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MAGAZINE

September 2008

**One of
a Kind**

**Those
Were
the Days**

**Thrill of
the Win**

**Teaching
the
Whole
Child**

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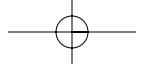
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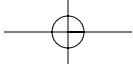
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Waxahachie **NOW**

Editor's Note

Hello, Waxahachie,

Another summer has come and gone. It flew by much too quickly. I may be feeling this way because of how busy I have been lately, or like the old saying goes, "Time flies when you're having fun!" Believe me, I have been having the time of my life meeting new people within the community.

Emma Estes, 98-years-young, reminded me of Jessica Tandy in the 1989 movie, *Driving Miss Daisy*; the only difference — Emma chooses to drive herself. Craig Anderson, although quite a bit younger, also loves driving himself on straight tracks around the country in hopes of one day winning the world drag racing title. It is the people we feature who are the driving force of your hometown magazine.

Please, take time to meet my new friends and do not forget to slow down in the school zones!

Sandra McIntosh

WaxahachieNOW Editor

P.S. Please submit your feature ideas to smcintosh-nowmag@sbcglobal.net.



Local residents have been taking advantage of a nationwide trend by turning gold into cash.

Kendall Wiley, owner of Wiley's Diamonds and Fine Jewelry, said he has been buying gold and diamonds for the last 28 years. Since gold prices have soared, he has been buying thousands of dollars worth of gold weekly. The increase in market value for gold is allowing people to get more money out of it than in previous years. The last three or four months have been record highs.

People have turned to selling their used gold for several reasons. Some people genuinely need to sell because of expenses. Some just want to clean out their jewelry box of unwanted items, and many want to trade it in and upgrade to white gold or a new piece of jewelry. Others may just need some extra spending money for that Aruba vacation.

Whatever the reason seller beware! Be as cautious with selling your valuables as you were in making the purchase. Think twice before mailing in your goodies in response to a Internet ad or TV infomercial. As the old saying goes, if it sounds too good to be true, it probably is. Sell only to reputable jewelers or buyers you trust, so you know you will get the most for your gold and diamonds and will not be taken advantage of.

Wiley mentions that if you are even thinking about selling your old gold, now is the time, it's just a smart thing to do. At our store, we actually increase our offer if it is going toward a new purchase, repair or custom design. We had a lady in our store today who traded in all her gold toward the purchase of her daughters' class ring and another cashing in for new school clothes.

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Those Were the Days

— By Sandra McIntosh



At age 98, Emma Estes shows no signs of slowing down. In fact, she drives herself to and from the Senior Citizens Center each day, continually thinking which activity she can partake in next. Her main concern is what might happen on her next birthday. "My driver's license expires on my 99th birthday," she laughed, hopeful Texas will issue her another one. "I am so independent. It's going to be tough when I'm no longer allowed to drive."

Being the oldest everywhere she goes really does not bother Emma. It is a testament to her overall great health. "I don't take any prescription pills, and I get plenty of exercise," she said. "The only medicine I take is one aspirin every night before going to bed." She attributes three things to her longevity. "I feel exercise is the most important thing," she added, "that and eating a healthy diet." She was reared on fried foods, but she soon learned as an adult her eating habits had to change if she hoped to live a long life. "I no longer eat a lot of food that's been fried," she said. "My meals include lots of fruits, vegetables and green salads."



Meeting her for the first time, it is hard to believe she is almost 100. Her energy level is exhausting and her vivid memory is uncanny. Asked how things have changed over the past 98 years, she responded with firsthand experiences. It seemed natural for Emma to regress to her childhood in Plainview, Texas, not far from Lubbock. Her father, Jesse Anderson, was a brakeman with the local railroad company, and her mother, Cora Ethel, stayed home to rear Emma and her seven siblings. "We were a very close-knit family," she remembered fondly. "If there was a problem, we always talked it out as a family. If one cried, we

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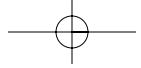
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all cried; if one laughed, we all laughed."

When Emma was 4 or 5, her father was transferred to Clovis, New Mexico. The family moved to a place about 40 miles from the railroad yard. "Back in those days, all the land was government owned," she said, referring to the section of land her father filed on soon after they arrived. Certain things had to happen within the span of five years before the land would rightfully belong to the Anderson family. "Each year, dad had to make improvements,"

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Emma explained. "The first thing he did was drill a water well. Then he built our home." As time passed, they lived in the home, built a fence and worked the land.

She recalls the big dining table with a long bench on each side. Each family member had their own special place at the table. She also remembers how sparse, but special, Christmas was. "We never had a Christmas tree when I was young," she said. "Our parents would put a few pieces of candy, an apple and an orange out to represent Santa's visit. If it had been a good year, we would also get a small gift." The best gift Emma ever got was a hair comb with rhinestone settings.

She, her five sisters and two brothers attended the same one-room school house. The dress code from her days as a youngster was much different than the way young men and women dress today. "All our clothes were made from scratch, including my bloomers and dresses. We wore black socks that were



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longer than knee socks. Garters held them up."

Those were the days when ice cream socials were popular. Mothers baked bread spread thick with home-churned butter. At dances, adults danced to the sounds of guitars and violins, while the children played amongst themselves. "We made our own Valentine and Christmas cards," Emma recalled. "Sometimes after a rain, we'd venture outside to make mud pies. Neighbors helped neighbors, and agreements were made with a simple handshake. People were loving and kind to one another. Those were the days."

In 1922, Emma's father brought the family back to Wellington, Texas, just east of Amarillo. This trip may have been where her love for driving first began. "I drove the family's Model T from New Mexico to Wellington," she said. "I really have been driving a long time." Emma graduated from Wellington High School in May, 1929. Soon thereafter she met George Estes, and they were married on September 10, that same year. "He was in construction. He just happened to be visiting relatives at the time," she said. "That's how we met." Needless to say, he was her soul mate, the one true love of her life.

Early in the marriage, they traveled a great deal. "He kept being transferred all over," she said. "I followed him everywhere his hammer went." They finally settled down in Houston. During their union, they had two boys and two girls, plus 10 grandchildren, two great-grandchildren and one great-great-grandchild, who recently celebrated his second birthday.

Once the children were grown and George and Emma reached the age of retirement, they decided to build a home in Mansfield, where Emma had brothers living at the time. Sadly, George passed away in 1981 after battling lung cancer. "I stayed for another 10 years," she said. "I sold the home and decided to do some traveling." She has visited Switzerland, Sweden, Denmark, Alaska, Australia, New Zealand and Cairo, Egypt. She brought back an olive

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branch pressed between the pages of her Bible from her time in the Holy Land. "I washed my hands in the River Jordan," she stated. "One morning, I remember my friend and I got up early to stand on the shore of the Sea of Galilee to watch the sun come up. It was a humbling experience. We felt so close to God." Her final trip was a cruise from one end of Hawaii to the other. After the Hawaii trip, her traveling companion, Laura Mosley, fell and broke her arm. Emma's trips overseas came to a halt, after that.



"One morning, I remember my friend and I got up early to stand on the shore of the Sea of Galilee to watch the sun come up. It was a humbling experience. We felt so close to God."

Four years ago, Emma moved one last time: to Waxahachie to be near her two living children, Dorothy Nell and Charles. "She calls me every afternoon and he calls every night," Emma said, proud of her youngest two. "Charles always gives me roses for Mother's Day. They are both so good to me."

Life for Emma has been so good. Things such as school dress codes and respect for the elderly may have changed over the years, but one thing has remained the same. "If I'm healthy, I want to live to be 100," Emma said. "As long as I can drive, feel good and take care of myself, then my age won't hold me back." **NOW**

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Living Heritage

— By Alex Allred



**At Home With
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www.nowmagazines.com 14 WaxahachieNOW September 2008

They met somewhere on I-35. Reed Higgins was returning from his home in Dallas to Baylor University in Waco, and Karen Griffin was driving to the University of Mary Hardin-Baylor in Belton, Texas. "It was September, 1972, and I had a lead foot," Karen laughed. As a result, Reed had to speed to catch the eye of the dark-haired beauty he had been trying so hard to get to notice him.

In truth, she had been very aware of



"the really cute" young man as their two cars continued to pass each other. When Reed finally mouthed the words, "Get off!" and pointed to an exit, Karen's heart skipped a beat. Cautiously, she met him in a parking lot. "We both stayed in our cars and just talked about school and friends," Karen said.

Married on June 2, 1973, they soon began a life in Dallas, where Reed followed in the footsteps of several family members as a Dallas police



officer. Through the years, Reed has worked, "hit and run, patrol and as an accident investigator," he said. Then, after 23 years of service, he was asked to be funeral organizer for fallen police officers. "It is a position," he said, "that leaves you emotionally and physically exhausted, but it is an honor."

In fact, of the vast array of pictures displayed in the Higgins' home, one of his favorites is of the funeral procession of Brian Jackson, a fellow officer killed

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in 2005, when he responded to a domestic dispute call. "I don't know why that one means so much to me," Reed said. Maybe because the officer was laid to rest in Rhode Island or because so many fellow officers traveled such great distances to honor their comrade. Regardless, Reed was deeply touched.

As a funeral organizer, he must tend to every detail. "That's why he was asked [to be the funeral organizer]," Karen said. "He's very caring and thinks of everyone else before he thinks of himself."

Most likely, this "paying-attention-

to-detail attitude" makes him such a compassionate professional. These attributes can be seen in their home decor. "We lived in Duncanville for 28 years," Karen said. "I decorated the entire house in pinks, blues, florals and stripes, so when we moved, Reed got to pick the style."

"I'm still not through," Reed added.

When asked what else he might add to the American western theme, he said, "I will know it when I see it." So far, his system works. When they found their four-bedroom, three-bath, ranch-style home in 2005, Reed also found his vision. The western motif is drawn from early American history and his own family history in Ellis County: pictures of his uncles during an early 1900s baseball game in Maypearl,



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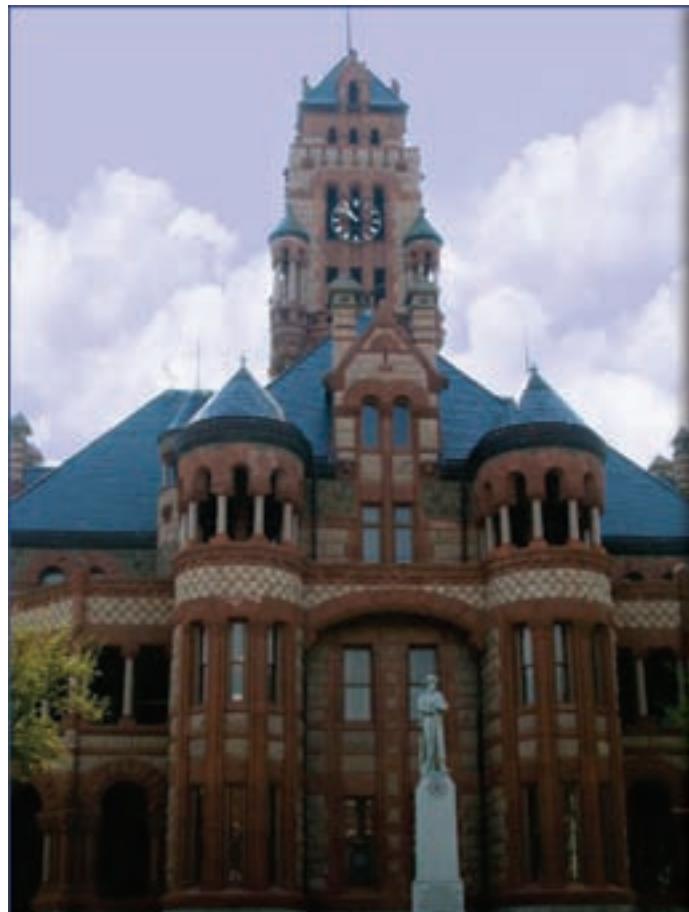
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a 1907 portrait of his great-grandparents and their brood, an equally impressive early 1900s portrait of the Grand Jury of Ellis County, his father's antique glasses and a deed from a John Moore to James Higgins, giving the Higgins' family 200 acres in Giles County on January 24, 1831. Two porcelain doorknobs, the only remaining remnants of his great-grandmother's homestead lost to a fire, were salvaged and displayed.

The home is open, with large, spacious

rooms. A vaulted ceiling in the dining room, an intricate crossbeam pattern on the living room ceiling and a gas-operated fireplace create an inviting atmosphere. The warm red tones, blending nicely with Reed's American western theme and formal setting are clearly the handiwork of Karen. "He's good," she smiled, "but there's no way he could have done that!"

The true marvel of their home, however, is none other than their master



bathroom. The conversation showpiece is the brilliant result of tremendous effort by half a dozen dedicated people. A tour of the master suite is a great precursor for what is to come. Embracing the western motif, Karen hired a local quilter to handcraft their king-sized Lone Star bedspread. Old barn wood serves as framework for mirrors and pictures in the room, but only when visitors step inside the master bath is the true sense of the great

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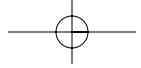
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outdoors — or outhouse — revealed. The traditional marble countertop was replaced with polished pinewood, Texas hardware adorns all the drawers, outlets and faucets. Tin paneling surrounds the jacuzzi bath, but the most impressive materials are overhead. Reed and Karen, along with local builder, Kevin Jones,



"literally all stood in the bathroom for hours and put our heads together, exchanging ideas," Karen said.

Kevin brought in actual pieces of an old barn he had salvaged. Rusted tin and barn wood were used to create the vaulted ceiling and rustic trim. Faux windows, came "from a 100-year-old house in Jefferson," Reed said. A foot-deep ledge, approximately 10-feet high, surrounds the spacious room. On it are pickle barrels and antique milk canisters, cowboy ropes, miniature bales of hay and the traditional Texas-themed knickknacks. The walls are painted as the Texas flag and the pièce de résistance is the toilet, sectioned off as its own outhouse, complete with a half-moon cut into the old wood. The nine-week project has proven well worth the effort. "It's fun to tell people they have to come look at our bathroom," Karen laughed.

While the majority of the family heirlooms belong to Reed's side of the family, one of the greatest family treasures belongs to Karen — the final days of her mother, Iva Griffin's, life. Due to the flexibility of her own BeutiControl business, Karen was

able to take a leave of absence from her position as a nurse to care for her mother, for the remaining 20 months of her life in their new home. Karen merely writes this off as her daughterly obligation, but it illustrates the sense of family, honor and heritage both Reed and Karen have sought to

embrace. Their only son, Jason, was taught to honor his family, but rather than just talk about it, Karen led by example.

Today, the room once occupied by her mother, is the playroom for their pride and joy, 2-year-old granddaughter Emerson. Emerson is too young to understand the significance of the pictures showcased throughout the home, including paintings created by her maternal great-grandmother. Even Reed is uncertain of some of the names and dates, adding, "We don't always ask the questions we should when we have the chance." As



his 34th year with the police department comes to a close and Reed entertains retirement, he is contemplating finding those answers. For now, however, Emerson is their living tribute to the Griffin-Higgins heritage and most certainly, they will teach her all she needs to know. **NOW**

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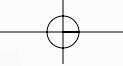
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One of a Kind

— By Faith Browning

In a quaint ranch-style home on three acres outside Waxahachie resides a creative young mother who found a way to stay home with her 1-year-old son, Coy, and pursue a craft she loves. "I always thought it would be awesome if I could stay at home to raise a family and make jewelry," Davie Kujawa said. It was as if she had spoken it into existence, because one year later, she is now doing what she had only dreamed. Davie feels blessed to be able to spend precious time with Coy, while creating one-of-a-kind jewelry pieces and accessories.

It all started because Davie loved turquoise, but did not want to pay the high retail prices. "Everything is so marked up today," she expressed. "I'm a cheapo. I don't like to pay full price for anything." She attended a beading class and thought, "This is easy. I can do this!" So Davie began teaching herself how to make her own jewelry at a price pleasing to her pocketbook.

Before Coy was born, Davie taught third grade for two years at Northside Elementary. One Christmas, she brought her jewelry to the school to show her co-workers and they loved her creations. They gave her the confidence she needed to venture into trying out new designs and creations.

Staying home with a baby was not the original plan Davie and her husband, Willd, had in mind. However, as most parents have discovered, not all things go according to plan. "My husband and I both decided it would be better for me to stay at home with Coy," Davie explained. Throughout her busy days with Coy, she still finds time to work on her original pieces of art.

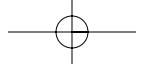
Several friends who also make jewelry have benefited Davie immensely. They give her the encouragement and positive input all new artists desire to validate their talent. Her friend, Michelle Goodwin, is one of her bead suppliers and her valued shopping companion. "We shop together and



"She uses a variety of semiprecious stones including turquoise, coral, black agate and Swarovski crystal to make matching sets of necklaces, bracelets and earrings."

buy our beads together," she said. The two have the same taste in regard to the vast variety of beads. "We can split up in the store to shop on our own, but when we meet to check out we both have the same beads," she laughed.

Currently, Davie travels to the Dallas Market to buy pendants for her necklaces, but she plans to take classes to learn to make her own. She uses a variety of semiprecious stones including turquoise, coral, black agate and Swarovski crystal to make matching sets of necklaces, bracelets and earrings. "I love turquoise!" she exclaimed. "But, I have had to branch out because not everyone is like me." There is no set pattern for any of her creations. "I like doing one-of-a-kind pieces,"



ARTS NOW

she admitted. "I like making new stuff all the time."

Creating unique jewelry is not Davie's only talent. She has ventured into designing boots, purses and wallets. Her artistic mind never stops visualizing a way to improve everything she sees. "I see something and think, *Oh I like that, but I'd rather have it this way,*" she admitted. "I guess I'm kind of picky."



She has several varieties of self-designed purses and wallets handmade in Mexico. Her "Moo-licious" leather purse is adorned with a cowhide cutout insert with silver studding. Her "Old Mexico" leather purse is ornamented with a hand-painted, tooled-leather cross. Her boots are as unique as her purses due to hand tooling and intricate, embroidered designs. Her boot design, cleverly named "Walk with Him," has a cowhide cross insert bordered with silver studs.

Davie finds her artistic inspiration in everyday stimuli seen on television, in magazines and other people's attire. One of her boot designs originated from an embroidered denim jacket she has had for several years. She proudly wears everything she creates. "When I wear jewelry, I wear gobs of it," she

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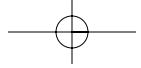
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exclaimed. "I usually tend to go real big!" Davie understands everyone has a different preference in size and style so she tries to provide a wide variety of colors and sizes. "I have a little bit of everything for everyone," she claimed.

Most Fridays and Saturdays, you can find Davie seeking the ultimate bargain at local garage sales. She looks for pieces to decorate her home that have a one-of-a-kind character like her jewelry. Her creative imagination allows her to look at an old dresser and see the possibilities of transforming it



into a unique coffee table. She also finds unique pieces of jewelry at these same sales that she uses as an inspiration to transform the old concept into a design Davie feels works better for her taste.

Davie stays busy with her new Web site and setting up her jewelry at rodeos and western-related events. She clearly understands the importance of the "family first" mantra. Working only one show a month between May and December eliminates the chance for burnout and allows her to spend the remainder of the year concentrating on her loved ones. "My family is my top priority, this is just an added blessing," Davie expressed. "Whatever God wants to do with my jewelry, He can."

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Thrill of the Win

— By Sandra McIntosh

Craig Anderson grew up in Waxahachie, but transferred to the Avalon Independent School District before his freshman year began. Planning to go to tech school following graduation from Avalon High School in May 1980, his father's proposition quickly changed his plans. "My dad started the business in 1972," Craig said, referring to Ellis County Auto, where Craig had been working part time. "He offered me a full-time job with the promise of carrying on the business when it came time for him to retire." Craig started at the bottom and worked his way to the top. "Dad taught me everything he knew."

As Craig ventured down Highway 287 between Waxahachie and Ennis, he watched the Texas Motorplex being built. "I watched the grassy field become a competitive race track," he explained. "In fact,

we've provided the wrecker service for the track since it opened back in the early '80s."

Maybe it all started because he saw a blank open field transformed. Perhaps it was the sound of the engines and the smell of methanol fuel in the night air that enticed Craig to get behind the wheel of a race car. When asked, Craig simply attributes his love of drag racing to Clyde Griffith and his son, Clyde Jr. "We found an old, abandoned car that still ran," Craig stated. "No one had claimed it, so the three of us decided to race it."

The first decision was whether to race on dirt or drag race on a paved raceway. "We hauled that old car to the Motorplex." That old heap was the first of many cars Craig would own, but he did not take his place behind the wheel until much later when his father showed up at the shop



*A family dedicated to racing:
Craig Anderson, Rhonda Anderson
and Gregg Odom.*

Sports **NOW**

with a wrecked '69 Camero.

With financial help from his dad and the use of the family business, Craig transformed the Camero into his first competitive race car. "Dad paid for everything," Craig said, the gratitude still evident today. "It became a street-legal race car." Craig and his Camaro won the first bracket race ever held at the Motorplex. "It was the right time," he said, "and I had this strong desire to win."

"Being around cars all my life prepared me for the difficulties I've experienced in the world of drag racing," he said. "Dad knew the value of a dollar. I learned to appreciate all I had, and was going to have, at a very young age."

"Being around cars all my life prepared me for the difficulties I've experienced in the world of drag racing."

Craig still practices what he learned as a young man. He is doing the most he can with the least amount of money.

Craig's lifelong experience with cars gave him a certain edge on the racetrack. He had already learned organizational skills and how to work under pressure, as well as flexibility toward problem solving. After his first win, Craig occasionally raced at several other tracks in the area. In 1992, he decided to run the Camaro in a totally different category — Super Gas.

Needless to say, it was not long before Craig outgrew his Camaro and moved on to bigger, better and much faster cars. Today, he competes around the country in a '63 Corvette Roadster and a 2006 Rear Engine Dragster, in the Super Gas and Super Comp categories respectively. Rules and regulations are governed and preset by the National Hot Rod Association. Out of seven

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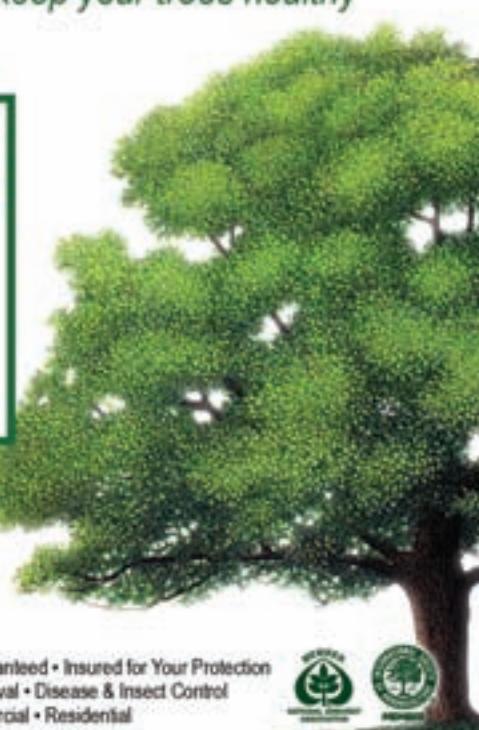
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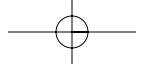
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divisions, Craig claims Division 4. "It's probably the toughest of the seven," he humbly added.

After racing under his own name for a while, Craig and his wife created the name Circus Motor Sports under which he now races. The first national race Craig won under this name was during the Super Gas competition at Heartland Park in Topeka, Kansas. "There were roughly 100 cars in my category," he remembered. The following year, he



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won at the Mile High Nationals in Denver, Colorado. "What I do is throttle stop racing," he explained. "It's floor boarding the gas pedal at the start of the race." His claim to fame is a race won on a Las Vegas drag strip. "There were 222 cars in the Super Gas category," he said. "That was the largest race I'd won up to that point." His ultimate goal is to one day win the world title.

Racing for Craig is not an individual sport; it takes his whole family to make him the success he is today. His wife, Rhonda, is his biggest fan, even though she has only been to one race that he won. "It doesn't scare me at all," she said. "I love it!" His father-in-law, Gregg Odom, is his crew chief and partner.

Craig's view of the world around him changes as soon as he puts on his helmet. Once he is strapped in the car, he gets tunnel vision. "He's in the zone," Rhonda said. "All he's focused on is the finish line. The thrill of the win is what keeps him going." **NOW**



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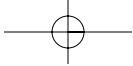
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Business NOW



The demands of owning a business are many, just ask Harold and Mindy McWilliams, the owners of Flip Fusion, conveniently located at 505 N. Highway 77, Suite 100. "Owning your own business warrants long hours and low pay," Mindy said, referring to the full-time responsibilities she faces on a daily basis as the club's manager. "I wear many hats throughout the day — owner, organizer, babysitter and peacemaker."

As a mother of six children, four by birth and two through adoption, Mindy comes to the business with a great deal of valuable experience. "I did childcare in my home for 20 years before Flip Fusion," she said, referring to the years the family spent in Keller, Texas, prior to purchasing the business and relocating to Waxahachie. The commute alone could have prompted the move, but to hear Mindy retell the story, it had a lot to do with community involvement. "We have no family locally, so deciding to move here was a big decision for the



whole family," she said. "Now that we're settled in, we are looking to get more involved here in Waxahachie."

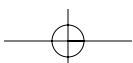
One of the couple's six children, Meygan, was also a deciding factor when it came to buying the business. "She started gymnastics at 16 months old with a God-given talent," Mindy remembered. "She has always wanted to grow up and be a gymnastics coach and choreographer. Flip Fusion was a way for her to fulfill her dreams." Since taking ownership of the business that offers so much more than basic tumbling, the three other children who still live at home have taken a liking to the



sport, too. It has definitely become a family business in every way.

People have come to enjoy the "open gym" times Mindy purposely added to the schedule of events. "These are times when the children can come and just enjoy playing on the five trampolines, jumping in and out of the pit and tumbling from one level to the next," Mindy explained. "It's a way for children of all ages to have fun and practice previously learned skills while burning off all that excess energy."

Flip Fusion also encourages parents, grandparents and caregivers to stay behind; to spend some quality "flip"



Business **NOW**

time with them. "The parent viewing area is convenient to the gymnastics floor," Mindy stated. "It makes it nice for those who wish to stay with their children, but don't necessarily want to get out on the floor with them."

To say the place was busy would be an understatement. "I'm always answering the phone or talking to parents and grandparents who drop by to learn about all the programs offered at Flip Fusion," Mindy added, "but busy isn't a bad thing!"

Every square inch of the facility is being utilized with supervised classes that include tumbling, competitive

"It's a way for children of all ages to have fun and practice previously learned skills while burning off all that excess energy."

cheerleading and advanced gymnastics. Mindy also offers daycare featuring several payment plans for children of all ages. "Daycare most generally charges by the hour," Mindy explained, "but I do have options available for the entire day for children from birth on up."

The atmosphere at Flip Fusion is one of family friendliness with safety always at the forefront of every activity, including birthday parties, YMCA and daycare center outings and group competitions. "It's structured, safe and fun," Mindy said. "It's my one, big, happy family."

There are over 200 students enrolled at Flip Fusion, with an average of 50 students attending on a daily basis. To learn more about the offerings and times of operation at Flip Fusion, please call Mindy at (972) 938-3547 or visit www.theflipfusion.com for detailed information. **NOW**

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Education NOW

Teaching the Whole Child

— By Sandra McIntosh

The Head Start Program, located within two classrooms at Dunaway Elementary, does so much more than teach the community's youngest students. "It works for the whole family," said Lucy Mares, Head Start site facilitator. "The goal is to make a successful family unit." The program, designed for children 4 years of age, is a partnership between the federal government and the Waxahachie Independent School District. A grant provides the program, which started in Waxahachie five years ago.

As confusing as it may sound, Head Start is associated with the Pre-kindergarten classes in place on the Marvin Elementary campus. "Head Start is a federally funded program," Lucy explained, "while Pre-K is funded by the state." Since the programs are partners, extended resources are made possible in both programs. The main difference between Head Start and Pre-K is the social service support offered within the Head Start program. A good example is family services. "They work to set goals for the whole family," Lucy explained. "It helps the parents with their own personal goals like learning to speak English or going back to the classroom to get their GED." The program is not designed to do things to the family. "We're designed," Lucy said, "to do things for the family. You can't have a successful 4-year-old without having a successful family."

Lucy is the first person to have contact with parents wishing to apply for qualification in the program. Her responsibility is to make the process of prequalifying run smoothly, while also keeping on top of initial paperwork necessary for each applicant. "She works with parents and helps with the interview process," said Jean Paulsel, program coordinator. "She is here to facilitate how the program works within the community."

Once a child is accepted into the Head Start program, parents then sit down with Lucy; Kathy Burson, the health specialist; and Temisha Rowlett, the family specialist, for a parent interview. "They become eligible based on the paperwork completed before this first interview," Lucy said, also mentioning



the two classes in place only have 20 students per class. "Sometimes, a family can be over the income amount, but the child may have some type of learning disability that will still allow them into the program."

With the growth experienced over the years, Head Start has had a waiting list from the very beginning. So children on the waiting list, as well as those who did not fall into the proper income bracket, will not have to wait, Lucy makes referrals to the Pre-K program, which is where the association begins and ends. "The children who have the greatest needs will be serviced first," Lucy said. "Head Start classrooms are integrated. They're designed to teach the whole child."

Visitors passing through the halls may think the Head Start students are only playing, but the playing is done with a definite purpose in mind. One such learning tool is the water table. "The kids aren't just splashing around in the water," Lucy said. "They are learning math concepts that include measurement and weight, as well as water conservation. You know, we had to learn how to pour juice into a glass sometime without over-pouring. There is a reason behind every activity."

There are seven state-approved curricula from which to choose. Educators Patty Hilton and Ami Stracener teach from the DLM Learning Express. "It's a high-scope framework," Patty said. "The lessons offer hands-on learning where imaginations

Education **NOW**

are used." Students learn the basics: letter, number and color recognition, while also learning social skills, preliteracy skills and gross- and fine-motor skills. "They are taught the importance of sharing and making friends," Patty said, excited about what is accomplished in a school year.



Centers are also important educational tools. They include the imaginative play center, where "dressing up" is key; the shoe center teaches them the difference in the way shoes feel. "Some of these kids come to class as blank slates," said Patty, still amazed at what they can learn. "Little leaders are being born."

Students are taught to brush their teeth twice daily. They are also taught the correct manner in which to express their feelings. "They learn how to properly hold their pencils," Patty added, "while learning to write their names at the same time. They even learn how to read names from the board so they can see who gets time on the computer next." Patty and Ami also conduct two home visits and two parent-teacher conference interviews during the school year. In fact, they do whatever is needed to make the conferences happen.

Lucy may no longer get to sit down with the children one-on-one as a classroom teacher, but she thoroughly enjoys being the point person. "I love meeting new people every year and getting to know them," she said. "I see some of the students who started out in the Head Start program and are now flourishing at higher grade levels." Needless to say, for Lucy and the rest of the Head Start staff, teaching the whole child has its rewards. **NOW**

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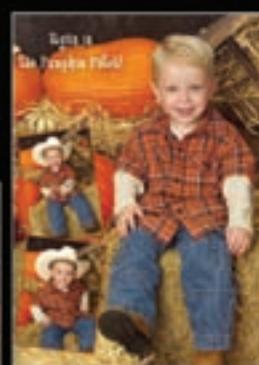
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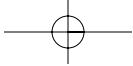
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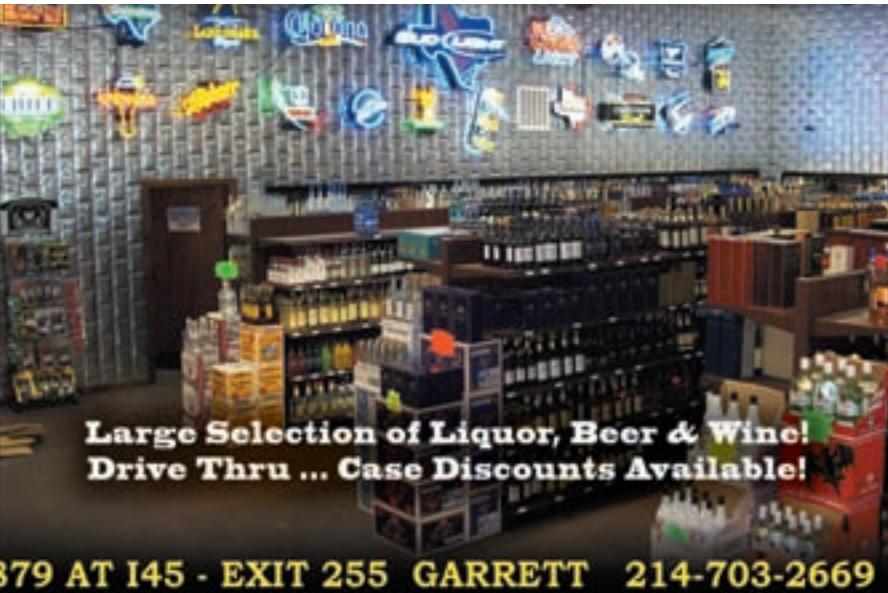
Averi, a tooth fairy in training, top left, stopped by the *NOW Magazine* office to pass out new toothbrushes. A ribbon cutting, top center, was held for *Living Magazine*. Bernyce Crownover, past queen, congratulated and crowned Hilda Chapman, top right, as the 2008 Crape Myrtle Queen during the tea held at Bernyce's home in Italy, Texas. The Metroplex Social Studies Supervisors Association, bottom left, enjoyed a guided tour and history lesson on the Chautauqua Auditorium presented by David Smith. Vicki Matlock of the Cowboy Church of Ellis County, bottom center, honored her father during the Fourth of July parade. New Crape Myrtle Queen Hilda Chapman, second row right, posed with several past queens at the afternoon tea. A ribbon cutting, bottom right, was held at Encore Payment.

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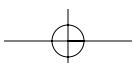


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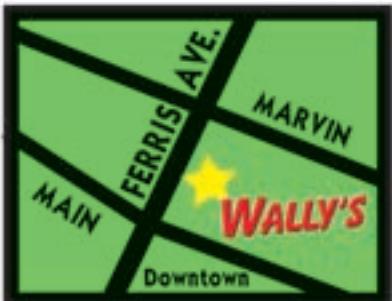
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Look Who's Cooking

— By Faith Browning

IN THE KITCHEN WITH JOHN AND TERESA McNIEL

SLOW-GRILLED CHICKEN BREAST

4 chicken breasts, skin on
Liquid Smoke
1 oz. of your favorite dry BBQ rub (I use Atkins rub a lot.)
1/3 cup lemon juice
1/3 cup water
1/3 cup vinegar
2 Tbsp. vegetable oil

Season both sides of chicken breasts with Liquid Smoke; then rub with your favorite dry rub. Mix liquids in small pot; heat, but do not boil. Put chicken breasts on grill. Try not to put directly over fire. Get grill temperature to approximately 300 F and maintain this temperature. Baste chicken about every 30 minutes with liquid mixture. The chicken will turn a golden brown. After about 2 hours, test chicken with meat thermometer. Temperature should be a minimum of 180 F. When done, serve with or without BBQ sauce. (If you serve with homemade sauce, I recommend that you remove skin from chicken, pull meat into strips and mix with homemade BBQ sauce.)

BBQ SAUCE FOR CHICKEN

1/2 cup ketchup
1/4 cup Worcestershire sauce
1/4 cup vinegar
1 tsp. mustard
1/2 stick butter
1/4 cup sugar
1 onion, chopped fine
1 stalk celery, chopped fine
1 clove garlic, minced
dash of Tabasco sauce

Heat all ingredients to boiling point; simmer for 15 minutes.

CAJUN FRIED CATFISH

5 lbs. catfish filets
1 8-oz. can Cajun seasoning (I use Tony's.)
black pepper to taste
salt to taste (Be careful; some seasonings already have salt added.)
1 gallon peanut oil (according to deep-fryer)

2 cups yellow corn meal
2 medium yellow onions, skinned

Cut catfish into 2-inch strips. Sprinkle with black pepper, Cajun seasoning and lightly salt. Put in a Ziploc bag and place in refrigerator overnight. Heat peanut oil to 350 F. (I like to use a cast iron pot on my outside propane cooker.) Place corn meal in brown paper bag (or other coating device if you have it). Put drained fish in bag; shake well. Put fish and whole onions carefully in hot oil. Fish will float when done.

SHRIMP BOIL

1 3-oz. can cayenne pepper
1 3-oz. can black pepper
2 bags crab/shrimp boil
12 cloves garlic, peeled
1/2 box salt
5 large lemons, cut in half
10 small red potatoes
10 small white onions, peeled
10 small frozen niblet corn ears
5 lbs. fresh shrimp, shell on

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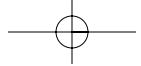
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Who's Cooking **NOW**

Fill a very large pot half full with water and bring to a boil. (I use my outside propane cooker.) Add seasoning and lemon halves. Put potatoes in first. When they are about halfway done, add onions, corn and, lastly, shrimp. When water comes back to a boil, cook about 5-7 minutes longer. Spread newspapers on a table. Remove shrimp and vegetables to a strainer; carefully pour on table. Have lots of paper towels handy. This is an "eat with your fingers" meal.

CONFETTI

1 16-oz. can black beans, drained and rinsed
 1 16-oz. can Ranch style beans, drained and rinsed
 1 16-oz. can field peas or black-eye peas, drained and rinsed
 1 17-oz. can whole kernel corn, drained and rinsed
 2 Tbsp. chili powder
 1 tsp. cumin
 1 cup Picanté sauce
 1 can sliced black olives
 4 - 6 chopped green onions
 1 cup chopped cilantro, or to taste
 3 - 4 limes, cut in half

Mix all ingredients except limes; drizzle the juice of limes over it; refrigerate.



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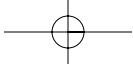
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Concerned About Market Volatility?

— By Jeff Trojacek

It happens every time the stock market drops: Investors question their strategy, their luck and their timing — all in an attempt to determine what went wrong and what they should have done differently. But if you, as an individual investor, really want to know how to respond to today's market decline, you need to look back at yesteryear.

To begin with, market declines are part of the investment process. Over the past century, the stock market has averaged one "correction" — defined as a decline of 10 percent or more — a year. Furthermore, on average the stock market has declined 20 percent or more once every three or four years. So, instead of thinking that a severe market decline is a once-in-a-lifetime disaster that "just had to happen" while you were investing, keep in mind that market declines are normal, frequent and, for the most part, short-term. And if you're a long-term investor, these declines usually offer an opportunity to buy quality investments at a lower price.

What other lessons related to a declining market can you learn from looking back in time? Here's one: Over the long term, quality stocks have historically outperformed quality bonds. This fact should be of particular interest to you, if, like

many investors affected by a market decline, you begin to wonder if you should scale back on your stock investments in favor of "safer," more conservative vehicles. But look at the numbers: From 1926 to 2008, large stocks returned 10.4 percent per year, long-term government bonds returned 5.5 percent and corporate bonds returned 5.9 percent. While it's true that past performance is not an indication of future results, it's also apparent that if you want to give your money the potential to grow — and grow at a pace that can keep you ahead of inflation — you'll need at least some exposure to stocks. While you certainly may want to own some bonds — which offer current income and the ability to help stabilize your portfolio in the short run — you don't want to let a "down" market discourage you from buying stocks of strong companies and holding them for the long term.

Here's one last "history lesson" to consider: The U.S. economy has proved amazingly resilient. Since the end of World War II, each recession has averaged 10 months — and each economic expansion has averaged almost five years. Recessions often begin and end without warning, so if



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you take a "time out" from investing in response to a recession-induced market slump, you could end up missing the beginning of the next market rally. And when the market does turn around, your quality investments are the ones that will likely show the quickest recovery.

George Santayana, a well-known philosopher, wrote: "Those who cannot remember the past are condemned to repeat it." As an investor, you can benefit from heeding these words, learning from history and not getting too rattled by short-term market downturns. By owning a mix of quality investments that are suited to your risk tolerance, time horizon and long-term goals, you can develop a strategy designed to weather any storm that hits the financial markets. **NOW**

Jeff Trojacek is an Edward Jones representative based in Waxahachie.



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Health
NOW

Cholesterol Can be Good

— By Betty Tryon

Tim Russert, the successful moderator of the political talk show *Meet the Press*, died suddenly from cardiac arrest with a history of high cholesterol. Mr. Russert's death rang a serious wake-up call for many. High cholesterol gets its bad reputation with good reason. However, it may surprise many to discover that cholesterol is not all bad and it is in fact, necessary. It is so necessary for some of our bodily functions that not only do we receive this product from some food sources, our bodies naturally produce it.

Cholesterol, a fat-like substance and waxy in its texture, is found in all parts of the body. It is essential in producing certain hormones such as testosterone and progesterone. The use of Vitamin D and the production of bile acid to digest fats depends on cholesterol. It also assists in the production of cell membranes. Our body only needs a small amount of cholesterol to meet these needs. The excess cholesterol results in fatty deposits in the blood vessels and begins to build up and narrow the passageway of the arteries. When it starts to build up, it can harden and form plaque which can be a precursor to cardiovascular disease.

There are two types of cholesterol: LDL (low-density lipoprotein), commonly called the bad cholesterol and HDL (high-density lipoprotein), commonly called the good cholesterol. LDL cholesterol is the form that causes the

clogging of the arteries. HDL earns its sterling reputation because unlike LDL, it does not build up in the arteries and helps usher the bad cholesterol out of the blood vessels.

There are several factors to examine when determining risk factors. The most obvious is the diet. Foods that are high in cholesterol and saturated fats should be limited or avoided to lower your blood cholesterol levels. Exercise can increase your HDL which can help lower the bad cholesterol in the blood. An unhealthy weight can lead to increased LDL levels. The good news is that losing weight, moderate exercise and watching your diet can lower your blood cholesterol.

Some of the risk factors cannot be controlled. There is some evidence that some persons may be predisposed to higher levels because of genetics. If high cholesterol levels run in your family, have yourself tested in order to know your levels. Increased age can lead to higher cholesterol levels, particularly in women who have reached menopause.

The key to prevention is knowledge. Forearmed is forewarned. If you know you have high cholesterol, you can now work with your physician for the health care plan best for you. Whether it is a lifestyle change or medication, help is available. **NOW**

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

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Why Plant in the Fall?

— By Nancy Fenton

It is true that almost any plant which comes in a pot can be put into the ground at anytime of year, but that does not mean it will grow as well if our Texas weather does its unpredictable things! I like fall planting because it gives the plant a good chance to spread its "wings or roots" before the harsher weather comes. It is always a shock to the plant when it is replanted from one container to another — even if it is planted into "Mother Earth." With the cooler fall weather coming and the dappled weaker light, the shock is lessened, allowing our plants to concentrate on adjusting and starting good root growth, rather than just battling to stay alive. Good planting techniques are always a must when moving things around.

1. Prepare the soil with organic additions of compost, shredded leaves, etc. Peat is not recommended as it breaks down too slowly.

2. Dig the hole wide, but not deep! Our alkaline clay can easily make a ceramic dish under the plant which catches and holds water enough to drown that baby out even in our hottest summers! Go for no deeper than the soil line in the pot, but about 3 times as wide as the diameter of the pot. You want those little feeder roots that grow in the first eight inches of soil to be able to stretch out and feed, feed, feed!

3. Gently break up the roots that seem to be tangled together (probably from being in the same pot too long). I have been known to soak a root bound plant and even flush the roots with running water to get them loosened up. You may even have to use a knife to cut through heavy masses of roots. Just get them loose so they can stretch and grow.

4. Water the hole, gently stretch out the plant roots and fill in around them; then water again. I pull up gently when adding the dirt back so that the plant will be high rather than down in a hole. Light pressure and more water will eliminate air pockets and get those roots in touch with your great soil!

5. Last, but not least, use three to four inches of mulch. If your plant is small, pull it back from the plant so the sun can shine in, but if it is larger, use the mulch to within two inches of the stems, trunk etc. The mulch will help keep the temperature even and allow the plant to have readily available water within easy reach.

Texas A&M really supports fall planting as one of the better ways to have a successful experience with your landscape. Take a look at these drawings which represent what is happening with your new plant underground. As they say, one picture is worth 1,000 words. Good luck with your fall plantings! **NOW**

Nancy Fenton is a
Master Gardener in
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September 2008

Community Calendar

Third Thursday

Empowering Women Express Network (ABWA) will meet at 5:45 p.m. at the Midlothian Conference Center, located at 1 Community Circle in Midlothian. Please RSVP to Daphne Brewer at (972) 723-6551 or visit www.abwa-empoweringwomen.org for more information.

September 1

DFW Free Day of Yoga, Ovilla Wellness Center on Hwy. 664, Glenn Heights. Classes held mid morning through early evening. If you did not get the info in time, you may get a rain check. Contact Lisa Ware at (214) 532-0776, yoga4love@yahoo.com or visit www.yoga4love.net.

September 13

The Girl Scouts of Northeast Texas are holding a recruitment drive for girls in kindergarten through grade 12 from 2:00 - 5:00 p.m. at the First United Methodist Church located at 505 W. Marvin Avenue. A \$10 fee is required at registration. Call Jewel Gracey at (972) 938-2772

or Wendy Hooten at (214) 629-0263.

September 17

The Ellis County Christian Women's Connection's monthly luncheon, Waxahachie Country Club, 1920 W. Highway 287 at I-35 East, Exit 401B. The cost is \$13, all inclusive. To make reservations, please contact Kay at (972) 937-2807 or Mary at (972) 937-9984 or e-mail Kay at windchime@charter.net no later than Sunday, September 14.

September 20

Oktoberfest at the Ellis County Youth Expo Center located off Highway 287. Doors open at 10:30 a.m. Silent and live auctions, vendor booths, games for the children, refreshments and live entertainment are only a few of the offerings. All proceeds will benefit St. Joseph Catholic School. Free parking and admission. Visit www.oktoberfestwaxahachie.com.

September 27

Texana: Sights & Sounds of the Lone Star State will be presented at the Chautauqua

Auditorium beginning at 12:30 p.m. Come out and enjoy the early days of Texas with music, poetry, crafts, re-enactments and a real Chuck Wagon dinner in Getzendener Park followed by a pie social and great songs of the Lone Star State performed by the Dallas Wind Symphony starting at 7:00 p.m. For more information, visit www.waxahachiechautauqua.org.

October 18

The fourth annual Dinah Weable Breast Cancer Survivors Event will begin at 11:30 a.m. in the banquet hall of the First United Methodist Church, located at 505 W. Marvin Street. The luncheon is free of charge to any breast cancer survivor and is open to all women in Ellis County. The guest speaker will be Dr. Elizabeth Alexander, who is also a breast cancer survivor. For more information or to make reservations, please call (972) 938-3059. The deadline for reservations will be October 10.

For more community events,
visit our online calendar at
www.nowmagazines.com.

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