mentoring, so that every child on the waiting list will be served. A quarterly newsletter is sent out, detailing all the events available in the area.





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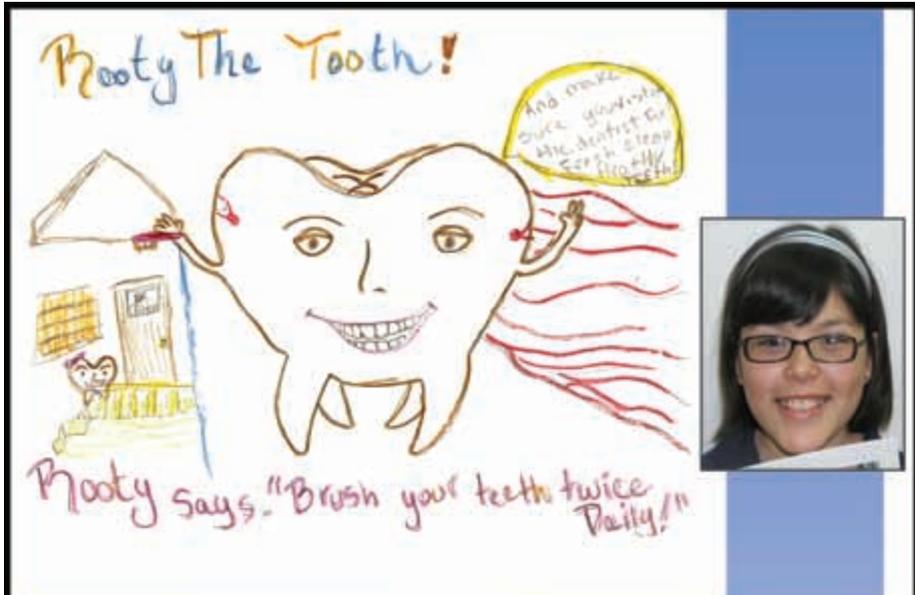
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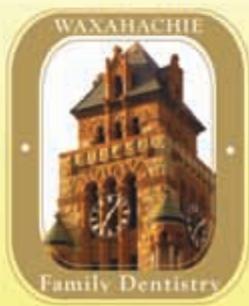
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Just a simple game night can make a difference in a child's life.

Diana has attended several of these events with her own Little. She and Angelica, now 18 years old, once received some tickets to a Rangers game. While there, Angelica was handed a program with a winning number for a trip to Las Vegas for two! She was so excited, and invited Diana to come along with her. Each of them saved their money for several months so they would have some extra spending money. This was an excellent opportunity to teach Angelica the value of saving money. The duo took the trip and had a wonderful time.

"She's been a part of our lives," Diana said. "She saw our kids involved in high school; she saw a whole different side of life. Angelica attended both of our kids' weddings. She even asked my husband, Jerald, to walk her down the aisle at her own wedding," Diana continued.

Diana's friendship with Angelica started over seven years ago. Diana has watched her become an independent, well-adjusted young woman. Their friendship continues to grow. "It's too easy for us not to invest in our children," Diana explained. "It's good for our own kids to see," she continued.

Diana's experience as a Big Sister has given her a dedicated and unwavering passion for the program. She has seen firsthand the impact such a relationship can have on a child. Her goal, and the goal of the program, is that each child who needs a mentor will receive one.

If you would like to become a mentor, please contact Diana Phillips at (888) 887-2447, ext. 228, for more information. **WOW**



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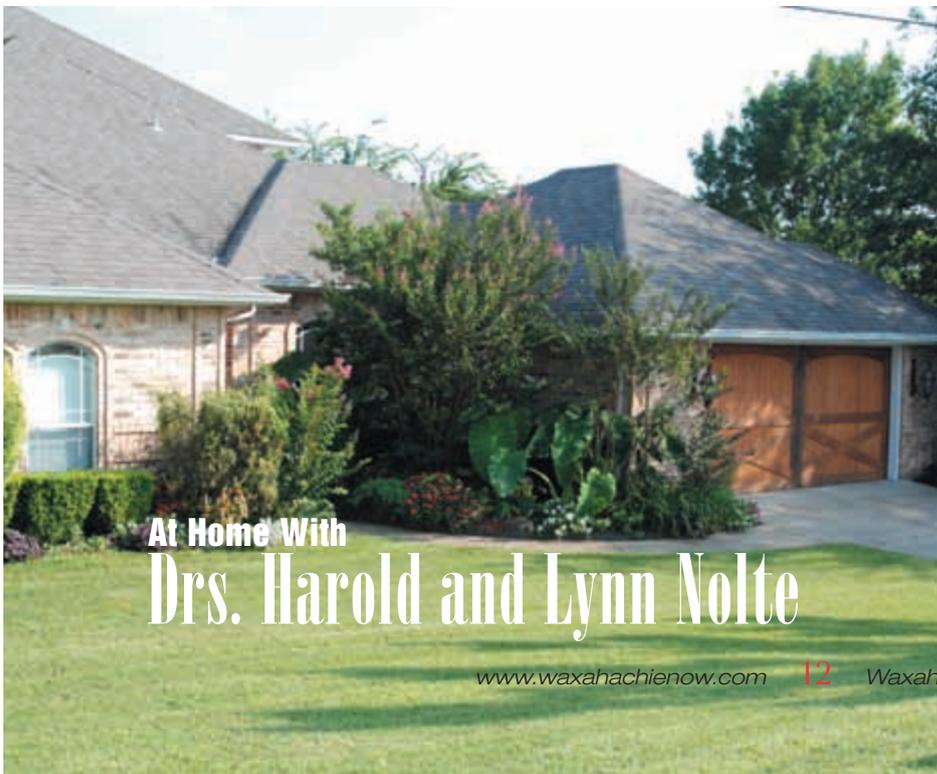


LIVES *Forever* Changed

— By Sandra McIntosh

Drs. Harold and Lynn Nolte have more than one reason to smile. Just a week following their wedding ceremony on August 9, 2003, they signed the final papers on their four-bedroom, three-and-one-half-bath home with a magnificent view of Waxahachie Lake. They were able to successfully blend their two separate lives into one, creating a cozy, comfortable home that offers peace and tranquility after long, productive days at their respective college campuses. “We were both grown-ups when we married,” Harold said, with a laugh. “We have the same tastes, so combining our two households into one came easily.”

Being the fourth family to occupy the residence, it was only natural that Harold and Lynn would want to make some changes before the two-story abode would really feel like home. “When we bought the house, its style was country,” Lynn said. “As you can see now, it’s traditional.” Every surface in the home was redone, repainted or refurbished with the exception of the tile that remains on the kitchen floor and the detailed woodwork found



At Home With
Drs. Harold and Lynn Nolte

www.waxahachienow.com 12 WaxahachieNOW October 2007



throughout the 3,000 square feet of living space.

The home, constructed by local builder Gaylord Hanes, was designed to be on the lake. After settling in, the Noltes decided to add a back deck directly off the living room and a boathouse to the boat dock already in place at the time of purchase. In doing so, they were able to make the home even more perfect for the lakeside entertaining they love to do. The sliding doors, when fully open, allow the outside and inside to merge together into an area large enough to comfortably entertain up to 40 family members and friends.

Two of the bedrooms and one of the full bathrooms are located on the second level. Until just 10 months ago, one of the bedrooms served as Harold's personal workout room. Today, it belongs to the newest member of the Nolte family — Kathryn Venera Nolte — who came to Ellis County from Russia. "We went through a private adoption agency in Wisconsin who dealt with Russian adoptions," Lynn explained. She admitted it was a long process, but one that was well worth the trips, the legalities and the mountains of paperwork.

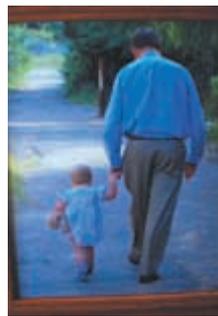
The couple took their first trip to the Russian orphanage in August of





2006. "When I saw her blonde hair and blue eyes, I knew this little girl was going to be ours," Harold said, the memory still evoking raw emotion in his voice, as well as his eyes. Enough photographs were taken on that first visit to easily fill one complete album. It was this album that gave the couple comfort during the months until they were able to return to Russia.

Their favorite photo of that first meeting hangs in the small hallway leading to the master suite. The photo shows a father and his daughter walking down the street hand-in-hand. It hangs alongside other priceless moments, which include a graduation photo of Lynn's daughter, Kristi Tucek, and a special framed piece of artwork Lynn received from Kristi for her 50th birthday.



Leaving Kathryn behind after their initial meeting was probably the most difficult thing Harold and Lynn had to do, but it gave them a few months to come home and prepare for her arrival later that same year. "We painted my old workout room pink and replaced the ceiling fan with a chandelier," Harold said. "We added safety locks to all the cabinets and removed the glass coffee table from the living room. We wanted Kathryn to have a safe place to come home to."

Harold and Lynn finally received the call they had been hoping for. The time had come for them to go bring their little girl home.

"The final adoption papers were signed on December 22,"



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June Wetherell Frame, 98, has been a resident at Trinity Mission for over a year. June was born in Washington and graduated from the University of Washington. She worked for the *Bellingham Herald* where her father was the editor and later she was an editor for *Family Circle Magazine*. She spent the majority of her life in New York City then five or six years in the Caribbean. Since her son lived in Waxahachie she decided to move and has spent the rest of her time in Waxahachie and surrounding Ellis County.



June and her friend and co-author, Pat Pratt, have written a novel, *On With The Dance*, under the pen name Tricia Junison which is available at Hastings bookstore in Waxahachie, Amazon.com and PublishAmerica.com. June's first book (under the name of June Wetherell) was sold to a small publisher in 1941 and her current book is her 31st novel.

June says that it is very rare for two people to write a book. She and Pat are currently working on another book. "The next book is always my favorite," June stated. "We are thinking of a book of short stories that take place in an assisted living center."

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Lynn said, “and Kathryn spent her first night in her new home on January 1, 2007.”

That second trip to Russia in December has forever changed the Nolte household. “It’s all about Kathryn,” Harold said, beaming with pride. “It’s her house and we just live here.”

To spend time at home with Harold and Lynn now includes pleasant conversations filled with story after story about Kathryn, who just celebrated her third birthday on September 2. It only took six months for her to adjust to her new surroundings, and now it seems as if every new day offers another new adventure. “She never looked back once she changed clothes,” Lynn said, referring to the clothing Kathryn changed into prior to leaving the orphanage. “She came straight to us and we’ve been blessed to have no real issues.”

Kathryn had to first get used to the time change. By the third night, she mastered the stairs to her bedroom. Now, she is an old pro when it comes to the English language. “When we first got her home, she paid no attention to books or TV,” Harold remembered. “She was content to spend time in front of the aquarium, just watching the fish.”

Swimming like a fish is something that seems to also come naturally for Kathryn. One of her favorite things to do during recent summer months was to put on her life jacket and jump off the boat dock into the lake. Harold laughed at the changes seen in both “his girls” when they hop on the Jet Ski. “Lynn and Kathryn love to ride together,” Harold said. “They love going fast.”

Favorite rooms for Harold and Lynn used to be the



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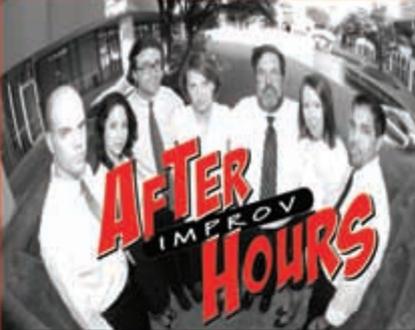
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laundry room and the living room, respectively. Nowadays, any room where they find Kathryn becomes their favorite room. It does not matter if they are eating off the antique table in the breakfast nook that once belonged to Harold's grandmother, being served "play coffee" from the kitchenette in Kathryn's room or working outside in the flowerbeds, those places become the favorite place

— as long as Kathryn is beside them. "Kathryn enhances our lives," Harold said, while Lynn shook her head in agreement. "She's amazing!"

The Noltes realize how fortunate they are to be sharing their home, their lives and their hearts with Kathryn. They also realize they could not have made it successfully through the adoption process without the help and support of their friends and family.

They have come to believe in the old adage that it really does take a village to raise a child. "Layne and Melissa Ballard are two of our closest friends and they're Kathryn's godparents. The three of them have really bonded," Lynn said, adding that Kristi helped her "little sis" get accustomed to her new room. "It really does take a village and we'll be forever grateful to those who make up our little village." **WWW**

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Endless Possibilities

— By Sandra McIntosh

Dave and Sue Stanley love Fiesta dinnerware. For them, the art of collecting started around the same time they both retired and became involved in antiquing, but how it began no longer really matters. What matters most today is the joy they find in the rich colors, the endless decorating ideas and the annual trips they make to and from Newell, West Virginia. “We work hard loading and unloading, but the trips are a lot of fun,” Sue said. “We both always look forward to going.”

Before the year is out, the couple will have taken no fewer than four trips to the small town located on the Ohio River. For them, it is 12-15 days of pure enjoyment. “We love antiques, so stopping along the way both coming and going is just part of the fun,” Dave said. “We have met so many people along the way.”

One such person they always look forward to seeing is the little lady who owns the motel where they stay, located in Ohio, just a few minutes from the factory. She stays in one room and rents the other five out. “She offers a down-home atmosphere,” Sue added.



“We have never gotten tired of it and I doubt we ever will.”



“One day, we came in and found a piece of homemade strawberry cake on the table.”

Fiesta dinnerware has been making a statement since 1936, the year Frederick Hurten Rhead designed the first line. Collectors believe Fiesta to be one of the most collected china products in the world today. Originally, the line featured art deco styling and bold, bright colors. For whatever reason unbeknownst to the Stanleys, the product was discontinued in 1973 and was not reissued until 1986, marking its 50th anniversary. “They came back



with brighter colors,” Sue said, referring to the palette of 15 colors currently available. “Scarlet was introduced three years ago, and it has quickly become the favorite. They finally made what people wanted and it came out with a bang.”

Popular colors found in the Stanley home are not limited to sunflower, shamrock and cobalt. In fact, all one has to do is look around to see their collection includes every current color, as well as the 10 that have been retired since 1986. Plates, bowls and mugs are easily seen behind the glass doors of

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the kitchen cabinets, but when mixed with Sue's imagination, the dinnerware becomes art that can be seen both inside and outside the home. "It's not just for a colorful dining experience," she explained. "It's simple and casual, but so much can be done with it. The simple lines lend a lot of ways to display it. I've found it can be dressed up or dressed down."

An easy favorite can be found on the island in the kitchen. A footed shallow bowl, known as a complete dish, in sunflower sits on the center of a colorful, striped table runner. Sue filled the bowl with multicolored peanut M&Ms, making for a striking arrangement that was much too pretty to eat. Vases, bowls and pitchers are displayed in the dining room in cubby holes, on shelves lining the bar between the kitchen and dining room and atop the two antique tables used for dining. One centerpiece is a display that includes a dinner plate, a coffee cup, a creamer and a pitcher in vintage colors made before 1974, while the other centerpiece includes an antique milk crate, six different colored dessert bowls and artificial red apples. "There is so much you can do with it. The ideas just keep coming," Sue said. "The large variety

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of colors provides endless possibilities when decorating.”

The colorful beauty Fiesta dinnerware provides has also been incorporated outside. Several salad plates, when stood on end and pushed halfway into the ground, make for great edging.



Another popular color, now retired, is found in the front flowerbed. The gray presentation bowl, which was made in commemoration of the 500 millionth piece of Fiesta produced, just happened to be the perfect size to use on top an antique birdbath the couple found on one of their many shopping trips.

Dave's talent and imagination are also found in the front garden. "I took a cup and saucer and mounted it on a tall, decorative stake," Dave said, explaining the miniature birdbath/feeder combination. "The dinnerware is so thick and durable that I kept breaking drill bits."



The ideas away from the kitchen, which Dave and Sue have been able to think up, design and display may seem endless, but food presentation has taken on a new way of thinking as well. They no longer toss salad into any old bowl or pour vegetables onto any old plate. "I pull out a bowl," Sue said, "and quickly realize I can't put corn in a sunflower bowl." Sue returns to the cabinet to grab a color that will complement the yellow of the corn. "You can't sit down to Fiesta dinnerware," she said, smiling, "and not have a happy meal."

The art of collecting is something Dave and Sue will no doubt continue to enjoy for years to come. "We have never gotten tired of it," Sue said, "and I doubt we ever will." **NOW**



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Nothing Beats

Friday Night Lights

— By Sandra McIntosh

Boomer Collins believes this could be the year. As a senior, this may be his final season to play football at the high school level, but his commitment as the starting quarterback should push the Waxahachie Indians football team forward. “For the past 17 years, we’ve gone to the playoffs,” Boomer said. “Last year, we gave all we had. It just wasn’t our year.”

Polls going into last year’s season ranked the Indians as fourth out of the seven teams within the 4-A district. “We were the underdogs,” Boomer explained further. “No one thought we’d make the playoffs, but we proved them wrong.”

He is hopeful that the team will prove the naysayers wrong once again this year, as they take to the field each week, giving no less than 110 percent effort, mixed with

the same measure of heart and soul. The competition against teams within their district – Ennis, Corsicana, Midlothian, Lancaster, Red Oak and Arlington Seguin – will no doubt be tough, but Boomer feels the team is up to the challenge. In fact, he had been looking forward to it all summer. “We are striving to go all the way,” he said.

To understand just what Boomer brings to the playing field, one must go back to his days at Hughes Springs, a little 2-A school located in Cass County. His first time to play competitively was as a seventh-grader. “My dad was a coach. I grew up around the game of football,” Boomer added. “I had been around it all my life, so it only seemed natural that I would play the game, too.”

One of the advantages of beginning the sport at a smaller



Sports NOW

school was the vast experience Boomer was able to gain. "If you have any kind of talent at a smaller school, you will get to play," he said. "You won't just be playing one position. Chances are, you'll be playing several."

That was definitely the case for Boomer, as he found himself playing both quarterback and safety, until the time his family relocated to Waxahachie. Moving from 2-A to 4-A would be a bit intimidating for most, but Boomer took to the field as an Indian his sophomore year with great excitement.



He was eager to show his new coaches and teammates what he could do, while also learning a brand new offense. "As a sophomore, I just played defense," Boomer said. "I played free safety until the fourth quarter of our final playoff game that season. I got to play as quarterback for a couple of minutes."

As the two-a-days got underway his junior year, Boomer was going into the season as the third-string quarterback. Injuries in practice benched the starting quarterback, while an injury to the second-string quarterback in their first non-district game against Highland

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Park opened the way for Boomer to once again prove himself. "I started every game that year except for that first one," Boomer recalled.

His opportunity to compete at a higher level and prove himself a leader and team player came at halftime, and Boomer has not looked back since. "I knew the game would be different,"

"The game's speed is faster at this level, so I knew

I had to be physically, as well as mentally, tougher."



Boomer said, still making reference to moving up to 4-A. "The game's speed is faster at this level, so I knew I had to be physically, as well as mentally, tougher."

Boomer's leadership role among the team began last year with senior teammate Kevin McKlusky, who played dual positions as a linebacker and fullback. "We were positive role models," he said. "We didn't just talk the talk, we walked the walk."

In any group competition, team is a key word, and Boomer takes his spot on the team very seriously. His teammates respect him, and he in turn respects them. "Without them I'd be nothing," he said, with great conviction. "I treat them the same way I want to be treated." Boomer also feels that playing as a team has helped them to excel each year to the district playoffs.

No one likes getting hit and pounded to the ground, but that is part of the game. Boomer is no exception, but he still finds more than one reason to love football. "The tough competition makes me a better person in the long run,"

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Boomer explained. "Nothing beats Friday night lights and competition with friends."

Boomer knows the "Battle of Highway 287" is yet to come, but he assures fans that the team's philosophy



"Remember to play Indian football with a play-hard, die-hard, never-give-up spirit!"

is to "take one week and one game at a time."

"Each week, we only focus on the game at hand," Boomer said. "I will admit things do get a little more heated the week we go up against Ennis."

Once Boomer takes the field, all he is focused on is executing a successful play. His name will more than likely remain synonymous with exciting, "stand-up-and-yell" football long after his final season is over. The words by which he has played will no doubt be the advice he will leave behind.

"Work hard to earn everything you want to achieve. It makes for a more satisfying victory," he said. "Remember to play Indian football with a play-hard, die-hard, never-give-up spirit!" **NOW**

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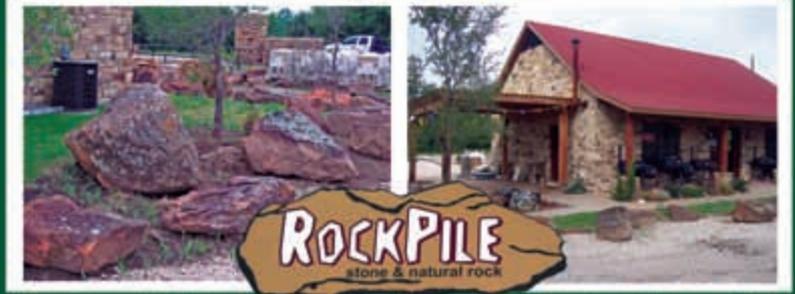
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At Regional Orthopaedic & Sports Medicine Center, P.A., Dr. Robert Roye and his staff of 17 full-time employees take great pride in offering a big-city practice in a small town. “Education and credentials,” Dr. Roye said, “make us comparable to the big city.”

Dr. Roye’s decision to go into the field of medicine came at a very young age. “I was probably 12 or 13 when I decided I wanted a career in medicine,” he said, adding that he may have been influenced by the fact that his maternal grandfather was a general practitioner for over 30 years. “While I was in medical school, orthopaedics seemed like an interesting specialty. It’s a field where you can make a difference; see tangible results.” He spent a total of 13 years in college from 1980 until 1993, when he graduated from the University of Oklahoma, Department of Orthopedics and Rehabilitation. “I remember it as many years of intensive study,” Dr. Roye said. Still today, he continues to pursue advanced education in sports medicine, general orthopaedics, joint replacement surgery and reconstruction of the shoulder and elbow.

The office, located at 1324 Brown Street, opened for business in January 1998. After several years of conducting

surgeries at hospitals off-site, as well as out of the immediate Ellis County area, Dr. Roye decided to expand his business. “The Ambulatory Surgery Center opened next door in 2001,” he said. “It’s made it more convenient for everyone involved in the surgery process, from doctor and patient to family and friends.”

Obviously, the main goal of the center is orthopaedic and sports related medicine. In layman’s terms, this simply means the diagnoses and treatments of deformities, injuries and diseases of the musculoskeletal system, which includes bones, muscles, joints, tendons, nerves, cartilage and ligaments. The philosophy of care is simple. “We believe in taking care of our patients just like we would take care of our own mothers or our own children,” Dr. Roye said. “We make a sincere effort to carefully explain conditions and treatments.”

The top three problems seen in sports medicine on a regular basis are ankle sprains related to all sports, shoulder strains in pitchers who began pitching at a young age and knee ailments – ligament and muscle damage. Sports medicine is not limited to young athletes, quite the contrary. “We also see lots of patients with muscle strains and fractures that are

PAEDIIC & Business CENTER NOW

stress related," Dr. Roye explained, emphasizing the importance of warming up and stretching prior to any athletic activity. "And all of our patients aren't in their teens. We still have quite a few adults up to the age of 55 that experience problems after playing golf, bicycling or tossing horseshoes."

On the orthopaedic side of the business, Dr. Roye sees plenty of shoulder, hip and knee problems that can stem from the aforementioned, or they can arise in older individuals who have experienced degeneration, which requires surgery, aftercare and/or rehabilitation. "We do open- and reconstructive-arthoscopic surgeries on the shoulder, and rotator cuff repair is common," he said. "There are also hip and knee replacements."

The most difficult aspect of a career in medicine is the long hours it affords, but the rewards Dr. Roye finds in his practice far exceed the stresses. His main goal is to improve the quality of life, while restoring functionality. It is helping patients return to their normal activities. "We have the opportunity and privilege here at the center to change people's lives for the better," Dr. Roye said. "Our patients are good, down-to-earth individuals who appreciate what we can do for them and most generally, they truly want to get better."

Office hours are Monday through Friday from 8 a.m. - 5 p.m. and Saturday visits are by appointment only. For more information or to schedule an appointment, please call (972) 937-8900 during office hours or visit www.regionalorthosportsmed.com. "We are a modern office offering the best in orthopaedic and sports medicine," Dr. Roye said. "We're passionate about what we are able to do!" **NOW**

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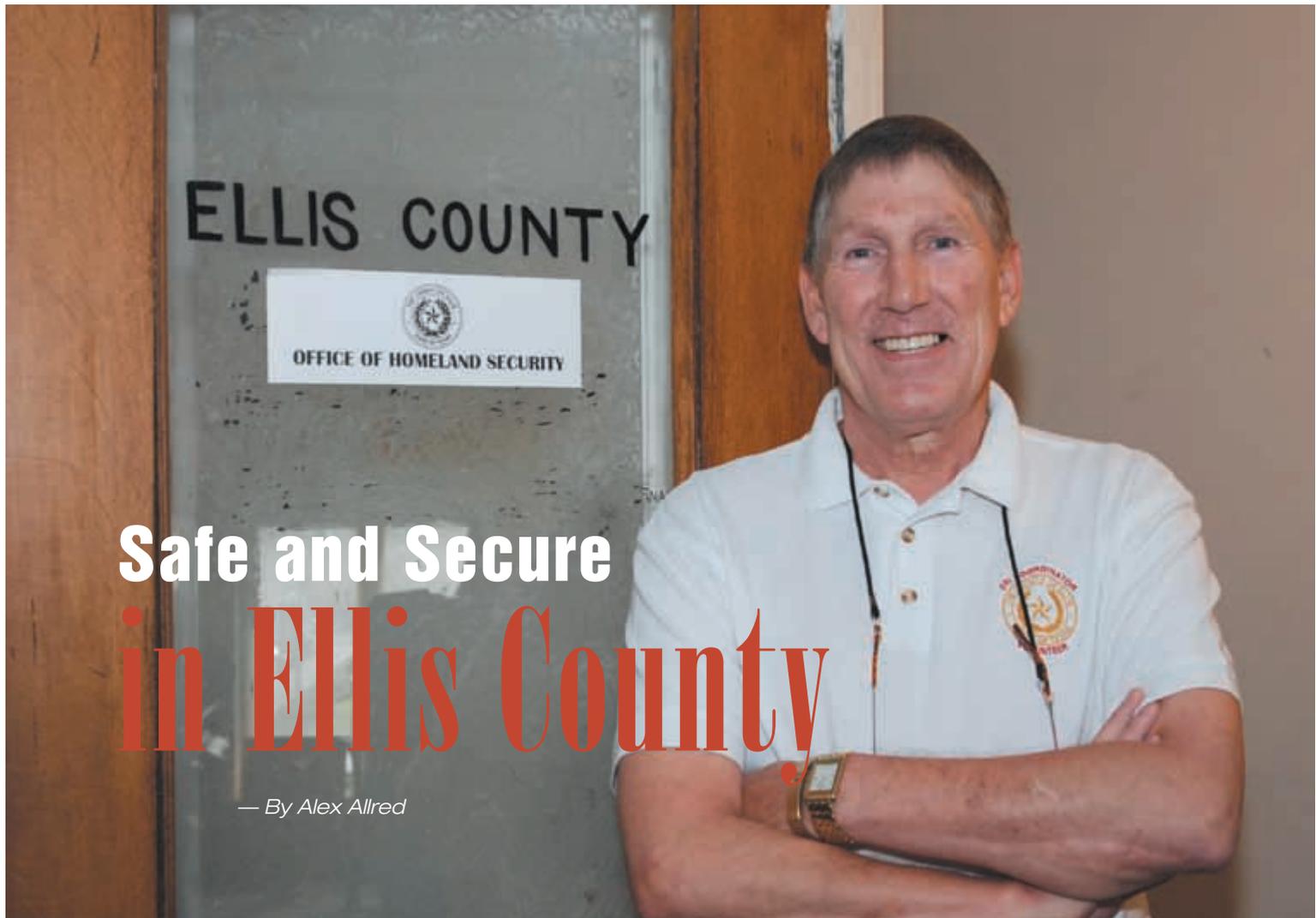
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Safe and Secure in Ellis County

— By Alex Allred

Most Americans can recall without hesitation where they were on the morning of September 11, 2001. Collectively, we know what happened. We grieved, then rallied as a nation. Suddenly, the term of these “United” States took on a new meaning, and we knew we had to be ready for more difficult challenges.

Our understanding as to why 9/11 happened, however, was less clear. Even today, many Americans are not entirely certain as to the events that led to the worst act of terrorism to ever touch American soil. Names such as Osama bin Laden and al-Qaida were easily identified with the tragedy and, in response, came another term:

Homeland Security. The reality is, Homeland Security is simply a new name for an old institutional concept. In fact, Sharon McKinney has been coordinating our county’s security for years, reporting directly to the county judge.

The U.S. government has had crisis management organizations since the nation’s founding. The National Guard, Federal Emergency Management Agency (FEMA), Centers for Disease Control and Prevention (CDC) and Health Resources and Services Administration (HRSA) are but a few. “But after September 11,” said Bill Holley, the Cities Readiness Initiative volunteer coordinator, “we

had to educate ourselves.”

It is because of 9/11 that the nationwide Cities Readiness Initiative (CRI) was created, with its focus of aiding cities and counties during public health emergencies



such as bioterrorism and pandemic flu. As horrible as both 9/11 and Hurricane Katrina were, Bill said, we learned from the incidents.

“It’s about planning,” he said. “When disaster struck, we were unprepared. No one could have imagined the magnitude of Katrina’s wrath or the cowardly ferociousness of the 9/11 terrorists.” Today, according to Bill, things are different. The word

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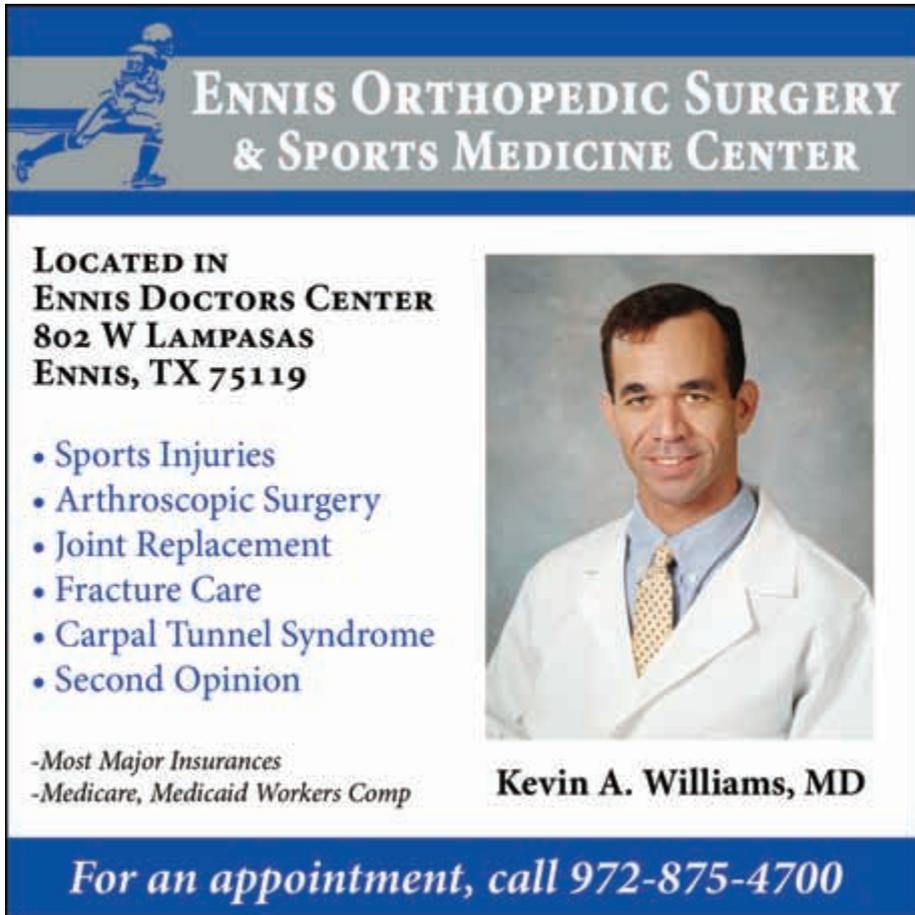
that he uses today is “preparedness.” Like most Americans, Bill had been blissfully unaware of what was to come and how unprepared we were for the disaster of 9/11. After earning his master’s degree in psychology and marrying, Bill served as a counselor for the East Texas Assistance for Abused Families. Following his time as a counselor, he acted as president and CEO of a successful label manufacturing business. For him, a crowning moment came while dining in a restaurant, “I looked over to see a family I had worked

“I want to look over to see that family and know they are protected.”

with sitting together,” he said. To see the family together, working through their problems, was incredibly rewarding to Bill. It also served as a reminder to him that he was not yet ready to retire. Instead, he searched online for a volunteer program and, as luck would have it, found that Homeland Security was looking for someone with his qualifications.

What he found, in turn, both inspired and intrigued him. “The truth is, we need every kind of volunteer,” Bill said, also noting that he considers every kind of background as a specialty. Current or former police officers, schoolteachers, medical professionals and store clerks all have something to offer. Because the Dallas/Fort Worth metroplex is ranked No. 9 on the nation’s terrorist-threat matrix, it became very clear to Bill that preparedness is vital. How we dispense medication, how we communicate with and move people during a disaster, how we house families and give aid are critical, but first and foremost, we must be prepared for any crisis.

In Ellis County, POD sites, or Points of Dispensing locations, have been set up for the sole purpose of distributing medication and medical supplies to healthy people in the “area of risk



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during a large-scale public health emergency.” This allows local hospitals to run as efficiently and effectively as possible, but it does something else. It gives the people of Ellis County the opportunity to be proactive.

As the dust settled on the evening of September 11, there was a feeling of utter dismay, chaos and hopelessness. No one knew where to turn or what to do. It is Bill’s hope that by educating the public, by encouraging all citizens to volunteer for their county and country, he can instill the kind of planning that will make us more resilient should another disaster come our way. “I want to talk to everyone,” Bill said. A regular at Rotary Club meetings, Bill has also spoken before schools, women’s organizations and churches. He gives people the context of crisis planning, and then, “I ask for volunteers.” Since he has come on board, the volunteers have quadrupled in five months, but a great deal more are needed. “We hope to have 1,500 volunteers on hand,” he said, explaining he would like to have so many that should a crisis occur, he would have enough trained and ready volunteers to work on rotation around the clock to serve the people of Ellis County. “We can do it,” he said. “I feel very good about being a part of this, and I’m proud of this county. The people of Ellis County are great, great people. We’re a strong community and we’re proud of what we have.”

“Planning” and “preparedness” have become more than words for Bill. As a counselor, he recalled seeing a family he had once helped with tremendous satisfaction. Today, he said, he wants more. “I want to look over to see that family and know they are protected.”

If you are interested in becoming a volunteer or learning more about the program, contact Bill Holley at cri.homeland.security@co.ellis.tx.us or call (972) 923-5222. **NOW**

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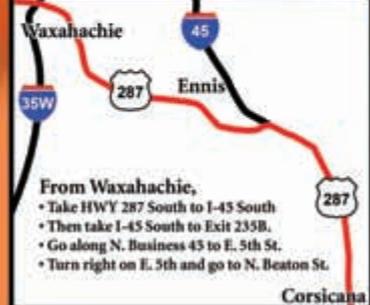
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Around Town **NOW**



Ribbon cuttings were held at several new businesses in Waxahachie. Top row, left, is History Maker Homes and top row, right, is Amazing Touch. Our Children's House at Baylor is shown directly above. The Cherokee Charmers, right center, prepare to take the field as the Waxahachie Indian Marching Band, bottom left, follows close behind.

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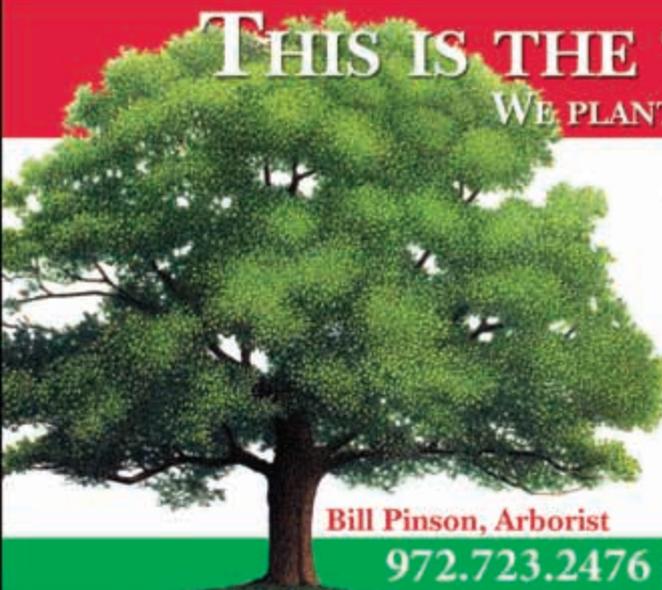
Around Town **NOW**



Little Brother TJ and Little Sister Darneshia, top left, were judges for the Midlothian Classic Wheels Car Club show held in Waxahachie recently. Proceeds went to the Big Brothers Big Sisters Program of Ellis County. The second grade class at Northside Elementary, top center, enjoyed a presentation by Mayor Joe Jenkins and Steve Chapman. Ribbon cuttings were held at Waxahachie Apartment Partners, top right, Salon 508, bottom left, and Miss Annie's Gift & Salon, bottom right.

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Look Who's Cooking

— By Melinda Hines

IN THE KITCHEN WITH KRISTI AUTRY

Kristi credits her grandmother for her love of cooking. “When I was a little girl, I would sit on my grandmother’s counter and watch her cook and now my daughter Lani loves to sit on the counter and watch me cook,” Kristi said. While Kristi enjoys passing this special cooking tradition on to her daughter, she enjoys entertaining friends and family, too. “I love to cook for my friends and family,” she said.

Kristi also enjoys cooking sweets for church youth that she and her husband, Dusty, often host in their home. “Many of them ask me for the recipes to give to their moms so they can make them, too,” Kristi said. Kristi’s most requested dishes include her fried chicken, corn casserole and various pies. **NOW**

FRIED CHICKEN

- cooking oil for frying
- 2 eggs
- 1/2 cup buttermilk
- 3 cups flour
- 1 Tbsp. salt
- 1 Tbsp. pepper
- 1 Tbsp. garlic salt
- 1 Tbsp. Lowry’s Chicken Seasoning
- 3 Tbsp. paprika
- 1 lb. chicken pieces (your preference)

Place cooking oil in a large frying skillet, turn stove top on medium. Use the handle of a wooden spoon to check the oil. When you place the wooden spoon handle in the oil and it begins to bubble around it, the oil will be ready. In a medium mixing bowl,

beat eggs and buttermilk together. In a large (gallon size) Ziploc bag, mix dry ingredients. Rinse chicken off under cold water, place chicken in milk bath and then place it into the Ziploc, seal top and shake to coat. When oil is ready, place chicken in oil. When the bottom of chicken is brown, turn over. When chicken is completely cooked, place on a plate of paper towels to drain leftover oil.

FRIED OKRA

- 1 cup fresh okra
- 1/4 cup buttermilk
- 1 cup cornmeal
- 1/2 cup flour
- 1 Tbsp. salt
- 1/2 Tbsp. pepper

1/2 tsp. garlic salt

Heat deep fryer to 340 F. In a medium bowl, toss okra and milk together. In a medium bowl mix dry ingredients together, then fold the okra into the dry ingredients to coat. When oil is ready, place okra into deep fryer. Check okra after 5 minutes. Cook okra until browned and crisp. Place on a paper towel to drain excess oil. (Squash, dill pickles or green tomatoes can be substituted for the okra in this recipe.)

CORN CASSEROLE

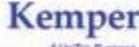
- 1 15-oz. can cream-style corn
- 1 15-oz. can whole kernel corn, undrained
- 1 8-oz. Jiffy Cornbread mix
- 1/4 cup sugar

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Who's Cooking **NOW**

- 1 stick butter
- 2 eggs, slightly beaten

Preheat oven to 350 F. In a large mixing bowl, mix all six ingredients together. Pour into a greased 9 x 13-inch dish. Cook for 30 - 35 minutes or until golden brown on top.

"MINI" CHOCOLATE CHIP COOKIES

- 4 1/4 cups flour
- 1 3/4 cups brown sugar
- 2 tsp. baking soda
- 1 tsp. baking powder
- 1 tsp. salt
- 2 1/4 cups butter
- 1 1/4 cups sugar
- 1 tsp. vanilla
- 2 large eggs
- 3 cups miniature chocolate chips (the key to a good chocolate chip cookie)

Preheat oven to 375 F. In a large mixing bowl, sift together, flour, brown sugar, baking soda, baking powder and salt. Gently fold in butter, sugar, vanilla, eggs and chips. Spoon cookie dough onto a non-stick cookie sheet about 3 inches apart. Place in oven and bake for approximately 8 - 10 minutes. Remove a minute or two earlier for soft, chewy cookies. Place cookies on a wire rack or paper towels to cool. Makes 7 1/2 dozen (great to freeze).

KEY LIME PIE

- 8 oz. heavy whipping cream
- 1/4 cup sugar
- 2 14-oz. cans sweetened condensed milk
- 1/2 cup freshly squeezed lime juice
- 1/4 cup freshly squeezed lemon juice
- 1/2 tsp. green food coloring
- 9 inch graham cracker crust

Preheat oven to 350 F. In a large mixing bowl, beat whipping cream at medium speed with an electric mixer until foamy; gradually add sugar, beating until soft peaks form. Place in refrigerator to chill. In a medium bowl, combine milk, lemon and lime juice and food coloring. Mix just until blended, do not over-mix. Pour into prepared pie crust. Bake for 5 minutes. Refrigerate for at least 2 hours. Top with whip cream and serve. Serves 6.

Finance **NOW**

Do Not Let Wall Street's "Mood Swings"

Upset Your Investment Strategy

— By Jeff Trojacek

Some investors were rattled by the recent volatility in the stock market. And it is hard to blame them. After all, one day, we are seeing record highs, and then, a few days later, we are on a losing streak – followed by a rebound. What will happen this week, next week or next month? No one really knows, but one thing is certain: stock prices often fall (or rise) for reasons that have little to do with why you invest.

To illustrate, let us consider two of the factors that investment professionals cite as responsible for the market's series of losses in early June:

- **Falling hopes for a rate cut**
Federal Reserve Chairman Ben

Bernanke hinted that the Fed might not be cutting interest rates before the year ended. Because interest rate cuts often spur the economy and can boost stock prices (at least in the short term), Bernanke's statements took away some enthusiasm from investors.

- **Rising bond yields**

Bond yields rose significantly. At one point during the stock market's losing streak, the yield on the 10-year Treasury note hit 5.24 percent, its highest level in five years. When yields go over the 5 percent level, some stock investors believe they can cut back on risk, and still earn a reasonable return, by investing in bonds. If many of these investors then pull back from the stock market, stock prices may fall.

As an individual investor, what should you take away from these apparent "mood swings" of Wall Street? Here is lesson number one: do not overreact to the mood swings of Wall Street. You will waste time, money and effort by constantly trying to adjust your investment strategies in response to events such as comments by the Federal Reserve chairman or a rise in bond yields above a rather

arbitrary figure. When the market is volatile (and even when it is not), focus on the things you can control. Here are a few suggestions:

- **Invest broadly**

If you spread your dollars among a range of stocks, bonds, government securities and other vehicles, your portfolio may withstand market downturns better than if you only owned one or two types of investments.

- **Buy quality**

Look for quality investments, including stocks of well-run companies with histories of paying dividends. These investments tend to hold their value better during market declines – and they usually bounce back faster when those declines run their course. (Keep in mind, though, that companies can increase, decrease or totally eliminate dividends at any time without notice.)

- **Follow an "all-weather" fixed-income strategy**

If you are investing part of your portfolio in bonds, do not try to outguess the direction of interest rates. Instead, take an "all-weather" approach by building a "ladder" consisting of bonds of varying maturities. Once you have created your ladder, you are

HAVING MORE RETIREMENT ACCOUNTS IS NOT THE SAME AS HAVING MORE MONEY.



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Jeff Trojacek is an Edward Jones representative based in Waxahachie.

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Breast Cancer: Factoring Your Risk

In the U.S. alone, more than 250,000 people are diagnosed with breast cancer every year, but if detected at an early stage, the chances of survival are extremely high. According to Valerie Gorman, M.D., general surgeon on the medical staff at Baylor Medical Center at Waxahachie, every woman should be vigilant about her own breast health, especially if she is considered high risk.

"There are many different risk factors for breast cancer, most of which you cannot change, but being aware of your risk and not neglecting your annual breast screenings is essential for early detection and effective treatment," Dr. Gorman said.

According to the American Cancer Society, major risk factors for breast cancer include:

- **Age** — The risk of developing breast cancer increases as a woman ages.
- **Family History** — If you have two or more blood relatives who have

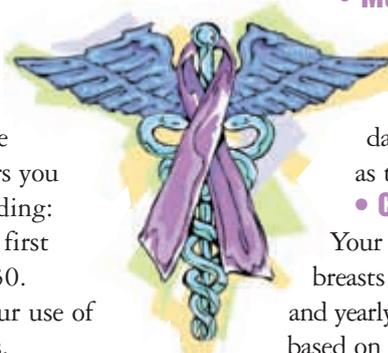
been diagnosed with breast or ovarian cancer — especially before age 50 — you could be at a higher risk.

- **Genetics** — Most genetic breast cancer is the result of a mutation of the BRCA1 and BRCA2 genes. Fortunately, there are genetic tests available that can detect this mutation.

- **Menstrual Cycle** — Women who began their menstrual period early in life (before age 12) or went through menopause late in life (after age 55) are at an increased risk.

However, Dr. Gorman said there are also risk factors you can control, including:

- Having your first child before age 30.
- Reducing your use of birth control pills.
- Avoiding hormone replacement therapy.



- Breastfeeding for one-and-a-half to two years.
- Limiting alcohol to less than one drink a day.

"There's no way to prevent breast cancer 100 percent, but you can further reduce your risk by maintaining a healthy weight, exercising and not smoking," Dr. Gorman added.

For early detection, Dr. Gorman recommends following these guidelines:

- **Monthly breast self-exams**

— Check your breasts every month after your menstrual cycle, or on a date you will remember, such as the first of every month.

- **Clinical breast exams** —

Your doctor should examine your breasts every three years up to age 40 and yearly after that, or as recommended based on your risk factors.

- **Mammograms** — A baseline mammogram is recommended



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between age 35 and 40 and yearly mammograms starting at age 40, or sooner if your risk is higher.

- **Breast ultrasound** — This test can help evaluate abnormalities that show up on mammograms.

Reduce your risk by maintaining a healthy weight, exercising and not smoking.

- **Breast MRI** — This scan can screen women who are newly diagnosed with cancer and those with a 20 percent to 25 percent lifetime risk of the disease. **NOW**

** Physicians are members of the medical staff at one of Baylor Health Care System's subsidiary, community or affiliated medical centers and are neither employees nor agents of those medical centers, Baylor Medical Center at Waxahachie or Baylor Health Care System.*



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Past, Present and Future

— By Nancy Fenton

Our gardens and landscaping are always affected by our past, present and future. The severe drought of last year is still to be seen in our big trees. Maybe you have noticed a good many leaves dropping early around your yard. After a bit of research, I realized that those big guys still have not had time to rebuild their feeder root systems. The plentiful rains this year have stressed the underdeveloped feeder system, hence the leaf drop. Some of our oaks have been mistakenly thought to need more

water. Actually, what is happening is they cannot take up the available water because of the reduced feeder system, and they are drowning. If you have soggy soil under your trees, check your drainage and get some of that water away from the tree for a while! We would hate to lose those 150-year-old trees!

Our present is upon us, and now is the time to make those last minute trimming decisions on your shrubs. Freezes will be upon us in November and the growth stimulated by trimming needs at least 6 to 8 weeks to harden off. If you are through trimming, think about planting some bulbs like tulips, daffodils or crocuses. They can go in the ground now to come up early in the spring. You can even plant them under the trees that lose their



leaves, knowing the bulbs will get the sun they need before the trees leaf out!

Our future is a yard that is as pretty as you are willing to make it! A balanced fertilizer can go on your irises and daylilies after Halloween and up to 4 inches of mulch can be added at any time on all those shrubs and flowerbeds. Lawn fertilizer can go on after the first freeze in November to be ready for that spring growth spurt. Planning for new beds is always a way to freshen and spruce up your landscape.

Know that Mother Nature is very flexible and forgiving. So, look at the past and present and get going for the future! **NOW**

Nancy Fenton is a Master Gardener in Ellis County.

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October 2007 Community Calendar

October 6

Annual Chamber Auction "Pirates of Waxahachie," 6 - 9 p.m., Waxahachie Civic Center. Cost is \$40 per person and includes dinner, refreshments and admission to the silent and live auctions. Everyone is encouraged to dress in pirate or business casual attire. RSVP online at waxahachiechamber.com or call (972) 937-2390.

October 8

Child Protective Services Golf Tournament/Fundraiser at the Brick Yard in Ferris. Lunch: 11:30 a.m. Tee off: 1 p.m. To register contact Claire Crabb at ccrabb@swbell.net or (972) 935-6100, or Carla Estes at (972) 935-9953.

October 9

Moms on Mission (Christian mom's group) Coffee Club, 8:30 p.m. Contact Melinda Hines at (972) 937-5083 for information.

October 10

Ellis County Early Childhood PTA "Get Acquainted Mixer," 9:30 - 11:30 a.m. Childcare available during meeting. Contact Courtney Atwood for information at (972) 875-2668 or eceptamembersip@hotmail.com.

October 12

Moms on Mission will visit the pumpkin patch. Contact Melinda Hines at (972) 937-5083 for information.

October 12 - 13

Ellis County Art Association's "Off the Wall" Benefit Art Sale and Garage Sale, 7:30 a.m. - 2:30 p.m. at the Ellis County Fine Arts Museum, 501 West Main.

October 12 - 14

Texas Motorplex ADRL Pro Mod World Finals and Autobahn VW Bug Out. Visit www.texasmotorplex.com for more details.

October 13

5th Annual Bow Wow Howl-O-Ween Hustle supporting the SPCA of Ellis County, 8 a.m. - noon at Getzendaner Park. Race registration: 8 - 9 a.m. Races: 9 a.m. Contests and costume judging following the races. For information, call (972) 935-0756 or e-mail dana@savetheboxers.com.

Waxahachie Fun Run sponsored by Dallas Area Street Rods and Shakers and Scrapers Car Club of Corsicana, 9 a.m. - 1 p.m. at Getzendaner Park. Awards: 4 p.m. Entry fee: \$20. Proceeds benefit the Texas Baptist Children's Home.

October 18

Pumpkin Day at First Steps Preschool (ages 12 months - 4 years). Contact Lea Sullivan at (972) 937-1940 for information.

October 26 and 27

Munster Mansion 6th Annual Charity Event, presented in conjunction with Century 21 Judge Fite Company, benefiting Easter Seals North Texas, 6 - 11 p.m. \$20 for adults and \$12 for children under 12. Call (972) 923-3116 or visit www.munstermansion.com.

October 26 - 28

The Music Man presented by the Waxahachie Community Theatre at Chautauqua Auditorium. Showtimes are 7:30 p.m. (October 26 - 27) and 2:30 p.m. (October 28). \$10 for adults, \$9 for seniors and students.

October 26

WRC Pregnancy Center's Roundup 2007, 7 p.m. at WRC Pregnancy Center of Ellis County. Proceeds benefit services provided to women of all ages confronted with unplanned pregnancies and those parenting children up to age 2, in need of information, education and assistance. For sponsorship or tickets, contact Donna Young, wrc@ectisp.net

October 27

12th Annual Texas Country Reporter Festival, 9 a.m. - 7 p.m. in historic downtown Waxahachie. Join Bob Phillips and his many friends who have been featured on his popular television series *Texas Country Reporter*, and enjoy a free concert by the Bellamy Brothers.

October 27 - 28

"Age of Elegance" Elegant and Depression Glass Show and Sale presented by Fostoria Glass Society of North Texas at the Waxahachie Civic Center. For information, call (817) 545-5856.

October 31

Fall Festival at Ferris Avenue Baptist Church from 6 - 8 p.m. Enjoy candy, pony rides, snowcones, bounce house, games and more! Contact Melissa Lance at (972) 937-5301 for information.

To have your events posted on the community calendar, e-mail us at: smcintosh-nowmag@sbcglobal.net.

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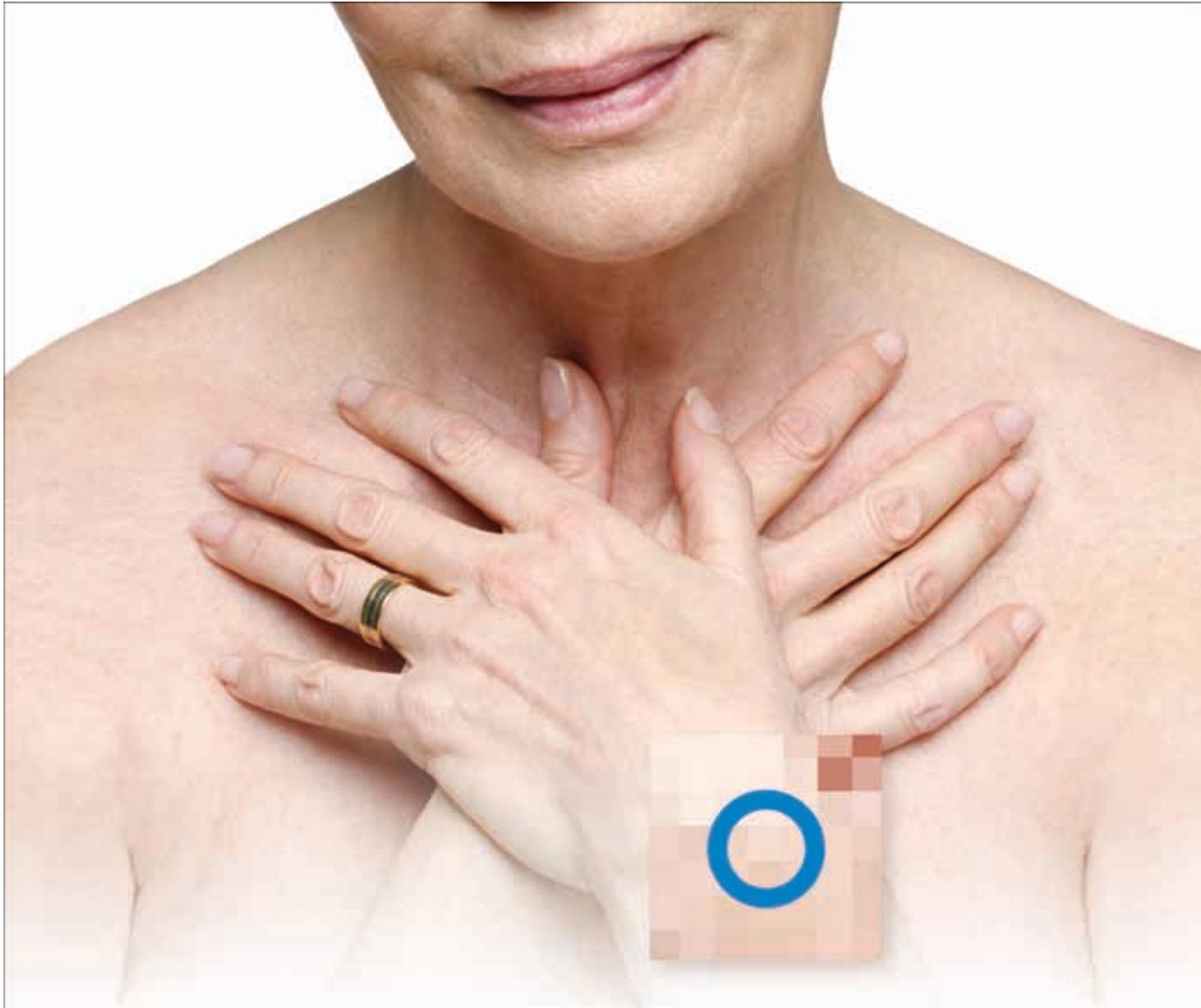
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Keynote Speaker: Lynn Redgrave
For more information, call (214) 820.4500

