

# Waxahachie NOW

M A G A Z I N E

MARCH 2011

## Eating an Elephant

Christa Grant emphasizes that you never know what you can do until you try.

## Service Above Self

### Also Inside

The Real Dog Whisperer

Alleviating the Pain

In the Kitchen With Becky Wilson

## Giving the Proper Send-off

Where Fond Memories are Made At Home With Mike & Debra Moore





**Extraordinary People—One Extraordinary Company**

**DARTCO OF TEXAS, LLC**

**850 SOLON ROAD**

**WAXAHACHIE, TX 75165**

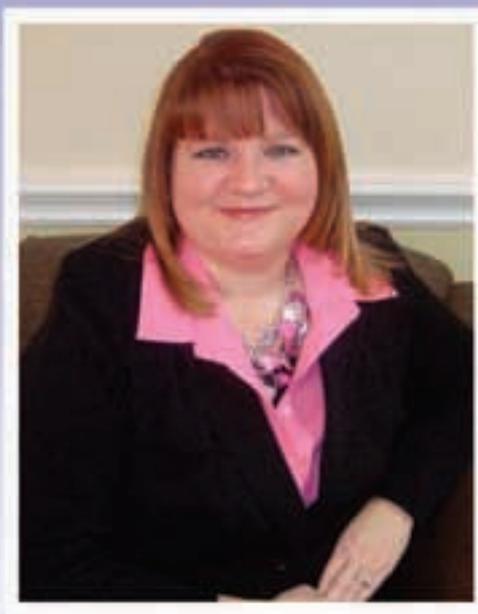
**[www.dart.jobs](http://www.dart.jobs)**

*Dart Container is an Equal Opportunity Employer by Choice*

Join us in welcoming our new administrator

## Crystal Collier

Crystal is a graduate of the University of Houston-Clear Lake and is also a licensed social worker. She has enjoyed working with the aged and disabled population as a nursing home administrator for over ten years.



*"I'm very excited to be a part of the Pleasant Manor family and this community. I have been so impressed with the quality of staff and the wonderful and very welcoming residents and families."*



**2010  
Deficiency-  
Free  
Annual State  
Inspection**

Customer Service • Customer Care • Caring for Friends



**PLEASANT MANOR**  
HEALTH & REHAB CENTER



**SENIOR CARE  
CENTERS**

3650 S. I H 35 • Waxahachie • 972-937-7320 • Metro 972-935-0090



WWW.JHOUSTONREALTY.COM

THE #1 RESIDENTIAL AGENTS IN ELLIS COUNTY FOR 2009 AND 2010!



PHILLIP GILBERT

Multi-Million Dollar Producer  
(972) 708-5876



MELANE BREWER

Multi-Million Dollar Producer  
(214) 922-2104



MICHELLE OZYIMY

Multi-Million Dollar Producer  
(214) 534-8758



**514 Rogers Street**  
This is an investor's or handyman's dream. This house was built in 1906 and has tons of history and character. The house is in need of repair, but could be a great house again.



**706 Purdue Drive**  
Great starter home. 3 bedroom, 2 bathroom with split bedroom layout. Great for kids to play on a cul-de-sac. Located close to schools and shopping. Home needs some TLC.



**401 John Arden Drive**  
Charming 3-bdrm, 2-bath home on over-sized lot with many trees. Older home has been updated with fresh paint, flooring and appliances. Outdoor oasis features gunite pool and spa.



**204 Longhorn**  
Amazing home in Garden Valley. Your family will enjoy the stocked fishing pond, swimming pool, jogging trails, and playground. Comes with a fully upgraded energy package.



**441 Walker Court S**  
Custom home tucked away on one acre in a quiet cul-de-sac. Slate tile with hand-scraped wood, knotty alder cabinets, stainless steel appliances, crown molding, vaulted game room/media room.



**106 Mulligan Court**  
Katy Lake is a beautiful setting for this executive J Houston Home. Hand scraped wood floors, granite counter tops, knotty alder cabinets and full of energy-efficient features. Set on a quiet cul-de-sac lot.

202 N. 135 E. STE. C • RED OAK, TX 75154

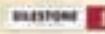
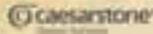
THINKING OF SELLING? GIVE US A CALL FOR A FREE MARKET ANALYSIS AND STAGING CONSULTATION. WE HAVE THE TOOLS THAT MAKE IT EASY TO GET YOUR HOME IN TOP DOLLAR CONDITION!

Transform your kitchen into something beautiful!

Competitive Pricing

- Granite, Marble & Quartz Fabricator for Kitchen & Bathroom Countertops
- Extensive Color Selection Combines Beauty, Function & Elegance to any Bathroom or Kitchen!

Come see our wide selection! SHOWROOM HOURS: MON-FRI 9AM - 5PM, SAT 10AM-2PM



Up to 15 Year Warranty on Some Products

MTM Countertops

2460 Hwy. 287 N. • Mansfield  
(Northbound service road-between  
Callendar Rd. & Turner-Warnell)  
Call 817-477-8663



FREE Estimates



FREE

18 gauge Stainless Steel Sink  
(\$350 value)

Call or visit our website for details!

www.MTMCOUNTERTOPS.com

Publisher, Connie Poirier

General Manager, Rick Hensley

## EDITORIAL

Managing Editor, Becky Walker

Waxahachie Editor, Sandra Strong

Writers, Nancy Fenton . Janice C. Johnson

Adam Rope . Sydni Thomas . Betty Tryon

Adam Walker

Editors/Proofreaders, Teresa Maddison

Pat Anthony . Angel Morris . Pamela Parisi

Beverly Shay

## GRAPHICS AND DESIGN

Creative Director, Chris McCalla

Artists, Julie Carpenter . Martha Macias

Allee Brand . Cherie Chapman

Marshall Hinsley . Arlene Honza

Brande Morgan

## PHOTOGRAPHY

Photography Director, Jill Odle

Photographers, Natalie Busch

Amy Ramirez

## ADVERTISING

Sales Manager, Carolyn Mixon

Advertising Representatives,

Renée Chase . Rick Ausmus . Teresa Banks

Linda Dean . Julie Garner . Melissa McCoy

Jami Navarro . John Powell . Steve Randle

Linda Roberson

Office Manager, Angela Mixon

## On The Cover



Christa Grant never lets obstacles get in her way.

Photo by Amy Ramirez.

# Contents

March 2011 • Volume 8, Issue 3



## 8 Eating an Elephant

Christa Grant teaches her students that goals are accomplished one step, or bite, at a time.

## 16 Where Fond Memories Are Made

At Home With Mike and Debra Moore.

## 24 Service Above Self

Megan Mills and Chrisanna Melick explain how the Interact Club's focus is geared toward the future.

## 30 Giving the Proper Send-off

Travel pillows made for our troops by Ruby Fry and other volunteers are very much appreciated.



36 BusinessNOW

40 HealthNOW

41 OutdoorsNOW

42 FinanceNOW

44 CookingNOW

*WaxahachieNOW* is a NOW Magazines, L.L.C. publication. Copyright © 2011. All rights reserved. *WaxahachieNOW* is published monthly and individually mailed free of charge to homes and businesses in the Waxahachie ZIP codes.

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

# Editor's Note

*Spring Has Sprung!*

Some of the wonderful characteristics of spring include the return of green grass, leaves sprouting on barren tree limbs and flowers blooming in a variety of colors. One spring activity most of us tend to procrastinate over is what we refer to as "spring cleaning." Procrastinate no longer! It is time to get excited about the projects ahead.

My close friends make fun of me because I like to make lists. Lists keep me motivated to get the job at hand complete in a timely manner. When making your plans for spring cleaning, please do not try to accomplish them all at one time. Make a list. As you complete each task, check it off. Clean closets. Check. Paint the master bathroom. Check. Organize the storage shed. Check. Before you know it, you will have come to the end of your list.

Nothing is stopping you now, so go ahead and get started!

*Sandra*

Sandra Strong  
WaxahachieNOW Editor  
sskoda.nowmag@sbcglobal.net



## Gold & Diamond Buying Event

### 1 Day Only!

Saturday, March 5th  
at the LifeStyles Expo - Waxahachie Civic Center  
9 a.m. - 4 p.m.



Turn Your Gold & Diamonds into CASH!

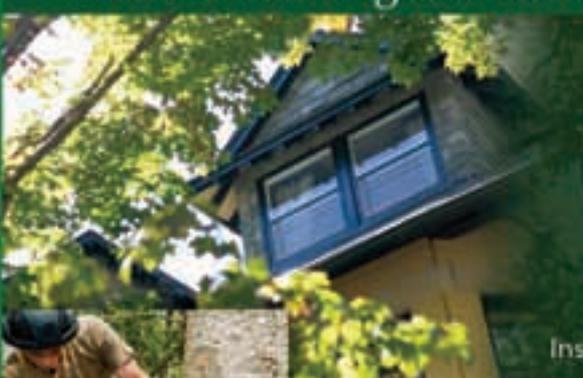
# WILEY'S

DIAMONDS & FINE JEWELRY

Before gold prices drop, now is the time to clean out your jewelry box and bring in all your old broken chains, worn out rings and anything you just don't wear any longer. We are paying top dollar, so stop by during this event for a free estimate for your gold, diamonds, and platinum no matter what the condition.

2251 Brown St. #102 in Waxahachie  
972-937-4422 • [www.wileysjewelry.com](http://www.wileysjewelry.com)

## Tree Trimming & Removal Services



- Tree/Stump Removal
- Diagnostic Consultation
- Disease/Insect Control
- Injections/Feedings
- Insured for Your Protection

**FREE ESTIMATES**

Bill Pinson  
Consulting Arborist

# ARBORCULTURE

For the Best Quality Services at Affordable Prices

CONSULTING MEMBER

## 972-723-2476

Calls answered from 8 am to 9 pm.



## Corn E. Dawg & Peekaboo Clowns For All Occasions

Birthday Parties • Special Events • Festivals  
Grand Openings • Church Events



- Fun Magic
- Balloons
- Face Painting

972-937-8014  
[cornedawg@gmail.com](mailto:cornedawg@gmail.com)

## Stacy Arnold Classical Guitarist



Over 15 years Professional Teaching Experience

Performances, & Lessons  
(beginner to advanced)

Head of Guitar Studies at Navarro College  
469-337-7294  
[www.stacyarnoldguitar.com](http://www.stacyarnoldguitar.com)

## Support your local stylist and/or salon. Buy professional products from a licensed professional!

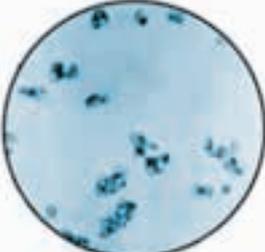
Diversion is the unauthorized buying, selling and distribution of professional products into unauthorized markets outside of the professional industry. It is the industry's version of the black market. A professional stylist is required to attain a state license in order to provide services in the salon. This license requires many hours of education & training. Customers depend on and trust this knowledge to provide them the best professional service available. Unauthorized sales outlets like grocery stores, drug stores and even online outlets "cheat" the stylist, as well as the consumer. Many professional products sold by these outlets are not guaranteed by the manufacturer. Your stylist is able to guarantee the performance of the product, as well as educate the consumer on how to properly use the product; this guarantee & education is not available any other way. Manufacturers have spent millions of dollars on anti-diversion ads and commercials that contain warnings explaining the risk of purchasing unwarranted products from an unauthorized retailer. Consumers who have done so are urged to return the product for a refund. The only way to guarantee authenticity of the product is to buy from a professional stylist or salon. Spread the word; buy professional products from professionals that are licensed and that care!

Companies promoting anti-diversion campaigns are Aquage, Scruples, Brocato, Bain de Terre, Rusk, Paul Mitchell Systems, Matrix, KMS, Goldwell, Wella, Nioxin, Kenra, Abba, American Crew, Tigi, Farouk & Sebastian

### Reasons why consumers should purchase professional products from an authorized salon.

- **Professional advice** Only from a salon can a customer benefit from having a licensed stylist, who understands their hair needs, is trained in the use of professional product and can suggest the best product for maximum results.
- **Guaranteed** The effectiveness of professional product is only guaranteed by the manufacturer if it is purchased from a licensed stylist or authorized salon.
- **Quality** Professional product not purchased in an authorized salon is either diverted, stolen, old, recalled, tampered with or counterfeit, and may contain bacteria which can cause serious health issues.
- **Price** Professional product is almost always more expensive when purchased outside of an authorized salon.
- **It's the right thing to do** Diverted product hurts stylists, salon owners, manufacturers and distributors, who are committed to operating within the manufacturer's guidelines, as well as the consumer, who trusts a professional brand to deliver the highest quality ingredients.

**get the real deal — not a bogus steal.**  
The only way to guarantee authenticity is to buy Paul Mitchell at a professional hair salon.



**ewwww!**  
Independent tests of counterfeit product found dangerously high levels of bacteria and other impurities that can make you sick.



**1**

**2**

**3**

**4**

**5**

**anatomy of diverted product**

**why pay more?**  
Diverted product in discount, drug or grocery chains usually costs more than the real thing.

**stop bad hair days**  
A leading cause of bad hair days is using the wrong hair care products instead of what you need to make hair look and perform its best.

**spread the word**  
Tell your friends about the risks of buying professional products anywhere but at a salon.



106 Chambers Cir • Waxahachie, TX • 972-923-3500  
e-mail: amco-49@sbcglobal.net

PAID ADVERTISEMENT

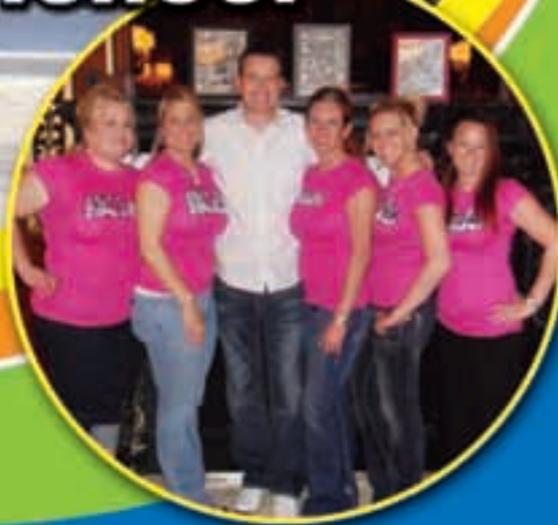


**iKids**  
Pediatric Dentistry

**A Whole New  
Dental Experience!**



Randy W. Hamilton III, DMD



**Unsurpassed care and  
treatment in a  
kid-friendly environment!**

**In-office oral & IV sedation**

**iKids**  
Pediatric Dentistry

1759 Broad Park Circle S.  
Suite 205

Mansfield, Texas 76063

817-453-2800

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

**Most Insurances Accepted - Medicaid/CHIPs Approved**

# My Home at Renfro



## We Offer:

- Orthopedic & Neuro Rehab
- Continuous Dining
- Wound Care
- Physical Therapy
- Speech Therapy
- Occupational Therapy



Private rooms available for short term rehab stays.



**Renfro Healthcare Center**

*Your local leader in nursing and rehabilitation services.*

1413 W. Main St. • Waxahachie, TX 75165  
972-937-2298

# Eating an elephant

— By Janice C. Johnson

*Christa Grant knows a thing or two about goals and dreams, and that may be one reason she has accomplished so many of them. For one thing, she earned a master's degree in education from Southwestern Assemblies of God University (SAGU) at age 45. During that program, she began teaching English at the college level. In one of her courses, a study skills class for students on academic probation, she learned as much as she taught. "I realized that these kids were smart," she explained. "The reason they were not making the grades was they were procrastinating — just not doing the work."*

Christa began putting her observations together with what she had studied of Howard Gardner's research in "multiple intelligences." "In layman's terms," Christa said, "his theory describes the different ways people are smart." She wondered whether there was a connection between intelligence type and the tendency to procrastinate.

At that time, Christa's husband, Tim, was transferred to North Dakota, and she took on a new challenge — applying to The University of North Dakota's Teaching and Learning in Higher Education doctoral program. In 2007, when she was halfway through the program, she and Tim decided to move back to Waxahachie to be near their grown children. This could have meant the end of Christa's education. "Normally, at that level, you don't think of being able to transfer courses between universities," she said. "But I arranged to do most of my coursework via trips to and from North Dakota. And I was able to take four courses at University of North Texas in Denton, which North Dakota would accept as transfer credit."

As Christa worked on her Ph.D., her research on intelligence type and procrastination formed the basis for her doctoral dissertation. "I found that people who have the least

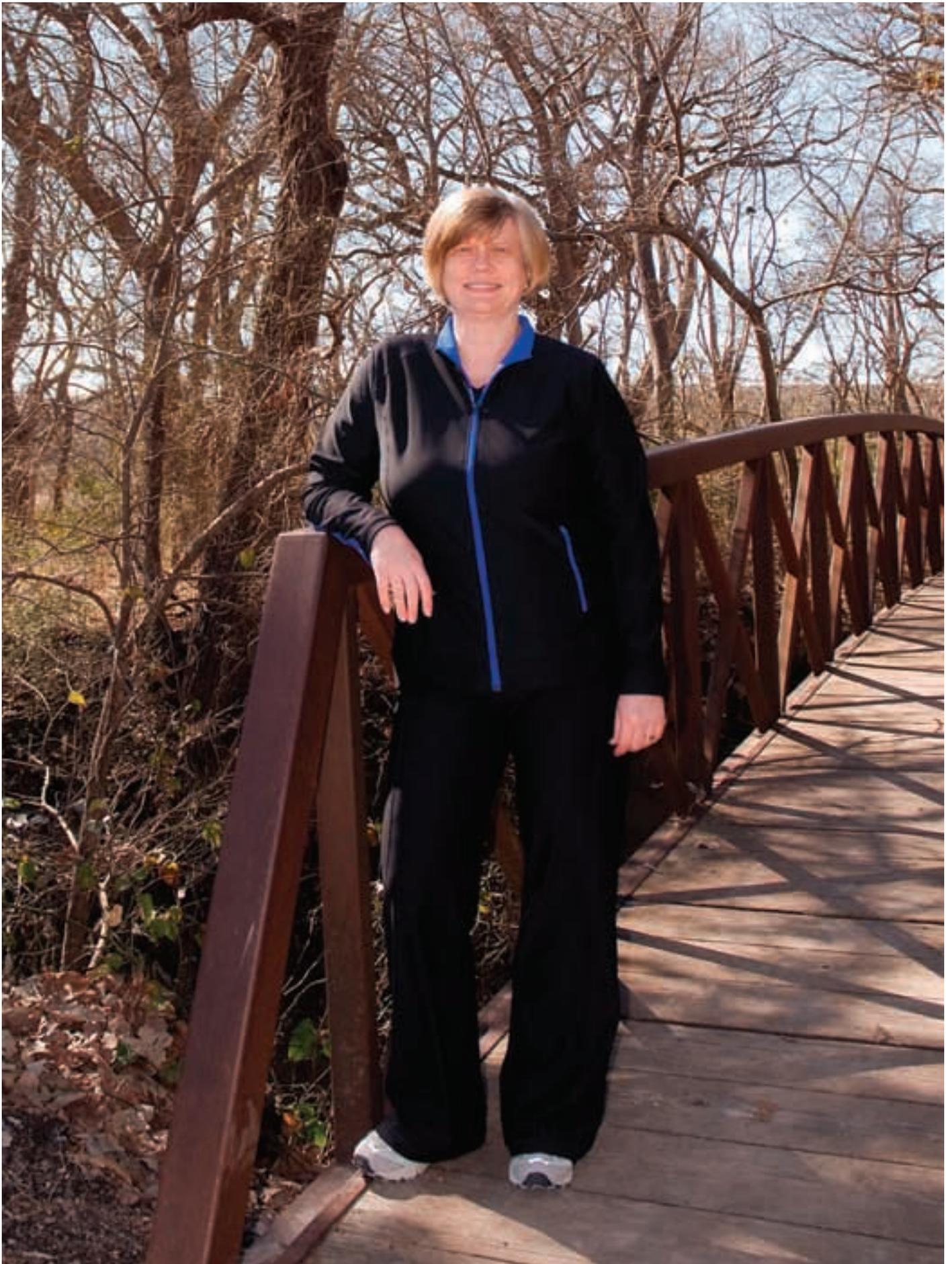
'intrapersonal' skill — the skill of knowing yourself — are most likely to procrastinate," she reported. Christa graduated with her Ph.D. in December 2009.

Since graduating, Christa has been teaching part-time at SAGU. Her experience and success motivate her to help students set and achieve their own goals. She shared three important steps to take once you have a dream or a goal in mind. "The first thing is to make a decision, a commitment to do [what you want to accomplish], even before you make a plan," Christa said. She has found that a firm commitment will help motivate you to follow through. "No one can do it for you," she stressed.

Second, you must make a plan to accomplish the goal. Breaking a large goal down into a series of manageable steps makes it less overwhelming. For instance, earning a college degree is accomplished semester by semester, and a semester can be managed week by week. "I always ask my students, 'How do you eat an elephant?' and the answer is, 'One bite at a time.'"

Third, Christa emphasized starting small and working up, building on each success. She gave the example of a fitness goal. "I started running while we were still in North Dakota. My big goal was to do a 5K (5-kilometer run), but my first run was only

**"I always ask my students, 'How do you eat an elephant?' and the answer is, 'One bite at a time.'"**



BAYLOR FAMILY MEDICAL CENTER AT ELLIS COUNTY -  
WAXAHACHIE PROUDLY ANNOUNCES THE ADDITION OF  
**NATALIA J. SOUTHERLAND, M.D.**



**Natalia J. Southerland, M.D.**  
has joined Baylor Family  
Medical Center at Ellis  
County - Waxahachie.

She is board certified in family  
medicine. Dr. Southerland  
is clinically interested in  
primary preventative care,  
management and prevention  
of diabetes, and women's  
health care. She received  
her medical degree from the

University of Pittsburgh School of Medicine in Pittsburgh,  
PA and completed both her internship and residency at the  
University of Maryland Medical Center in Baltimore, MD.

Dr. Southerland is welcoming new patients and accepts  
most insurance plans. She enjoys sports, especially  
basketball, cooking, music, theater, and reading.

**For an appointment, call (972) 923-1686 or for more  
information about Baylor Family Medical Center at Ellis  
County - Waxahachie, visit [www.EllisCountyDocs.com](http://www.EllisCountyDocs.com)**

 **BAYLOR**  
Family Medical Center  
at Ellis County - Waxahachie  
A Baylor-HealthTexas Affiliate

505 N Hwy 77, Suite 200, Waxahachie, TX 75165  
(972) 923-1686

Physicians are employees of HealthTexas Provider Network and are neither employees nor agents of Baylor Health Care System,  
Baylor Medical Center at Waxahachie or Baylor Health Care System subsidiary, community or affiliated medical centers.  
©2011 Baylor Health Care System. BID1117PN\_1202.2.11

about a hundred yards," she admitted.

Christa knows as much about obstacles as she does about dreams and goals. After she and Tim moved back to Texas, she got so busy with school that she stopped running. It was not until last July that she ran again, and then only half a mile. Running in her neighborhood, Christa gradually worked her way up to three miles. "The first time I hit that three-mile mark, it was very euphoric." Wanting to document her accomplishment, she entered the next available 5K race, a memorial run in Midlothian, last October. Christa finished in less than 37 minutes, placing 200th of 300 runners and fifth in her 50-54 age group of 12 runners. "I



**"You may have to tweak  
your plan — or even scrap  
it and make a new plan —  
but you can still do it."**

wish I'd known years ago what I know now," she said. "I thought that if you were going to run, you had to be able to get right out there and run a long way. But if you just start small, you can build up."

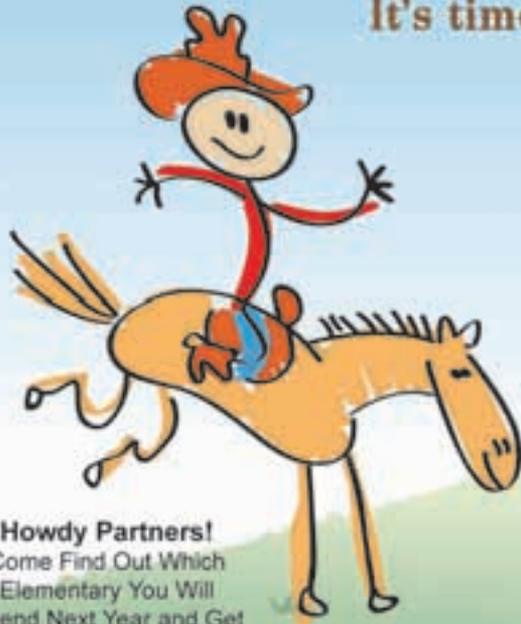
She admitted that being somewhat overweight created a mental obstacle to running, which she had to set aside. "Don't worry about what people think of you," she advised. "They probably aren't making fun of you. Just assume that they wish they were out there making the effort like you are." She has also been hampered by occasional injuries, so she takes time off to heal. As she pointed out, "You have to use wisdom."

The obstacles Christa has met could have caused her to put off her plans, and perhaps never return to them. But she also knows a thing or two about procrastination, so she was ready to fight back. Instead of giving up her goals, she would look at the obstacles and ask how

# Grab your Boots and Hats

It's time for the Kindergarten

## ROUNDUP



Tuesday, April 12, 2011  
6:00 – 8:00 p.m.  
Marvin Elementary  
110 Brown Street

For ALL incoming 2011-2012 Waxahachie ISD Kindergartners!

Parents be sure to bring those little ones  
as we have lots of fun planned for them!

Please be prepared to present the following  
documentation: Birth Certificate, Immunization Records,  
Proof of Residency within WISD Boundaries such as a  
Utility Bill, and Drivers License (*Parent or Guardian*)

**Howdy Partners!**  
Come Find Out Which  
Elementary You Will  
Attend Next Year and Get  
Registered for School!

For questions, please contact Waxahachie ISD at 972.923.4631 or visit us online at [www.wisd.org](http://www.wisd.org)

**OPEN TO  
THE PUBLIC!**

**BIG  
SPRING  
SALE**

**ROCKPILE**  
stone & natural rock

3226 Hwy 287 • Waxahachie  
972.938.3330 • Cell 469-576-2314

## Blue Lake Villas

Come Home To Quality

One bedrooms starting at \$613.00

*(For a limited time. Applies to available units only)*



**Extra  
\$100 OFF**

Bring this ad in for an additional  
\$100 OFF current specials!  
Must present coupon with application.  
\* Expires 3/31/11

155 Lakeside Dr. Waxahachie 972.937.3131

Mon - Fri: 9 am - 6 pm Sat: 10 am - 5 pm Sun: 1 - 5 pm

**DENTISTRY FOR Children**

Now in network with Ameritas and Cigna

**Shelly K. Clark D.D.S.**  
 Diplomate, American Board of Pediatric Dentistry  
 4450 East Hwy 287 • Midlothian  
 972-723-0111 • www.drshellyclark.com

she could get around them. “You may have to tweak your plan — or even scrap it and make a new plan — but you can still do it,” she insisted. “I’m glad I didn’t let that move stop me from completing my education.”

Christa described a favorite teaching activity she uses to help her students understand and avoid procrastination. She sits across from a student and challenges him to catch popcorn as she tosses it to him. The student can easily catch the popcorn when she tosses it one



piece at a time, but soon she will start throwing two, then three, then seven pieces at a time. “No one can catch that many at once, and they usually crush the ones they do catch,” she noted. The exercise illustrates what happens when we put off assignments until the last minute, rather than handling each one as it arises.

In her own life, Christa has certainly practiced what she preaches. Throughout most of her graduate work, she was also teaching school. With this doubly demanding schedule she could not afford to put off a single task. “There were many evenings when I didn’t do anything but read my books,” she said.

Meanwhile, Christa was putting the same care and energy into her family, and her efforts have paid off. “My main purpose has been accomplished: to see all four of my children grown and serving the Lord.” Now, she wants to impact other children’s lives with her work. Besides teaching as needed at SAGU, she works at home writing curriculum for a children’s publisher. “If people didn’t attempt challenging things, but just looked at the reasons it probably couldn’t work, nothing would ever get done,” she said. “My desire is to inspire people to do something they didn’t think they could do.” **NOW**

**Healthy Teeth**

CLARK DENTAL GROUP

**FREE! ZOOM! Whitening**  
 to all new patients with purchase of cleaning, exam & x-rays.  
 Expires 4-1-11

Another Reason to **SMILE**

**Brian Clark, D.D.S.**  
 CLARK DENTAL GROUP  
 4450 E. Highway 287  
 Midlothian, TX 76065  
 (972) 723-2300  
 www.BrianClarkDDS.com



Chris Oliver  
972-921-5777



Leslie & Julie Myers  
972-921-8880  
972-921-8213



Deena Davis  
972-523-4664



Dale Horne  
972-945-8854



Rita Lefler  
469-235-4487  
Ish Sprecher Director



Jim Embala  
469-585-6012



Rosalinda Saldivar  
214-734-7089  
Speaks Spanish



Michael Moore  
972-697-3429



Tami Hale  
972-921-6991



Your #1 Source for  
Real Estate in Ellis County!

972-935-0095  
www.elliscountyrealtygroup.com

103 Executive Court, Suite 2  
Waxahachie  
(South of Hwy. 287 Between on Brown Street)



**103 Park Drive**  
Astonish! Custom home with established landscaped yard. Features here, 2 living areas, wood burning fireplace and more than that. Pool is approx 4 miles out. Call Deena Davis



**64 Chisholm Drive**  
Spanish style home in established neighborhood. Mexican tile in entry, huge fireplace, split floor plan, like master bedroom and lot. Large front lot. Nice backyard. Covered garage. Call Rita Lefler



**47 Williams Street**  
Renovated and updated bungalow with immaculate landscaping, screened front porch, wood floors and deck, decorative ponds, custom lighting and a garage with uppers lot. Call Jim Hale



**202 Old Boyce Road**  
Prime location on almost 20 acres with a pond. Fenced and adaptable for livestock. Two living rooms, hard wood floors, carpet, stone building and more. Call Leslie and Julie Myers



**1836 Dale Circle**  
Beautiful home is situated just outside of the city limits and sits on one half an acre with a nice sized covered back patio. Home is eligible for the 10% USDA Conv. loan program. Call Deena Davis



**310 Lee Street**  
4 bedrooms! Bath home sits on 1 acre. 3 car garage with a private room upstairs, small pond and well. Living room is directly wired to surround sound and security. Call Rosalinda Saldivar



**222 Parck Street**  
Lovely 1833 craftsman style home in the heart of historic Waxahachie. Large central hall, generous wood floors, central air and formal garage that can be converted. Call Jim Hale



**925 April Lane**  
Family home on over 15 acres. 4 bedrooms, 3.5 baths, 3 living rooms, double & 2 dining rooms. Large kitchen, game room with pool table, battery and private pond. Call Leslie and Julie Myers



**188 Hudson Glen Drive**  
Beautiful Victorian style home in Hudson Glen. Possible view, 4 bedrooms (master down), 3 car garage with bonus room possibly heated pool/wind lot. Call Jim Embala



**202 Zumbel Road**  
20' on the covered porch & enjoy the peace & quiet. Floor to ceiling pine walls, oak fireplace, back storage fence will surround. Lots of room for the kids and livestock. Call Deena Davis

Place your property listing here.

Serving Ellis County & the DFW Metroplex - Each office Independently Owned and Operated

www.elliscountyrealtygroup.com



Reliable Service  
Begins with  
Reliable People

**Pool Services**

- Cleaning
- Polaris Repairs
- Re-Plumbing
- Mastic Repairs
- Equipment Repair
- Acid Wash

(214) 577-4843

Bob Bauer

bbauer@aircanopy.net

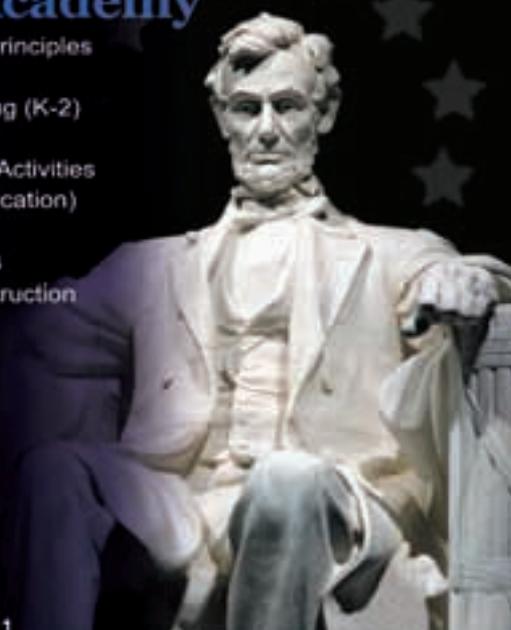
Tuition FREE!

Advantage Academy

- Teaching America's Founding Principles
- High School Bible Elective
- A Beka Phonics - Based Reading (K-2)
- Dual Credit with Local Colleges
- UIL Sports, Fine Arts and Club Activities
- CTE (Career & Technology Education)
- Character Teaching
- Certified and Degreed Teachers
- Innovative and Brain-based Instruction
- Online High School AP & More
- Developing a Student's Gifting
- Rachel's Challenge
- Recognized Campus

"The philosophy of the schoolroom in one generation will be the philosophy of government in the next."

Abraham Lincoln



ENROLLING NOW

for 2010-2011!

2011-2012 Enrollment begins March 1

Waxahachie (K-12) • 972-937-9851

www.advantageisd.com

# The Insurance Texans Trust.

## Strength

Rated A (Excellent) by  
A.M. Best Company.



David Dooley     Rodney Bell  
Agent             Owner/Agent

102 Professional Pl., Suite 102  
Waxahachie, TX 75165  
972-938-9676  
Fax 1-877-937-7521

## Tradition

Insuring Texas for more than  
110 years, generation after generation.

## Bell Insurance Agency

Home • Auto • Commercial  
Mortgage Protection Specialist  
Medicare Supplements/Long Term Care



HOME • AUTO • LIFE

## Service

Exceptional claims service  
24 hours a day, 7 days a week.

FREE  
Home & Auto Review  
No Obligation



Get a FREE Germania  
coffee mug with review

Hours: Monday - Friday 9 - 4  
bellinsurancexw.com  
rodney@bellinsurancexw.com  
RODNEY JOE BELL, Agent/Owner

## Every Kid Needs

# A Special Dentist!



From wall murals of their  
favorite characters to Wii  
and DVDs playing above  
their chairs during  
their treatment, we  
make a trip to the  
dentist FUN!



**Jon S. Ousley, DDS, MSD & Associates**

Dentistry for Infants, Children and Teenagers • Board Certified Specialists in Pediatric Dentistry • Most Insurance & Medicaid Accepted  
1710 W. Bus. 287 • Suite 140 • Waxahachie • 972-351-9700 • www.justforkidsdental.com



DR. FUELBERTH



DR. JONES



DR. KINGSLEY

Ennis Regional would like to remind all of our Ellis County neighbors that we continue to offer a friendly and professional birthing center just 14.2 miles from the town square in Waxahachie. Our physicians and staff shower our mothers and babies with the care and attention they deserve. Keep your loved ones in Ellis County...come start your family with us. For a tour call 469-256-2167.



2201 WEST LAMPASAS ENNIS, TX 75119 972-875-0900

# Where Fond Memories

Where Fond

## Are Made

— By Sandra Strong

*Born and reared in Waxahachie, Mike and Debra Moore will soon be married 31 years. One can only imagine the memories they have made as they brought up their three daughters, Amy, Laura and Karen, in the same three-bedroom, two-bath home they share as a couple today. While a large majority of families keep their memories in scrapbooks and photo*



**At Home With  
Mike and Debra Moore**



albums, Mike and Debra believe in sharing theirs with anyone and everyone. "Yes, we have lots and lots of memories in this home. The kids refer to it as a museum," Debra laughed. "Everything has a story."

When Debra says "everything has a story," she is not joking. As a visitor, one can walk into any room, look in any direction and spot an item that will evoke a fond memory. That is a guarantee. Returning home each night after a long



day at work is very much like opening the cover and turning the pages to a favorite book you just want to read over and over again.

The gathering room, cozy and welcoming, is where they spend most of their time together. The lamp that rests



between their matching recliners holds memories from a trip they once took to Galveston. "Yes," Mike quickly stated, "those are all shells we collected on the

**Ellis County Family Dentistry**  
Office of Dr. Griggs DeHay

Our cosmetic and general dentistry practice provides your entire family with healthy, beautiful smiles.

1408 W. Jefferson, Waxahachie  
(directly across from Baylor Hospital-Waxahachie)  
972.937.8433

Accepting New Patients

Most Insurance Plans Accepted  
• All Major Credit Cards Accepted • Financing Through Care Credit

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

**When you buy a home in the country — call Texas Land Bank.**

**TEXAS LAND BANK**  
FARM CREDIT

Ask about our patronage profit-sharing plan.

**Ryan Janek**  
254-582-3601

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

When you're ready to buy or improve your place in the country — for farming, ranching or recreation — then you need to talk to Texas Land Bank.

**LOANS FOR:**

- Farms and Ranches
- Recreational Property
- Country Home Purchase
- Construction/Improvements
- Agribusiness
- Refinancing

Part of the Farm Credit System



beach.” Their love for the Ellis County Courthouse is also evident in the framed paintings they have. One that stands out among the rest is a watercolor painted by local artist Marilyn Goss.

The story behind the wood-burning stove, which rests along the barn-red wall between two windows, brings back recollections of quality time Debra spent with her father. “My dad built the brick wall, and I just love it,” she explained. “When we decided to add the stove to the gathering room, he said it would be nice to lay the bricks face up so they could be seen and read easily.” The “conversation piece” holds bricks from

Palmer, Corsicana, Dallas and Groesbeck to name a few. “There is a Waxahachie brick in there somewhere,” Mike said. “We were told there was a brickyard here at one time. Heard tell it was located out by the county show barn,” he added.

Although all the rooms have been painted to reflect the owners’ tastes, the kitchen was the only room gutted to the bare walls and totally remodeled. “We updated it and made it larger,” Debra said, also mentioning the kitchen is her favorite room. “It’s always been the room where everyone hangs out when they come home to visit.” Debra finds it funny that the children always tease them about all “the stuff” displayed in the home, but when Debra mentions getting rid of or replacing an item, they become very territorial. “The dining table is 27 years old. I made a comment about replacing it,” Debra admitted. “The kids said, ‘No, we’ve made too many memories around this table.’” Debra has decided to keep the table, maybe in large part because it took several days for the children to get over it when she replaced the chairs. It was not until the late 1980s after the girls grew up and moved away that Mike and





**Real Estate  
Group**

**972-723-0994**

Shop for your new home at  
[RealLivingRealEstateGroup.com](http://RealLivingRealEstateGroup.com)

**Congratulations  
Bill Houston & Jim Owens**




**Bill Houston**  
2011 Chairman of the Board  
Ellis Hill Association  
of REALTORS®

**Jim Owens**  
2010 REALTOR® of the Year  
Ellis Hill Association  
of REALTORS®

**Welcome New  
Agents...**




**Kissy Day**  
REALTOR®

**Randy Allred**  
REALTOR®

**Now Hiring  
REALTORS®**  
Come Join Our Team!

**Thinking of selling your home?**

Give us a call for your in home market analysis consultation.





Spring is here  
at Ashley's!



1114 York Ave  
Ste. 214 - Waxahachie  
Denton, Texas & Airport  
972-423-1920



Spirit  
**Filled**



Custom Letter  
Jacket Patches  
Made In-House



**Rhinestones  
Embroidery**  
You have  
creative control!

**469-672-6340**  
[www.myspiritfilled.com](http://www.myspiritfilled.com)

Michele Fuentes, proudly serving  
Mansfield for the last 7 years

# Restore Your Natural Beauty

**Aesthetic Services & Medical Spa:**

- Permanent Makeup
- IPL Photo-Facial
- Micro-Peels
- Microdermabrasion
- Chemical Peels (for all skin types)
- Acne Facials

\*We sell SkinCeuticals and Obagi Products

**MANSFIELD**  
cosmetic surgery center  
& Medical Spa

Medical aesthetic facial procedures performed by:  
**Michele Fuentes**, Licensed Aesthetician  
550 N. Walnut Creek, Suite 120 • Mansfield, TX 76063  
817-477-9000 • [www.mansfieldcosmeticsurgery.com](http://www.mansfieldcosmeticsurgery.com)

**March SPECIAL**  
**\$50 OFF**  
**FULL PERMANENT EYELINER**  
**FREE** Consultation  
and touch up  
appointment included

**NEW LOCATION**  
**ecia**  
Ellis County  
Insurance Agency  
972-938-2801

*New Location -  
Same Great Service!*

Kirk Davis, Owner  
Joanna Ridlehuber, Agency Manager

**ecia**  
ElliS County Insurance Agency

103 Executive Court, Suite 3, Waxahachie  
Give us a call at 972-938-2801

# The Impact of Islam

How has Islam impacted us?  
How have we impacted Islam?  
**Saturday and Sunday  
March 5 & 6**

**Waxahachie Bible Church**  
621 N Grand Ave  
(972) 937-9590  
[www.waxahachiebible.org](http://www.waxahachiebible.org)

**Topics**  
Muslim History, Faith and Practice  
The Spread of Islam in the World: The Muslim East  
Shariah Law and Radical Islam: Why do they hate us?  
Living in a Muslim Culture/Worldview  
Impacting Muslims in the workplace, businesses and community  
Arguments to Anticipate and Responses to Encounters with Muslims

**Forget Counting calories or carbs.**

NO SURGERY! NO PILLS! NO KIDDING!

**Lose up to 20 lbs in 30 days!**

**Call today for details or simply stop by!**

**Support Group Meets Fridays at 7pm.**

Holiday Inn • 984 W HWY 287 Bypass in Waxahachie  
**972-617-5094 or 214-288-5094**

**Mary Jane Weight Loss Centers, Inc.**  
 110 Panorama • Waxahachie TX  
 Monday - Friday 10:00 am - 5:30 pm

\*We make no claim that this result is representative of all patients on the program. For many diets, weight loss is only temporary.



Mary Jane Medlock  
 Certified Personal Trainer #4080  
 maryjanemedlock@aol.com

# Hometown Chiropractic



**Chiropractic Approach to Headaches**

A frequent and overlooked cause of headaches is the malfunction of spinal bones in the neck and upper back.

When bones of the spine lose their normal position or motion, sensitive nerves and blood vessels to the head can be affected. When spinal nerves and related tissues are stretched or irritated, they can produce throbbing headaches. Many people experience correction and relief through chiropractic care.

If a thorough examination reveals reduced range of motion, loss of normal spinal curves or mechanical restrictions, chiropractic care should be considered. After a complete explanation, you'll receive a care program designed for your unique spinal problem.

Specific chiropractic adjustments can help correct spinal joint dysfunction created by the various chemical, emotional and physical stresses in our lives.

Many patients report headache relief. Benefit from the drug-free results millions have enjoyed by consulting a chiropractic doctor.

**Get started today! Call us for a free headache assessment.**

**Now with two locations to serve you!**

Free initial consultation  
 All patients seen within 15 minutes • Monday - Friday 8:30 am - 7 pm

**Dr. David Marcial**  
 112 S. McKinney, Ennis  
 972-875-8600

**Dr. Natasha Maza-Marcial**  
 607 Ferris Ave, Waxahachie  
 972-923-1003

**www.hometownchirotx.com**

Debra decided to add a modest master suite onto the rear of the home.

Debra's collectibles are too many to actually list on paper. Much like a trip to First Monday in Canton, it would take several visits to see all there is to see. In fact, display shelves were built on every available wall and in almost



every nook and cranny for those items she cannot bear to part with. Debra's Golden Book collection is housed in the home office, which used to be the master bedroom before the add-on. A set of black and white photographs that rest atop the antique desk remind Mike of his father. "His dad was a drum major at Texas A&M," Debra shared with pride in her voice. "Our daughter, Laura, also attended Texas A&M, so I guess you could say we're Aggies."

One idea the couple saw in a magazine and replicated is found hanging on the main wall in the office. "They're all postcards from Colorado," Debra mentioned. "I've collected them from garage sales." They now have many small framed black and white postcards of their favorite travel location displayed in one large frame that Mike constructed out of what appears to be old barn wood.

Debra's modest collection of salt and pepper shakers is found in the kitchen on the shelves of an old Hoosier cabinet. The cabinet is also very special to the couple. "We looked all over Canton and couldn't find one that we could afford," Debra remembered. "We came home and my dad said he had one in his barn out back."

"It fell all apart on the way home," Mike said. "A fellow Moore Hardware employee helped me restore it."

As for Mike, his personal collections include gas pumps from days gone by. "Each one has a name," Debra smiled. "There's Mary Lynn and Mary Jane. He named them after the people he bought them from." An antique phone booth is also on display in the backyard, among the many porcelain gasoline signs Mike

has been collecting since before the two were married.

Mike's favorite room is the "garage." He finds comfort around his 1954 Chevy pickup and the family's 1954 Chevrolet Suburban. "My granddad bought the pickup new," Mike said. "I learned to drive in that pickup."

"We bought the Suburban in Oklahoma," Debra said, adding that it was a work in progress when they loaded it on the trailer. "We drove it around the block when we got it home. As Mike drove, I held a flashlight out the window so we could see where we were going. We laugh about it now."

As only the third owners of the home built in 1955, Debra found out that her great-great uncle had also once lived here. The gathering room's butcher-block table, which they found at an estate sale, once sat in the first all-night grocery store owned by Debra's grandmother.



The extended eating area showcases a hardware cabinet constructed of golden oak, which dates back to 1913. It is only one of several items Mike brought home when Moore Hardware closed its doors after four generations. The oval frame filled with a large assortment of dated matchbooks reminds Debra of one of her mother's collections.

The decal on the wall in the kitchen sums up the Moores' home perfectly in one sentence. It simply reads: "The fondest memories are made when gathered around the table." **NOW**

Got a plumbing problem?

Mention this ad and receive a **FREE Service Call**

**214-399-3257**  
P.O. Box 2296 • Red Oak

100% Satisfaction Guarantee

**G2 Plumbing**

M-30814

Come see us for all your **Gardening Needs**

**Horse Owner Workshop**  
March 10 at 6:00 pm

All Creatures Great and Small,  
**Ark Country Store Takes Care of them All!**  
Mon-Friday 8:00 am to 6:00 pm • Saturday 8:00 am to 5:00 pm

**ARK**  
COUNTRY STORE

209 S. Hwy 77 • Waxahachie, TX 75165  
972-937-8860  
[www.arkcountrystore.com](http://www.arkcountrystore.com)

EXPERT HEALTH

# SPIRITS DEPOT



**5% OFF  
TOTAL  
PURCHASE  
EXCLUDING  
TOBACCO**

Extensive Selection of  
Liquor, Beer and Wine

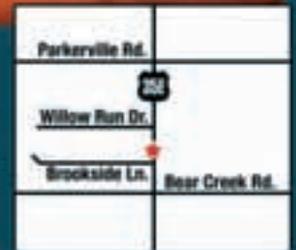
Specialty Beers!  
Build your own  
6 pack from over  
26 Specialty Beers!



**972-274-1080**  
**1551 S. 135 • Glenn Heights**

Take Parkerville Exit and Cross Over to Southbound Side

**15 Minutes from Waxahachie**  
Additional parking in back



**COLLISION SPECIALISTS**

**100% Satisfaction  
Guarantee**

All Foreign & Domestic  
Work Completed In-House

**FREE ESTIMATES!**



3643 Highway 77 North  
Waxahachie  
(north of Butcher Road)

Same Superior Service since 1972!

**Call 972-937-4336**

**NOW OPEN!  
NEW LOCATION!**

WITH MORE  
TANNING BEDS!



507 N. Hwy 77 Suite 610  
(Northgate Shopping Center  
next to Rest-A-Center)  
WAXAHACHIE

**972-937-8340**



1403 W. Ennis Ave  
972-875-6255 • Ennis

151 Walton Way Ste. 108  
972-775-4666 • Midlothian



# Experience Midlothian!

## A COMMUNITY EXPO FEATURING A "Taste of Midlothian"

*Food,  
Door Prizes,  
& Giveaways*

MORE THAN  
80 LOCAL  
BUSINESSES  
UNDER ONE  
ROOF!

PRESENTED BY



9 AM - 2 PM  
SATURDAY,  
MARCH 19

EVENT SPONSOR:



MIDLOTHIAN  
CONFERENCE  
CENTER

GOLD SPONSORS:



SILVER SPONSORS:

PEPWEAR • SHERWIN-WILLIAMS PAINT MIDLOTHIAN • TXI

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

**FREE ADMISSION**

**pccenter**  
Professional Certification Center  
Accredited by A.C.C.E.C.

**Are you prepared?**  
PCCenter can help!

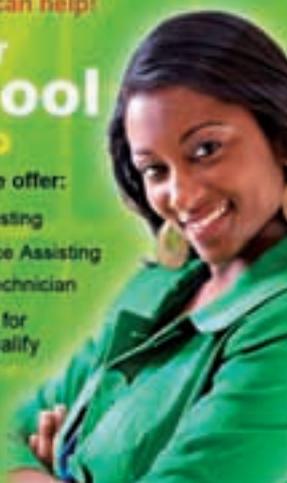
**Career School  
DeSoto**

Programs we offer:

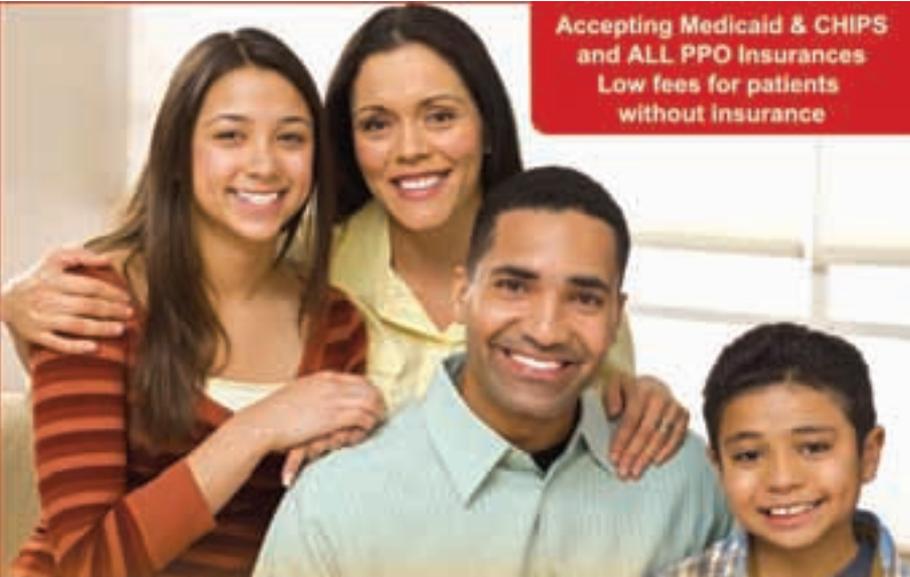
- Medical Assisting
- Medical Office Assisting
- Computer Technician

Financial Aid for those who qualify

**Night Classes Starting Mar. 7  
Day Classes Starting Mar. 28**  
**972.224.9800**  
1229 East Pleasant Run Rd. #302  
DeSoto (1 block from I-35 on Pleasant Run)  
[www.pccenterdesoto.com](http://www.pccenterdesoto.com)



Accepting Medicaid & CHIPS  
and ALL PPO Insurances  
Low fees for patients  
without insurance



**CALL FOR FREE TRANSPORTATION**  
**Se Habla Español**

**Family Smiles** 

General Dentistry for Adults & Children

**972-351-9110**      **1011 N Hwy 77**  
Mon - Fri 9:30am - 6pm      Ste. 105  
Sat 9:30am - 2pm      **Waxahachie**



# Service Above SELF

— By Sydni Thomas

*For teenagers, a Saturday morning is usually spent sleeping, especially after spending the previous night cheering at an Indians' athletic event. Not the case for the large group of Waxahachie High School (WHS) students known as Interact who get up earlier on the weekends than they do for school to serve the community. Most of the time it is in their sweatpants with messy hair, but they are there ready to make a difference.*

Interact is a service club sponsored by Rotary International for students 12 to 18 across the world. Each club is self-governing and self-supporting. It was established to build leadership skills, promote goodwill and helpfulness to others, and teach responsibility among young people. There are close to 200,000 young people in 109 countries involved in one of the 10,700 Interact clubs worldwide. "The Rotary Club is very supportive of us, and our relationship gets stronger with them each year," said

co-sponsor and WHS Librarian Megan Mills. "We plan the activities along with Rotary so that the kids don't have to go out and find volunteer opportunities. If we let them, they'd want to schedule something every Saturday."

Megan and her sister, Chrisanna Melick, a WHS journalism teacher, have sponsored Interact for over 15 years. Both are Waxahachie natives and very active in community events. One or both of the sisters attends every event scheduled for Interact and works alongside their students. "We participate with our kids," Chrisanna said. "It's about letting them see that we are involved and aren't going to make them work alone."

"We are from Waxahachie and have always loved this town," Megan added. "Since we already had an involvement with the town, we decided that it would be a good fit. The previous teachers who sponsored it were just burned out. It's easy to get burned out because it takes a lot of time. We alternate a lot so that doesn't happen to us."

The club is made up of a diverse group of students, from athletes to student council members and Anime

Club students to cheerleaders. Any student can join by simply filling out a form and showing up at events. "We have close to 150 kids," Megan said. "It hasn't always been this way. We started out with about 20 kids. It's interesting because this is the first year where



it's been more about service than getting your photo in the yearbook. I walked into our meeting one morning and couldn't believe it was packed."

Neither the students nor the sponsors receive any benefits, other than service hours, for their work with Interact. Parents will often encourage their

children to join the group to give them something positive to do outside of class. But, for the most part, students are signing up on their own. "There is a big push right now for service," Chrisanna said. "I don't know if it is because of President Obama or preparing for college applications, but service has become a huge thing."

"We are both convinced that kids want something to do," Megan explained further. "They want to form connections with other students and stay busy. I don't know if I would have given up eight hours of my Saturday to do this."

Interact is a yearlong program, and students serve during holiday and summer breaks. "This year, with all of the kids we have involved, we will put in close to 1,000 hours of community service," Megan said.

Students do anything from manual labor to reading to elementary students. Not only are they learning how to serve others, but they are also learning skills that are not as commonly taught at home as in previous generations. In years past, Interact has worked with Habitat for Humanity building homes around the community; students who had never lifted a hammer before framed windows. When they helped make the Rotary flags, they had to learn how to use a drill press. "Some of these kids have never had to do manual labor," Megan said.



"They don't know how to do some of the basic things at first, but they learn fast and have a great time."

After a recent project at the Boys & Girls Club of Waxahachie, many

*We Will Have Your Dog Shining Like a Pot Of Gold*

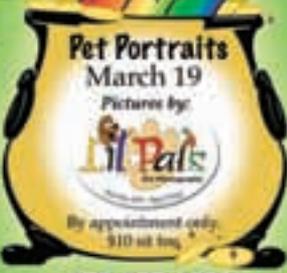
# BOW-WOW! BARBERS

- We use ALL-Natural non-toxic products.
- Spa Packages Available

Tuesday thru Saturday: 8am-9pm  
 Thursday: 8am- 4pm  
 Saturdays: Open @ 8:30am

## Free Shamrock Body Art

Come see us at the **LIFE STYLES EXPO**



**Pet Portraits March 19**  
 Pictures by: **Lil Pals**  
 By appointment only \$10 sit fee

1001 W. Main Street Suite 104 • www.bow-wow-barbers.net • 972-937-8824

students have started volunteering after school to help with homework, doing crafts and playing basketball. Another volunteer opportunity includes Meals on Wheels, a favorite among the students.



**“This year, with all of the kids we have involved, we will put in close to 1,000 hours of community service.”**



They have a program called Ani-Meals where the students help deliver pet food to elderly and homebound citizens within our community who have pets. While delivering food, they have the opportunity to talk with the resident, play with the animals and discover other needs where they can be of use. Students also volunteer at annual community functions like Bethlehem Revisited, the Sims Library book drive, restoration of Chautauqua and the Gingerbread Trail. “You’d be surprised at how many



**50% Off**  
 Laser Hair Removal  
 Select areas ask for details.

**\$500 Off**  
 Fotofacials  
 When you purchase a package of 5 treatments.

Call for a **FREE** Consultation!  
 972-938-8200

120 South Grand, Ste 3  
 Waxahachie  
 www.drkare.com

# Millennium

Laser & Medical Aesthetics  
 Ft. Paul Kare, MD  
 Botox Cosmetic  
 Physicians' Network Member

Fotofacial IFC Resurface Broken capillaries Sun Damage Thick and Dry skin spots Eye Wrinkles Acne Scars Loose Skin	Eye Laser Hair Removal All Skin Colors Medical Microdermabrasion Botox Cosmetic Foreline, Browline, Smoker's Lines Wrinkle Reduction Brow Lift Chin's, feet Frown Lines Mouth Lines	Acne/Scar Pigment, Redness, Brown Wrinkle Filler Lip Enhancement Mesotherapy Fat Reduction Cellulite Reduction Body Contouring M.D. Only Chemical Peels Oxyd Skin Care Product
---	--	---

Gift Certificates are Available

**Dynamic Yoga & Fitness Studio**  
**Spring Break Special!**  
**7 days \$7!**  
 + Boot Camp starts 3/21, 3X week  
 RSVP online now!

**YOGA 4 LOVE** **HOT YOGA • ZUMBA®**

558 Bluebird Ln.  
 RED OAK  
 469.437.1334

Yoga4Love.net

MIND BODY SPIRIT



**Handy Man Crew**  
**WE CAN DO IT ALL!**

- Fence Repair & Installation
- Paint - Interior & Exterior
- Custom & Rough-End Carpentry
- Tile Installation & Removal
- Wood & Laminate Flooring Installation
- Tree Trimming & Removal
- Tape, Bed & Texture

**Maid Service!**

No Job Too Large or Small  
 We Honor Competitors' Coupons  
 Quality Service at Affordable Pricing

Mention This Ad for 10% OFF

**469-569-5431**



**HAWKEYE DISCOUNT**  
 Siding, Windows & Solar Screens

**\$250 OFF**  
 Vinyl Siding

Local Middleclass Company With 28 Years Experience  
 Quality at an Affordable Price

**972-754-0515**

www.hawkeyediscountsidings.com



Jessica Mariana Melissa Anna Tina  
 Manicists - By Appt. only (409) 850-4371

**Miss Annie's Salon**  
 1009 Ferris Avenue, Waxahachie  
 (972) 937-9744



**Spinal Decompression Treats Back & Neck Pain Without Surgery or Injections**

Spinal Decompression Therapy specifically targets herniated, bulging and degenerative discs in the lower back. By relieving the pressure and allowing those discs to rehydrate, it takes away the symptoms of back pain, back spasms and shooting / stabbing pain down the legs to the feet, sciatica and more.

**BEFORE** **AFTER**



This procedure repositions the disc and rehydrates it, allowing water, oxygen and nutrients to be absorbed.

**Ellis County Back Institute**

905 Ferris Avenue • 972-938-0014  
 www.elliscountybackinstitute.com

**FREE Consultation**

We accept all major medical insurance and medicare.  
 We also treat worker's comp. and auto accident cases.  
 Easy payment plans available.

Jazel Verhaert, DC • Whitney Fajge, DC  
 Kevin Wagner, PT

**Native Texas Plants**

We sell select, drought-tolerant & pest-resistant native plants • Grow a beautiful Texas landscape

**Perennials:** Texas Lantana, Winecup, Salvia Greggii, Horse Herb, Flame Acanthus, Rock Rose, Pink Skullcap, Passion Flower (purple, yellow & white)

**Trees:** Bigtooth Maple, Burr Oak, Chinquapin Oak, Cedar Elm, Desert Willow, Lacey Oak, Mexican Buckeye, Mexican Plum, Possumhaw, Prairie Flame Leaf Sumac, Texas Ash, Texas Persimmon, Texas Pistachio

**Shrubs:** Texas Coralberry, Skeleton Leaf Goldeneye, Texas Sage, Prickly Pear

Plus, natural fertilizers, pest controls, soil builders & more.  
 Everything you need for an organic lawn & garden.

**Garden Variety ORGANICS**

216 Harrington Road • Waxahachie  
 972-938-0929 • GardenVarietyOrganics.com  
 Open Wed-Sat: 10-6 • Sun: Noon-6




**New, state-of-the-art-equipment!**  
*We do it right!*  
**It's just not clean until its GLEAM CLEAN!**

**4 rooms for \$99**

**Glean Clean**  
 CARPET CLEANING  
**972-937-7824**  
 www.gleancleancarpets.com

**We Clean Green!**

- Fire & Water Restoration
- Odor Removal
- Mildew & Mold Testing
- Upholstery Cleaning
- Wood Floor Restoration
- Air Ducts

**Insured and Certified**

**My OB said when I'm due.**

**I said where.**

You want to make the very best decisions for yourself and your little one, so start by choosing the very best birthday for you both. At Methodist Mansfield Medical Center, you'll comfortably adjust to this new chapter in your life in a spacious birthing suite while our specialty nurses and physicians attend to your every need. A Level III NICU is available 24/7 to help ensure the best care in any circumstance. Plus, with prenatal education, lactation consultation, and so much more, you'll wonder who's swaddling whom. Visit us online for a virtual tour and see why moms who expect the best choose Methodist Mansfield.

Call 682-622-7000 to preregister your baby's delivery, or take a virtual tour at [www.MethodistHealthSystem.org/MansfieldWomens](http://www.MethodistHealthSystem.org/MansfieldWomens)

**Methodist**  
 MANSFIELD MEDICAL CENTER  
 Where life shines bright.™

There are probably hospitals from practicing medicine. The physicians on the Methodist Health System medical staff are not employees or agents of Methodist Health System, Methodist Mansfield Medical Center, or any affiliated hospital.

kids don't know what the Chautauqua is or where the park is," Chrisanna said. "Being a part of this club lets the students learn about their community, meet their community and feel a part of it."

Fifteen years ago, one of the Interact students started a new project called the Giving Tree. Students and teachers adopt students in need from some of the Waxahachie schools during the holiday season and make sure they are able to celebrate Christmas with presents. "In the beginning, it was just one student coming into the library, decorating the tree and organizing the presents," Megan said. "If she came back today and saw the transformation, I don't think she'd



believe it. A tiny corner used to hold everything, and now it stretches across the library."

In a country where teenagers are often labeled as selfish and inconsiderate, Megan and Chrisanna hope that the community sees otherwise through the work their students are doing and will continue to do for a long time. They strive each year to show students that citizens and the community need their help. After more than a decade of leading the group, they have seen teenagers grow into caring and considerate young adults. Former members of Interact have gone on to work for Habitat for Humanity, served in the Rotary program at their college and continue to serve their community. "I think people are surprised when they see teenagers doing good things," Chrisanna said. "All you ever hear about today are the negative things about teens in the media."

"When you work with kids every day like we do, we feel like we work in the best place you could," Megan said. "Our kids are great. They always live up to our expectations, are well-behaved in the community, respectful and dedicated." **NOW**

Body Wrap  
*Special*  
Only \$65  
(March only)

Now offering facials!



*Simply Chic*

- Updos • Makeup • Eyelash Extensions
- Hi-lite/color • Body waxing • Haircut • Massages • Inch-loss wraps • Facials • Facial Peels

Visit us at 513 Ferris Ave. • Waxahachie  
SALON: 972-923-3695 • [www.simplychicsalonandspa.com](http://www.simplychicsalonandspa.com)

Have a Happy St. Patrick's Day!

**Kountry K-9 Designs**  
Pet Service

Stop in to meet us and get 10% off boarding, pet sitting, or grooming!  
(for new clients only during the month of March)

972-268-4385 • 972-937-6543

120 N. Hwy 77, Ste A, Waxahachie, Tx, 75167  
Open Tues - Sat, 8:30 - 5:30 • [www.kountryk9designs.com](http://www.kountryk9designs.com)



**campGladiator**  
ADULT FITNESS CAMPS

**SPECIAL OFFER**  
4 WEEK CAMP  
**\$99**  
(\$200 Value)

UNLIMITED SESSIONS! COME TO ANY AND ALL LOCATIONS AS MANY TIMES AS YOU LIKE AT ONE LOW PRICE!

[campGladiator.com](http://campGladiator.com) WAXAHACHIE LOCATIONS  
DFW (972) 741-1271 GO+ DFW Locations

To redeem go to [campGladiator.com](http://campGladiator.com) and sign-up using coupon code: CDWACH. Expires 4/30/11. Not valid for current camps.

**TRINITY FITNESS**



www.trinityyombatacademy.com  
972-741-1271

**Benjamin Franklin**  
THE PUNCTUAL PLUMBER!  
*If there's any delay, it's you we pay!*



**Have a plumbing problem?**

Benjamin Franklin Plumbing has the solution!

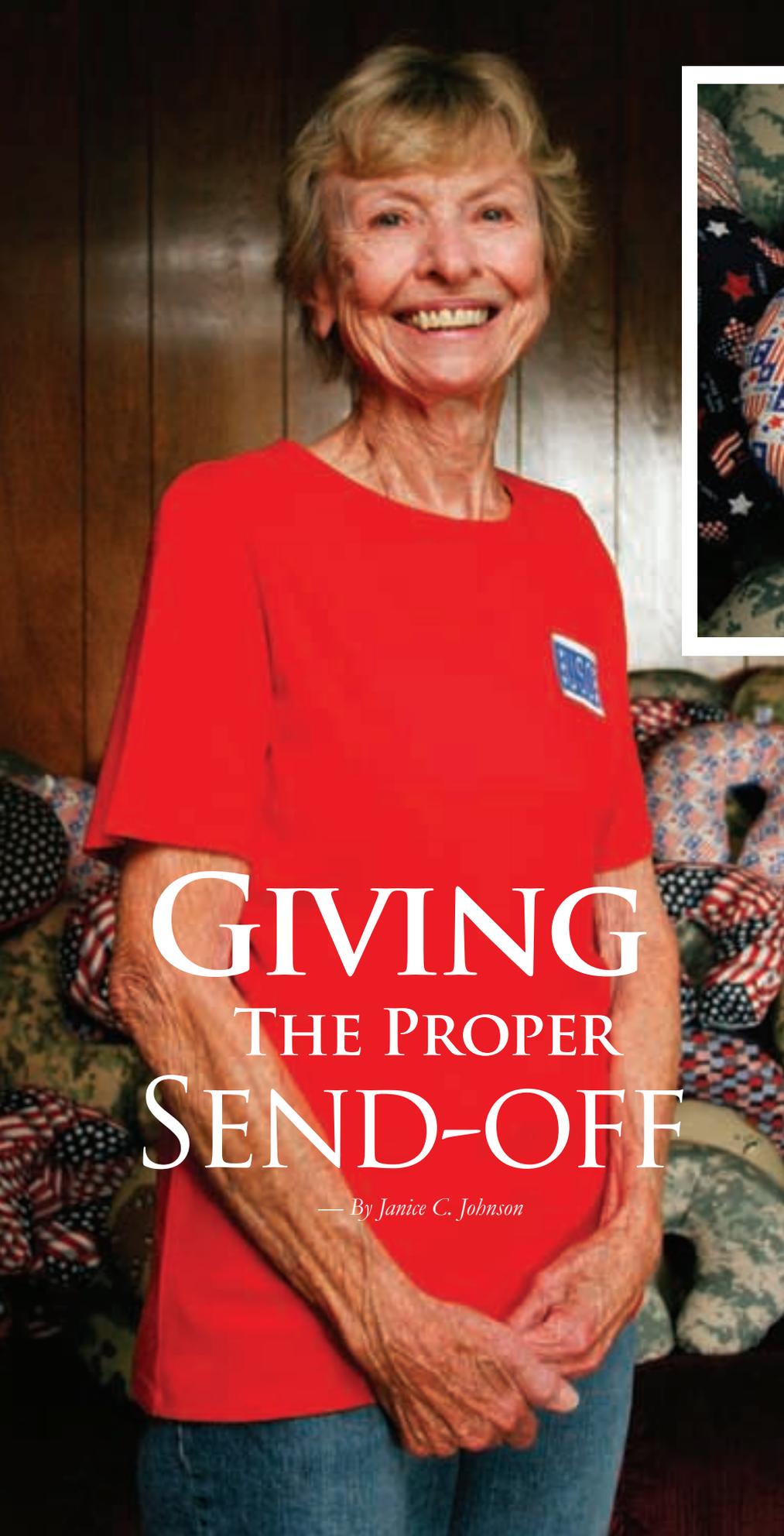
**\$50 OFF** Water Heater Replacement  
Not Redeemable On Travel Charge. Only One coupon per Call, Expires 3/31/11.

**\$100 OFF** Tankless Water Heater Installation  
Not Redeemable On Travel Charge. Only One coupon per Call, Expires 3/31/11.

**\$25 OFF** Service Call  
Not Redeemable On Travel Charge. Only One coupon per Call, Expires 3/31/11.

\*\$300 Maximum. Certain conditions apply. Call for details.

972-283-6161  
972-938-1500  
[www.benjaminfranklinplumbing.com](http://www.benjaminfranklinplumbing.com)  
M-13816



# GIVING THE PROPER SEND-OFF

— By Janice C. Johnson

*Cramped, uncomfortable airplane seats have become something of a national joke. Most of us are eager to deplane after two or three hours in the air. But imagine facing a 16- to 18-hour flight across several time zones. This travel marathon is exactly what United States military personnel routinely deal with each time they are deployed overseas.*

Ruby Fry, a United Services Organization (USO) volunteer, has a large place in her heart for people in the military. She started on her course of service years ago when a fellow church member, an admiral, announced the USO's need for "Operation Send-off" volunteers at DFW Airport. After praying about the opportunity and talking it over with the admiral, she and her husband, Al, agreed to give it a try for four weeks. They signed up to spend Fridays at the airport's staging and baggage-check area for departing soldiers and their families. The couple helped stock the USO snack cart and offered refreshments, cell phone calls

and encouragement to personnel who were waiting for their flights.

All the goodbyes she witnessed were heartwrenching to Ruby. "I cried every week, though I tried not to let them see," she said. "I prayed, 'Lord, let me do something else' — but the next Friday, I felt the pull to go again." After the four weeks, she and Al decided to continue serving, and received USO identification badges to wear.

Their Operation Send-off team leader was a source of amazement to Ruby. On top of her regular responsibilities, this energetic woman also made travel neck pillows for deploying soldiers. Ruby saw the soldiers' appreciation for the pillows and realized how much more comfortable they would be on the long flight. "I told myself, 'I can do that.' Of course, I had never sewed a stitch or cut a pattern." Always resourceful, Ruby enlisted the help of Jan Thompson. She explained, "I cut the fabric, and she stuffed and sewed



the pillows." This plan worked well for about two years, until Ruby's friend developed health problems and had to quit sewing.

Not to be thwarted, Ruby decided she would just have to learn to sew. She took some of the cut-out pillow pieces to the Waxahachie Senior Center and asked about learning to use the sewing machines there. When the director learned about the project, she spoke with a group of ladies who were already sewing for charitable projects. Then she came back and told Ruby, "We'll sew them for you!"

Ruby beamed, recalling how the extra hands made it possible to provide pillows for more of the service members. "I usually use khaki, camouflage or patriotic prints," she said. "The soldiers like to choose their design and color." She held up a pillow made of the light-colored digital camouflage used for the Army

*Brazilian Blowouts only \$100! (with select stylists)*

# Mac Salon

972-938-3100

Northgate Plaza • 507 North 77 #408

Check our website for monthly specials. [www.themacsalon.com](http://www.themacsalon.com)

## Reliable Custom Homes

Building Your  
Dreams by  
Design



Call 972-723-2860  
for a Personal  
Design Session

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

Reliable Custom Homes Welcomes  
Bob Way

Bob has helped over 150 families move into their one of a kind dream home in the Ellis County area. Why buy something that someone else built when you can custom design, pick your choices, get what you want. It does not cost any more to get what you want. To find out about building your dream home give Bob a call at 972-723-2860.



RELIABLE CUSTOM HOMES • 972-723-2860

*When Attention to Detail Matters*




# FIGHT CANCER

When I was diagnosed with cancer, I chose to partner with Texas Oncology. They're part of the largest network of cancer specialists, researchers and treatment centers in the country, yet they're right here in my hometown. In fact, Texas Oncology has more than 100 practices and 300+ physicians across the state. With the support of my care team, my family and my friends, I can fight this disease. And I'm glad Texas Oncology is on my side.

<p><b>METHODIST CHARLTON CANCER CENTER</b> 3555 W. Wheatland Rd. Dallas, TX 75237</p>	<p><b>METHODIST DALLAS CANCER CENTER</b> 1441 N. Beckley Ave., Suite 101 &amp; 102 Dallas, TX 75203</p>
---	---

To schedule an appointment at either site call 972-795-3414. (We also see patients in Corsicana, Ennis and Waxahachie)

1-888-864-I CAN (4226) • [www.TexasOncology.com](http://www.TexasOncology.com)

**HOW TEXANS FIGHT CANCER.**

**TEXAS ONCOLOGY**  
*Move breakthroughs. Move victories.™*

Combat Uniform, or ACUs. “This camo is the most favorite. But many of the soldiers will choose a pillow that their kids will like, and then give it to them when they come home [on leave].”

With several ladies sewing the pillows together, Ruby has her hands full with the stuffing operations. Several spools of thread sit on the table beside her easy chair. “I use a dowel to push the stuffing down into the narrow ends,” she said, “and hand-sew the last three or four inches closed. I can do this while I’m watching television.”

Making the pillows firm enough takes quite a lot of fiberfill, which gets expensive. “The USO provides the snacks and drinks, but I do the pillows on my own — so we make them in small batches.” She has become an accomplished bargain-hunter, scouting remnant counters, discount stores and the



“ONE OF MY FRIENDS  
SAID I SHOULD  
HAVE BEEN IN THE  
SERVICE MYSELF!”

Design District for fabrics. She sometimes receives donated materials, too.

Early on, several of Ruby’s friends caught the spirit and began to volunteer with her, carpooling each week for Operation Send-off. Eventually, besides their Fridays with the snack cart, Ruby began to volunteer on extra days just to hand out her pillows. She waits until she has a supply built up; then she goes to the airport with them. The team may give away up to 100 pillows on a typical day. They usually stay at the airport from noon to 5:30 p.m., but sometimes are not finished until after 9:00 at night. She describes her volunteer work as “emotionally draining and physically



**Aesthetic & Implant Dentistry**

- Restorative Dentistry
- Cosmetic Dentistry
- Dental Implants
- Sedation Dentistry

Davis W. Morgan, DDS  
972.723.5544  
www.dfwsmiledesign.com



**Happy St. Patrick's Day!**  
*from*

**LEGEND OAKS~ENNIS  
HEALTHCARE & REHAB**

**We offer:**

- Short-term rehabilitative services (rehab to home)
- Long-term care, making Legend Oaks your permanent home

Medicaid Transfers Welcome



**LEGEND HEALTHCARE** 1-400 Medical Center Drive • Ennis • 972-875-4800  
Visit our website at [www.legendhc.com](http://www.legendhc.com)

**Texas K9 Team Classic**  
**March 26**  
Waxahachie Rodeo Grounds  
701 Howard Road  
Registration 9:00 - 11:00 am



- Competitors from around the nation
- ALL breeds are invited
- Obedience and protection contests

www.TK9TC.homestead.com

**JEWELRY REPAIR SHOP**

Watch & Rolex Repair, Remounts, Restrings, Appraisals, Custom Design & Batteries

**WILEY'S**  
DIAMONDS & FINE JEWELRY  
wileysjewelry.com

2251 Brown St. #102 • Waxahachie • 972-937-4422

**Happy St. Patrick's Day!**



April Vieira, Assistant Manager  
Leandra Martinez, Senior Assistant  
Amy Wilson, Manager

- Loans up to \$1233.78
- Quick turnaround (15 minutes)
- Applications accepted by phone
- FREE tax estimates all year long
- Fast and friendly service

**You can earn up to \$50**  
for every referral you send our way (contact our office for details)



Licensed by the State of Texas

**SUN LOAN COMPANY & Tax Service**

1014 Ferris Ave., Suite 101  
(Next to AutoZone)  
Call: 972-937-7861  
METRO 972-938-7861  
[www.sunloan.com](http://www.sunloan.com)  
\* additional restrictions apply

tiring — but worth every second!”

Because of her passion for the military, Ruby said, “One of my friends said I should have been in the service myself!” She loves meeting the service people and gets teary-eyed when they must go to their planes. But, she said, “I get even more teary when they come back home through my gate. That’s the fun one!” When she gets word that a plane full of returning soldiers is arriving at her gate, she first checks to be sure her Operation Send-off cart is fully stocked. Then she goes around inviting bystanders to join her in welcoming the troops. As the soldiers file past crowds of people applauding and waving flags, she often sees tears well up in their eyes.

Not everyone is so keen to welcome the soldiers home, and Ruby feels disappointed when someone just shrugs or turns away. “However you feel about the war,” she said, “our military personnel are still sacrificing their time, leaving their families and going into danger.” But, her own enthusiasm goes a long way toward making up for those few uninterested folks. In fact, her heart for the military shows all the time, not just in her volunteer work. Everywhere she goes, when she meets a soldier, she stops to tell him or her: “Thank you for your service.”

Besides the rewarding nature of the work itself, Ruby’s efforts meet with appreciation in turn. On the USO lanyard bearing her name badge, she has fastened several commemorative and other patriotic pins, many given to her as gifts. Her favorite pin is the one she received from a member of the Patriot Riders, the volunteer honor guard that assists families at military funerals.

Giving a proper send-off to those who serve our country is the desire of Ruby’s heart. With plenty of seamstresses to make the pillows, she is limited only by funds to buy the fabric and stuffing.

Do these efforts really make a difference? Just ask the soldier who re-routed his return flight to the States through DFW Airport. He told Ruby he requested the change because, when it’s time for a homecoming, “there’s no place like Texas.” **NOW**

*Editor’s Note: For more information about this worthy cause, contact Ruby Fry at (972) 449-2351.*



**CARDIOLOGY  
CONSULTANTS OF  
TEXAS**

CCT has expanded its network of offices to include a presence in cities throughout North Texas. We offer nuclear testing, stress echo, pacemaker, interventional cath, and treatment of peripheral vascular disease. All of our MDs are board certified with multiple specialties.

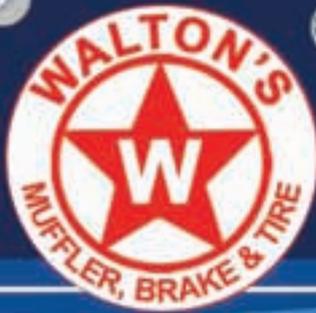
- 13 BOARD-CERTIFIED CARDIOLOGISTS
- "THE BEST DOCTORS IN DALLAS 2009"  
- D MAGAZINE
- "TEXAS SUPER DOCTORS 2009"  
- TEXAS MONTHLY

RED OAK  
301 E OVILLA RD. SUITE 100  
214-824-8721

WAXAHACHIE  
1305 W JEFFERSON, SUITE 100  
972-923-7292

DALLAS  
621 N HALL ST. SUITE 400  
214-824-8721

[WWW.CCTHEART.COM](http://WWW.CCTHEART.COM)



**FAST TRACK**  
**\$10 OFF**  
Any Service  
\* Excludes Oil Change



*We treat you like family!*

1530 Hwy 287 Bypass  
Waxahachie • 972-938-9922  
[www.horsesunderthehood.com](http://www.horsesunderthehood.com)

**Total Car Care**

**Air Conditioning \* Brakes  
4-Wheel Alignment  
FREE BRAKE INSPECTION**

Diesel Pickup Exhaust • Tires  
Shocks & Struts • Ranch Hand Bumpers  
Flow Master Exhaust • Transmission Service  
Truck Accessories • Catalytic Converters  
Motor Home Service • Hitches

**FREE Brake  
Inspection**

**LIKE-NEW TUB & TILE INC.**

Don't let  
your old tub  
turn into  
yard art!



[WWW.LIKENEWTUBTILE.COM](http://WWW.LIKENEWTUBTILE.COM)  
214-957-4331

HAPPY ST. PATTY'S DAY FROM



A proud member of the Waxahachie Community

**FREE Haircut**  
with purchase of Highlights

**\$85** off

New hiring stylists!

**Rock Hollywood Salon**

207 W. Marvin Ave. Waxahachie

Airbrush Tanning

972-937-ROCK

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



**the Studio**

All Handmade Native American  
Turquoise Squash Blossom  
Carico Lake Mine turquoise  
Handmade Navajo pearl beads

972-617-7740

Mon-Sat 9-5:30

Hwy 77 at Tracy Lane, Waxahachie



### Texas Anesthesia & Pain Management Institute

128 Highway 77 North  
Waxahachie, TX 75165  
(972) 938-7319  
www.txapmi.com

#### Hours:

Monday-Thursday: 7:30 a.m.-4:30 p.m.  
Friday: 7:30 a.m.-2:30 p.m.



#### From left:

Dr. Nieves and Dr. Arredondo believe listening is the key to making a proper diagnosis.

# Alleviating the Pain

*Doctors Arredondo and Nieves alleviate pain one patient at a time.*

— By Sandra Strong

Dr. Adam Arredondo, M.D. and the Texas Anesthesia & Pain Management Institute have now been in Waxahachie for over 10 years. The main focus of the business — pain management — has not changed during this time. “We offer noninvasive, cost effective treatment for pain,” Dr. Arredondo stated. “We try our best to keep as many procedures, injections and treatments in-house as possible.”

Among the senior members of the community, nearly 75 percent of patient complaints have to do with arthritis. Work- and sports-related injuries, referrals and walk-ins round out the other 25 percent. “We see patients with all types of pains, but it seems the most common complaint is associated with knee pain and the elderly,” Dr. Arredondo explained. The actual

cause of this particular knee pain, referred to in the medical world as osteoarthritis, is not known. Research shows that being overweight, getting older, a previous joint injury, poorly formed joints, genetic factors and overuse from a physically active lifestyle contribute to the chances one has of getting osteoarthritis.

If you experience aches and pains especially when moving your knee, stiffness when waking in the morning or when standing up, “grating” or “catching” sensations, limited range of motion or redness and swelling, chances are you may be suffering from osteoarthritis. When simple pain killers, exercise and physical therapy are not enough, Dr. Arredondo and his staff have found great success with Hyalgan treatments. At this time, Hyalgan is FDA-approved for knee pain only. “Hyalgan

is injected directly into the problematic knee,” Dr. Arredondo explained. “The treatment consists of five injections that are given at weekly intervals. Studies and patient testimonies have shown that Hyalgan can provide pain relief for up to six months.”

As a new patient, the first order of business will be to have a consultation with the doctor. Once a diagnosis has been made, a plan of treatment will be decided upon. “Sometimes, especially with back pain, Dr. Arredondo will order an MRI,” office manager Janie Tovias said. “The most important thing is to locate the target that is causing the pain.” Other complaints and maladies that have increased in frequency lately include shingles and carpal tunnel syndrome.

With the continual growth the institute has experienced over the years, the addition of Dr. Luis Nieves, M.D. in August 2010 was warranted. “I met Adam at a pain management conference in San Antonio. We hit it off immediately,” Dr. Nieves remembered. “We think alike.

---

*“We treat, fix and correct one problem at a time.”*

---

We have the same approach to pain management and the same business sense.”

Dr. Arredondo and Dr. Nieves believe in treating the whole patient. Listening is the key to making the proper diagnosis and moving forward with the correct treatment plan. “A patient may come into the office complaining about back pain,” Dr. Nieves explained. “But following the consult, they realize they have hurts and pains in numerous places. Severe back pain many times can mask other minor pains.”

“We treat, fix and correct one problem at a time,” Dr. Arredondo said. “Correcting one pain may fix another. In the consult, we determine the most problematic area and treat it first.”

When asked how things differ from his time in Dallas and Fort Worth, Dr. Nieves smiled. “We have a very busy practice here in Waxahachie and at the Corsicana office. The complaints are the same no matter the location.” **NOW**

*You Don't  
Have to Live  
with Pain*

*We Can Help*

- Headaches & Migraines
- Back Pain & Neck Pain
- Shingles
- Shoulder Pain
- Knee Pain
- Leg & Arm Pain



Adam G. Arredondo, M.D.  
*Pain Management*



Luis Nieves, M.D.  
*Pain Management*



**Texas**  
Anesthesia & Pain  
Management Institute

128 Hwy. 77 North  
Waxahachie  
972-938-7319

521 N. Beaton St.  
Corsicana  
866-280-7246

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



*Minerva Segura, Ora Frazier, Jenny Tyner, Toya Hagwood, Robyn Dunaway and Christi Kubin pose for the camera.*



*Charles M. Oliver and JB Sims enjoy a hot beverage at The Dish.*



*Carol Copeland inspects a car at Luckie's Auto.*



*The Busch family makes the best out of the cold weather by creating their own family of snowmen.*



*Kimberly, Michael and Madeleine Koelzer enjoy dinner at the new Fuzzy's Taco.*



*Scott Schlee is a winner at Bonnie & Clyde's Speakeasy on Burlesque Night.*

The Waxahachie Chamber of Commerce & Convention & Visitors Bureau  
presents the

# LIFESTYLES

Home & Family

## EXPO

**MARCH 5, 2011**  
9AM -4PM  
Waxahachie Civic Center  
[www.WaxahachieChamber.com](http://www.WaxahachieChamber.com)

**AVAILABLE!**  
ESTATES OF GARDEN VALLEY  
175 WATER GARDEN  
\$269,900

**Southern Living** CUSTOM BUILDER PROGRAM  
R. C. SOLOMON  
972-639-6644

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

the cancer institute  
OF DALLAS



Life.Science.Hope



At The Cancer Institute, we understand that a cancer diagnosis can be overwhelming and our experienced and trained medical staff will be there to help every step of the way.

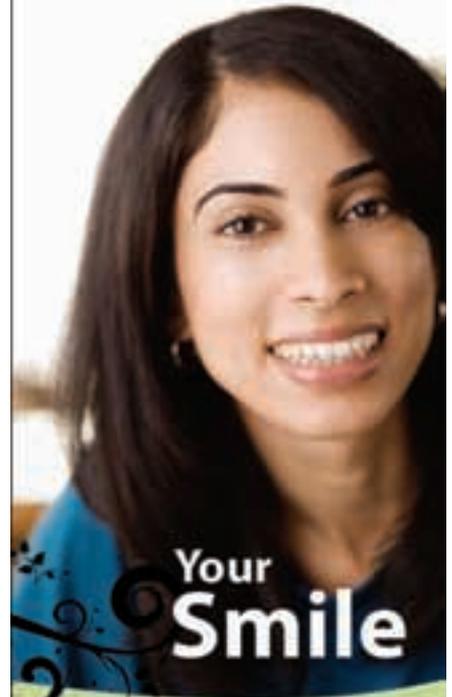
Our office is conveniently located in the heart of Waxahachie right next to Baylor Medical Center at Waxahachie on Jefferson Street. We are scheduling appointments for Tuesday, Wednesday and Thursday of every week.

Please call 972.283.2389 to schedule an appointment.

The Cancer Institute - Waxahachie  
1505 Jefferson Street, Suite 102  
Waxahachie, TX 75165  
Phone (972)283-2389  
www.cancerinstituteofdallas.com

**Our Medical Team:**  
Maria Juarez, M.D.  
Maryada Reddy, M.D.  
C.K. Wang, M.D.  
Neelima Maddukuri, M.D.  
Gilberto Jimenez, M.D.  
George Oliver, M.D. Ph.D.  
Charles Lee, M.D.

What do people  
notice most about you?



Your  
**Smile**

We Offer:

- Cosmetic Dentistry
- Implants
- Wisdom Tooth Extraction
- IV Sedation
- Dentures
- Dental Sleep Medicine
- Digital X-rays
- State-of-the-art facilities

Hours Monday-Friday 7am-5pm  
Convenient location

Waxahachie Family Dentistry  
Scott Clinton, DDS, MAGD  
Bobby Haney, DDS



125 Park Place Boulevard  
Waxahachie • Texas  
972.937.4370

Schedule your appointment online at  
www.waxfamdent.com

YOUR MERLE NORMAN  
**BEAUTY  
BONUS\***

**FRESH FACE  
FOR SPRING**

Refresh and renew skin with  
trial-sized cosmetics in a clear  
vinyl waterproof carry-all:

LUXIVA® Brilliant-C Cleanser  
LUXIVA® Brilliant-C Toner  
LUXIVA® Age Defying Serum  
Moist Lip Color



CELEBRATING 80 YEARS OF BEAUTY  
**MERLE NORMAN®**  
MADE IN THE USA

401 N Hwy 77, Ste 8 972-937-9696 Mon - Fri 10am - 6:30pm Sat 10am - 6pm  
www.merlenormanstudio.com/mn-9303

Facials, Skin Care, Make-up Lessons,  
Bridal & Photography Make-up  
Gift certificates available

Pam Peterson - Owner / Master Make-up Artist  
Dennise - Beauty Consultant & Make-up Artist  
Hiary - Facialist, Lash Stylist & Make-up Artist

\*Free with the purchase of two or more Merle Norman cosmetic products. Cosmetic accessories not included.  
Offer valid while supplies last at participating Merle Norman Cosmetic Studios beginning March 1, 2011. Limit one per customer.  
Merle Norman Cosmetic Studios have been independently owned and operated since 1931.

# Nurturing Nutrients — By Betty Tryon, BSN

“Eat your vegetables!” Is there a mother on this earth who has not directed her reluctant child to do this? The reason for this universal plea is obvious. Vegetables are full of healthy nutrients our bodies need. Nutrients are nourishing substances in our bodies. They are the foundation for life, growth and health. They strengthen and support by providing necessary essentials for muscle and bones. Nutrients feed our cells and provide energy. Nutrients help regulate bodily functions such as digestion. They also repair and replace tissues to allow our bodies to be a powerful self-regenerating organism.

Nutrients are everything in nutrition. They come from a myriad of food sources regarded as proteins, fats, carbohydrates, vitamins and minerals. The more variety in your food selection, the more different types of nutrients you can ingest to benefit your body. Because of this, it pays to understand and manage your nutrition to its optimum level by eating healthy. Today, nutrition labels on food products can give you valuable information about its contents. Checking with your health care provider is always a good idea before making a significant change in your diet. They may have some suggestions about your daily intake of sodium (salt) and sugar. Here is a hint: most of us eat too much of both every day!

A healthy eating plan with enough nutrients for you to function at your optimum level is relatively easy to make. With fruits and vegetables, look for the brightest and deepest color. Those foods will contain the greatest concentration of essential nutrients such as vitamins A, C, E and K, with minerals such as calcium, magnesium and zinc to name a few. Make an effort to

*This article is for general information only and does not constitute medical advice. Consult with your physician if you have questions regarding this topic.*

eat a greater variety of fruits and vegetables. Aim for at least five portions a day. Look for different sources of protein other than red meats. Beans, seeds, nuts, tofu and fish are good examples. Protein provides structure for muscle growth and helps to maintain our tissues and cells.

Remarks about healthy nutrition would be remiss without cautioning against eating too much unhealthy fat. Some fat in your diet is actually healthy and required. Monounsaturated fats found in olive oil, nuts and avocados are good for you. Saturated fats in red meats, trans fats in fried and snack foods may taste good, but they increase your cholesterol and your risk of cardiovascular disease. Eating foods that are good for you is the only way to ingest proper nutrients for your health, and that is good enough reason to eat your vegetables! **NOW**





MORGAN  
ORTHODONTICS

Dr. Laura Morgan and her staff invite  
you to visit us at our **NEW LOCATION.**



Laura Morgan, D.D.S.

Orthodontics for Children and Adults

- School-friendly Schedule
- Interest-free Financing
- Most Insurances Accepted
- Care Credit

A member of the Morgan Group

Call Today For Your Complimentary Consultation

104 Professional Place • Waxahachie

972-938-1688

Office Open For Appointments Monday - Thursday

# Fun in the Shade

— By Nancy Fenton

This month, our theme is how to get something to grow in the shade. There are lots of shade-loving plants, but they need to be especially hardy to take our heat and erratic rains. Prepare the soil with compost and expanded shale if needed, and you will be ready to start. Sometimes it is hard to find blooming plants that do well in the shade. Columbine is one of the best, and if it likes it where you put it, it will reseed itself and make lots to share! Blue and yellow (gold) varieties are available. Lily of the valley usually blooms early in the year also. Hosta will tolerate alkaline soils and comes in many interesting leaf colors ranging from wavy silver and green to very light green with dark edges. They bloom, too, with lavender or white flowers on a long stem.

It is difficult to get really bright blooms in the darkest shade, but bright bulbs provide lively color before all the leaves come out to shade your area. Pansies in the cooler months and impatiens in the warmer ones can do well in the lighter shade areas. In the darkest areas, go for caladiums in white, red or yellow hues. Against a background of hardy ferns like the Wood Fern, Japanese Fern or Royal Fern, the contrast can be wonderful. My favorite background “filler” is the Inland Sea Oat plant. It looks a lot like a regular oat plant as it grows, but takes very little water and loves deep shade. But be aware that it



spreads rapidly, once you get it going.

Next month we will look at a fern garden that will not require a giant water bill. For other questions, please call the Ellis County Master Gardeners at Texas AgriLife Extension, (972) 825-5175 or visit with us at the 2011 GARDEN EXPO to be held at the Waxahachie Civic Center, Saturday, March 26. **NOW**

*Nancy Fenton is a Master Gardener.*

Caring for all your furry friends

**Brookside**  
Animal Hospital

IH-35E South @ Brookside exit  
972-937-1120  
[www.brooksideanimalhospital.net](http://www.brooksideanimalhospital.net)

**Advanced Service Company**  
*Serving the Metroplex Since 1988*

**Servicing All Major Brand Appliances -  
Air Conditioning, Heating & Refrigeration**

**Mention this ad for a 10% Discount**

1508 Falcon • DeSoto, TX 75115  
**PH: 972-351-9721 • FAX: 972-351-9127**  
TX License # TACLA021044C

**In-Home Care**

- meal preparation
- laundry
- light housekeeping
- bathing & grooming
- errands & transportation

**Quality Caregivers**  
972-938-0703  
Call for no charge assessment • [www.qualitycaregivers.com](http://www.qualitycaregivers.com)

Independent Banking since 1928  
[www.FSBRICE-TX.com](http://www.FSBRICE-TX.com)

**FSB**  
**FIRST STATE BANK**

104 Broadhead Rd. • Waxahachie • 972-938-7575 **FDIC**



## Don't Let April 15 Pass You By

— By Adam Rope

April 15 has long been considered a date to avoid. Wouldn't it be nice if you could do something to lower your federal income tax burden instead of mailing a big check on April 15? With a traditional Individual Retirement Account (IRA), you may be able to do just that.

A contribution of the 2010 maximum of \$5,000 by April 18, 2011, could reduce your taxable income, making your federal tax burden less for the year. If you were 50 or older by the end of 2010, you can add a \$1,000 catch-up contribution to potentially reduce the tax burden even more. If you already have a traditional IRA, plan to make a contribution by the April

15 deadline. If not, talk to a financial professional as soon as possible to start one.

There are restrictions governing who may deduct contributions to a traditional IRA. If you don't qualify for a traditional IRA deduction, consider a Roth IRA. You won't get the federal tax deduction now, but qualified withdrawals can be made free of federal income tax during your retirement years.

Either way, having a plan for retirement is important. You owe it to yourself to make the best plan as soon as possible. **NOW**

*Adam Rope is a State Farm agent based in Waxahachie.*

**For life insurance, call a good neighbor.**

*Call me and I'll help you get the right life insurance for you and your family.*

1540 N. Hwy 77, Suite 6  
Between Belk's and Lowes

**972-938-3232**  
www.adamrope.com

Convenient Office Hours:  
Monday-Friday 8 a.m. to 5 p.m.  
Saturday 10 a.m. to 2 p.m.  
Se Habla Español

**Open Saturday!**

**LIKE A GOOD NEIGHBOR STATE FARM IS THERE.®**

**Adam Rope**  
Your State Farm Agent

statefarm.com • State Farm Insurance Companies • Home Offices: Bloomington, Illinois

# Calendar

MARCH 2011

## March 4

Empowering Seniors and Caregivers Conference: 8:30 a.m.-1:00 p.m., St. Matthew Cumberland Presbyterian Church, 380 Northwest Tarrant Avenue, Burleson, TX 76028. This annual conference is hosted by Meals On Wheels of Johnson and Ellis Counties (MOWJEC), which is a community benefit organization that has been serving the homebound elderly and disabled residents throughout Johnson and Ellis counties for 33 years. Because a meal will be served, please RSVP by calling (817) 558-2840 or downloading an RSVP form from [www.servingthechildrenofyesterday.org](http://www.servingthechildrenofyesterday.org).

## March 5

Life Styles Home & Family Expo, featuring a Taste of Waxahachie: 9:00 a.m.-4:00 p.m., Waxahachie Civic Center, 2000 Civic Center Lane. 130 retail exhibitors and no-profit booths available. Tickets: Adults, \$3. Children under 10 are free. For more information, call (972) 937-2390.

8th Annual Mardi Gras Parade hosted by College Street Pub: noon — vendors, music and fun at Singleton Plaza. Parade at 3:00 p.m. For more information, contact (972) 938-2062.

Mardi Gras Charity Ball hosted by Waxahachie

Oddfellows Lodge #80: 7:00 p.m., Town Square Loft, \$25 per person. Call (972) 938-2062 for more information.

## March 9

Texas Hold'em Nite: 7:00-midnight., Bonnie & Clyde's Speakeasy, 100 N. College Street. Entry fee of \$10 includes a snack. Call (469) 383-2732 for more information.

## March 25-27

Old-fashioned Singing: Friday, 7:00 p.m., Saturday, 3:00 and 7:00 p.m., Sunday, 3:00 p.m., Historic Chautauqua Auditorium, includes dinner on the grounds. For more information, call (972) 923-2709 or visit [www.WaxaOFS.com](http://www.WaxaOFS.com).

## March 26

Texas K9 Team Classic: Registration for this all-day event, will be held from 9:00-11:00 a.m., Waxahachie Rodeo Grounds, 701 Howard Road. For more information, visit [www.TK9TC.homestead.com](http://www.TK9TC.homestead.com).

Fabulous Forties Fling: 7:00-11:00 p.m., Texas Motorplex, located between Waxahachie and Ennis and hosted by Waxahachie Autoplex. For sponsorship information or reservations, contact the Meals On Wheels office at (817) 558-2840 or (972) 351-9943 or online at [www.servingthechildrenofyesterday.org](http://www.servingthechildrenofyesterday.org).

## April 30

Youth M.A.D.N.E.S.S. Inc. Car Show Fundraiser: noon-4:00 p.m., 507 North Highway 77 in the parking lot area.

## Ongoing:

### Fourth Mondays

Creative Quilters Guild of Ellis County: 6:30-8:30 p.m., Waxahachie Bible Church, 621 Grand Avenue.

### Tuesdays

Waxahachie Sunset Lions Club: 6:00 p.m., The Dish in the Rogers Hotel in downtown Waxahachie. Questions may be answered by directing them to Laura Hargrove at (817) 673-0356 or by attending a meeting.

### Fourth Tuesdays

Ellis County Technology (ECT): 6:30 p.m. Networking: 7:00-8:30 p.m. Presentation: Waxahachie LaQuinta. For more information, call Wendy Merritt at (469) 256-8989.

*Submissions are welcome and published as space allows. Send your event details to [sskoda.nonmag@sbcglobal.net](mailto:sskoda.nonmag@sbcglobal.net).*



- Hear Better Now For Less  
- Free Hearing Tests  
- Free Demonstrations  
- \$800 discount on a pair of hearing aids when you mention this ad!  
In Our Office Or In Your Home

**Lone Star Hearing Center**  
Mike and Kerri Gleason  
101 Executive Court, #100B  
Waxahachie, TX 75165  
972-351-9136  
[www.lonestarhearingcenter.com](http://www.lonestarhearingcenter.com)

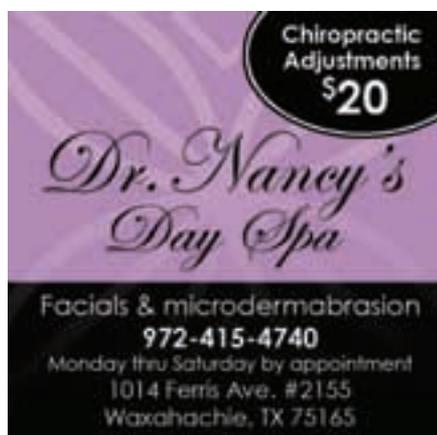


**We've Got Your Back!**  
Adjustments Only \$20

Monthly and Family Plans Available  
No Start-up Costs • No Gimmicks • No Appt. Necessary

**THE JOINT**  
...a chiropractic place  
<http://redoak.thejoint.com>

**The Joint at Red Oak**  
Located in the Shell Gas Station Shopping Center  
278 E Ovilla Road  
Red Oak, TX 75154  
972-617-7700



Chiropractic Adjustments  
**\$20**

**Dr. Nancy's Day Spa**

Facials & microdermabrasion  
972-415-4740  
Monday thru Saturday by appointment  
1014 Ferris Ave. #2155  
Waxahachie, TX 75165



**Price Revision!**  
In this day of tight economy we have revised our already competitive pricing to be more than competitive with the chain stores.

**Compare Our Prices!**  
We offer excellent service, FREE estimates and sell many of the products that are sold at chain stores under different labels.

**Glenn's Warehouse Carpets**

301 N. College • Waxahachie • 972-937-8848 metro: 972-935-0584  
We have served Ellis County since 1966.



## In The Kitchen With Becky Wilson

— By Adam Walker

Becky Wilson, a native Texan, has lived in Waxahachie since age 5. She tries to combine lite and healthy with down-home cooking. She enjoys cooking for her husband of 32 years, two daughters, son-in-law and soon-to-be son-in-law. As a recent “empty nester,” she uses her cooking as a way to lure her daughters and their men back home. “My mother is a superb cook and has been a great influence on my cooking,” Becky said. “Not a week goes by that I don’t ask her a cooking question — or she shares a recipe with me.”

Now she is having fun passing that knowledge on to her own daughters. When not cooking, Becky enjoys sewing, cross-stitch, reading and bargain shopping, as time permits. **NOW**

### Grilled Pizzas

- 1 1/4 cups warm (100 to 110 F) water**
- 2 pkgs. dry yeast**
- 1 Tbsp. honey**
- 3 Tbsp. good olive oil**
- 4 cups all-purpose flour, plus extra for kneading**
- 2 tsp. kosher salt.**
- Cornmeal**
- Beano’s Classical White Pizza Sauce with Basil**

**Toppings, choose any of the following:**

- 1 red onion, thinly sliced**
- 1 pound fresh mozzarella, grated**
- 1/2 lb. Italian Fontina, grated**
- 1/2 lb. mild goat cheese, such as Montrachet, sliced**
- 1 red or yellow bell pepper, cored, seeded and julienned**
- 6 plum tomatoes, sliced 1/4 inch thick**
- 1 lb. pork sausage, cooked and drained**
- 4 garlic cloves, roasted**
- Crushed red pepper flakes**

- 1.** Combine water, yeast, honey and olive oil in the bowl of an electric mixer fitted with a dough hook. Add 3 cups flour, salt and then mix. While mixing, add 1 more cup of flour, or enough to make a soft dough. Knead the dough on low to medium speed for about 10 minutes until smooth, sprinkling with flour, if necessary, to keep it from sticking to the bowl.
- 2.** When dough is ready, turn out on floured board and knead by hand a dozen times, until smooth and elastic. Place in a well-oiled bowl and turn several times to lightly coat with oil. Cover with a kitchen towel. Allow dough to rest at room temperature for 30 minutes.
- 3.** Divide dough into 6 equal parts and roll each one into a smooth ball. Place the balls on a baking sheet and cover with a damp towel. Allow dough to rest for 10 minutes. Use immediately, or refrigerate for up to 4 hours.
- 4.** If chilled, take dough out approximately 30 minutes ahead of time to bring to room temperature. Roll and stretch each ball into a

- rough 8-inch circle. Place 2 pizzas on each cornmeal-sprinkled 13x18-inch baking sheet.
- 5.** Light grill and wait until hot. Place the pizzas directly onto the grill and cook on 1 side for 1 minute. Turn the pizzas over and brush with white pizza sauce.
- 6.** Top the pizzas with any toppings you wish, piling them high.
- 7.** Put the lid on your grill and cook for 5 minutes more, until the crust is crisp and the toppings are cooked. Makes 6 pizzas.

### Portobello Mushroom Pasta

- 1 cup fat-free chicken or vegetable broth, divided**
- 2 garlic cloves, minced (or 1 tsp. minced garlic)**
- 3 Tbsp. Molly McButter National Butter Flavor Sprinkles**
- 6 oz. fresh portobello mushrooms, sliced**
- 8 oz. fettuccine or linguine, cooked and drained**
- 1 red bell pepper, roasted and sliced**
- 2 oz. feta cheese, crumbled**

- 1.** In a large skillet, add 3/4 cup of broth, garlic and Molly McButter Sprinkles. Bring to a boil.
- 2.** Add mushrooms and cook over high heat until soft and liquid is reduced by about half.
- 3.** Add cooked pasta to mushrooms with remaining broth and bell pepper. Stir until pasta is thoroughly coated. Sprinkle with cheese. Makes 8 servings.

### Sweet Potato Pie

- 4 cups sugar**
- 1 1/2 cups boiled sweet potatoes**
- 1 tsp. nutmeg**
- 4 eggs**
- 2 8-oz. glasses milk**
- 3/4 cup melted butter**
- 1 pie crust**

- 1.** Preheat oven to 400 F.
- 2.** Mix sugar, potatoes and nutmeg until creamy. Add eggs and mix lightly. Add milk and mix well. Add butter and mix well.
- 3.** Place filling in crust and bake for 10-15 minutes or until pie filling is golden brown.
- 4.** Lower temperature to 300 F for 60 minutes or until pie filling bubbles like candy all through pie. Makes two large pies.

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

# Red Oak Drug & The Prescription Shop

*Proudly Serving the Ellis County Community For Over 27 Years*

**Our hometown pharmacies are dedicated to customer service.**

- We are a traditional pharmacy with highly trained pharmacists, pharmacy techs, as well as two pharmacists with Doctor of Pharmacy (Pharm.D.) degrees. Our entire staff, from the clerks who greet you to the pharmacists who prepare your prescriptions, receive extensive additional training far and above the state requirements every year.
- We are a compounding pharmacy providing medications designed uniquely for you, such as bioidentical hormones and customized strengths of medications not currently available.
- Our Red Oak Pharmacy has a specially designed educational room where we hold seminars each month on a variety of health related topics.
- Both locations offer a wide variety of natural vitamins and supplements, as well as a complete line of bariatric supplements and vitamins.
- The Prescription Shop offers a large selection of medical equipment, diabetic shoes and support hosiery.

**CALL US TODAY AND TALK TO ONE OF OUR FRIENDLY STAFF CONCERNING ANY OF YOUR PRESCRIPTION OR HEALTH NEEDS.**



**Red Oak Drug**  
972-617-2222  
106 E. Ovilla Rd.  
Red Oak, TX 75154

**The Prescription Shop**  
972-938-2642  
120 S. Grand Ave  
Waxahachie, TX 75165



## TRINITY MISSION OF ITALY, LLC

220 Davenport, Italy, TX 76651 (972) 483-6369

**"Redefining the Experience of Health and Rehab"**

*Specializing in Physical, Occupational and Speech Therapy for both short & long term care.*





## “Advanced imaging at Baylor caught my cancer early.”

As a former oncology nurse with a family history of cancer, Amelia Lucio knew the dreaded disease well. Still, she was in disbelief when she received the results of her mammogram at Baylor Waxahachie. “Just the word ‘cancer’ by itself is so scary. It’s almost like hearing a death sentence,” says Amelia. While breast cancer is never an easy diagnosis, Amelia’s was caught early, before it had a chance to attack healthy tissue. After a lumpectomy and follow up treatment at Baylor, she’s a breast cancer survivor. She now encourages women to have a mammogram if something feels different in their breast. “It could be nothing, but then again it could be the ‘big C.’”

To schedule your mammogram or for more information about cancer care services, call **1.800.4BAYLOR** or visit us online at [BaylorHealth.com/WaxCancer](http://BaylorHealth.com/WaxCancer).

1405 West Jefferson Street, Waxahachie, TX 75165



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 these medical centers, Baylor Medical Center at Waxahachie or Baylor Health Care System. © 2011 Baylor Health Care System. BHC0001197. Nov. 02.11