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# Waxahachie NOW

MAGAZINE

October 2009

**The Camaraderie  
is Catching**

**Creating  
Outside the Box**

**The Heart  
of the Matter**

**Winning With  
Unity and Respect**

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## Editor's Note

*Happy fall, Waxahachie!*

October simply means fall has arrived. Now, I can finally cook a big pot of homemade chili with beans, enjoy a bonfire with close friends and I might even find time to go horseback riding. When the weather is cooler, the outdoor offerings are limitless for me.



This time of year also brings fond family memories to mind. As a child, I remember trick-or-treating with my brothers. We would always see who could get the most candy. I think my younger brother always won. As a teenager, I recall church-sponsored hay rides and roasting hot dogs over an open fire. As an adult, I have come to look forward to celebrating my mother's birthday. On the 27th, she will be 76. Happy birthday, Mom!

If you have stories you would like to see in the magazine, please e-mail me at [sskoda.nowmag@sbcglobal.net](mailto:sskoda.nowmag@sbcglobal.net).

Sandra Skoda  
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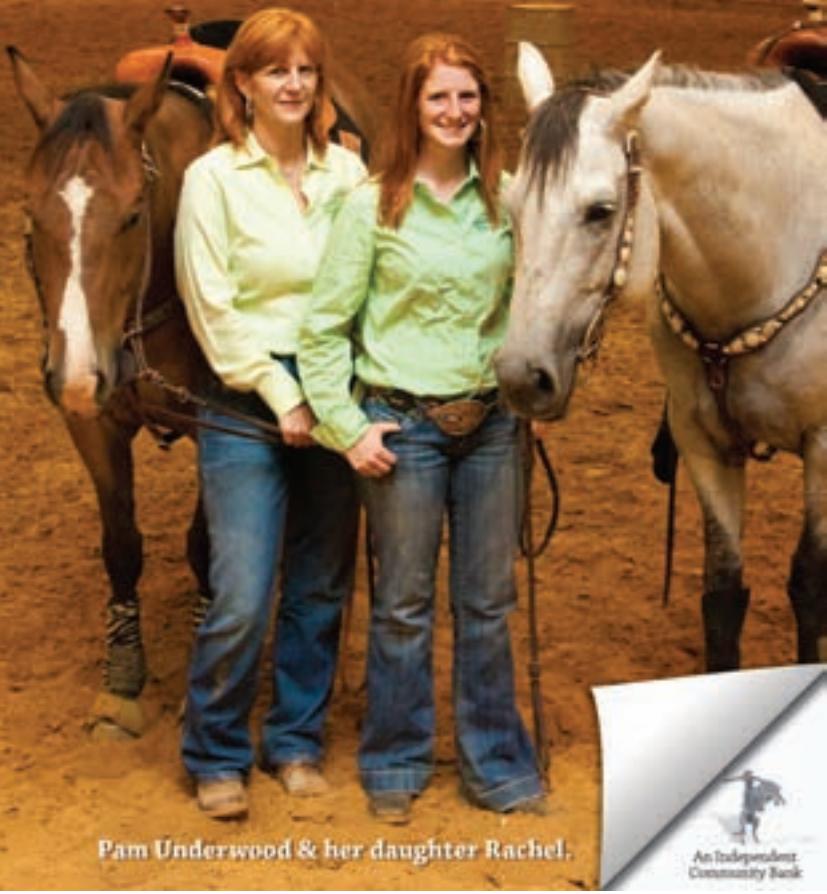
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A picture of some dapper young ladies in cowgirl boots, hats and holsters, marching out their routine in front of the band is all the fuel needed to begin an animated conversation with Susan (Lewis) Winn, graduate of Waxahachie High School and proud member of the WHS Ex-Students Association. "We took such pride in being a majorette," she said. "The girls pictured are Mary Beth (Wilson) Hodges, Charlene Green, Yvonne (Williams) Odom, Donna (Wakeland) Stark, Darlene Green and me. We performed at the pep rallies, and oh, it was just life! Unfortunately, the majorettes are no more."

Memories such as this one are special to Susan because they not only bring back all the wonderful times she had as a young woman walking the halls of WHS, but they also garner a great deal of pride in her community. The friendships she began in the '60s continue just as strong today, and the fire

# The Camaraderie *is* Catching

— By Jaime Ruark

in her eyes burns as brightly now as it did when she was strutting her stuff as a majorette. Susan credits the WHS Ex-Students Association for this continued camaraderie with many of her former classmates.

The association, made up of members who graduated from WHS as far back as 1915, began as a desire to keep ties with fellow graduates, to adhere to important traditions and promote pride in a community that has produced countless outstanding individuals. "One of the main objectives of the Ex-Students Association is to help rekindle friendships, so of course we help with homecomings and reunions. We help people find the facilities for their reunions and give them suggestions and guidelines," Susan said. "We have a packet we've made up full of really helpful information, especially for people who are returning home from out of town."

Ex-students are not the only ones who benefit from the organization. "Every year, we award a scholarship to an outstanding senior student. It's a pretty big deal, because many scholarships are just a one-time thing and ours is given for all four years of college," Susan explained. The Scholarship Recipient Committee, made up of current high school teachers, picks the student based on certain criteria. The student must maintain high grades throughout their high school career

and achieve strong ACT/SAT scores, be involved in extracurricular activities, have financial need, procure a letter of recommendation from a counselor or teacher, and complete a handwritten essay describing their college goals and why they believe they are the best candidate. Their parents and/or grandparents must also be WHS graduates. Once the committee has chosen a recipient, the scholarship is announced at an awards ceremony just



before graduation. "The fun there is watching the child's face, because we don't tell who is chosen until that banquet. It's a pretty special moment," Susan shared. "It's such a good feeling to help a precious child excel in life."

Every year on homecoming weekend, the association has "honor classes." This year, the honor classes are those ending in "9" and any 5-year anniversary classes ending in "4." These classes will be honored at the 48th Annual Ex-Students Luncheon, where awards such as the 2009 Who's Who and Hall of Fame are announced. "The Who's Who is someone who has graduated from Waxahachie High School and has gone on to excel

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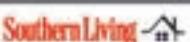
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in their professional field. A Hall of Famer is one who has gone above and beyond their civic and social obligations or volunteer capacities in their city," Susan explained. "It really is such an honor, because it's your fellow classmates who do the nominating. It's amazing to find out what so many of our own people have accomplished with their lives."

Members also give a yearly award for an outstanding educator. "It's such a neat thing. In 2003, Harold Dorsey was awarded the Outstanding Educator Award," Susan recalled. "Mr. Dorsey was our band director and we all just

**Memories are special to Susan because they not only bring back all the wonderful times she had as a young woman walking the halls of WHS, but they also garner a great deal of pride in her community.**

thought the world revolved around him. He went on to become the principal in the '70s. It was so special to be able to honor him."

The origin of the association's newsletter, *Smoke Signals*, brings another smile to Susan's face. "When I was in high school, there was this little monthly paper called a *Smoke Signal* sent out to all the students. It would be something about a teacher, or it would talk about what was a good gift for Valentine's Day. It was so silly, if you read back on it now you would laugh, but back then it was a big deal. We loved it," she laughed. "So we're just kind of continuing on with that tradition and every year, members of the association and the honor classes get a *Smoke Signals* newsletter." The letter contains information regarding homecoming, class contacts and news, information on the scholarship program and nominations for Who's Who and Hall of Fame.

Susan, who was honored to be the association's president in 2004-05, cannot speak enough about the importance of fostering friendships

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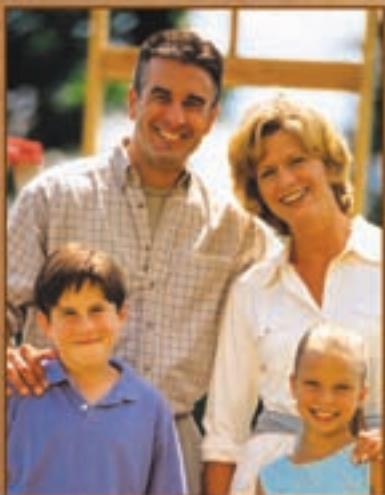
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and maintaining ties with the people of the community. "You would be surprised at how many people who have graduated from here are still living in the area, or have left but come back. There's just something about Waxahachie. People just can't leave," she smiled. "I taught school for 28 years, and I just have a lifetime of memories. That's the great thing about Waxahachie — the roots and the close bond we all have. I'm not really a club person, but this is the most wonderful association to be involved in."

The organization not only rekindles



friendships, it also bridges the gap between young and old. "In the early '60s, we lived in a *Leave It to Beaver* world. So much changes over the years. I have a picture of my best friend and me in high school when we just started going without socks and wearing light lipstick," she laughed. "When people start to get older and have a little more perspective on life, they start to realize what's important. You realize that life is short. You realize that so many people around you have such wisdom they can share. That's why it's so special to be a part of this, and I really think the camaraderie is catching, because this association really just binds all ages together."

Currently, membership in the association is small; less than one percent of graduates become a member, something Susan is hoping will soon change. "With the people who are a part of this, we really are starting to become the nucleus of Waxahachie," she expressed. "It just keeps getting better and better." As the school's alma mater says, "Glorious memories never die." **NOW**

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## At Home With Mark and Kelly Martin



Mark Martin is a persistent man, especially when it comes to what he wants. Kelly experienced this persistence firsthand years ago when they both were single individuals. "One of Kelly's girlfriends came down from Oklahoma to the glider airport in Midlothian," Mark remembered. "I took her friend up for a ride in a two-seated glider. I found out the friend already had a

# Love Laughter & Persistence

— By Sandra Skoda

boyfriend back home." Even though she had a boyfriend, she asked Mark to attend her birthday party days later in Oklahoma. "I went and that's when I met Kelly," he said, also mentioning that it was the same time the movie *Backdraft* was getting rave reviews at the theater. "We've been together ever since," Kelly added, with a smile.

After a one-year, long-distance courtship, the couple was married. After much discussion, Kelly was the one who decided to relocate. "Her job title was a neonatal pharmacist," Mark





stated. "I knew she could get a job down here almost anywhere." Currently, she is on staff at Parkland Hospital in the neonatal intensive care unit and also manages her own business, Arbonne International, a health and wellness company. "Me, I'm a fireman — have been for 25 years," Mark continued. "It would have been more difficult for me to find a job in Oklahoma. Economically, it was the best move for both of us."

When the couple met, Mark was living in the DeSoto area and working as a fireman for the DeSoto Fire



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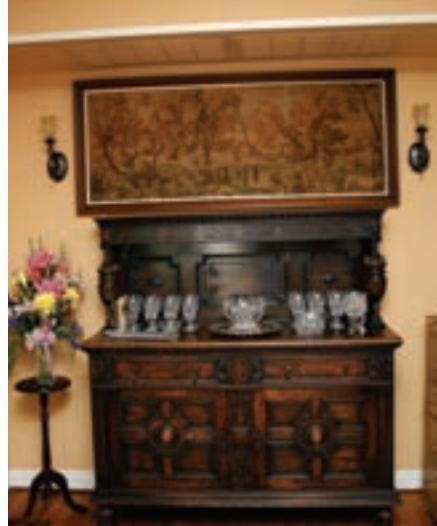
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Department. Once married, the couple moved to Waxahachie to a home on Harbin Street. A few years later, they moved two houses down. Then, in 2006, they saw the three-bedroom, three-bath home of their dreams as visitors during the Christmas Tour of Homes.

Once again, Mark's persistent nature paid large dividends. "We both loved the lot and the two-story house," Mark said. "I asked the Frenchs, the owners at that time, if they'd be interested in selling. They said they would be in

about two years." Two years quickly turned into four months. "After the tour, Mark just kept calling them," Kelly recalled. "He would come by monthly and hit them up about selling." Thanks to Mark's persistence, the Frenchs were soon calling the Martins to work out a deal. "It only took two days," Mark said. "That was June 2007."

Mark and Kelly sold their home on Harbin Street in record time. It only took five days for the right buyer to come along. Although the new home

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was move-in ready, the Martins wanted to incorporate several personal touches of their own before actually moving into the abode. "Luckily, the new owner let us remain in the home for two months after she purchased it," Kelly happily said. "It gave us the time we needed to make the renovations we wanted in our new home."

The French family had completed major renovations in 2000, adding a spacious master suite, expanding the kitchen and back deck and adding the Hardy plank that still exists on the home's exterior. The changes the Martins wanted to make were structural as well as cosmetic. "The first thing we did was remove the wall between the formal living and dining rooms," Mark

explained. "It opened up the downstairs, much like a great room." They added crown molding to the rest of the house that matched the original crown molding in the formal living area perfectly. They painted every room a different complementary color, transforming the house into the traditional style home the young family of four enjoys today. The recessed lighting was already in place at the time of purchase, but the light fixtures are all new, as are the custom window treatments.

They laughed as they remembered the hardest undertaking of all. "It was so hard trying to figure out how to hang the flat screen TV over the fireplace mantle in the living room," Kelly laughed. "We learned how to retrofit a

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modern appliance with a home built in the 1920s.” The oversized laundry room and the tack shed out back are also original to the home. The couple’s two children, 10-year-old Shelby and Major, who was born in February, have bedrooms and a bathroom upstairs, while Mark and Kelly share a master suite fit for a king and queen downstairs. When looking at paint colors, Shelby chose a vivid pink for her room. “She is a ‘Cheetah Girl’ wannabe,” Kelly laughed, “so she uses the leopard print to accent the room.” Once Major gets a bit older, he will start sleeping in his blue room, accented with custom-made wallpaper that closely resembles the inside of a fire station aptly named “Major’s Fire Station.”

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The largest collection the Martins share is found in photographs, both old and new. Black and white “yard-long pictures” are placed along the wall leading upstairs. There is the WHS graduating class and the Waxahachie Men’s Bible Club, both dating back to the 1920s. The oil painting above the antique Argentinean bar is by far the couple’s favorite piece of purchased

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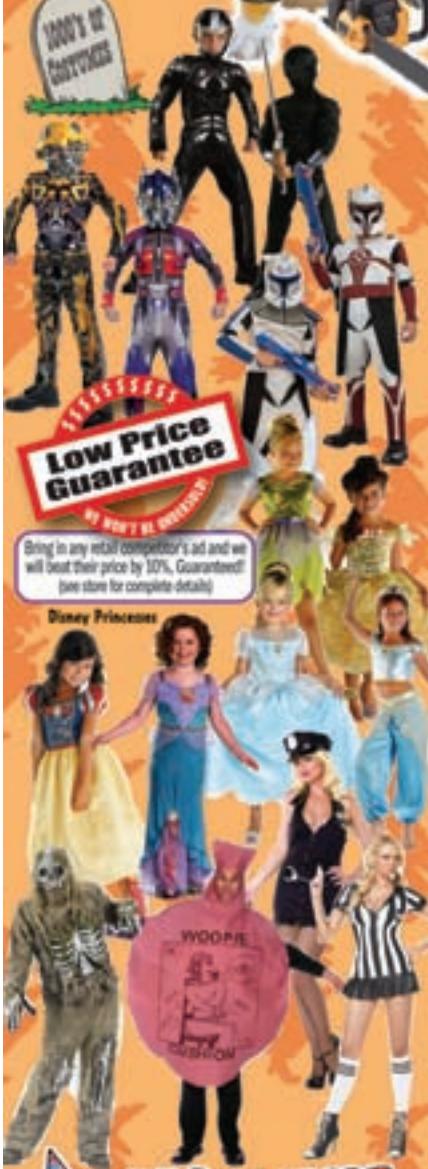
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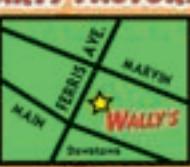
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artwork because of the use of bright colors. The hallway leading into the couple's bedroom is filled with happy Halloween memories. "Halloween is a big deal around here," Kelly stated.

"There are pictures of Shelby dating back to her very first Halloween." Her fun costumes have included Little Bo Peep, Ariel, Glenda the Good Witch, Belle and a '70s hippie. "We're going to have to make room this year for Major's first Halloween pictures," Kelly said. When asked what the children may be dressed as this year, the couple laughed as they said, "Shelby will probably be a flight attendant and Major will be a bag of peanuts."

To add to the Halloween feel the couple loves, Mark and Kelly mentioned a "secret room" over the garage where the wallpaper is original, there are no windows, admittance can only be made through a trap door in the attic and electrical outlet plugs are found three feet apart all the way around the room. "It could have been a ham-radio room that was probably illegal back when the house was built," Mark said. "Nobody really knows what the room was used for, so it's our secret room."

Mark and Kelly are a couple who love to hear the sound of laughter in their home. This laughter is very important to them since they live such stressful lives at their full-time jobs. They enjoy coming home to the relaxed atmosphere they have been able to create with love, laughter and persistence. **NOW**

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# Around Town

## NOW



Helen Skoda, Waxahachie/NOW community editor Sandra Skoda and Faith Browning enjoyed a recent weekend at the Women of Faith Conference.



The WHS Indian Marching Band practices for an upcoming halftime show.



The Cub Scout Weblein played badminton during a recent den meeting.



The WHS Cherokee Charmers practiced a new flag routine.



Margaret Pitts and her dog, Bella, enjoyed an afternoon at the park.

## Around Town

As summer comes to an end, the residents of Waxahachie are enjoying pleasant days outside, while the Waxahachie Chamber of Commerce welcomes new businesses to the growing area. As the 2009 school year begins, band members and Cherokee Charmers alike can be seen practicing hard for halftime performances.



The Waxahachie Chamber recently welcomed Air Evac with a ribbon cutting.



The Waxahachie Toastmasters celebrated their grand opening.

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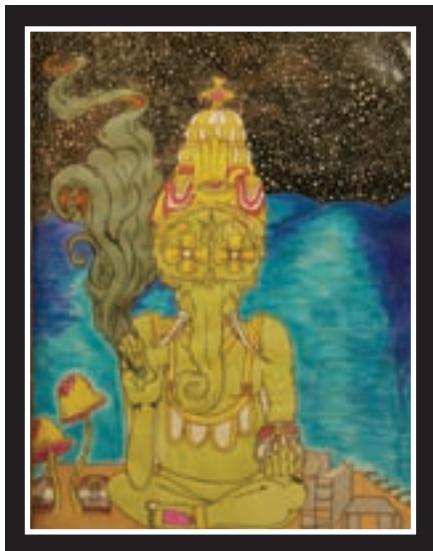
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## CREATING Outside *the* Box

— By Sandra Skoda

Thinking and creating “outside the box” allows Cody Cox’s imagination to take flight, soaring up and over his competition. Not limited to any one medium, Cody finds great pleasure in manipulating paint on canvas, paper, wood, apparel and school backpacks. “My favorite medium is acrylic,” he said. “I love integrating pencils for shading and detail after the paint dries. The smaller the painting, the more intricate the details will be.”

A recent Waxahachie High School graduate, Cody enjoys painting on longer, thinner canvases, but when he is allowed to paint what he sees and feels, he can and will paint on anything. One such long canvas, titled *The Stars are Projectors*, earned Cody a cash scholarship, as well as recognition in Ellis County as a talented young artist with a vivid imagination. “They liked the weirder

ones,” Cody said, referring to the judging panel at the Ellis County Youth Art Exhibit. “If given the chance, I felt I could win.” Cody’s artwork, as evidenced by the detail, comes from somewhere deep within himself. “My art seems to take on a life of its own,” he said. “The painting that won had so many different meanings. I watched and listened as people commented on it. My imagination triggered their imaginations.” Cody enjoyed standing beside his artwork, listening to people talk about what the painting meant to them. “Everyone felt something different,” he added.

The blue-ribbon painting is focused on a man with a white robe around his waist. The uniqueness comes in the two sets of hands and arms that seem to float on the canvas. “One set of arms represents finding one’s center,” Cody

explained, “while the other set, in the shape of Hindu sign language, represents the turning of the wheel of knowledge. The second set brings motion to the piece. I was inspired by my world religion class.”

In creating one of the many scholarship winners at the art show, the first thing Cody did was use acrylic to paint the canvas which served as the “outer space” background for his main character. “I drew the man on a separate piece of paper, so I’d be able to add more elaborate details using pencils,” Cody said. “I cut him out with an X-ACTO™ knife and glued him to the canvas. The painting appears to be three-dimensional because the man looks as if he’s floating in the universe.”

When asked if he was Hindu, Cody quickly responded in the negative. “No, I’m not Hindu; I’m Christian,” he answered. “My art just represents different world cultures. I just try to be real to myself and my imagination.” Cody entered five distinctive pieces, both on canvas and paper, at the Ellis County art show. Each piece is filled

with lots of spiritual meaning. He just happened to mix two different religions to come up with a winning, and very meaningful, canvas. "I love the double meaning my paintings create," he said. "There's similarities in all my paintings. They all look as if I live in an imaginary world."

Even as a child, Cody loved to draw. As in many homes across America, his artwork was proudly displayed on the refrigerator. In eighth grade, Cody's



**"I just try to be real to myself and my imagination."**

artwork went to a much different level. It was during this time that Cody got serious about the talent he possessed. "I started enjoying it more," he commented. "I began taking time out of each day to paint." He also started art classes, but soon tired of the landscapes. "Honestly, I was bored, but I stuck it out," he said.

When he entered Waxahachie High School, Cody found a mentor in his art teacher. He opened up under Carl Block's tutelage. "He taught me so much in such a short time," Cody confessed. "Mr. Block helped me find my artistic center; who I was going to be in the artistic realm. He always said, 'Seek imperfection and don't try to copy someone else's style.'" Cody is learning

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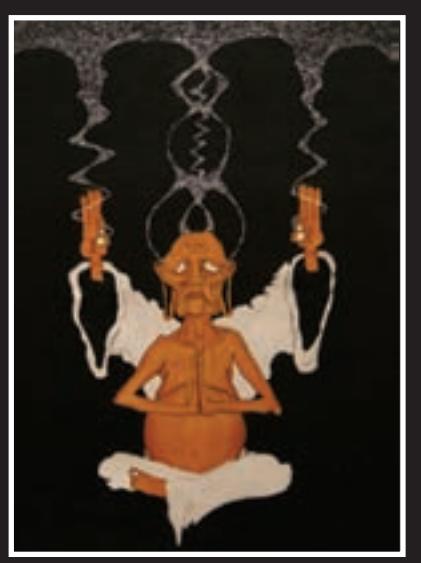
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to live by the words of the teacher he looks up to and still respects to this day. The idea is that seeking perfection results in doing things over or discarding works of art. For Cody, imperfection means more completed pieces of art.

During the summer months, Cody registered for classes at Navarro College, mowed yards and took time to "chill" before the next level of education got underway. "I had already accumulated 19 college hours, so I decided to enjoy my last summer before higher education," he smiled. It should take about a year at Navarro for Cody to complete his



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basics. "Then I'll move on to the University of North Texas," he said. "I plan on majoring in communication design with a minor in education. I'd love to design company logos."

Cody chose not to be an art major because he does not like limiting his imagination. "I don't want to limit my choices after graduation," he said, further clarifying his choice. He also stated that he honestly does not care if his brand of artwork is marketable. "I'm just happy to produce my style of artwork. I like creating outside the box. I never want my imagination to be stifled. I don't ever want the flame to be extinguished." **NOW**



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# Winning With Unity and Respect

— By Kyle Irion



Sam Gagliano has been playing Waxahachie Indian football for three years now. When he was in middle school, Sam, who had yet to play any form of organized football, was playing a pick-up game with a group of friends when one of them, seeing his talent, invited him to play on a peewee football team. Sam went out, signed up and the rest is history.

Sam found something he is truly passionate about in football. The initial lure of the game for Sam was the competition, but after he played for some time, it became increasingly apparent that perhaps there was more to the game for him than just throwing and tackling. What he found was a sense of unity and an opportunity to be a part of something bigger than himself. It is this sense of being a part of something greater that has driven Sam to continue playing, burning defensive backs and

locking down wide receivers day in and day out.

Sam plays two positions: defensive back and wide receiver. When asked what it was about him as an athlete that lent itself so well to the positions, he cited his speed and quickness — more specifically, “my ability to utilize my athleticism to gain an advantage over my opponent,” he said. If he had to choose one position, it would be receiver, because “on defense, you don’t know what’s happening on the other side of the ball,” he explained. Sam likes to be keyed into everything that is taking place on the field, and the reactionary style of play required of defensive backs does not allow for that. From a competition standpoint, the incentive of playing wide receiver in lieu of defensive back is “giving the cornerback the slip.”

According to Sam, the most improved

part of the team is the defensive coverage. This makes sense, because when asked what the strongest position on the team was, Sam cited the defensive backfield. The defense, however, is not Waxahachie's only key to victory. The offense of the WHS football team is aggressive and Sam credits the team's versatility. "We have a lot of weapons," he said, "a lot of speed." Because of this, the team can run many different plays from several different formations. It is this versatility that gives opposing defenses fits. The ability to put so many players in so many places on the field is something Sam believes other teams do not have.

Sam loves Waxahachie football in a very specific, genuine way. He claims no pro-athlete idols and he does not watch any form of professional or college football because he sees that as a distraction to what he is doing on the football field. He does not concern himself with what other teams are doing. "[Waxahachie] is the best program I've ever been a part of — great culture,

**"What he found was a sense of unity and an opportunity to be a part of something bigger than himself."**

great players," he stated. "Everybody's on the same page." When pressed to name the best attribute the WHS football program has to offer, Sam said the coach to player relationship, as well as the relationships between the entire staff and team. He believes the secret

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to his team's success is chemistry, from coaches to players and between the players themselves. For Sam, that is what makes his football team great.

Sam has high hopes for the rest of the current season. One of his goals is to stay free of injuries. Sam missed three-and-a-half games last season because of a list of injuries: a stressed meniscus, a sprained ankle and a broken nose. Sam's nose was broken during a team-building exercise (off the field) called the "trust fall." In the trust fall, a person stands on top of a 4-foot



platform, crosses their arms over their chest and falls back into the arms of those standing on the floor behind them. Sam held up his part and caught his guy, but in a fluke accident, the player he was catching sprawled out and accidentally hit Sam in the nose. "I still caught him, though." This statement is indicative of the kind of player Sam is. His team always comes first.

Injuries have not been a huge problem for the team as a whole. This may be another reason for the success they have had. If Sam and the Indians want to have a winning season this year, they will definitely need to remain injury-free for as long as possible.

One thing Sam repeated over and over again was the weight he puts on the team's unity and how much the players respect one another. With players like Sam, it is easy to see why there is so much respect in the Indian locker room. **NOW**

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# Getting Life Back

— By Sandra Skoda

Weight loss for many is not found in daily exercise and proper diet. It takes one of three bariatric surgical procedures, along with a daily exercise program and a strict diet. "I perform all three surgeries," Dr. Glenn Ihde said, as he referred to the gastric band, the gastric sleeve and the gastric bypass. "I perform all three laparoscopically. I've found that patients have an easier recovery with laparoscopic surgery and they have fewer complications."

Dr. Ihde has not always been involved in weight-loss surgery. Moving to the Dallas/Fort Worth area from Wichita, Kansas, back in the late '90s, he specialized in trauma. Like most surgeons beginning their career, it proved to be an exciting side of surgery. "To be a good trauma doctor," he said, "knowledge of nutrition is

critical." After two-and-a-half years, Dr. Ihde saw how the nutritional knowledge he gained could be better applied to the area of surgical weight loss. "I started performing weight-loss surgery in January of 2001," he explained further. "It was during the time when advanced laparoscopic surgery was just beginning." Dr. Ihde wrote a test-site proposal to the Federal Drug Administration. He asked that his practice be a site for laparoscopic gastric band surgery. In the next two years, he began to perform gastric bypass laparoscopically.

The knowledge he acquired during this time frame also allowed him the opportunity to write two books that have greatly benefited his patients. "These surgeries take a huge amount of patient education," he stated. "The



[patients] have to commit to an entirely new lifestyle." Dr. Ihde also realized that his patients needed a place to build their fitness levels that was

affordable and close to home. Taking his practice one step further, he opened two Snap Fitness locations in the Ellis County area. "I've seen lots of success," he said, as he thought of the many patients he has seen over the years.

"You don't have to break a sweat and get red in the face to exercise properly." He has designed a program that helps patients get started on their road to a new life. It involves cardiovascular exercises and light weights. "Once they find success here," he said, "we will incorporate an exercise program that is personalized to their individual needs."

Based on extensive research and through a great deal of patient feedback, Dr. Ihde can safely state that bariatric weight-loss surgeries and procedures do more for individuals than take the excess pounds off. "They also heal illnesses and increase mobility," he said. "Overall patient health is better and they regain the self-esteem they need to enjoy society interaction. They are getting their lives back." Studies also show that the most popular procedure to date is the gastric bypass.

Dr. Ihde was quick to mention his mother as his biggest influence when it came to his medical career, but also added, "Medicine is a profession that chooses you. You don't pick it." When talking with Dr. Ihde, it is easy to see he loves helping people by offering an educated hand to help them beat their problems with obesity. "I know I help people," he said. "It's not a guess; it's a fact. Non-surgery results aren't typical. Results are typical with surgical weight loss. Patients find success in losing weight and feel much better in the process."

For more information on the three surgical weight-loss procedures Dr. Ihde offers, visit his offices at 507 N. Highway 77, Suite 700 in Waxahachie or 515 W. Mayfield, Suite 402 in Arlington. You may also call his Waxahachie office at (972) 230-2517 or his Arlington office at (817) 467-3000. **NOW**

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# The Heart of the Matter

— By Sandra Skoda

Becky Lowry started her career in the field of education over 21 years ago. Her tenure as a paraprofessional began in a first grade classroom at Dunaway Elementary. After three years with the youngest students, she spent seven years teaching art. For Becky, the past 10 years have been spent in the Dunaway library — the place Principal Eric Brewster refers to as the “heart of the school.”

It was not long after the devastation of Hurricane Ike that Becky’s heart went out to the schools and students in Galveston who were most affected. “I came up with an idea to restock the library shelves of two of the schools that were damaged,” Becky said. “Everyone got on board with the idea, but early in the process I found out FEMA had condemned the two schools chosen. Since the population in the area had decreased, these two schools were no longer needed.”

After much discussion, Becky and those who supported her, decided to keep the idea alive. The first thing on the new agenda was to locate open schools in need. “Mr. Brewster used to work at Weimer ISD. He talked to a past colleague who suggested we look into helping Bridge City ISD,” Becky explained. “They experienced a great deal of water damage due to the river overflowing, not so much from the storm surge itself.” The two schools chosen within the district were Hatton and Sims Elementary.

Once Becky had secured the book recipients, she got busy right here at home making things happen. It may have been Becky’s idea, but she quickly realized it never would have come to fruition if not for the support of Principal Brewster, fellow staff members, parents and students from Dunaway Elementary. “With all these people on board,” Becky said, “it made an undertaking of this



magnitude fun, enjoyable and memorable.”

A T-shirt fundraiser allowed Becky to put her artistic talent to work as she designed a T-shirt transfer that simply said “READ” in Mardi Gras colors. Out of the 170 ordered, 150 sold in record time. Yes, staff members purchased the T-shirts, but the amazing thing was how quickly the Waxahachie community got on board with the idea. “DEAR [Drop Everything and Read] Day volunteers bought them last year,” she said. “Local shops took bundles and sold them and some were purchased by other reading specialists in the district. They sold faster than I ever expected they would.”

At the same time the T-shirts were made available, Beads for Books, a book drive to collect new and gently read books, also got underway. Becky collected books that were brand

new, slightly used and some that had been so loved by their previous owners she was unable to send them to the Galveston area. “But they were used elsewhere,” she added. As the children and teachers donated books, they received colorful Mardi Gras beads. “One book meant one strand of beads,” Becky laughed. “One child brought 40 books and I guarantee he left with 40 strands of beads.” Many of the donated books came with special personal testimonials that Becky said she



would never forget.

Several classes added donation jars to their rooms to help in the effort, but the largest fundraiser was the Mardi Gras Carnival held in late February. The carnival offered all kinds of Cajun cuisine, a live Jazz band, a King's cake walk and games for children of all ages. "Tickets were purchased for the game booths and the meal," Becky remembered. "We had everything Cajun you could imagine. We also had 'hurricanes' that were donated by the food service department. The non-alcoholic frozen fruit drinks, swirled in green and purple, were by far one of the favorite things offered that night."

To put the icing on the cake, so to speak, Dunaway Elementary also participated in Waxahachie's Annual Mardi Gras Parade, where a student from each classroom represented the school with great pride. Jan Marshall, special education aide, organized the logistics. Unfortunately during this same time, her father passed away. "Dunaway has a tradition of putting a book in the library when a relative of a staff family member passes away," Becky said. "Not only did we add a book to Dunaway's library in memory of Sam Norton, we also put a book in his memory in both Bridge City schools."

Last month, 1,700 books and \$1,700 were delivered to Bridge City ISD. Becky and some other caring volunteers drove the donation up in her Suburban. Without the help of others, especially her husband, Butch, their two children and Becky's mom and sisters, Becky feels as if the idea would never have gotten off the ground. "I agree with Mr. Brewster. The library is the heart of the school," she said, with emotion in her voice. "The books are the blood of the heart. The vision I had of schools without libraries pushed me forward. I just couldn't imagine a school without a heart." **NOW**

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# Look Who's Cooking

— By Faith Browning

## IN THE KITCHEN WITH CATHERINE LYON

### CHEESE BALL

*From my good friend Jimmie Bynum.*

2 8-oz. pkgs. cream cheese  
1 small can crushed pineapple, drained  
1/4 cup green bell pepper, chopped fine  
1/4 cup red bell pepper, chopped fine  
2 Tbsp. onion, chopped fine  
2 tsp. salt  
2 cups pecans, chopped fine

Mix all ingredients except pecans together into one large ball or two small balls. Roll ball(s) in pecan pieces. Cover and refrigerate overnight. Serve with favorite crackers.

### BREAKFAST CASSEROLE

*Our Christmas-morning brunch.*

2 lbs. Jimmie Dean hot pork sausage  
12 eggs, slightly beaten  
4 cups milk  
12 slices bread, cubed  
1 to 1 1/2 lbs. cheddar cheese, shredded  
2 tsp. salt  
pepper, to taste

Brown sausage; drain. Mix remaining ingredients together; add sausage. Pour into 9 x 13-inch casserole dish. Refrigerate overnight. Bake for 45 minutes to an hour at 350 F. Great served with cheese grits and biscuits. I make two of these for about 18 people, and it is all eaten!

### HOPPIN' JOHN

*Our New Year's good luck dish.*

1 lb. hot pork sausage  
1 cup bell pepper (mixture of red and green), chopped

1 cup red onion, chopped  
3 16-oz. cans black-eyed peas (I use one with jalapeños and two regular.)  
1 small can green chilies, chopped  
1 16-oz. can beef or chicken broth  
1 bag brown rice, cooked (I use Uncle Ben's microwavable.)  
salt and pepper, to taste

In large pot, brown sausage, bell pepper and onion. Add peas with their liquid, chilies and broth. Simmer two minutes; add rice and salt and pepper to taste. Great with corn bread!

### EASY BEEF CASSEROLE

1 to 2 lbs. ground chuck  
1 Tbsp. dried minced onion  
salt and pepper, to taste  
1 14-oz. can Hunts tomato sauce  
2 to 3 pkgs. Kraft Macaroni and Cheese, prepared as directed  
2 to 3 cups cheddar cheese, grated

Brown ground chuck; add onion, salt, pepper and sauce. Pour into 9 x 13-inch casserole dish. Cover with macaroni and cheese. Top with cheese; bake at 350 F until cheese is melted. Easy, but good!

### COKE CAKE

2 cups flour  
2 cups sugar  
3 Tbsp. cocoa (more if desired)  
2 sticks margarine  
1 cup Coke  
1 1/4 cups mini-marshmallows  
2 eggs, beaten  
1 tsp. vanilla  
1 tsp. baking soda  
1/2 cup buttermilk  
**ICING:**  
1 stick margarine

**S**pending time with family and friends is one of Catherine Lyon's favorite ways to enjoy life. "Once a month, we have a Supper Club where we get together with several good friends," she explained. "We have dinner and play games. We just enjoy good friends and fellowship."

Catherine's other interests are cooking and volunteering. She loves serving her church and Faith Sunday School class at First Baptist. For the last 25 years, she has been a dedicated Pink Lady at Baylor Medical Center, serving two terms as president and currently serving on the board. "My favorite hobby is cooking for my family when we get together, which is pretty often," she said. "I like things that are quick and easy to cook. I'm not a gourmet cook; I just like to fix what my family likes to eat." **NOW**

6 Tbsp. Coke  
3 Tbsp. cocoa  
1 box powdered sugar  
1 cup pecans, coarsely chopped

Mix flour and sugar; set aside. In saucepan, bring cocoa, margarine and Coke to a boil. Add marshmallows; stir until well melted. Pour over flour mixture; mix well. Add eggs, vanilla, baking soda and buttermilk; mix thoroughly. Pour into greased and floured 9 x 13-inch pan. Bake at 350 F for 30 to 35 minutes. Ice cake in pan while hot. Prepare icing by bringing margarine, coke and cocoa to a boil in a saucepan. Add sugar and pecans. Pour over cake.

### FROZEN FRUIT SALAD

1 8-oz. pkg. cream cheese, room temperature  
3/4 cup sugar  
1 16-oz. tub Cool Whip  
1 10-oz. pkg. frozen strawberries, thawed  
1 large can crushed pineapple, drained  
3 large bananas, finely diced  
1 cup pecans, chopped

Beat together cream cheese and sugar; add Cool Whip. In separate bowl, combine fruits and nuts; fold into cream cheese mixture. Fill muffin tin lined with cupcake papers; freeze. After frozen, they may be removed and stored in a plastic bag.

To view more of your neighbors' recipes, visit our archives at [www.nowmagazines.com](http://www.nowmagazines.com).

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# What Kind of an Investor Are You?

— By Adam Rope

If you are investing money or planning on doing so, there is one very important question you should ask yourself: What kind of investor am I? Knowing if you are an aggressive or conservative investor is the first step to knowing how you should invest your money.

## Determine your risk tolerance

First you need to determine your risk tolerance level. Risk is the amount of volatility and uncertainty you're willing to accept from an investment in seeking your financial goals, like planning for retirement or a college education.

Some investments carry a higher level of risk than others. Generally, the higher the risk of an investment, the greater its potential returns. However, there is also a greater potential to lose your initial investment.

The lower the risk, the less likely it is for that investment to generate a higher rate of return. When you invest your assets in financial products that assume little or no risk, your money may not have the opportunity to grow as fast as you would like.

To help determine your risk level, ask yourself, "How comfortable will I be watching my investment go up and down in value?" The more comfortable you are with price volatility, the greater the risk you are probably willing to assume.

## Consider time

The next step in the process of determining your profile as an investor is to identify your time horizon, the amount of time between now and when you hope to reach your stated goal. Generally, the more time you have, the more risk you can afford to assume. The reasoning is: the longer your time horizon, the more time you have to ride out the market's ups and downs in pursuit of your financial goals.

Knowing what level of risk you are comfortable with can help you determine whether you are a conservative investor, an aggressive investor or somewhere in-between. This is an

important first step because then you can focus on investments that provide you with the levels of risks and potential returns with which you are comfortable.

To find out more about the type of investor you are or the different types of investments that

are available, contact a financial services professional. There is no assurance that any investment will achieve its investment objectives. Investment return and principal value will fluctuate and the investment, when redeemed, may be worth more or less than its original cost. **NOW**

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# Fighting for Air

— By Betty Tryon, R.N.

Is there anything worse than not being able to breathe? To be able to take a deep, cleansing breath is one of the blessings of life that we rarely think about — until we can no longer do it. Sufferers of Chronic Obstructive Pulmonary Disease (COPD) know the feeling. They live with it every day. COPD is a group of diseases of the lungs that make breathing difficult.

As the fourth-leading cause of death in the United States, it is also the main cause of death and illness worldwide. Two of the main conditions in this group are emphysema and chronic bronchitis. The lungs contain airways called bronchi and bronchioles. The bronchioles open into tiny air sacs called alveoli. With a normal lung, you take a breath and the air sacs fill up. Upon exhalation, the air sacs deflate. The natural elasticity present in the bronchioles and alveoli helps to force air out of the lung. With emphysema, that elasticity is damaged and alveoli will lose their shape. Less air can get

in so you always feel short of breath. In chronic bronchitis, the walls of the bronchial tubes are constantly inflamed and filled with thick mucus. Breathing becomes difficult. Unfortunately, most people who have COPD have both of these conditions.

The symptoms with these diseases are obvious: difficulty in breathing, shortness of breath, a persistent cough that is worse in the morning, having a cough that produces sputum (mucus). For the most part, the main cause of COPD is long-term smoking. COPD takes a long time to develop over many years. With chronic bronchitis, when you develop a cough from smoking, if you stop smoking early enough, the cough may go away. Although smoking is the major culprit, long-term exposure to other pollutants or irritants in the air including secondhand smoke, contribute to the development of COPD.

Treatment focuses on slowing the progression and management of this group of diseases since there is no known cure. If you are smoking, please stop. Supportive care is available. Oxygen therapy may be necessary. Exercise as much as you can. It increases your capacity to breathe. The treatment plan will vary according to how much damage has been done.

The bad news is that damage to your lungs from COPD is irreversible. The good news is that it does not have to get so bad that you are disabled. There is help and hope out there for you. Bad habits, an unhealthy personal environment and/or uncontrolled health problems all have a solution. Reduce your risks and save your life. **NOW**

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

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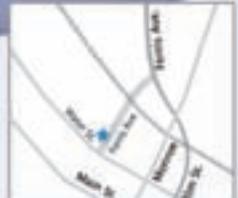


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# Plan Now for More Time Next Summer

— By Nancy Fenton

October is finally here and with it cooler weather, we hope. It is a great time to reevaluate your yard and garden. If you find each year bringing more and more yard challenges, maybe it is time to think about moving toward a low-maintenance landscape.

Such a project begins with reducing the size of your grass areas. Start with areas that are tough to maintain anyway, such as areas under heavy shade trees, pet runs and high-traffic areas. Go for easy-care beds with native perennials and lots of mulch. Wood ferns are great under trees, as are inland sea oats, and they do not require extra water after the first year.



Mass planting of bulbs that will naturalize like jonquils and daffodils, will give you a lot of color early in the spring before the trees leaf out. Daylilies will start blooming later in the summer, continue to bloom through the fall and come back stronger year after year. Irises are hardy, easy and tough, just right for low-maintenance beds. Turk's caps and lantanas are two hardy natives that grow almost in spite of our efforts and provide lots of color during the hot days of summer.

Plan to mulch heavily and sit back with nice cold lemonade to enjoy your renovated landscape. You will have less mowing, trimming and edging plus more time to enjoy if you plan now and get started while it is cool. Plants and flowers planted now will have a head start next spring and bloom while you watch.

Do not forget about the Master Gardeners' Great Iris Giveaway, Saturday, October 3 to be held at the Farmers Market in Waxahachie. **NOW**

*Nancy Fenton is a Master Gardener.*

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# October 2009 Community Calendar

## October 3

The Master Gardeners' Great Iris Give Away will be held during Farmer's Market in downtown Waxahachie while the supply lasts.

Annual Chamber of Commerce Auction, Disco Waxahachie, will be held at the Waxahachie Civic Center from 6:00 – 10:00 p.m. For more information, call (972) 937-2390 or e-mail kmaxwell@waxahachiechamber.com.

## October 6

The annual National Night Out event will be held in downtown Waxahachie at Singleton Plaza from 6:30 – 9:00 p.m. The event is free. For more information, call (972) 937-9940, extension 211.

## October 10

The Ellis County Bowl for Kids' Sake, sponsored by Big Brothers Big Sisters, will be held at Hilltop Super Bowl located at 2010 W. Highway 287. Session times are 11:30 a.m. and 2:00 p.m. For more information, call

Joannie Conger at (972) 872-9466, e-mail jconger@bbbtx.org or check out their Web site at [www.bowlforkidssake.org](http://www.bowlforkidssake.org).

## October 16

The Waxahachie Homecoming Parade will begin at 3:00 p.m. For more detailed information, call Kim Axtell at (972) 923-4600, extension 118.

## October 19

Buffalo Creek Alzheimer's Support Group will meet at 1329 Brown St. at 10 a.m. Fellowship and light refreshments will be served. Everyone is welcome. For more information, call (972) 937-5999.

## October 23, 24 and 25

The Waxahachie Community Theatre will present the Broadway musical "Oliver" in the historic Chautauqua Auditorium in Getzendaner Park. Show time for the 23rd and 24th is 7:30 p.m. The show will begin at 2:30 p.m. on the 25th. Event suited for the whole family.

For more information, call PJ Searcy at (972) 723-6976 or visit the Web site at [www.waxahacheiecommunitytheatre.com](http://www.waxahacheiecommunitytheatre.com).

The Midlothian Arts Council Painted Art Show will be held at the Midlothian Conference Center. For an entry form or event information, call (972) 617-7919 or visit [www.midlothiancenter.com](http://www.midlothiancenter.com).

## October 24

The 14th annual Texas Country Reporter Festival will be held in historic downtown Waxahachie from 9:30 a.m. – 7:00 p.m. There will be activities for all ages. Call (972) 937-2390 for more information.

## October 31

Ellis County SPCA's 7th annual Bow Wow Hustle will be held at Ennis' Bluebonnet Park from 9:00 – noon. The day will include a doggie fun run, costume contest, door prizes and fun for all animal lovers. For more information, call (972) 935-0756.

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For a physician referral or for more information about sleep services at Baylor Waxahachie, call **1.800.4BAYLOR** or visit us online at [BaylorHealth.com](http://BaylorHealth.com).

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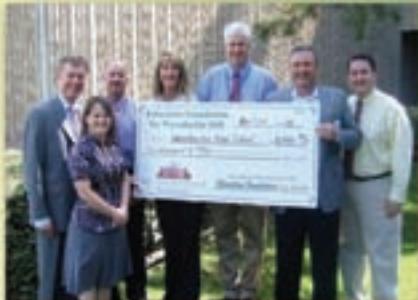
Citizens National Bank of Texas donated \$2,500 to the Education Foundation for Waxahachie ISD.



Lawnmaster Outdoor Living, LLC donated \$1,000 to the Education Foundation for Waxahachie ISD.



D-ART Containers donated \$2,500 to the Education Foundation for Waxahachie ISD.



WHS received \$6,000 for dual credit scholarships for Juniors and Seniors.

## We Invested!



The Danaway third grade team received \$3,000 for a grant entitled "We Vote for More Learning!"



The Felt Elementary first grade team received \$2,500 for a grant entitled "Hi, Tech!"

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