WaxahachieNow

FEBRUARY 2020

Recipe for Learning

Jennifer Eaglen imparts general knowledge to her students

A Joyful Career

Helping special needs adults is Jessica Flores' passion

In the Kitchen With Cheryl Fowler

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ON THE COVER

Students learn biscuits don't always come out of a can.

Photo by Kobbi R. Blair.

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EDITOR'S NOTE

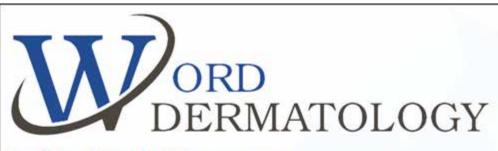
Happy February, my fellow Waxahachians!

When I was in elementary school, my favorite school party was our Valentine's Day party. The class prepared for the party with each student getting to decorate a paper bag with red and white construction paper hearts and white lace doilies. Our teacher hung the bags from the bottom of the chalk board, and each child got to walk down the row of bags and deposit a valentine card for each classmate. Next, everybody opened their cards while they ate delicious treats, which the moms had brought. As we opened and read the complimentary words on each premade, grocery-store-boxed valentine card, the classroom was filled with a special sweetness that distinguished it from all other days of the school year.

Fast forward 20 years to my son's first grade Valentine's Day class party. The night before the party, instead of just signing the cards, he insisted I read each card to him, so he could make sure each person got the best card for them. He took each message very seriously. That was more than 30 years ago, and I can still, in my mind's eye, watch my little man meticulously write his name on each card and draw a little heart.

I hope all parents have the time to share these lovely moments with their children for Valentine's Day. This simple American tradition of giving valentines to our fellow classmates provides the perfect opportunity to discuss treating all students with kindness and never leaving anyone out. It gives parents and their children a great platform to explore empathy, compassion and respect for all the students in their class.

Wishing everyone a lovely Valentine's Day!



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WHAT IS OSTEOARTHRITIS (OA)?

Osteoarthritis, also known as degenerative joint disease, is the most common type of arthritis. In Osteoarthritis, the surface layer of cartilage breaks down and wears away. This allows the bones under the cartilage to rub together resulting in pain, swelling and loss of motion of the joint. Although in some people it progresses quickly, in most individuals joint damage develops gradually over years.

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WHAT ACTUALLY IS A STEM CELL?

Stem cells (also called mesenchymal cells) have the exceptional ability to take on the behavior and characteristics of their surrounding cells. As such, following a stem cell joint repair procedure, the injected cells may become specialized for the joint and, over time, may help to regenerate the damaged cartilage and other tissue. Results will vary among patients, but many report experiencing pain relief in as little as one week. You have probably recently seen many professional athletes in the news using stem cells to regenerate their bodies following a sports injury (including Super Bowl champion Peyton Manning). Stem Cell Therapy for joint repair is used for acute and chronic injuries and to stop the progression of degenerative arthritis.

WHEN WILL I FEEL RESULTS?

Most people feel better as quickly as one week and can begin enjoying everyday activities within a few days following the treatment. Healing and regeneration continue for several months afterwards, further recovering more function in the joint and supporting tissues.

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HOW DO I KNOW THAT THIS IS RIGHT FOR ME?

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Jennifer Eaglen teaches mostly introductory culinary classes within the extensive Culinary Arts Program at Waxahachie High School. "Most of my students are sophomores and really have no idea what kind of career they want to ultimately pursue. There are a few students who know exactly what they want to do and feel sure that they are headed to culinary school. But most of the students took the class as an elective to explore something that interests them, but which they know very little about," Jennifer explained.

Jennifer has a goal of teaching all of her students, not only how to make homemade food out of fresh, healthy ingredients, but also the value of doing so and the rewards it can give them. "I suggest to the students, both boys and girls, that they might not always have the money to pay for a date, especially in college, but they can always impress a date by cooking a delicious meal for them at home," Jennifer said. "I also want to introduce my students to how cooking for ourselves helps us to live healthfully.

"My hope is that regardless of whether they ever decide to work in a restaurant or go to culinary school, when they finish at the end of the year, they will be able to go home and make a meal that doesn't come out of a box. One of the first things we did was make biscuits, and it's amazing how many of them asked, 'You mean they don't come out of a can?' I really want them to understand that, if you have a few staples, you can do a lot. So that's what we work on, just trying to give them that general knowledge," Jennifer said.

"Since most of these kids have no cooking experience besides a microwave, they need to learn the basics before they can get into more advanced stuff. For instance, they must learn the math of how to measure. Recently when we were cooking, I intentionally set out the wrong measuring cup, so that they had to read the recipe and say, 'Wait, I need a cup, but she gave me a third of a cup, so they have to think about it and do a little bit of math. As we go through the year, it will get harder, where they will need a half of a cup, and I will only give them a tablespoon. It's very important, especially with baking, for their measurements to be spot on. I explain to them that this is chemistry, and it is important to understand how to follow the recipe exactly. For those who continue to Advanced Culinary with Chef Skipper, he will be able to do so much more with them because they already understand the basics."

Jennifer enjoys sharing a story where one of her students wanted to make a recipe at home, but he forgot to take



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a picture of the recipe. "He brought the cookie in for me to try, and he warned me that he had to wing the recipe. The look on his face told me that the cookies did not turn out well. I tasted the cookie and agreed with him. That experience taught him the importance of following a recipe when one is baking," Jennifer said.

Jennifer also teaches her students the importance of correct dish washing. "I intentionally don't let my kids use the machine right now. They need to learn correct hand washing first, before they use the machine. They must learn things like the importance of using hot water to wash dishes because many of these kids have never washed dishes without a dish washing machine."

Jennifer taught family consumer science classes for six years in Italy ISD. "It is a big difference going from a 2A to a 6A school. I went from teaching 80





kids to 160 kids," Jennifer laughed. "I thought I would never learn their names. or get to know them as people, but within a few weeks I learned everybody's name and became familiar with them. It is wonderful!'

lennifer's dream is for the students to eventually open and run a coffee shop inside the culinary department at the school. "I opened one down in Italy, and it was a fantastic experience for the kids. The students who work the coffee shop get the experience on how to run a coffee shop, and when they get to college, they already have experience and know how to make all the different coffees. The skills are marketable. It was great for the other students also because they would come and learn about coffee, order a cup of coffee and then sit and do their homework and listen to music, while they drank their coffee. I would like to do that here. I don't know if I will get to, but I am writing up a plan, so that they will consider it," Jennifer said hopefully.

"I come from a family of food people. My grandmother always worked at restaurants, and my mother had a home babysitting business, but she also baked desserts for restaurants all over our town. My sister owns a coffee shop in San Diego, so it really does just run in the family," Jennifer said proudly. "I love teaching. I love cooking, and I love Waxahachie, so I feel I am at the perfect place to live the rest of my life." NOW





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Life began preparing Jessica Flores for her career with special needs adults at a very young age. She fondly remembers playing and talking with the people her grandmother, Emma Riojas, would include in their family gatherings. Emma has worked with special needs adults who live in Ellis County for 30 years. Often, if someone had no place to go at the holidays, she would invite them to her

family's celebrations. "There were always special needs adults around our home, and I quickly learned that they were often the most fun adults to play with," Jessica said.

Following high school, Jessica worked part time at Lakes Regional Community Center while going to college. After a couple of years, a management position came open, and the company encouraged Jessica to take it. "That was really the first time I ever thought about working with special needs adults for my life's work. I was so young and so busy. I honestly had no idea what I

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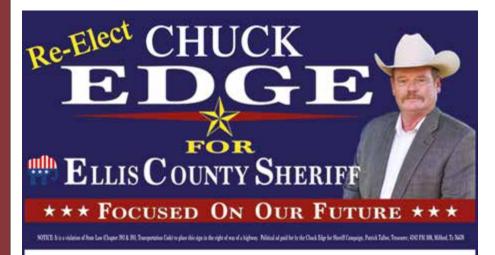
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115 Park Place Blvd., Suite 100, Waxahachie, Texas 75165 www.bristolhospice.com Follow us Facebook.com/Bristol-Hospice-Pathways wanted to do after college, so I took the job with the thought that I would trust God to show me my way," Jessica shared.

It has been 19 years since Jessica accepted that job, and she has never doubted that she made the right decision. "I truly feel that I have the best job in the world. Every night when I go to sleep, I know without question that I have made a positive difference in the lives of people who absolutely deserve all the help we can give them," she said. "This realization has given my life perpetual optimism and joyfulness. I can't think of a better benefit from a job. It belongs right up there with insurance and retirement benefits!" Jessica said with a heartwarming laugh.

Lakes Regional Community Center has three houses in Ellis County where special needs adults live. Jessica manages the houses and the employees who work there. "One of my favorite memories is taking some of our individuals on vacation to Galveston. It all began one day when I returned from my vacation and one person mentioned that she had never been on a vacation or seen the ocean," Jessica explained. "So, we found the money and the volunteers and took 26 people south to Galveston. It was so hard, but it was so much fun! I will never forget how happy the wheelchair-bound people were when we wheeled them into the edge of the ocean, and they dipped their feet into the water. Now that is a memory that will make anybody smile!"

Many more trips have followed. Even though Lakes Regional does not pay for the vacations, they have given their permission for Jessica and her





staff to raise the money and gather the volunteers to make the vacations happen. "Oh, they just love it. They talk about what they saw and what they did all the time. I am so thankful we are able to make it happen," Jessica said.

Sometimes, life repeats itself. Jessica has a 19-year-old daughter, Sage, who now works part time at Lakes Regional Community Center, while she goes to college. Sage also grew up with special needs adults attending her family gatherings. Sage has not decided what her life's career will be, but she does cherish the opportunity to make a real difference in people's lives. "We help teach the people all kinds of life skills, such as how to go for a job interview or how to count change back after making smalls purchases," Sage said happily.

Two years ago, Jessica and her husband had the opportunity to foster an individual in their own home. "I actually went to high school with her. She fits right into our family and makes us complete," Jessica said with a huge smile. "I am so grateful that God trusts me with all these precious souls."

Life works in mysterious ways," Jessica said thoughtfully. "Eleven years ago, I had a beautiful baby girl. Eventually, we learned she has epilepsy and is autistic. This gave me a whole new perspective on working with the families of special needs people and what they go through from the very beginning of their child's journey. I learned firsthand how frightening it is to have a child that requires out-of-the-ordinary circumstances and how vulnerable it makes a parent feel. It was a whole new realm of experience for me, and I am so thankful to have had my career to guide me through that very difficult time." NOW



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BusinessNOW Cardinal Insulating Glass

By Sally Fuller

Cardinal Insulating Glass 201 Cardinal Rd. Waxahachie, TX 75165 www.cardinalcorp.com

About a half-mile off Hwy. 77 on the road that bears its name, Cardinal Insulating Glass has been employing hundreds of Ellis County residents and successfully manufacturing insulating glass for almost 20 years. In November 2019, Waxahachie's Cardinal IG plant celebrated two decades of doing business in this great community. Plant Manager Erik Shoquist said the future for the company looks very promising.

"There was a customer need that we were supplying from some of our northern plants, so we needed to have a plant here to service them," Erik said of the decision to open the Waxahachie plant in 1999. "Our first sale was in November 1999. The recession was tough, but we made it through, and ever since then, we've had double-digit growth."

The plant's first physical expansion since opening was last year when they added 100,000 square feet of manufacturing and warehouse space to the original 180,000 square feet. "It gave us some much-needed breathing room. We added a new automated IG line," Erik said.

Cardinal IG makes their automation equipment. "That gives us the ability to ensure that we offer a world-class product. We're able to leverage the automation group to ensure that we have the longest-lasting insulating glass units in the world," Erik explained. Cardinal IG's insulating glass units come with the longest warranty in the industry.

The company's success is due, in part, to the Ellis County community. "The small-town feel and accessibility of city officials make it a great place to do business. We have a great customer base and a lot of great people in this community who are committed to Cardinal and its growth. We have employees who have been here the whole 20 years since we started, which is great," Erik said. Almost all of the approximately 280 employees at the plant live in Ellis County, a testament to the company's commitment to the community.

An integral part of the company's strategic plan is ensuring employee satisfaction and safety. "We want to be the employer of choice in Waxahachie by taking care of our people and making their experience at Cardinal positive, lifechanging and life-lasting."

Cardinal IG's insulating glass units come with the longest warranty in the industry.

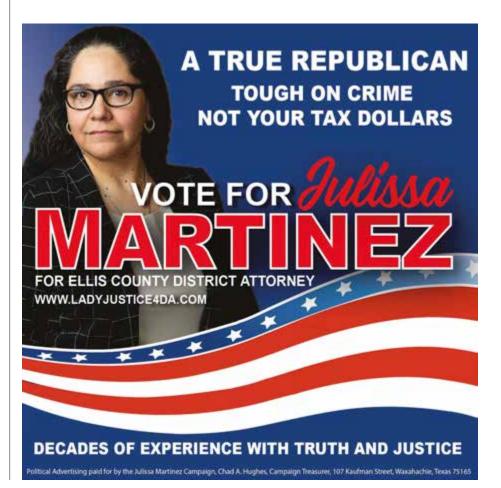
Being the "employer of choice" means, among other things, being a leader in safety. In an industry devoted wholly to working with material as fragile and potentially dangerous as glass, Cardinal IG aspires to achieve the highest safety ratings possible. "We have a safety focus within Cardinal IG. We want to be OSHA VPP (Voluntary Protection Program) certified in 2020," Erik said. VPP participation is limited to companies that demonstrate a dedication to safety and health that surpasses OSHA requirements, and only .01 percent of all companies across all industries achieve the prestigious rating.

Cardinal IG's comprehensive safety program includes encouraging employees to take ownership of the safety initiative. "On the plant level, there's a lot of employee involvement in different safety committees and other safety activities," Erik said.

The company's proven commitment to quality, safety and the people they employ make Cardinal IG a perfect fit for this great community. "As long as the economy continues to be strong and grow, we'll continue to grow. With the expansion and growth we're experiencing with our customers, we still need to add great people to our team," Erik said. **NOW**



Visit Cardinalcorp.com to search job openings or apply in person at: 201 Cardinal Rd., Waxahachie, TX 75165





Zoomed In: Captain Trey Moon By Susan Simmons

Captain Trey Moon has been with the Waxahachie Fire Department for 18 years. His grandfather was the Waxahachie Fire Chief while Trey was growing up, and he spent many hours playing around the fire station. "I love my job. It's pretty much all about helping people and giving back to my community," Trey said.

He has five children, four boys and one girl. When asked if any of his children are considering following in his footsteps, Trey replied, "One of my sons is considering firefighting, but he is still in college now. Of course, my IO-year-old son knows for certain that he wants to be a firefighter. He has no doubt, and with his personality, I think it really might happen!"

Around Town



Kate Martin plays in the park with her son, Jensen.



Allan Lotspeich surprises his family by taking down all the Christmas decorations.



Par Salinas shops for winter flowers.



Lily and Beckett Gonzalez go on a Sunday bike ride with their daddy, Vincent.

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Fellow worshippers gather outside El Bethel Missionary Baptist Church and enjoy the sunshine.



Julius Collins builds a fort with Bricks 4 Kidz during the Health and Wellness Fair at the Civic Center.



Ronnie and Lori Enis take their daughter, Charlotte, out for lunch.



Mark Delacerda takes advantage of a sunny January day to play golf.

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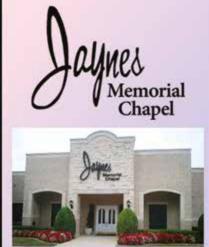
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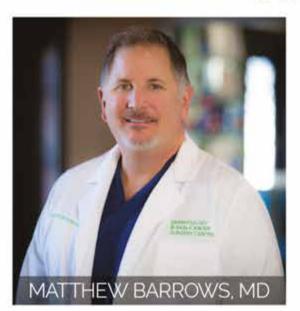
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Cheryl Fowler fondly remembers watching her maternal grandmother go into the kitchen "and throw together a meal that was so delicious in the snap of a finger. The minute someone walked into her house, she would ask them if they were hungry," Cheryl said with a nostalgic smile.

Like so many girls growing up in the '60s, Cheryl began baking with her Easy-Bake Oven. "I got my first Easy-Bake Oven for Christmas as a child, and I spent a lot of time with my grandmother cooking and baking with it. She taught me a lot about family and about love. She always cooked with love." Cheryl's pies reflect the love that she puts in them, and they are her family's No. I request for Christmas! NOW

Cheesy Squash

- 4-6 yellow squash, peeled and cut up
- I small onion, chopped
- l jalapeño, seeded and chopped
- 2 Tbsp. butter
- I Tbsp. fresh garlic (I use the garlic in a jar.)
- I 14-oz. can diced tomatoes (I use garlic and basil tomatoes.)
- Salt, to taste
- Pepper, to taste
- 1 12-oz. bag sharp cheddar cheese, shredded
- I. Boil the squash until it is almost soft.

2. While squash is boiling, put onion and jalapeño in a skillet with butter; cook about 5 minutes. Stir in garlic and tomatoes.

3. Drain squash; mash with a potato masher. Leave it a little chunky.

4. Add jalapeño/tomato mixture; stir well. Add salt and pepper.

5. Add cheese; stir until cheese is melted.6. Serve as a side, or as an appetizer with crispy bread or tortilla chips.

Dog Bread

These are amazing with a big bowl of pinto beans.

2/3 cup cornmeal

1/3 cup flour1/3 cup buttermilk1 large eggOil, for frying

I. In a large bowl, mix together the commeal, flour, buttermilk and egg until well combined.

2. In a large skillet, heat the oil. Make a ball of the dough; pat it into a round patty. Carefully place the dough into the hot oil.3. Brown one side; flip over to brown the other side.

4. Once both sides are brown, lay bread on paper towels to drain the excess oil.

Taco Soup

I lb. ground beef
I onion, diced
I pkg. taco seasoning
I 15.25-oz. can corn
I 15.5-oz. can black beans
I 14-oz. can stewed or diced tomatoes
2 8-oz. cans tomato sauce
Cheese of your choice, grated
Tortilla chips, to taste
Avocado, to taste

I. Brown ground beef and diced onion; drain well.

2. Combine cooked ground beef and onions, taco seasoning, corn, black beans, tomatoes and tomato sauce in a large pot. 3. Cook on medium heat for 20 minutes. 4. Serve soup with grated cheese, crushed tortilla chips and chopped avocado on top.

Light and Fluffy **Spinach Quiche**

1/2 cup light mayonnaise 1/2 cup milk 4 eggs, slightly beaten 8 oz. cheddar cheese, shredded 1 10-oz. pkg. frozen chopped spinach, thawed and squeezed dry 1/2 cup onion, chopped 1 9-inch unbaked pie shell

1. Preheat oven to 400 F: line a cookie sheet with foil.

2. In a large bowl, whisk together mayonnaise and milk until smooth; whisk in eggs.

3. Add cheese, spinach and onion; stir until well mixed. Pour into the pie shell.

4. Set your pie pan on top of the foil-lined cookie sheet; cover the quiche with foil. 5. Bake for 45 minutes. Remove foil; bake for an additional 10-15 minutes, or until the top is golden brown and the filling is set.

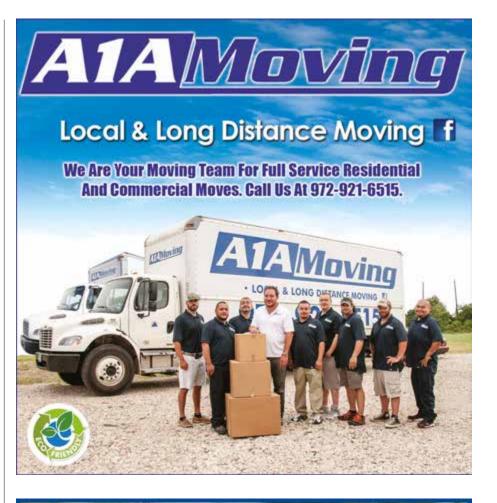
Pound Cake

2 cups butter, room temperature 2 cups white sugar 9 eggs 3 1/4 cups all-purpose flour

I. Lightly grease a loaf or Bundt pan; dust with flour. Preheat oven to 350 F. 2. In a large bowl, use a hand mixer to cream the butter until fluffy. 3. Beat in sugar until creamy and smooth. Add eggs one at a time. 4. Slowly add the flour. Continue mixing until all ingredients are combined. 5. Pour batter into prepared pan. Bake for I hour.

Breakfast Pizza

2 pkgs. crescent rolls 1 pkg. sausage I envelope country gravy 6 eggs 2 Tbsp. milk 1/2 tsp. salt 1/4 tsp. pepper



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1 Tbsp. butter 8 oz. cheese, shredded 4 oz. pepper jack cheese

I. Heat oven to 375 F. Line a pan with the crescent rolls; form a crust around the edges. Bake until golden brown, about 10-13 minutes.

2. In a skillet, brown the sausage.

3. Make gravy as directed on the package. Add the sausage to the gravy.

4. Combine eggs, milk, salt and pepper together. Heat butter in a skillet. Scramble the egg mixture in the hot butter.

 Pour sausage gravy on top of the cooked crescent rolls. Add scrambled eggs; top with cheese.
 Bake for 15 minutes. Enjoy!

Easy Peach Cobbler

- 1/2 cup butter
- 1 cup flour
- I cup white sugar
- 1 cup milk
- 2 16-oz. cans sliced peaches in heavy syrup
- **I.** Melt butter in a 9×13 -inch pan in the oven.
- **2.** In a bowl, mix together the flour, sugar and milk.
- **3.** Pour mixture into the pan.
- **4.** Spread peaches, including the syrup, evenly around the pan.
- **5.** Bake at 350 F for 45 minutes to 1 hour,
- or until the crust turns golden brown.
- **6.** Cool for 10 minutes; serve.

Chicken Enchiladas

Cooking spray

- I cup milk
- I whole chicken, boiled and shredded (You can use 6 chicken breasts.)

l pkg. fajita-size flour tortillas

- 1 8-oz. pkg. cream cheese
- 8 oz. sour cream
- 1 10.5-oz. can cream of chicken soup
- 1 14-oz. pkg. Monterrey Jack or
 - Mexican cheese, shredded

I. Spray a casserole dish with cooking spray.

2. Add milk to chicken; mix well.

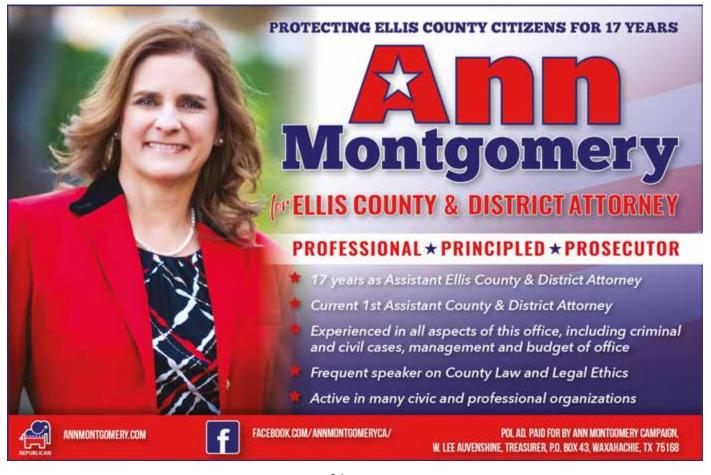
3. Roll chicken in the tortillas; place them, with the fold down, in a row in your greased casserole dish.

4. Combine cream cheese, sour cream and cream of chicken soup; mix until smooth. Pour mixture over the rolled tortillas.

5. Sprinkle cheese over the top of the mixture.6. Bake at 350 F until the cheese is melted and bubbly.

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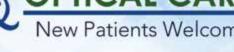
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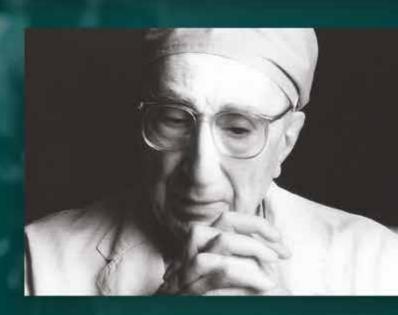
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The American Heart Association reminds us that one in four deaths each year in the United States is a result of heart disease. In response, American Heart Health Month takes place each February to raise awareness of the disease and how to prevent it.

Longtime Texas resident, Dr. Michael DeBakey, was a pioneer in cardiology whose accomplishments centered around heart health. Namesake of the Houston Methodist DeBakey Heart and Vascular Center, Dr. DeBakey performed the first successful removal of a blockage in the carotid artery, establishing the field of surgical treatment of stroke, in 1953.



— By Angel Morris

While today, Dr. DeBakey's name can also be found on other Texas research facilities and schools, it was not his birth name. After immigrating to Louisiana from Lebanon, the Dabaghis decided DeBakey was a more suitable, anglicized version of their name.

Born to Shaker Morris and Raheehja DeBakey in 1908, Michael is said to have shared his parents' thirst for knowledge and discipline. Shaker was not only a pharmacist, but also an investor. Michael's compassionate spirit no doubt came from his mother, who was an activist for nonprofit organizations.

In 1926, Michael graduated high school as valedictorian, then earned his bachelor's degree from Tulane University in 1930. While finishing his medical degree at Tulane's School of Medicine in 1932, DeBakey invented the roller pump — a tool helping blood flow continuously during operations. The device went on to be used in the first open heart surgery two decades later and was the first of more than 50 surgical heart and artery instruments credited to Dr. DeBakey.

Volunteering for military service at the start of World War II, DeBakey is credited with changing the way the Army handled casualties. Serving four years in the Office of the U.S. Surgeon General, he pursued movement of medical facilities nearer to the front lines,





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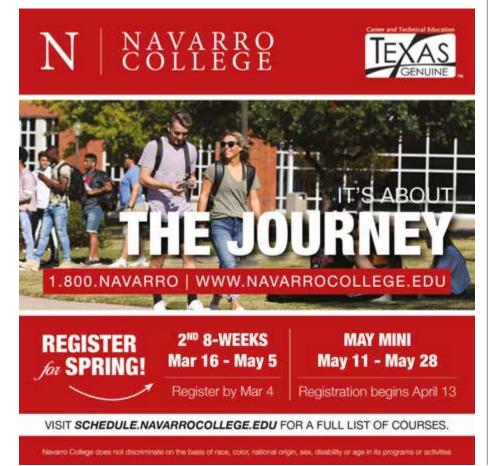
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speeding the care of wounded soldiers and increasing their chances of surviving.

In 1945, he received the Legion of Merit Award for these efforts, which resulted in the Army's standardization of MASH units — Mobile Army Surgical Hospitals — which were first utilized in the Korean War a decade later, with helicopters and airplanes used to transport wounded soldiers from frontline care centers to surgical hospitals.

As a result of DeBakey's efforts, reports suggest soldiers who made it to MASH units had a 97 percent chance of surviving. With ongoing concern for servicemen, Dr. DeBakey also developed the Veterans' Administration (VA) Medical Center System and VA's Medical Research Program to try and ensure the treatment of soldiers returning from war and veterans with certain medical issues.

Moving to Houston in 1948, Dr. DeBakey became a staff member at Houston Methodist Hospital and joined the Baylor College of Medicine faculty. Houston Methodist's website credits the doctor as "essential to the Texas Medical Center's evolution into the largest medical complex in the world."

DeBakey recruited doctors and researchers who, with him, developed many innovative treatments. Other significant accomplishments by Dr. DeBakey include the invention of the Dacron graft — tubes which can replace or repair blood vessels — which he initially prototyped using his wife's sewing machine in 1954. This method would save DeBakey's own life decades later, when he suffered a dissecting aortic aneurysm at age 97, and doctors performed his own procedure on him.

In addition to his Dacron graft development, DeBakey performed the first aortocoronary artery bypass in 1964, and in 1968, the first multiple-organ transplant of a heart, one lung and both kidneys from one donor to four recipients. Working into his 80s, the medical statesman is credited with more than 60,000 surgeries.



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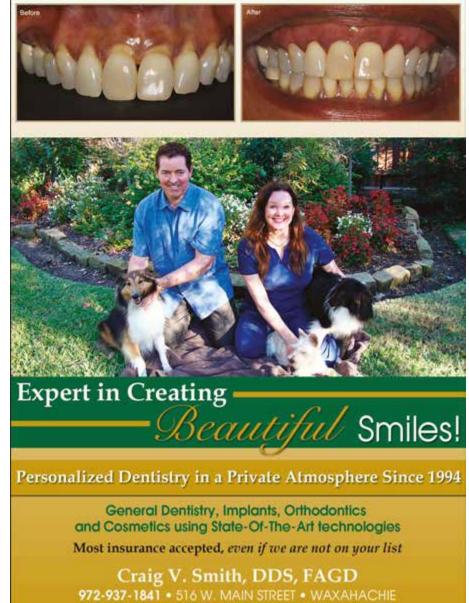


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Dr. DeBakey ensured Houston would continue to be synonymous with heart surgery treatment by teaching at Baylor College of Medicine, training thousands of surgeons, conducting ongoing research and co-authoring some 1,300 published articles. In 2001, Houston Methodist DeBakey Heart and Vascular Center officially opened. In 2008 at age 99, Dr. DeBakey died at Houston Methodist Hospital, where he had served a significant portion of his career and had greatly advanced cardiovascular medicine.

You can honor Dr. DeBakey's legacy by recognizing February as American Heart Health Month in large or small ways. Visit yourethecure.org for tips on living longer, healthier lives. Here you can also learn about supporting causes that promote heart health, such as being aware of upcoming health legislation and holding food companies accountable. In the spirit of Dr. DeBakey, the website helps you make decisions with heart. NOW

Source: houstonmethodist.org Photos courtesy of Houston Methodist.



COOKIE

SUPPLIES:

- Candle ends/remnants, pre-packaged wax shavings or beeswax
- Small saucepan
- Small glass or metal bowl or clean tin can
- Metal cookie cutters
- · Parchment paper or aluminum foil
- Sheet pan
- Metal-tabbed tea light wicks
- Crayons (optional)
- Cooking thermometer
- Craft sticks for stirring







If you've been thinking about dipping your toe in the DIY waters but are a bit afraid of larger projects, cookie cutter candles may be a simple way to start. While full-sized candles are also popular DIY projects, these mini versions made with cookie cutters might be less overwhelming for beginning crafters.

You likely have many of the supplies already on hand, but a trip to your nearest craft supply store is probably needed for at least a couple of things. For starters, supplies include the remnants of any candles you have on hand, or you can purchase wax specifically packaged for candle making.

You will also need a small saucepan, a glass or metal bowl or a clean tin can. Parchment paper, a sheet pan, cookie cutters of your choice are required, as well. Lastly, candlewicks are needed, and crayons can be used to add the hue of your choice to the wax, if what you have is not already colored. A cooking thermometer can help ensure the wax is the proper temperature when in doubt.



Steps 1 and 2:

Place a few inches of water in the small saucepan, and bring it to a simmer. Next, fill your heat-safe metal or glass bowl (or tin can) with candle ends or store-purchased wax shavings or beeswax, and place it in the saucepan of simmering water. You have essentially created your own double boiler in this manner.

At this time, you may add bits of crayons to manipulate the color for your candles. Gently stir to blend the color as you watch for the wax to reach about 100 F, when it will be ready to pour.

Hint: If you would like to make several different colored candles at once, simply use a different tin can for each color within your makeshift double boiler.

Step 3:

While the wax is heating, cover your sheet pan with parchment paper or aluminum foil, and place cookie cutters atop the tray, leaving a few inches between the cutters. Put a candlewick in the center of each cookie cutter.

Hint: If you are creating a shape that will stand on one side, you should place a long wick across the interior of the cutter, leaving a small amount protruding from what will be the shape's top when standing.

Step 4:

Once the wax in your homemade double boiler has reached approximately 100 F and your wicks have been placed within the cookie cutters atop the sheet pan, you are ready to carefully pour the wax into them.









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If you have let the wax heat too much beyond 100 F, it may leak beneath the cutters and create a very messy situation. It is important to gently hold the cutters down to keep them in place while pouring and to stop as much wax from seeping beneath the cutters as possible. Letting a small layer of the wax cool prior to filling the cutter to the top edge can also be helpful in limiting seepage. If some wax does escape beyond the cutter, you can break it apart from your cooled candle and easily re-use it to make more candles.

Step 5:

Allow the wax to cool completely, about 30 minutes to two hours depending on the size of your cookiecutter candles. At this point, you can decide if you want to remove them from the cookie cutters or leave the cutters as a decorative exterior.

If you find it difficult to remove candles from the cutter, simply place them in the freezer for about 20 minutes, or until you find them easier to remove. Of course, if you remove them, the cutters can be cleaned and reused to make more candles or for their original purpose — to bake cookies!

If you do choose to remove your candles from the cookie molds, use caution when burning them by placing them in a votive or other candle holder as the wax will, of course, melt and run.

DIY cookie cutter candles can make fun gifts, especially if you choose shapes related to the occasion. Appleshaped for teacher gifts, heart-shaped for Valentine's Day, bunny-shaped for Easter, etc., the possibilities are only limited by the cookie cutter shapes you can find. **NOW**

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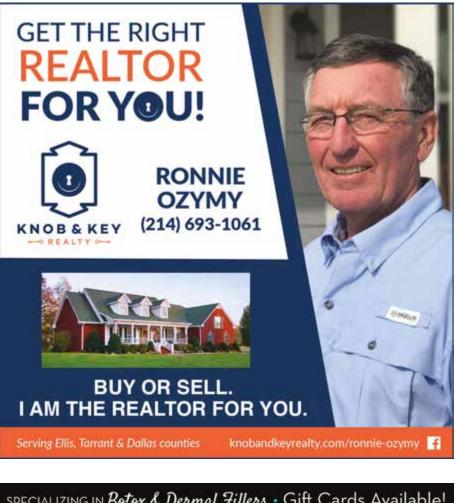


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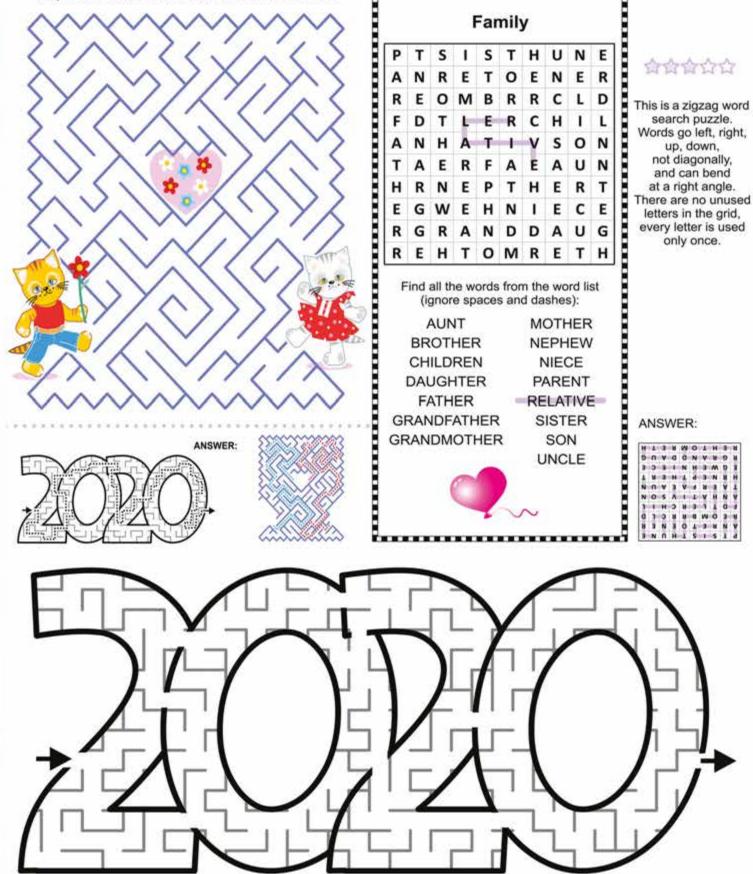




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| 10 | | | + | | 11 | | + | \vdash | \vdash | |
| 12 | \mathbf{T} | 1 | | 13 | | + | | \vdash | + | 14 |
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| | 34 | | | \vdash | 1 | | 35 | | - | 1 |
| | 36 | - | + | - | - | | 37 | | + | - |

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Across

- 1 First part of a Web address
- 5 Stylish
- 10 Via
- 11 Playful prank
- 12 Entrées
- 15 Ad follower
- 16 Classic Ford
- 17 ------Man (arcade classic)
- 18 --- the crack of dawn
- 20 The Beatles' meter maid
- 21 Settled
- 23 Head of the line
- 24 Pile
- 25 Cuckoo
- 26 And not
- 27 Trim, in a way
- 28 Letters in an open slot
- 31 Temperature reading of a sort
- 34 Get to know
- 35 Love god
- 36 Old Democrat --- Kefauver
- 37 About

Down

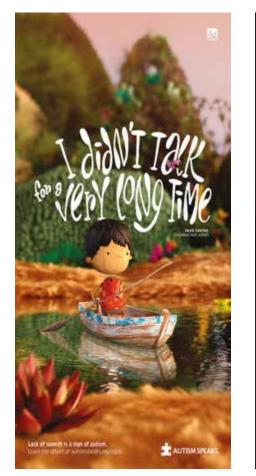
- 1 WWW code
- 2 Like tom yum soup
- 3 Feeders
- 4 Low form of comedy
- 5 "Ivanhoe" writer
- 6 She was urged to come into the garden (Tennyson)
- 7 Loan abbreviation
- 8 Hospital breathing machines
- 9 Dog rewards
- 13 Clothed
- 14 Hightail it
- 19 Vigor
- 20 Manipulate
- 21 "Say it ain't so!"
- 22 Persons in general
- 23 Deer in a petting zoo
- 25 Thuos
- 27 Bog
- 29 Rorschach test piece
- 30 Too
- 32 Southampton Insurrectionist ----Turner
- 33 Shooter ammunition

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Solutions on page 52



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TREATMENT

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FEBRUARY

2/2

Winter Open House and Informational:

Saint Joseph's Catholic School invites the community to come meet the teachers and students, tour the campus and learn about our financial aid process. All faiths are welcome! We raise saints and scholars. 9:00 a.m.noon, 506 E. Marvin Ave.

2/5

Community Dance:

Music by the Final Showdown Band. \$6 per person. 7:00-9:30 p.m.; snacks served: 8:00 p.m., Waxahachie Optimist Building, 219 Patrick St.

2/6

Daddy Daughter Dance: Food, fun and dancing. All tickets are nonrefundable. Tickets will not be sold at the door. \$20/person. 6:00-9:00 p.m., Waxahachie Civic Center, 2000 Civic Center. For information, call (469) 309-4045.

2/8

I5th Annual Jazz Café: Enjoy a night of music and dancing with the Waxahachie High School Jazz Band. 6:30-10:30 p.m., Waxahachie Civic Center. For pricing go to http:// spiritofwaxahachie.com/ jazzcafe/TicketInformation.htm. Preschool Story Time at The Salvation Army: Features stories, social interaction, crafts, dance, learning and more. Free. 11:00-11:40 a.m., 620 Farley Street.

alentine

2/12

NARFE Chapter 1191 Meeting: 11:00 a.m.-1:00 p.m., The Sirloin Stockade, 2508 W. 7th Ave., Corsicana.

2/15

Cupid Shuffle 5K and Fun Run: Run to support the Ellis County Reach Council Prevention Service. Midlothian, TX. Sign up at runsignup.com.

2/15-2/17

Forever Plaid: The Waxahachie Community Theatre presents its winter showcase. Friday-Saturday: 7:30 p.m.; Sunday: 2:30 p.m., University Church, 221 Solon Road, Waxahachie. Single performance and season ticket information available online at www. waxahachiecommunity theatre.com or email wct.texas@gmail.com.

2/21

DEAR (Drop Everything and Read Day) Day: Volunteer to read a book to a Waxahachie elementary classroom on **February 21**. For more information, contact mcobb@wisd.org or call (972) 923-4614.

HAPPY

Pub Crawl: Participating Waxahachie Downtown Merchants will be hosting a pub crawl with specials in celebration of Mardi Gras. 6:00-10:00 p.m., Downtown.

2/22

Beads & Beer Sip & Stroll: Visit participating merchants, sample beer and collect beads. Supplies are limited. Must be 21 or older to participate. \$25 per person. 2:00-6:00 p.m., Historic Downtown. Purchase tickets at downtownwaxahachie.com; check in at the Ellis County Museum.

Mardi Gras Parade:

Rotary Club presents the annual Mardi Gras Parade. Free. 3:00 p.m., Historic Courthouse Square.

Keyun and the Zydeco Masters in Concert:

Waxahachie's new Railyard Park celebrates Mardi Gras with a concert for all ages, featuring the Big Squeeze Accordion King! Free. 6:00-8:00 p.m., 455 S. College St., Historic Downtown. WHS Band Wind Ensemble With Mansfield Wind Symphony: 7:00-9:00 p.m., SAGU's Hagee Communication Arts Center, 1200 Sycamore.

2/23

Henry Brun and The Latin Playerz in Concert: 7:00 p.m., SAGU's Hagee Communication Arts Center, 1200 Sycamore, Waxahachie. Tickets: www. waxahachiesymphony association.org/.

2/24

Lighthouse for Learning Classes Begin: Adult and community classes of all kinds. Evenings at Waxahachie High School. Fees vary. For registration and additional information, visit www.wisd.org/apps/pages/ AdultandCommunityEducation or contact Melissa Cobb at mcobb@wisd.org or call (972) 923-4614.

Second Tuesdays

Alzheimer's and Dementia Support Group of Ellis County Meeting: Free. 6:00 p.m., Farley Street Baptist Church, 1116 Brown Street. weare 13able@gmail.com.







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Impact Communities

Impact Communities is a community coalition that is dedicated to reducing youth substance abuse. 201 Ferris Ave., Ste. G Waxahachie, TX 75165 (972) 937-1531

SWAGG

SWAGG is a family-oriented ministry that shares the love of God by offering serenity, wisdom, agility, grace and guidance to foster and homeless children. 1025 Ovilla Rd. Waxahachie, TX 75167 (972) 213-8212

Healing Hearts Center

The Healing Hearts Center provides shelter, counseling and crisis intervention to families experiencing domestic violence or sexual assault. 505 W. Marvin St. Waxahachie, TX 75165 (800) 828-7893

Waxahachie CARE Services

Waxahachie CARE Services is a food bank helping those in need in the Waxahachie area. 1208 Ferris Ave. Waxahachie, TX 75165 (972) 923-2273

Common Ground

A structured after-school and summer program, Common Ground works to benefit at-risk children. 604 E. Parks Ave. Waxahachie, TX 75165 (972) 923-2224





Crossword -Sudoku Solutions

| ¹ H | ² T | ³ T | ⁴ P | | ⁵ S | ⁶ M | 'A | ⁸ R | ⁹ T | |
|-----------------|-----------------|-----------------|-----------------|-----------------|----------------|----------------|-----------------|-----------------|----------------|---------|
| ¹⁰ T | н | R | U | | "C | A | Ρ | Е | R | |
| ¹² M | A | I. | N | ¹³ C | 0 | U | R | S | Ε | 14 S |
| 15 L | 1 | В | | 16 L | Т | D | | ¹⁷ P | A | С |
| | | ¹⁸ U | ¹⁹ P | A | Т | | 20 R | I | Т | A |
| 21 | 22 P | Т | E | D | | 23 F | 1 | R | S | т |
| 24 H | E | A | Ρ | | 25 G | A | G | A | | |
| 26 N | 0 | R | | 27 M | 0 | W | | 28 T | 29 B | 30 A |
| ³¹ 0 | Ρ | 1 | ³² N | 1 | 0 | N | 33 P | 0 | L | L |
| | 34 L | Ε | A | R | N | | ³⁶ E | R | 0 | S |
| | ³⁶ E | S | Т | Ε | S | | 37 A | S | Т | 0 |

Easy

| 2 | 4 | 3 | 1 | 5 | 6 | 7 | 8 | 9 |
|---|---|---|---|---|---|---|---|---|
| | | | | | 7 | | | |
| 9 | 7 | 1 | 8 | 2 | 4 | 3 | 5 | 6 |
| 8 | 3 | 2 | 4 | 6 | 9 | 1 | 7 | 5 |
| 7 | 6 | 9 | 5 | 1 | 2 | 8 | 4 | 3 |
| 4 | 1 | 5 | 7 | 8 | 3 | 9 | 6 | 2 |
| | | | | | 1 | | | |
| 1 | 8 | 6 | 3 | 4 | 5 | 2 | 9 | 7 |
| _ | _ | _ | _ | | 8 | _ | _ | _ |

Medium

| 8 | 1 | 3 | 9 | 4 | 7 | 6 | 5 | 2 |
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| 7 | 5 | 2 | 1 | 6 | 8 | 3 | 9 | 4 |
| 4 | 9 | 6 | 5 | 2 | 3 | 1 | 7 | 8 |
| 3 | 2 | 5 | 4 | 8 | 9 | 7 | 1 | 6 |
| 1 | 7 | 9 | 6 | 3 | 2 | 4 | 8 | 5 |
| 6 | 4 | 8 | 7 | 1 | 5 | 9 | 2 | 3 |
| 2 | 3 | 1 | 8 | 9 | 4 | 5 | 6 | 7 |
| 9 | 8 | 7 | 3 | 5 | 6 | 2 | 4 | 1 |
| 5 | 6 | 4 | 2 | 7 | 1 | 8 | 3 | 9 |



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