

The Community Magazine Serving Waxahachie and the Surrounding Area

WaxahachieNOW

M A G A Z I N E

January 2010

**For the
Love of Dogs**

**An
Artist's
View**

At Home With
**Clay and
Tiffanie
Scarborough**

**Movements
With Meaning**





"The Industry Standard of Excellence"

GIVING BACK TO OUR COMMUNITY

Through the Dart Foundation, Dart Co of Texas has donated more than \$150,000 to local schools and charities since 2007.

We are proud to be a corporate citizen of the Waxahachie area, and are pleased to be able to give back to the local community.




The Dart Foundation makes grants in the communities where Dart facilities are located to support community, education, disaster and emergency services programs. For more information on the Dart Foundation, go to:

www.dartfoundation.org

DARTCO OF TEXAS, LP
850 SOLON ROAD
WAXAHACHIE, TX 75165
www.dart.jobs

Dart Container is an Equal Opportunity Employer by Choice

HOPE. LOVE. JOY.



Pleasant Manor
Health
and
Rehabilitation
3650

*May everything
the new year
promises be yours!*

Specializing in post-operative rehabilitation for
hips and knees. Pleasant Manor Health
& Rehabilitation Center will get you home fast,
back to your independence.

Customer Service ~ Customer Care ~ Caring for Friends

Providing Skilled Nursing Services 24 Hours a Day

PLEASANT MANOR
HEALTH & REHABILITATION CENTER
A Senior Care Centers Facility

 **SENIOR CARE
CENTERS**
One generation caring for theirs

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

New Year! New Phone! New Network!

Ring In The New Year With America's Largest 3G Network.



LG enV® TOUCH
\$29.99

w/ 2yr contract: \$129.99, less \$100 mail-in rebate debit card.
Your price: \$29.99. 2yr activation required. Expires: 1/25/2010.

Our Wireless Consultants Provide

- Personalized service – you're not just a number to us.
- Free software installation for Mobile Broadband Internet products.
- Prompt, professional response to ALL your wireless needs.
- Free email setup on advanced devices.
- Free rateplan analysis.

ENNIS

508 W Ennis Ave

972.330.4041

A Short Drive East On US Hwy 287



verizonwireless

CELLULARSALES | Authorized Retailer

New 2 yr. Agmt./line req'd. (Activation fees, taxes & other charges apply.) Our Surcharges (incl. Fed. Univ. Svc. of 12.3% of interstate & int'l telecom charges (varies quarterly), 7¢ Regulatory & 92¢ Administrative/line/mo., & others by area) are not taxes (details: 1-888-684-1888); gov't taxes & our surcharges could add 5% - 37% to your bill. Activation fee/line: \$35 (\$25 for secondary Family SharePlan lines w/ 2 yr Agmts). IMPORTANT CONSUMER INFORMATION: Subject to Customer Agmt, Calling Plan, rebate form & credit approval. Up to \$175 early termination fee, up to 45¢/min after allowance & add'l charges apply for data sent or received (incl. Mobile Web ads). Offers & coverage, varying by service, not available everywhere. Network details & coverage maps at vzw.com. Nights 9:01 pm - 5:59 am M-F. Limited time offer. Rebate debit card takes up to 6 wks & expires in 12 months. All company names, trademarks, logos and copyrights not the property of Verizon Wireless are the property of their respective owners. enV® is a registered trademark of Verizon Wireless. © 2009 Verizon Wireless.

Bring In This Ad For 10% Off All Wireless Accessories!

Publisher, *Connie Poirier*

General Manager, *Rick Hensley*

Editorial

Managing Editor, *Becky Walker*

Waxahachie Editor, *Sandra Skoda*

Contributing Writers,

F. L. Brewer . Faith Browning

Nancy Fenton . Adam Rope

Jaime Ruark . Betty Tryon . Adam Walker

Contributing Editors/Proofreaders,

Pat Anthony . Angel Jenkins Morris

Melissa Rawlins . Jaime Ruark . Beverly Shay

Advertising Art

Art Director, *Chris McCalla*

Ad Artists, *Julie Carpenter . Allee Brand*

Cherie Chapman . April Gann

Marshall Hinsley . Arlene Honza

Editorial Art

Creative Director, *Jami Navarro*

Production Artists, *Brande Morgan*

Pamela Parisi . Jennifer Wylie

Photography

Photo Director, *Jill Odle*

Photographers, *Natalie Busch*

Terri Ozymy

Advertising

District Sales Manager, *Carolyn Mixon*

Advertising Representatives,

Linda Roberson . Rick Ausmus

Linda Dean . Will Epps

Linda Moffett . Steve Randle

Terri Yates

Billing

Billing Manager, *Lauren De Los Santos*

Office Manager, *Angela Mixon*

WaxahachieNOW is a Now Magazines, L.L.C. publication. Copyright © 2010. All rights reserved. *WaxahachieNOW* is published monthly and individually mailed free of charge to homes and businesses in the Waxahachie ZIP codes.

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



Contents

January 2010
Volume 7, Issue 1



The Kinneys' family would not be complete without their border collies, Winslow and Andi.

6 For the Love of Dogs

12 A Whimsical Touch

At Home With Clay and Tiffanie
Scarborough

22 Around TownNOW

24 ArtsNOW

An Artist's View

28 SportsNOW

Movements With Meaning

32 BusinessNOW

Positive Dentistry

34 EducationNOW

What's Cooking in Kindergarten?

36 Who's CookingNOW

38 FinanceNOW

40 HealthNOW

42 OutdoorsNOW



On the Cover

Winslow the border collie with his favorite toy — a soccer ball.

Photo by Natalie Busch.

Editor's Note



Happy New Year!

January marks the beginning of 12 months of new resolutions, new journeys and new adventures. There is hope, great promise and anticipation in the air. Last year has been stored away in our memory books and the possibilities for the New Year are endless. We all have new choices to make — choices that can change our lives forever.

It is the time when we can right the wrongs from the previous year and make a difference in tomorrow. My goal for the New Year is to be a mother who listens closer when having conversations with my two sons, a daughter who is available when my parents need me and a person who makes the time for her friends. I wonder what your New Year will bring? I encourage you to make realistic resolutions that you can keep, while finding purpose in your day-to-day lives.

Sandra Skoda
WaxahachieNOW Editor

"40 Years Experience"
Locally Owned & Operated

Quality Repair On Most Major Brands
LCD • DLP • Plasma TVs

Service Call \$89.95
Larry Ross, President
North Texas Electronics' Association

972-723-1991

1604 N. Hwy. 67 • Midlothian
• (North of 9th Street next to All Pro Transmissions)

Girls *night out*

Friday, January 22 from 5pm - 9pm

Facials, Manis/Pedis, Blow dry/Style & Massage
Complimentary wine and Hors d'oeuvres!

Also taking BOTOX appointments for Girls night out!

.....

AVEDA Drawings and Door Prizes
Please call for details and to reserve a spot for you and your girlfriends!

Full-service salon offering
hair cuts/perms, hi-light, color, up-dos/styles, manicure, pedicure, acrylic nails, permanent make-up, facial waxing, massage, eyelash extensions, hair extensions

SALON NARCISSE	\$45 1 hr. Massage	\$10 Off full set of eyelashes	\$50 Off permanent makeup service	Free Haircut with hi-light service
-----------------------	------------------------------	--	---	--

213 W. Jefferson -Waxahachie (SE Corner of Jefferson & Elm) 972-938-9044 Walk-ins Welcome

VISIT OUR NEW LOCATION



1625 US Hwy. 77 N Waxahachie TX



214-515-0100
888-324-2328 toll free
www.citycu.org

No Credit Crunch Here!

We are making
fixed rate Mortgage,
Refinance & Home
Equity Loans.

Apply Today!

Auto Loans
Rates as low as

3.99% APR*
36 month term

Consolidate your debt
into a **Low Rate**
Home Equity Loan!
Rates as low as

4.99% APR*
60 month term



*Annual Percentage Rate (APR). For qualified borrowers only. Rates and terms may change without notice. Some restrictions apply. \$10,000 minimum loan amount required for home equity loan. See credit union for details.

For the Love of Dogs

Four-legged family members add memories that last a lifetime.

— By Sandra Skoda

Mike and Denise Kinney have always been dog lovers. “We had just started dating when I got my first border collie,” Denise remembered. “His name was Bubba.” Mike and Denise laughed as they remembered the fun they enjoyed with Bubba. “After we were married, we moved into an apartment that didn’t allow pets,” Mike said. “It took the manager a year to figure out we had a dog.” How did they get around the fact that they had a pet when pets were not allowed? The couple would put a stocking cap on Bubba’s head and sit him between them in the seat. Every day as they passed by the office, it looked as if a third person was in the car.



Their love of dogs may have begun with a border collie named Bubba, but throughout their 26-year marriage, Mike and Denise have owned some very special dogs. They have raised Australian shepherds, heelers and even a pit bull, but none have compared to Winslow, the border collie who became an integral part of the family when he was only 7 weeks old. “That was nine years ago,” Denise said. “Mike bought him for me as a birthday gift from a breeder in Cedar Hill. He will turn 10 in March.”

When asked how the dog got his unique name, Mike and Denise just smiled at one another as they remembered. Each member of the family came up with a name, but none seemed to fit the new addition to their family until their youngest daughter, Sara, a kindergarten student at the time, made a comment about the cartoon, *CatDog*. “The mouse on the cartoon was named Winslow,” Sara said. “Winslow has proven to be a unique name for a very unique dog,” Rachel, the couple’s oldest daughter, added.

Mike and Denise have always trained their family pets themselves, mostly using a choke collar for leash and collar correction and a newspaper for basic discipline. Winslow needed only minimal correction. "The choke collar worked for Winslow," Mike added. The couple learned early on that "being on the same page" with the discipline might have been the secret to Winslow's early good behavior. Winslow has been scolded some and spanked rarely. "He's just one of those dogs that come along once in a lifetime," Denise said, proud of her furry four-legged family member.

About the same time Winslow came to live at the Kinney household, Mike began coaching a girls' basketball team for the city league. The basketball in



Mike and Denise enjoy trips in their travel trailer and take Winslow and Andi with them wherever they go.

the backyard quickly became a play toy for Winslow. "He started pushing the basketball around with his nose," Mike said. "When he got bored with that, he started pushing it against the fence hard enough that it would return to him so he could push it again and again and again. Our neighbors thought the kids were bouncing the ball off the fence, but it was Winslow."

Pushing the ball with his nose soon

An advertisement for Gleam Clean Carpet Cleaning. It features a group of six people (three men and three women) standing in front of a blue van. The text includes: "Meet the Gleam Team!", "New, state-of-the-art equipment! We do it right! It's just not clean until its GLEAM CLEAN!", "4 rooms for \$99", "We Clean Green!", "Insured & Licensed", and the phone number "972-937-7824". A list of services includes: Fire & Water Restoration, Odor Removal, Mildew & Mold Testing, Upholstery Cleaning, Wood Floor Restoration, and Air Ducts. The website "www.gleamcleancarpet.com" is also listed.

An advertisement for Texas Land Bank Farm Credit. The top half features a large, two-story country home with a stone and wood exterior, a covered porch, and a well-manicured lawn. Two people are sitting on the porch. The text "At Home in the Country" is prominently displayed. Below the image is the Texas Land Bank Farm Credit logo, which includes a five-pointed star. The text reads: "When you're ready to buy or improve your place in the country — for farming, ranching or recreation — then you need to talk to Texas Land Bank." Below this is the text: "Ask about our patronage profit-sharing plan." and the contact information for Kasey McGraw, Corsicana Credit Office, 903-872-2471, TexasLandBank.com. A list of loan types is provided: "LOANS FOR:" followed by "Farms and Ranches", "Recreational Property", "Country Home Purchase", "Construction/Improvements", "Agribusiness", and "Refinancing". The bottom left corner features the "Part of the Farm Credit System" logo, and the bottom right corner features a small house icon with the word "LOANS" below it.

We'll have your pets stepping out — **IN STYLE!**

BOW-WOW! BARBERS

We use ALL-Natural non-toxic products.
Pet Safety, First Aid & CPR Certified
Spa packages with Therapeutic,
Conditioning & DeShedding treatments
specializing in skin & coat care.

FREE
Walk-in Nail Clips
\$3.00 OFF
—or—
Blueberry Facial
with any Pet Styling Procedure
Exp. 1/30/10
972-937-6324

Happy New Year
1300 W. Main Street, Suite 104 • www.bow-wowbarbers.net

RE/MAX
REALTY GROUP

Voted 2008 RE/MAX "Rookie Franchise
of the Year" by RE/MAX of Texas!

**Outstanding agents.
Outstanding results**

Leslie Majors
Broker/Owner
972-921-6880
lesmajors@remax.net

John Majors
Broker/Owner
972-921-8215
johnmajors@remax.net

**HAPPY
NEW
YEAR**

Leslie Armstrong
REALTOR®/ABR
817-980-4760
lesliearmstrong@remax.net

Phillip Gilbert
REALTOR®
972-768-5976
phillipgilbert@remax.net

Jim Ensinia
REALTOR®
469-585-6012
jimensinia@remax.net

Michelle Ozyimy
REALTOR®
214-534-8758
michelleozyimy@remax.net

Donna David
REALTOR®/ABR, CNS
972-523-4664
donaadavid@remax.net

Chris Oliver
REALTOR®
972-921-5797
coliver@remax.net

Dale Horton
REALTOR®/ABR
972-965-8856
dalehorton@remax.net <http://www.waxahachihomes.com>

Beth Bole-Terrinella
REALTOR®/GRI, CNS
214-801-9801
bethbole@remax.net

Melanie Brewer
REALTOR®
214-923-3104
melaniebrewer@remax.net

Jamey Barron
REALTOR®
817-715-6871
jameybarron@remax.net

Alma Cooper
REALTOR®
972-839-0873
almaacooper@remax.net

103 Executive Court, Suite 2 • Waxahachie (South of Hwy 287 Bypass on Bowen Street)
Office: 972-935-0095 • Fax: 972-923-1730 • www.remaxwaxahachie.com

Each Office Independently Owned.

progressed into pushing the ball with a Frisbee. "He learned to entertain himself," Denise said. When the Frisbee broke, Winslow was not discouraged. He went to a stick, then to his front paws and then back to his nose if all else failed.

As much as the couple would like to take credit for spending hours teaching Winslow these tricks, they cannot. "These were all self-taught tricks," Mike mentioned. "Winslow also taught himself geometry." Winslow taught himself to kick the ball where it banked off other objects. "He used the trees, the fence and the deck," Denise added, "so the ball would return to him at an angle, instead of just a straight shot." Just like a good game of



pool, Winslow took his game to the next level — pushing it to the members of the family using his banking method.

Winslow responds to 40 voice and hand commands, which include the basic sit, stay and rollover. He prances around in a circle when it is time to be sprayed with cologne after a bath. He becomes a problem solver when a toy has fallen under the couch. The only time he got out of the backyard and ran off, the dog catcher picked him. "He spent a night in 'doggie jail,'" Mike said. After that experience, he will no longer go beyond the gate, whether it is open or not.

Forgetting what it was like to have a puppy in the house, the Kinney's recently said "yes" to another border collie when the need for a home arose.

Concerned about
your baby's
development?

We can help!

**Serving infants
and toddlers
from birth to
three years old**

888-754-0524





Christ the King
A Place of GRACE

New Worship Service
Every Sunday Evening
at 7:15

Sunday Services
 8:00 am - Traditional
 9:15 am - Bible Class & Sunday School
 10:30 am - Contemporary
 7:15 pm - Christ Centered,
 Contemporary, Casual



Christ the King Lutheran Church
Lutheran Church Missouri Synod

301 Hwy 287 Bypass West • Waxahachie
972-938-1633 • www.christthekingwax.org

Cedar Hill is...







The HOTTEST destination for shopping, dining and fun!

For Shopping and Dining:

- 3 Million SF of Retail, including 800,000 SF Uptown Village
- 11 Retail Centers
- Power, Lifestyle and Town Centers
- Historic Downtown area
- Everything from world class to home style dining!

For Fun:

- Cedar Hill State Park is over 1,800 acres on 7,500-acre Joe Pool Lake
- Dogwood Canyon Audubon Center coming soon including 250 acres with a 6,000 SF Nature Center



www.WhyCedarHill.com

... Dallas County's HOTTEST destination!

"What she hasn't demolished," Denise explained, "she's chewed. Mike refers to them as 'North American tear-up' dogs." Right now, Mike and Denise are teaching Andi good behavior because they feel it is much easier to prevent bad behavior than to correct bad behavior. "It's like dealing with a 3-year-old," Mike admitted. "Most of the time, they need more attention than the kids."

The Kinneys agree that dogs change a life forever. When they got Winslow and then added Andi to the mix, they never imagined they would soon invite them into the house. "Border collies are escape artists," Denise said. "We had to train them to be in the house." "Winslow and Andi kept getting out of the fence," Mike interjected. "The only way to keep them safe and happy and out of doggie jail was to bring them indoors."

Leaving the dogs unattended or trying to ignore them has never been an option. "The one time we left Andi out back alone," Denise shared, "I lost a whole bed of elephant ears because she felt ignored. She dug up the bulbs and all." After Denise spanked her with a newspaper, Andi could not get back in the house soon enough.

The couple also loves traveling in their 1951 Spartan Royal Mansion, a 33-foot long, pull-along travel trailer they purchased and totally refurbished four years ago. They have ventured to many places in Texas and Arkansas over the years, and each trip taken has included the company of Winslow and Andi. "The trailer gets lots of attention, but the dogs always make friends wherever we go," Denise said.

Winslow and Andi are not just dogs; they are part of the Kinney family. Once Andi's chewing stage is over, she has the potential to be as smart as Winslow. Both canines are protective of the house and the children. They are easy to train, but need attention and lots of one-on-one time in order to stay "out of the proverbial doghouse."

Denise came to the marriage as an avid animal lover, while Mike's love for the dogs came soon afterward. "She was the animal lover," he said with a smile on his face. "She got me into it." Mike may have had to learn the importance of sacrifice when it came to having dogs, but he said, "It's all been worth it."



Financing Available
Extended Daytime Hours

Why ask a doctor about BOTOX® Cosmetic?

Everybody has their own reason.
Isn't it about time to make
an appointment?

Millennium

Laser & Medical Aesthetics

R. Paul Kare, MD

Botox Cosmetic

Physicians' Network Member



120 S. Grand Ave., Suite 3 • Waxahachie

www.drkare.com • 972-938-8200

Gift certificates available

The **ONE**. The **ONLY**™

BOTOX®
—Cosmetic
Botulinum Toxin Type A

By Prescription Only

©2005 Allergan, Inc. Irvine, CA 92612 ® and ™ marks owned by Allergan, Inc.

"I like independent banking."

— Marie, Waxahachie

www.vintagebank.net
300 Hwy 77 N
Waxahachie
972.935.5200

Member FDIC Equal Housing Lender

A man and a woman are standing in front of a red and white brick wall. The man is wearing a black button-down shirt and the woman is wearing a red dress. They are both smiling at the camera.

A Whimsical Touch

— By Jaime Ruark

At Home With Clay and Tiffanie Scarborough

The Scarboroughs have been part of the local community for eight years, living in their red and white brick, one-story, corner-lot home for seven of those years. Clay, a baseball coach at Southwestern Assemblies of God University (SAGU), and his wife, Tiffanie, a flute and piano teacher, enjoy the small-town feeling Waxahachie offers. “It reminds me of where I grew up,” Tiffanie said. “It’s a growing area close to the city, but you still have that country feel.”





The newlyweds moved to the area from Jacksonville, Texas, in August 2002, to pursue a job offer. Thanks to their niece, Jacklyn, Clay began working at SAGU as a pitching coach. "When they started a baseball program here, my niece approached the guy who was starting it and asked if he needed



a pitching coach," Clay recalled. "We talked on the phone a few times; I came to meet with him, and he said the job was mine if I wanted it." Because the



We Love to Pamper Your Pet



- ✿ Professional Grooming
- ✿ Cage-free Boarding & Some Daycare Services Available
- ✿ Skin Treatments/Teeth Brushing

Karla's

PAWSitively PURRfect
PET RESORT

NOW OPEN!
469-552-0600

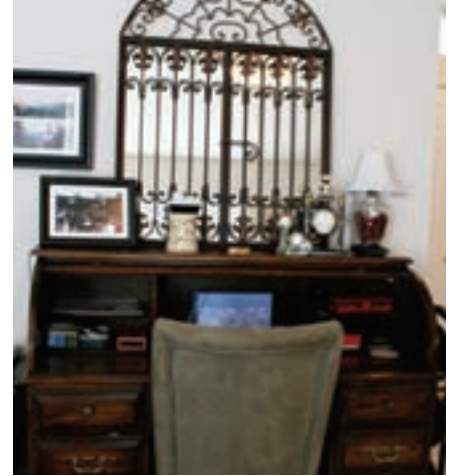
Specializing in Family Care for All Ages



Kare Family Clinic

Most Insurances Accepted
Same Day Appointments
Board Certified in Family Medicine

Dr. Paul Kare
120 S. Grand Avenue • Ste. 2 Waxahachie
972-938-0100



job did not come with a salary at the time, Clay also took a job at the junior high, and has been “working with WISD [Waxahachie Independent School District] and Southwestern baseball ever since,” he added. “God opened the doors for every bit of our move because that was one of only two jobs I applied for and everything worked out.”

Tiffanie met Clay on an InterVarsity Christian Fellowship retreat two weeks before she graduated from Austin College in Sherman, Texas. “We had

a mutual friend who knew each of us pretty well,” Tiffanie said, explaining that the friend was Clay’s Bulgarian roommate. “He set us up; he made me ride up front in the car with Clay.” According to Tiffanie, a never-worn cow hat, given by her father to add to her long-standing cow collection, became part of the story when it somehow found its way out of her hands and into Clay’s. “He saw it in my room, and he took it ’cause he knew he would have to bring it back,” she laughed. Clay added with a

smile, “What can I say? It worked.”

The couple, now married for nine years, has set down roots in the three-bedroom, two-bath house they considered a smart move for the future. “We lived in an apartment for the first year we were here. We started looking at houses that were already built, but none fit our needs. When we built, we went smaller on purpose,” Clay informed. Tiffanie added, “We wanted something that wouldn’t have us on a really tight budget.”

Dark woodwork throughout the home accents the neutral colors they have picked for the walls and furniture. The

Your Home. Your Way.



At John Houston Custom Homes, our goal is to create the home of your dreams. We'll guide you through the architectural design process and provide professional interior design services to help you create your home, your way.



Luxury that is affordable.

By leveraging our buying power, we can provide an exceptional value on your dream home while providing the personal attention, building expertise and quality craftsmanship you deserve.



**JOHN HOUSTON
CUSTOM HOMES**

214.552.0967
JohnHoustonCustomHomes.com

The Insurance Texans Trust.



Strength

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

Tradition

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

Service

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

Bell Insurance Agency

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

102 Professional Pl., Suite 102
Waxahachie, TX 75165
972-938-9676

Fax 1-877-937-7521

Hours: Monday - Friday 9 - 4

bellinsurancewax.com

rodney@bellinsurancewax.com

RODNEY JOE BELL, Agent/Owner



HOME • AUTO • LIFE

www.GermaniaInsurance.com



We are in-network providers for all insurance companies. We also accept auto accident cases. Easy financing plans available.

**FREE Information Packet
FREE Consultation**

Jozef Verhaert, DC, PT
Physical Therapy degree from Belgium, Europe
Whitney Fogle, DC

Spinal Decompression Treats Back & Neck Pain Without Surgery or Injections

Spinal Decompression Therapy specifically targets an injured or degenerative disc, relieving pressure on the pain-producing nerve.

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



Ellis County Back Institute

905 Ferris Avenue • 972-938-0014

www.elliscountybackinstitute.com

Leaders in Back Pain...Experts in Spinal Decompression

Ellis County Back Institute does not discriminate against any person on the basis of race, color, national origin, disability or age in admission, treatment or participation in its programs, services and activities.



living room is dotted here and there with palm trees and the wall hangings and throw pillows give a tropical feel to the space. A framed cross-stitch on the shelves above their flat-screen TV seems like a helpful reminder for Clay when asked the often difficult question for men: "How long have you been married?" One of Tiffanie's students delicately stitched the Scarborough's names and the date of their ceremony to commemorate their union. With a grin, Clay joked, "It makes it easy; I can't forget that way!" Tiffanie laughed along with the joke. "He's never really had a problem remembering that date!" she clarified.

Also displayed on the shelves is Clay's trophy and ribbon from the World Sports Festival '09 held in Vienna, Austria, last summer. "I got invited to coach a baseball team, and we won third place," he said.

"There were over 3,000 students there from around the world, so it was quite an experience. It was my first time overseas."

Tiffanie favors a traditional style when it comes to her decor, but she also tries to add what she calls a "touch of subtle whimsy" throughout the home to give it a personal feel. This is reflected in what she has laughingly labeled her "sophisti-cow" kitchen. "When I was little, I saw cow-themed kitchen decorations at a store, and for some strange reason, I just knew I wanted one someday," she remembered, pointing out the myriad of teapots, mugs, sugar containers, plates and

Register To

ote

Are you a new Ellis County resident?

Please be sure to Register to

If you have moved within Ellis County, you need to update your voter record.

February 1st is the deadline to register for the 2010 Democratic & Republican Primary Elections

Applications to register or update your information can be obtained at:

www.sos.state.tx.us, any City Hall in Ellis County, any County Tax Office, or at the Ellis County Elections Office located at 106 S. Monroe, Waxahachie, TX • Call (972) 923-5195 for information

ELLIS COUNTY MEDICAL ASSOCIATES

LASER THERAPY

KRISTI LEAL & STACEY BOBALEK

CERTIFIED TECHNICIANS

GIVE your special someone
the **GIFT** of **LASER!**

LASER HAIR REMOVAL

Sweetheart Special

HER

Underarms & Bikini: \$150 per treatment

Legs: \$200 per treatment

HIM

Neck: \$100 per treatment

Back & Chest: \$50 (8"x 8") per treatment*

*varies by individual

BUY 5 treatments get one FREE

802 W. LAMPASAS • ENNIS • 972-921-0567 972-875-4700

Every child is an artist. - Picasso



Monday & Wednesday
K - 5th
4:00 pm to 5:00 pm
5:30 pm to 6:30 pm

We do Birthday Parties!

Kid Art
209 - A Sycamore

Dianna Robertson: 214-392-8514



Keeping You On Your Feet!

Jeffrey Parrett, DPM

Member: American Podiatric Medical Associates
Associate: American College of Foot and Ankle Surgeons

Bunions • Hammertoes • Heel Pain • Ingrown Toenails
Fracture Care • Sports Injuries • Diabetic Foot Care

1324 Brown Street, Suite 100 • Waxahachie
972-937-8900 • www.parrettfootcare.com

Call by January 30 for a FREE Property Evaluation!



Melanie Brewer, Realtor
Remax Realty Group
214-923-3104
melaniebrewer@remax.net



www.therealtyresultsteam.com



Michelle Ozymski, Realtor
Remax Realty Group
214-534-8758
michelleozymski@remax.net



One & Two Bedroom Townhomes



- Private, Fenced-in Backyards
- Reserved Parking
- Wood-burning Fireplaces
- Cathedral Ceilings
- Washer & Dryer Connections



HERITAGE SQUARE ~ Townhomes ~

501 Houston Street • Waxahachie, TX 75165

972-935-9898

HeritageSquareTownhomes.com

endless porcelain bovines that decorate the space. "I started collecting cow kitchen things, and people started giving me cow-themed objects, and over the years, it just kind of grew from there. I don't want my kitchen to feel like a country kitchen, though, so I've tried to limit my cows' visibility. I don't want it to feel like a barnyard!"

Tiffany had a few important criteria



when it came to finding a home. As a flute and piano teacher, Tiffany instructs over 60 students from Ennis, Duncanville, Midlothian and Waxahachie, both at their schools and from her home. She also gives piano lessons at Trinity Christian School in Cedar Hill. Such a large group of students made a music room an obvious necessity. "We use a French door so that the room is private, but also visually accessible, so parents waiting on their kids can peek in if they want," she explained. "We looked at a lot of houses and none of them really fit what I needed, but when we saw the floor plan for this house, I knew it would work."

The music room holds much more than Tiffany's piano, acquired from Clay's aunt and uncle. The space is home to a few more of her collections, with bookshelves brimming with her treasures, including a humorous caricature of Tiffany, "Miss Speedy Lips," playing the flute. "I thought that was so cute,

MIDLOTHIAN CONFERENCE CENTER

All the spaces you need in one place

We have a beautiful space that's just perfect for your function, whether you need a ballroom for hundreds, a classroom for a dozen or a nice place for a handful of friends. We're here for you.



See more at www.midlothiancenter.com or call 972.723.7919

*Our Goal is
to keep your
Family
Comfortable!*

*Serving
Southern Dallas County
and all of Ellis County*



*Family Owned
& Operated
Since 1987*



*For all your heating &
cooling service needs!*

**Around
The Clock
Service Co,
Inc.**

www.AroundTheClockAir.com

972-224-9795

972-937-3361

Licensed for your protection
#TACLA011892C

Ladies Only
**Come by for
Wine & Cheese**
Thursday, February 4
6:30 to 8:30 pm

Browse our great selection of gift ideas for "yourself" for Valentines Day! You can make your wish list then send him to Ark Country Store where it will be waiting!



20% OFF
**Horse
Blankets**

Expires 1/31/09



Monday-Friday 8:00 am to 6:00 pm

Saturday 8:00 am to 5:00 pm

209 S. Hwy 77

Waxahachie, TX 75165

972-937-8860

Look for our
GHOST PARTIES
 COMING THIS JANUARY
 SEE OUR WEBSITE FOR DETAILS.
SUPER BOWL PARTY
 February 7
 Unlimited appetizer bar, soft drinks, big screen
 TVs, BYOB. \$15 per person.

814 Water Street • Waxahachie, TX 75165 972-937-9468
 Wed.-Sat. 11am-9pm • Sun. 11am-8pm • www.catfishplantation.com



**WHERE EFFICIENCY
 IS NEEDED,
 JUST CALL
 THE
 TEAM.**

**THE
 AIR TEAM**

EFFICIENCY.
 Lennox® knows what's important is getting the job done right, without wasting resources. That's why we offer a full range of ENERGY STAR products that lower your energy bills while increasing your home's comfort. If your energy costs are making you uncomfortable, team up with your local Lennox dealer. Call today!

C & C Refrigeration, Inc.
 1400 Ferris Ave. • Waxahachie, TX 75165
972-938-0033
www.lennoxdealer.com/ccrefrigeration
 Family owned business serving the Ellis County area for over 40 years

LENNOX
 BUILT COMFORT INTO EVERY
 INNOVATION NEVER LET IT GO!

Lic# TACLA004051CA
 © 2009 Lennox Industries Inc. See your participating Lennox dealer for details. Lennox dealers include independently owned and operated businesses.

I used it for my business cards,” she smiled. Angels playing the flute, dolls, more cows, and vases of dried flowers, each bouquet commemorating a special anniversary or event in the couples’ lives, spill from the shelves.

A favorite hobby of Clay’s has provided the Scarborough home with gorgeous touches of nature. Displayed in the second bedroom are vibrant sunsets,



majestic eagles, colorful seasonal foliage and jagged lightning photos taken in Detroit, New Hampshire, Vienna, The Woodlands, Florida, Wyoming’s Grand Teton National Park, the Dallas Zoo and the Devil’s Tower in the Grand Canyon. A talented, self-taught photographer, Clay documents their many travels and vacations with his beautiful work. “He started with photography after we got married, and I remember thinking how his pictures were always way better than mine,” Tiffanie said proudly. Clay continued, “My dad is a landscape architect and a really good photographer. I’ve really gotten into it the past few years. I tend to enjoy outdoor photography — preferably landscapes and nature shots.”

The Scarboroughs are active at Trinity Church, where Clay is an usher, and Tiffanie is active in the music department. While travel is a shared passion, Clay said, “We love to go to new places and experience new things, but it is always nice to come back home.” **NOW**



Joanna Riddlehuber
Agency Manager



Kirk Davis
Agent



Lisa Gardner
Agent

Specializing in ALL of your residential and commercial insurance needs.

ecia
Your Local Ellis County Independent Agency.

116 N. Rogers Street
972-938-2801

The Wildflower Café
211 W. Knox, Ennis, TX 77724 • 972.878.6969 Fax: 972.875.3631
Open Monday thru Saturday 11am - 2pm

COME AND ENJOY... the Wildflower Café

NEW SOUPS

WED. SPECIAL
CHICKEN SPAGHETTI

The Wildflower Café
located inside Interior Ideas
211 W. Knox, Ennis, TX
972.878.6969 Fax: 972.875.3631
Open Monday thru Saturday 11am - 2pm

LOOKING FOR A JOB?
Do you have the skills?

Call PC Center

Programs:

- Medical Assisting
- Medical Office Assisting
- Business Administration Technology
- Computer Technician

Financial Aid for those who qualify
Accredited technical school

972.224.9800

PC Center Professional Certification Center

1229 East Pleasant Run Rd.
#216 DeSoto, TX 75115
(1 block from 135 & Pleasant Run)
www.pccenterdesoto.com

Now Selling Propane

TRAYLOR
MOTOR HOMES, INC.

Specializing in the sale of motor homes and towables.
Over 27 years experience in RV sales, service, parts, rentals and propane.

1216 N. I-45, Exit 260 • Palmer • 972.291.2067
Toll-Free 800.966.2053 • www.traylormotorhomes.com
Monday - Friday 9:00 am - 5:30 pm • Closed on Saturday & Sunday

**Low Prices
More Choices**

We Will Match All Competitors' Prices!

**DISCOUNT
TIRE**

BF Goodrich BRIDGESTONE GOODYEAR MICHELIN PIRELLI

Hwy 287 Bypass • Next to Home Depot • Waxahachie • 972-937-1857



Hugh and Faith Browning have a wonderful time at a Christmas party that benefits the ABWA.



Alba Garcia, Donald Kirschner and Alba Hernandez, members of the WHS Interact Club, are Santa's little helpers.



Dyan Brooke is all smiles while she unwraps one of her many birthday gifts.



Gina Mazy, Karen Ganbay and Maureen Hudgins celebrate the holidays in their "believing in Santa" jeans and t-shirts.



John Mwangi, Marianna Mwangi and Madison Maxey smile with Santa.



Specializing in Short Term Rehab

History Lives Here!

- Physical Therapy
- Occupational Therapy
- Speech Therapy
- Complex Wound Care
- Private Rooms & Wheelchair

Accessible Van Available

**Now accepting
Secure Horizons**

Renfro Healthcare & Rehabilitation Center
1413 W. Main St. • Waxahachie, TX • 927.937.2298

Nexion

RENFRO HEALTHCARE CENTER
MAIN ENTRANCE



Mac Salon
A Fine Hair and Nail Salon
Carla Hersanting
Manicurist
\$10 OFF
Manicure/Pedicure Combo
Expires 1/31/10
1300 W. Main • Waxahachie
972-938-3200

Southwestern Surgery Center of Ennis
Is this the time for the
new you?
Where the important decisions are
made by you & your physician



Dr. Glenn Ihde MD
Bariatric Surgery



Sameer Jejurikar MD
Plastic Surgery

Call to schedule your consultation.
972-875-5538

Orthopedic surgery • General surgery • Gastroenterology
Podiatry • Urology • Pain Management



Kountry K-9 Designs
Dogs are spreading "RHIMORS"
About Great Groomers!
Make Your New Years resolution to keep your Pet Gorgeous and Healthy all year long.
Happy New Year! From Kountry K-9 Design's Pet Services
All Breed Pet Grooming, Doggy Hotel, Pet Sitting, and more
Fully Insured
"It's All About The Paws"
120 N. Hwy 77, Ste. A
Waxahachie Tx 75165
972-268-4385 or 972-937-6543
Call for our weekly specials.
Family Owned
Over 35 Years Experience
For More Information visit our Website at
www.kcountryk9designs.com

As Seen in Martha Stewart Living Magazine



Get Those Holiday Carpet Stains
REMOVED
with
host
Dry Carpet Cleaning System
LONE STAR ^{only} **\$16³²**
FLOOR TO CEILING
Interior Design Showroom
Hours: Tues.-Fri.: 10-6 & Sat.: 10-3 or by appointment

Includes Machine. Rental for 24 hours. Price does not include Dry Carpet Cleaner Product.

Visit our 5,000 sq. ft. Showroom
2203 W. ENNIS AVE.
ENNIS ★ 972-872-9811
www.lonestarfloor.com

WAXAHACHIE
Exit Bus. 287
FREE ESTIMATES
W. Ennis Ave.
DOWNTOWN ENNIS



An Artist's View

— By F.L. Brewer

While this story is about the Waxahachie artist John Wells, it is also the story of Bob Ross and his profound influence on a Waxahachie youth of 13 who discovered a worthy mentor in the frizzy-haired, soft-spoken public television art teacher who developed the Wet-on-Wet Technique® method of oil painting. Although Bob died years before John had the opportunity to become a certified teacher of his method of painting, he has had a lasting effect on John's life in his own effort to spread the word



that, "You can paint your own world," because art is about the individual's inner vision — from the soul.

It is often quoted that, "Eyes are the window to the soul," and if ever an artist possessed an intent gaze, it is John, whose cool blue eyes are only slightly different in hue than the brilliant phthalo blue of the arctic sky in the painting sitting on its easel. John's gaze is the searching gaze of the true artist whose eyes are ever seeking new discoveries from ancient Creation to reproduce. "In painting, I can change or even move mountains in the same way God created nature," explained John, as he demonstrated by dabbing a tree line at the base of a craggy mountain, using the stipple end of a boar bristle paintbrush. "See how I do this with the tip of the brush and keep my brush going in a line across the canvas?"

Though art can be defined as, "The process or product of deliberately and creatively arranging elements in a way that appeals to the senses or emotions," no one person sees art in the same way; therefore, what is art to one person can be an eyesore to another. But, John explained his desire to produce scenes from Creation in this way. "Most people are more interested in landscapes and seascapes. Doing faces is more difficult; one little mistake can ruin the portrait or wildlife."

Art is also about the medium, and John's medium is oil paint on canvas. His chosen technique differs in that instead of painting on a dry canvas that too quickly absorbs the paint, he has adopted the more forgiving method of painting on a wet surface primed with either an oil base white or clear oil paint. There are many reasons John prefers this method. "The Wet-on-Wet method is more forgiving and you can't make a mistake. If you have a happy accident, you just scrape the mistake off the canvas," John said, as he demonstrated how he uses the angular knife to remove lazy oil paint. "You can't do this with a regular canvas."

Oil painting is also made more complicated because mixing

basic colors to produce varieties of colors and their subtleties is nearly a scientific requirement of painting. For instance, blue is never just blue, but a wide variety of blue shades, each hue slightly different from the next and the result of the blending of required hues in shades. John mixes several shades together on a big plastic pallet to produce one delicate hue after another to add



shadow and texture to the sky and its clouds to give it depth. Using this method, it can take as little as three hours to complete a painting, but five days to dry. All of the paints are organic, contain no lead and are environmentally friendly. All the brushes are of boar bristle and dried by beating them thoroughly against the leg of the easel.

Painting figures in a landscape requires a kind of emotional bonding. John, as Bob Ross suggested, recommends giving the tree, or figure, a name. John also recommends working out your own artistic voice. "How are you going to learn if I'm always present to help you?"

After six years of active duty in the Army and visiting places far different than the gentle rolling prairie, John found

Take Care of Your Trees! It's Time To Trim!

ARBORCULTURE

For the Best Quality Services at Affordable Prices
Bill Pinson - Consulting Arborist

10% Off any service when you mention this ad. Expires 2/24/10

- New Trees Planted & Guaranteed
- Tree/Stump Removal
- Diagnostic Consultation
- Disease/Insect Control
- Injections/Feedings
- Free Estimates
- Residential & Commercial
- Insured for Your Protection

CONSULTING

972-723-2476
Calls answered from 8 am to 8 pm

Over 20 Years Experience

CERTIFIED ARBORIST

MEMBER NATIONAL ARBORIST ASSOCIATION

**Have heartburn?
Tired of taking pills?
Afraid of surgery?**

**A NEW INCISIONLESS PROCEDURE
is available!**

Esophyx

Esophyx is a procedure that helps control reflux without the incisions of surgery. Dr. Glenn Ihde is a specialist in minimally invasive procedures and can help you control your reflux.

Call the office today for more information 972-230-2517.



Reflux is a term used to describe the fluid that escapes from the stomach and enters the esophagus. It is often very acidic, since the fluid comes from the stomach, but also can contain bile and other digestive enzymes. This leads to the burning feeling you may get when reflux occurs. Reflux is known by many terms: Acid reflux, Heartburn Indigestion GERD, Erosive gastritis, Barrett's Dyspepsia.

Approximately 60 percent of Americans suffer from some form of reflux disease. Approximately 25 percent experience reflux weekly and some 7 percent suffer daily. Reflux disease accounts for 9 million doctor visits per year. Reflux disease accounts for \$10 Billion in health care costs per year.

Voted #1
Automotive
Repair Center
in Ellis County

\$10 OFF*
Any Service
*Excludes Oil Change

WALTON'S
MUFFLER, BRAKE & TIRE

Total Car Care
Air Conditioning • Brakes
4-Wheel Alignment
FREE BRAKE INSPECTION
Diesel Pick-up Exhaust • Tires
Shocks & Struts • Ranch Hand Bumpers
Flow Master Exhaust • Transmission Service
Truck Accessories • Catalytic Converters
Motor Home Service • Hitches

We treat you like family!

1530 HWY 287 Bypass
Waxahachie • 972-938-9922
www.horsesunderthehood.com

Happy New Year!
Thank you for your
business in 2009!



himself on Army business in Orlando, Florida, close to the New Smyrna Beach/Daytona area, where Bob Ross lived and established his school. After making arrangements with his command, he detoured the less than 50 miles to New Smyrna to take the three-week course and became certified, in June 2009, as an instructor of the Ross "Wet" Method. Although he remains in the Army Reserve and has established a studio in the Chamber of Commerce Building at 102 YMCA Drive, Waxahachie, he spends much of his time teaching group lessons or art in retirement communities.

John enjoys his older students. "I teach older people, each at their individual age. Sometimes they take the course for fun or because it's new. Sometimes they want to reproduce a picture. I find the older students are quicker and more eager to learn because of their life experiences."

John signs his name with a cross through the "h," making his signature both distinctive and reflective of his spiritual position. Jesus said, "A pupil is not superior to his teacher, but everyone completely trained will be like his teacher," and although Bob Ross left this earth in 1995, he has an apt pupil in John Wells, who is the most outstanding tribute to his own gentle method of teaching and a splendid example of his legacy in art. **NOW**

**TRINITY MISSION
OF ITALY, LLC**

**In the New Year, come
stay with us for a week,
a month or a lifetime!**

"Redefining the Experience of Health and Rehab"

220 Davenport Italy, TX 76651
(972) 483-6369 www.covenantdove.com

Glenn's Warehouse Carpets

The Decorator's Store
with Warehouse Prices!



301 N. College
Waxahachie
972-937-8848
metro 972-935-0584


www.armstrongfloors.com



Carpet • Vinyl • Tile
Area Rugs • Wallpaper
Laminate Flooring

 *Custom Homes & Remodeling*



 Exclusive Member of
Southern Living
Builder Program.


Southern Living
CUSTOM BUILDER PROGRAM

Chuck Cole 972-824-2590
Ronnie Horodensky 972-877-7159

www.coleluxuryhomes.com

Building Champions with a *Future and a Hope*

No Tuition!



- Accredited by the State of Texas and the Texas Education Agency
- Low student-teacher ratio
- Gifted & Talented, Pre-AP, AP Courses
- Creationism & Intelligent Design
- Teaching America's founding principles, High School Bible elective, A Beka phonics-based reading program (K-2)
- 3 out of 4 of our sites were former private Christian schools
- Dual credit with local colleges
- UIL sports, fine arts and club activities
- CTE (Career & Technology Education)
- Character teaching
- Certified and degreed teachers

2010 applications accepted starting March 1

Advantage Academy
PUBLIC CHARTER SCHOOL.

Waxahachie (K-12) 972-937-9851 • Grand Prairie (K-12) 972-262-6944
Rowlett (K-8) 972-412-7761 • North Duncanville (K-8) 214- 276-5842
www.advantageisd.com

HAWKEYE DISCOUNT Siding, Windows & Solar Screens



Local Middlesex Company With 20 Years Experience

Quality at an Affordable Price

972-754-0515

www.hawkeyediscountsidings.com

B&B Fun Rentals



www.bandbfun.com

809 Ferris Ave. Waxahachie

972-938-9920

Tues. - Fri. 9-6pm Sat. 9-3pm



Movements With Meaning

— By Sandra Skoda

Chris Biles, D.C. has one major goal when it comes to individuals in Ellis County and the surrounding areas. “I want to see as many people in the area get physically fit as possible,” he said. This has been Chris’ vision since coming to Waxahachie as a chiropractor in October 2001. What is new is the physical fitness/sports boot camp he offers to people of all ages and fitness levels, which began in April 2009. It started with only a few willing participants, but has grown to include several weekly classes of no more than 20. “Boot camp has come a long way,” he admitted. “It’s evolved in a short time to include a group of core people who come workout on a regular, consistent basis.”

On “good weather days,” Chris and his group can be found at Chapman Park, working outdoors in the fresh air and sunshine. When people hear the words “boot camp,” they oftentimes think of grueling workouts, a leader who barks orders and participants who have been forced to work diligently through a specific program designed to cause pain and sometimes humiliation. This is not the case with the boot camp Chris offers. “This boot camp offers a general physical fitness workout for a group of individuals who are all at different fitness levels,” Chris explained. “It’s a group setting with a broad range of needs where everyone benefits.”

Chris remembered a time when he

tried to come off as a boot camp drill sergeant. “It didn’t work,” he smiled. “Those in the class just laughed when I tried it. They all know I’m pretty laid back.” Those who engage in the boot camp workouts also learn firsthand that they need to be self-motivated. “I’m here to show them the proper way to do specific exercises and encourage

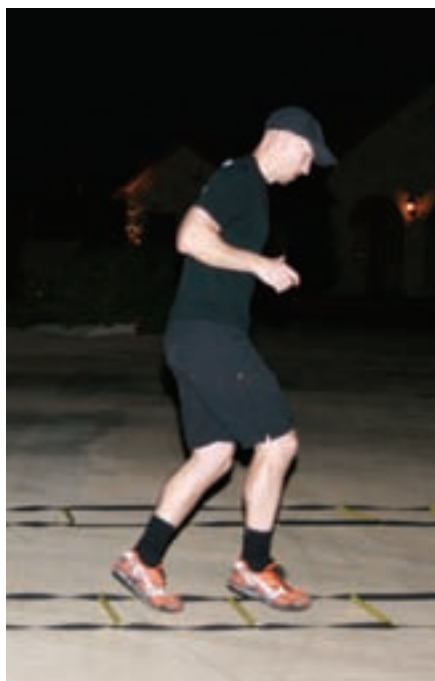
“This boot camp offers a general physical fitness workout for a group of individuals who are all at different fitness levels.”

them to meet the fitness levels they have envisioned for themselves,” he said, “but they have to be motivated to show up and follow through with the program.”

Participants not only include those individuals who have made resolutions to get into better shape for the coming year, Chris also sees people who are looking to rehabilitate following surgery or get back on the playing field after a sports-related injury. He understands firsthand what it means to experience an injury that hinders overall performance. “I injured the L5/S1 disc in my back while skateboarding [in high school],”

he said. "I rehabbed and went back to playing soccer, but it seemed as if my back never stopped hurting."

One exercise in his rehabilitation regimen that he has incorporated in the boot camp workouts is the "deadlift." He did not learn until his adult years that he had been doing the deadlift improperly all that time. Before mastering the proper way in which to do the deadlift, Chris' back would go out and he would find himself incapacitated; sometimes spending the better part of an entire day in bed. "Since training and learning the



proper way to do the deadlift, I don't have the same problems," he stated. "It's my favorite exercise, and it's one that I perform almost every week." Chris is currently able to deadlift over twice his own body weight. "The deadlift is something everyone does almost every day," Chris added. "It's a good thing for the seasoned athlete, the weekend warrior or the stay-at-home mom. You do know that picking up a toddler is a deadlift, don't you?"

To keep the boot camp experience fresh and enjoyable, Chris is constantly changing up the workouts, sure to always include functional movements. A real squat is as common as sitting down in a chair and like Chris mentioned before,

A woman in a black headband and black top is holding a large sign. The sign is blue with gold and white text. It reads: "Murder at the Four Deuces Murder Mystery Dinner Theater \$35 per person Plus Tax Friday, January 15th 7:00pm In the After Hours Improv Theater 100 N. College St. in Waxahachie Space is Limited. For Reservations call (972) 937-9839 or visit AfterHoursImprov.com".

A group of four people (three men and one woman) in white shirts and black pants are standing in a row. The man on the far left is wearing a white party hat. The woman is wearing a grey cap. The man in the middle is wearing a straw hat. The man on the far right is wearing a brown hat. The background is red. The text reads: "STAND UP AND IMPROV COMEDY at the historic Rogers 100 N. College St. in Waxahachie AFTER IMPROV THEATER HOURS \$10 Plus Tax serious comedy. Every Friday & Saturday at 8:00pm AfterHoursImprov.com (972) 937-9839".

A large, stylized number '1' is in the center, with a flame at the top. The word "illuminate" is written in a stylized, glowing font above the number. The background is dark. The text reads: "illuminate January 10 - February 21 Waxahachie Bible Church • 621 N. Grand Ave. 972.937.9590 • waxahachiebible.org".



Blue Lake Villas
Come Home To Quality

Two Bedroom, Two Bath Starting at \$799

Extra \$100 OFF
Bring this ad in for an additional \$100 OFF current specials! Must present coupon with application. * Expires 1/31/10

155 Lakeside Dr. Waxahachie 972.937.3131
Mon-Fri: 9 am - 6 pm Sat: 10 am - 5 pm Sun: 1 - 5 pm

most everyone does at least one deadlift per day, whether they realize it or not. "The key to a proper squat or deadlift is keeping the core tight and using your legs to do the work," Chris said. "These exercises work and strengthen the core much better than crunches or sit ups since the abs are used more for midline stabilization than trunk flexion."

Every movement has meaning that targets a specific area of the body during the workout. Some days, the workout consists of spurts or intervals where participants walk and run, followed by "burpees," an exercise where the individual drops down to do push ups and jumping repetitions which all depend on the overall workout goals of each individual. "Modifications are part of the workout since we have so many fitness levels in each group," Chris noted, sure to mention that safety is first and foremost. "We all start and stop around the same time, but each person follows a plan within the workout designed

NO CONTRACTS • EXPANDED SCHEDULE • BEGINNER'S CLASSES •

2251 Brown St., Suite #101 Waxahachie
Now Open On Both Sides of Wiley's Jewelry
(972) 923-3121

Studio One Fitness

THE BIGGEST MOVER
CONTEST STARTS JANUARY 10TH!

SIGN UP FOR BIGGEST MOVER CONTEST - EARN POINTS & WIN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:00am Group Power	5:00am Turbo-Kick	5:00am Group Power	5:00am HIIT	5:00am Group Step
8:30am 20/20/20 Cardio/Buns/Abs	5:30am Group Ride	8:30am Group Step	5:30am Group Ride	8:30am Group Ride
9:00am Yoga (101)	8:30am Group Power	8:30am Yoga	8:30am Group Power	6:30pm Zumba
4:30pm Group Step	9:00am Kick Boxing	4:30pm Cardio Fusion	4:30pm Group Power	SATURDAY
5:30pm Group Power	4:30pm Group Power	5:30pm Group Mix (Power & Step)	5:15pm Kickboxing for Fitness	8:00am - HIIT
6:30pm Cardio Kickboxing	5:15pm Kickboxing for Fitness	6:15pm Yoga (101)	5:30pm Power Step	8:00am Group Ride
6:30pm Beginning Zumba	5:30pm Group Step	6:30pm Zumba	6:30pm Power Vinyasa Yoga	9:00am Group Power
7:30pm Beginning Group Power	6:30pm 20/20/20 Cardio/Buns/Abs	7:30pm Group Power	6:30pm Group Ride	9:45am Beginning Group Step
7:30pm Beginning Spin	6:30pm Group Ride			SUNDAY
	7:30pm Power Yoga			5:00pm Power Vinyasa Yoga

Classes in RED are in Studio "B" (Right Side of Wiley's Jewelry)

Schedule subject to change - check website for updates: STUDIO1FITNESS.NET



specifically for them." Other common movements in boot camp include: sit-ups, 400-meter runs, jumping pull-ups, tossing a medicine ball and kettlebell swings.

Boot camp has seen many success stories. A local football player returned to the field after experiencing problems with his low back and sciatic nerve. A young volleyball player hit the court after undergoing ACL knee surgery. For Chris, physical fitness and success stories are what boot camp is all about. "Seeing and helping others meet their physical fitness goals is my passion," Chris said. "I feel like it's what I was meant to do." **NOW**



Aesthetic & Implant Dentistry

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

Davis W. Morgan, DDS

Kandace Collins, DDS

972.723.5544

www.dfwsmiledesign.com

Welcome

*to the Waxahachie
Chamber of Commerce
& Convention and
Visitors Bureau ...*

Waxahachie's most
comprehensive Web site
providing individuals
and businesses vital
information about the
Waxahachie Area.

Multiple
Winner
of Texas Chamber
Executive -
Media Contest

www.WaxahachieChamber.com

For more information call 972-937-7330.

You are Invited to

The Waxahachie Civic Center

5th Annual

*Vegas Style Wedding
Ceremonies or Vow
Renewal Ceremony*

Sunday, February 14, 2010

Sam till 8pm

All inclusive packages for only

\$500.00

Every hour on the hour!

Contact Donna @ 972.938.3434 X 202

dsmith@waxahachie.com

2000 Civic Center Lane

Waxahachie, Texas 75165

NOW INTRODUCING THE ALL-NEW RAM HEAVY DUTY

*Over 70 In Stock &
Ready to Deliver!*

MOTOR TREND'S

2010 TRUCK OF THE YEAR



Over 500 Pre-Owned Vehicles Available at

Allen Samuels AUTOPLEX.com

DODGE CHRYSLER Jeep CHEVROLET PONTIAC

I-45 & HWY 34 IN ENNIS • 972-878-2666



Positive Dentistry

Just For Kids Dental in Waxahachie makes your child's dental health its priority.

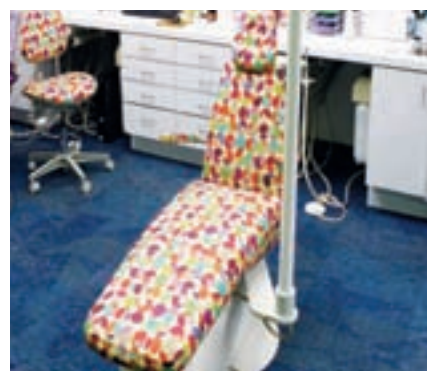
— By Sandra Skoda

Providing the highest quality of dental care for patients ranging in age from birth to age 18, including those with special needs, is what Just For Kids Dental in Waxahachie is all about. Located conveniently at 1710 W. Business 287, Suite 140, the staff greets its patients with smiles, positive attitudes and lots of kindness. “We are ever-mindful of the needs of our patients and their families,” said Dr. John Kempton, one of four doctors on staff and the most recent addition at Just For Kids. “The interaction between the staff, the patients and the patients’ families is crucial.”

Great customer service at Just For Kids is of the utmost importance to each staff member. They offer and deliver dental care in a professional, caring and

“kid-friendly” atmosphere that allows every child and every parent to see firsthand how important they are to the continued success of the practice.

Making the “whole” family comfortable is what they do best. The office itself is bright and cheerful, with lime green walls and royal blue carpet. Wall murals, balloons and a Wii game for the older children and teens to enjoy round out the dental hygiene experience, while mounted above each dental chair patients will find flat-screen TVs. “Our adolescent patients can watch a movie while they lay back in the chair and receive their treatment,” Dr. Kempton said. “It makes the dental experience something patients look forward to.” The goal at Just For Kids is to make each



From left:

Just For Kids Dental dentist Dr. John Kempton; the movie-inspired waiting room; one of the fun and funky dental chairs.

Just For Kids Dental

1701 W. Business 287
Suite 140
Waxahachie, Texas
(972) 351-9700
www.justforkidsdental.com

Hours:

Monday - Thursday, 8:00 a.m. - 5:00 p.m.
Friday, 8:00 a.m. - 2:00 p.m.

child's experience a good one.

As the "new kid on the block," Dr. Kempton came to Waxahachie by way of Arizona and Iowa. He attended college at Arizona State University and went to dental school in Iowa, but his training time in the field of pediatric dentistry was spent in Texas. When asked the reason he chose Waxahachie to build his practice, his answer was simple and to the point. "I like the smaller town atmosphere," he said. "I found out a space was available when I spoke to Dr. Jon Ousley. I came on board at the end of June 2009 and went full time in September. It's worked out well."

With so many choices, Dr. Kempton had another good answer when it came to

"Our adolescent patients can watch a movie while they lay back in the chair and receive their treatment."

why he chose to make his medical career in the field of dentistry. "I have 11 siblings and 54 nieces and nephews. Family has always been very important to me," he explained. "I've always loved being around children, and I always wanted to work with kids." The neighbors he grew up next to also inspired him to seriously look into the field of dentistry. "They were dentists who became my friends," Dr. Kempton said. "It just seemed like a natural fit for me to specialize in pediatric dentistry after I received my degree in general dentistry."

The doctors and staff at Just For Kids utilize the newest and most advanced dental technology including digital X-rays and state-of-the-art sterilization techniques, while also offering the basics, such as growth and nutrition evaluations for children, teeth cleaning, fillings and prevention measures. "I'm very happy with what I do," Dr. Kempton said. "The office is busier than I anticipated, but I'm enjoying the interaction with my patients. At Just For Kids, it's all about making the dental experience positive for the children and their families." **NOW**

Every Kid Needs a Special Dentist!



Services include:

- First Dental Visit
- Preventative Care Visits
- Teeth Cleaning
- Fluoride Treatments
- Dental Sealant Application
- Digital X-Rays
- Proper Oral Hygiene Education
- Dental Emergencies



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

Stop De-cay Before Pre-K

The American Academy of Pediatric Dentists recommends 1st visit by 1st birthday. Lap visits should be scheduled as soon as the first teeth come in!

Jon S. Ousley, DDS, MSD & Associates
 Dentistry for Infants, Children and Teenagers
 Board Certified Specialists in Pediatric Dentistry
 Most Insurance & Medicaid Accepted

1710 W. Bus. 287 • Suite 140 • Waxahachie 972.351.9700
www.justforkidsdental.com



What's Cooking in Kindergarten?

— By Adam Walker

Do you remember your kindergarten teacher? Toya Hagwood does, and those memories have helped to inspire a career.

As a child in New Orleans, Toya was deathly afraid of swimming. She remembers, “I would get so scared I would hyperventilate, but Ms. Simone would take me aside and worked with me on reading and math.” Toya never forgot the kindness of Ms. Simone. In fact, her kindergarten teacher made such an impact on her life that after studying

child psychology and working for several years in the business world, Toya realized that she was missing her true calling and decided to teach.

This is one passionate kindergarten teacher brimming over with creative ideas for unique learning experiences. While she is sure to include all the state standards in her lesson plans, she does not stop there. She is always striving for the “ah-ha moments” when students truly understand a concept and go home all excited, telling

their parents what they learned.

Toya’s goal is to teach her students to be independent. Many children come to kindergarten not knowing how to wash their hands, fasten buttons or buckles, or even how to hold a fork safely. Toya makes sure they learn how to do these things for themselves in her class. Toya said, “Sometimes parents find it easier to do things for their small children, but kids need to make mistakes to learn how to do things on their own so they can learn to be independent.” Toya’s kindergarteners learn to cut things out for themselves. They have their own cubbies where they store their own materials so they learn how to organize, sort and put things back where they belong.

Sometimes friends or family will ask her, “Doesn’t all that drive you crazy?” Toya simply answers, “No.” “My mother gave me a T-shirt that says ‘Teaching is the toughest job you’ll ever love,’” she said, “and that’s the truth.”

Toya teaches lessons like why we have rules, why it is good to be polite when talking to adults or classmates and how to get what you want the right way. Her students learn to walk quietly in the halls, that there are consequences for actions and that they have real choices to make.

Toya makes sure that her students are exposed to technology through computer time and using the “active board,” a souped-up, interactive whiteboard. Long gone are the chalkboard and filmstrips of yesteryear. The active board allows Toya to play video clips of the animals they learn about. They play games where the students pull objects out of a “magic yellow box” on the active board using a light pen. Then they sort the objects, depending on whether they start with the letter of the week or with some other sound. They are also able to manipulate objects on the board to complete patterns.

Everyone remembers learning their ABCs by singing the alphabet song and chanting the letters over and over, but in Toya’s class, the children cook their way through the alphabet in the Kindergarten Café. While learning about the letter *B*, Toya’s students make Bubbling Bubble Juice. When it is time for the letter *M*, it is time for Marvelous Monkey Bread. *N* brings nachos. During the week when

they learn about the letter R, they make Rainbow Salad where the students have to arrange their fruits in the order of the rainbow — red, orange, yellow, green, blue, violet and indigo — before they get to eat their salad with whipped cream clouds!

Through these edible-cooking lessons, the students learn about following directions, reading, counting and measuring. They also learn lessons about how the heat of cooking changes textures and how mixing ingredients changes colors. Kindergarten Café includes cooking Christmas foods from around the world and other delights from different lands. While the students think they are having fun cooking, Toya has taught

“Teaching is all about creating meaningful experiences.”

them reading, math, science and social studies. Then at the end of the year, each student gets a personalized cookbook of all the recipes they learned to make, with pictures of him or herself cooking.

This cookbook is just one of many books the students take home from the class. Toya's students make other books from their own drawings, and she hopes to provide her students with digital cameras to use in the classroom so they can make even more books about their nature walks, transportation week and other experiences. She makes sure that each of her students gets a free book each month when her class orders books. Then for Reading Night, she sends each student a colorful invitation to which they must R.S.V.P., dons her pajamas and serves milk and cookies while reading to her students. You might have already guessed that Toya loves books. “I’m a huge book fanatic,” she said. “I have over 600 children’s books at home. My goal is to help students start building their own libraries at home so they will read with their parents.

“Teaching is all about creating meaningful experiences. It’s about providing a safe, fun, nurturing environment,” Toya said. “I wouldn’t trade teaching for the world.” She just might mean that. **NOW**



City Real Estate
www.citytxrealestate.com
waynenorcross.com

Wayne Norcross
Owner/Broker • Lic. #0401738
Waxahachie - 972-935-0048
Ennis - 972-878-2222
Austin - 512-750-4421
wayne@waynenorcross.com



Professional Values • Real Estate Solutions • Your City Real Estate

 <p>Recently Reduced! Beautiful 3 living areas, 4 bedrooms, 3 bath home located at Lake Waxahachie. Custom finishes and upgrades with hardwood and ceramic tile floors throughout. Waxahachie - \$249,950</p>	 <p>Custom Home sitting on 6.865 acres. This home is perfect for the animal lovers and gardeners. Pipe fencing on side and back, plus carport for trailer or truck, garage includes workshop or apartment. Italy - \$319,000</p>	 <p>Top of the Mountain at Lake Buchanan! 12 Acres of Beautiful Hill Country views in gated luxury community of Wolf Creek Ranch. Private boat dock. Ag Exempt, 125 plus acres of common area with Pavilion. Texas Hill country - \$109,950.</p>
 <p>A terrific estate with frontage on FM 66, 208 acres for cattle and horses fenced & cross fenced with 5 ponds and 2 homes. All mineral rights convey with the property. Country living just minutes from 135 and easy commute to Dallas. A must see property! Maypearl</p>	 <p>Great Victorian for a large family. The home is nestled on 2.37 acres in the Palmer ISO. Wrap around porches. The sunroom offers a cozy get away to read and enjoy the sunshine. Upstairs balcony is a great retreat with a view of the diving pool below. Just listed Waxahachie - \$299,950</p>	 <p>Inviting & Modern, complete kitchen remodel. Hardwood floors, kitchen has stainless, granite, glass front cabinets & slate floors. Master suite, exercise area, bath remodel 2005 in tumbled marble, balcony with stairs to pool from master fireplace, solar privacy gate. Dallas - \$249,999</p>

NEW LOCATION! Same Superior Service since 1972!

100% Satisfaction Guarantee
All Foreign & Domestic Work Completed In-House
FREE ESTIMATES!



ELLIS COUNTY AUTO REPAIR

COLLISION SPECIALISTS
24 Hour Towing
972-937-4336
3643 Highway 77 North
Waxahachie (north of Butcher Road)



In The Kitchen With Katherine McKee

— By Faith Browning

Katherine McKee has never been someone who watched as the world passed by. Around age 15, when she was not doing laundry, milking cows or working in the fields, she built a road in Mississippi several miles long which is now paved and to this day bears her name. "I cut down the trees and dug up the stumps," she recalled. "I could never sit idle. I always had to have something to do."

These days, Katherine stays busy with her house and yard work. She loves playing Chinese Checkers and bingo, attending Foundation of Life Church and senior citizens functions. She has worked for Christ For The Nations in Dallas for over 43 years. "I now work three days a week," she stated. "I love it better than any other job I have ever had except for being a wife and mother." **NOW**



MARINATED CORN-BEAN SALAD

3/4 cup vinegar
3/4 cup sugar
1/2 cup vegetable oil
1 Tbsp. water
1 tsp. black pepper
1/2 tsp. salt
17-oz. can whole kernel corn, drained
16-oz. can French-style green beans, drained
1 cup onions, chopped
1 cup green pepper, chopped

1. In a small saucepan, combine vinegar, sugar, oil, water, pepper and salt.
2. Bring to a boil; remove from heat to cool.
3. Place remaining ingredients in a large bowl. Pour vinegar mixture over the vegetables.
4. Cover and chill for 4 hours. Serve with a slotted spoon.

PREGO CHICKEN

6 chicken breasts, boneless
3 cups Prego sauce (your choice of flavoring)
1 cup Parmesan cheese, grated

1. Cut chicken into smaller pieces.
2. In a bowl, mix Prego and Parmesan.

3. Dip the chicken pieces in the sauce until well-coated. Place coated chicken into a large, long casserole dish; pour remaining sauce over chicken.
4. Cover and bake at 375 F for 50 to 60 minutes.

WHIPPING CREAM POUND CAKE

3 cups sugar
1 cup butter
6 eggs
3 cups all-purpose flour
1 tsp. almond extract
1 cup whipping cream

1. Using an electric mixer, cream the sugar and butter together.
2. One at a time, add in eggs.
3. Add flour, alternating extract and whipping cream; mix well.
4. Pour batter in a greased and floured tube pan.
5. Place pan in a cold oven. Bake at 325 F for 1 hour and 25 minutes.
6. Remove from pan when cool. Serve plain or with fruit and whipped topping.

MANDARIN ORANGE PIE

1 can sweetened condensed milk
1/3 cup fresh lemon juice

2 cans Mandarin orange slices, drained
1 lg. carton COOL WHIP Whipped Topping
1 cup pecans, chopped
2 graham cracker or vanilla wafer piecrusts

1. Combine the milk and lemon juice.
2. Add orange slices, COOL WHIP and nuts; mix well.
3. Pour mixture evenly into piecrusts and chill.

FIVE AND ONE-HALF HOUR STEW

2 lbs. round steak, bite-size pieces
1 can cream of mushroom soup
1 can cream of chicken soup
1 envelope onion soup mix
1 cup mushroom pieces
1 small onion, frozen or canned

1. Combine meat, soups and soup mix.
2. Bake in a covered casserole dish at 250 F for 5 hours.
3. Add mushrooms and onions; bake an additional 30 minutes.
4. Serve over noodles, rice or mashed potatoes. Add a quick salad for a complete meal.

To view more of your neighbors' recipes, visit our web site at www.nowmagazines.com.

ENCORE

Upscale Resale
Now open in Waxahachie!
Two stores to serve you.

15% Off Entire Purchase

Women's
Plus Size
Junior's
Kids
Maternity

Accessories
Children's
Wedding
Dresses
Formals
Shoes



600 Ferris Ave. • Suite A
Waxahachie 972-935-1197

1000 E. Main St. • Suite 210
Midlothian 972-723-6551
Mon - Fri 9 AM - 6 PM • Sat 10 AM - 5 PM
Offer expires 1-31-10

RICHARD P. HARPER DDS, PHD, FRCDC

Oral Surgery and Anesthesia

- Dental implants are state-of-the-art treatment for missing teeth.
- Dental implants have been shown to be highly predictable, cost-effective and efficient for replacement of missing teeth and stabilization of loose dentures.
- Dr. Harper works with your family dentist to plan and reconstruct the dental arch, using the most advanced techniques and approved dental implants.
- Functional and cosmetic goals are major considerations for Dr. Harper and his dental team.

Stabilize lower dentures with dental implants



Replace missing teeth with dental implants



For Appointment Call: (903) 872-6685

729 WEST 2ND AVENUE • CORSICANA, TEXAS

Ring in the
NEW YEAR
with letting us
sell your "treasures"
on the Internet!

Ennis e-Sales
972-875-5500
701 S. I-45
(1 door south of
Allen Samuels)

Waxahachie Oral & Maxillofacial Surgery

Now Serving Waxahachie & Ellis County: Howard F. Cooke, DMD, MS



Howard F. Cooke, DMD, MS.

Dr. Cooke has over 15 years experience working with dental implants. He is recognized in the community for his outstanding results and accomplishments in this area and his practice as a full scope Oral and Maxillofacial surgeon.

Dr. Cooke is Board Certified by the American Board of Oral and Maxillofacial Surgery.

He has practiced Oral Surgery and served the Dallas Community for over 10 years.

Specializing in:

- Dental Implants
- Facial Reconstruction
- Wisdom Teeth
- Facial Trauma

Three convenient locations to serve you.

1626 W. Business 287
Suite 108
Waxahachie, TX
972-923-2900

7988 W. Virginia Drive
Suite 200
Dallas, TX
972-296-1992

110 Del Rio Court
Cleburne, TX
817-645-1259



METROPLEX SURGICAL ARTS

For more information visit our website
www.metroplexsurgicalarts.com

Are Your Final Expenses Covered?

— By *Adam Rope*



Are you worried about how your loved ones will pay the expenses incurred at the time of your death? While death is an inevitable part of life, financial questions associated with final medical bills, funeral expenses and estate settlements should not be.

According to a 2006 General Price List survey of the National Funeral Directors Association, the average cost for final expenses is \$7,000. Preparing for those costs today could prevent family members from dealing with a

financial burden in addition to coping with the loss of a loved one.

One way you can assure that your final expenses are covered without placing the responsibility on your family is to make certain you have a life insurance policy that will meet your needs. Your life insurance policy can be an important part of your financial planning. Taking the time now to review your coverages and benefits may give you the peace of mind you deserve.

The death of a loved one can be

enough of a physical and emotional burden for your family. By planning ahead, you can prevent it from being a financial hardship as well.

Visit with your insurance agent and discuss how a life insurance policy can cover your final expenses. It will only take a few moments of your time, but may go a long way toward easing the burdens of those you leave behind. **NOW**

Adam Rope is a State Farm agent based in Waxahachie.

For life insurance, call a good neighbor.

Adam Rope, Your NEW State Farm Agent

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

972-938-3232

1540 N. Hwy. 77, Suite 6 • Waxahachie

Between Belk's and Lowes

www.adamrope.com

Convenient Office Hours: Monday - Friday 8 a.m. to 5 p.m.

Saturday 10 a.m. to 2 p.m.

Se Habla Español

LIKE A GOOD NEIGHBOR



STATE FARM IS THERE.®

P012546

12/05



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

Call the Handy Man Crew
WE CAN DO IT ALL!

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

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

Mention This Ad for 10% Off

Call NOW! 469-569-5431



MSI CREDIT SOLUTIONS
"customizing your credit needs"

Get your credit back on track.

Purchase a home, car, get a lower interest rate, better insurance premiums, better employment opportunities and savings

Items we have removed:
 Bankruptcies, Late payments
 Charge-offs, Collections
 Judgments, Foreclosures
 Repossessions

At MSI Credit Solutions we pride ourselves on a 76% Deletion Rate of negative items

Call us today and schedule your **FREE CREDIT CONSULTATION**

Toll Free: **866-217-9841** *Se habla español.*
www.msicredit.com

Mention Now Magazines and receive 15% OFF

Registered with the Secretary of State (800749182) Bonded (41095259)



Turn Your Gold and Diamonds into CASH

Repair, Custom Design, Ring Cleaning, & Appraisals

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

WILEY'S
 DIAMONDS & FINE JEWELRY

Why sell your gold and diamonds to Wileys?

- **Knowledge.** Kendall Wiley is a Gemologist, jeweler and has been in the jewelry industry for 30 years. We can help evaluate what you have before deciding to make the decision to sell.
- **Price.** We pay top dollar for your gold, diamonds, silver and coins. Free estimates.
- **Seller remorse?** We will hold your items for 72 hours before refining it.
- **Pressure to sell.** Not here! We make every customer that comes into our store feel at home whether you are buying or selling your jewelry.

waxahachiejewelrybuyers.com

Happy New Year!

Don't forget!

We Do Taxes!
It's fast! It's easy!
Get an INSTANT TAX REFUND LOAN!

Bring your W-2 in for a FREE ESTIMATE!

- Loans up to \$1,193.24*
- Quick turnaround (15 minutes)
- Applications accepted by phone
- You can earn \$25 for every person that you refer to Sun Loans. Ask for details.
- Fast and friendly service


 Leandra Martinez, Senior Assistant
 Shana St. Clair, Manager
 Courtney Rodriguez, Assistant Manager


SUN LOAN COMPANY®
 & Tax Service

Licensed by the State of Texas

1014 Ferris Ave., Suite 101
 (Next to AutoZone)

Call: 972-937-7861
METRO 972-938-7861
www.sunloan.com

* additional restrictions apply

Mother Knows Best — By Betty Tryon, R.N.

The fear is palpable as swine flu sweeps across our nation. To employ an oft used phrase — take a deep breath. Information has, and always will be, the cure to lower fear. Swine flu, or the H1N1 virus, is an influenza virus that came to the attention of Americans early in 2009. It spreads in much the same way as the seasonal influenza virus, which is by droplets in the air from emissions (sneezes, coughs) of infected individuals and by touching a contaminated object and then touching your nose or mouth. A common scenario for this would be if an infected individual has droplets of the virus on their hands, fails to wash or disinfect their hands and opens a door or picks up an object thereby contaminating it. Since the virus can live up to many hours outside the body, an uninfected person can handle that object, fail to wash or disinfect *their* hands, pick up something to eat and unwittingly pass the virus into their body.

One of the reasons the swine flu inspires such fear is the potentially devastating effect on children. Children are always at high risk for the flu. Underlying health conditions and/or respiratory problems can cause serious complications with a child who has the flu. That is why vaccination is so important for them.

Some of the symptoms of the flu are cough, sore throat, fever, body aches, chills, vomiting and diarrhea. Antiviral medications are the best treatment for the flu. Addressing the discomfort of individual symptoms is the only other option available for treatment of the influenza. High fevers can quickly dehydrate the body so keeping yourself hydrated at this time is very important. Remember, your body is fighting a battle. Proper rest is required to allow your immune system to function at its peak.



The control of swine flu can best be summarized as — listen to your mother. Wash your hands frequently. Keep your hands out of your mouth, nose and eyes. Cover your mouth when you sneeze and then clean your hands. If you use a tissue when you sneeze or cough, throw it away. Use alcohol-based hand wipes if soap and water is not available. Use hand sanitizers. Stay home and rest when you are sick, not just for your health, but also for the health of others. A good rule of thumb is to stay home until you have been fever free for at least 24 hours. A little common sense will lower the incidence of swine flu and the fear. **NOW**

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

**Creating Smiles In Waxahachie
for over 10 years!**



Call Today For Your Complimentary Consultation

Laura Morgan, D.D.S.
Orthodontics for Children and Adults

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



American Association of Orthodontists
Office Open For Appointments
Monday - Thursday



201 Ferris Avenue • Waxahachie

972-938-1688



Call me today to see how you can save with our new car discount.

David B. Box, LUTCF
davidbox@allstate.com

(972) 938-7634
512 W. Main St., #101
Waxahachie

(972) 878-1198
305 W. Baylor
Ennis



Discount and insurance subject to availability and qualifications. Discount amount may be lower and applies to most major coverages. Allstate County Mutual Insurance Company, Irving, Texas © 2009 Allstate Insurance Company.

Waxahachie Women's Health proudly announces the addition of WMS, offering the ultimate in laser technology. Treatments are performed by MD or RN.

Free Consultation
We will beat any written price!

Waxahachie
med spa
Jason P. Brown, MD

1505 W. Jefferson Ste. 120 • Waxahachie
972-938-3493 www.waxahachiemedspa.com

Laser Treatments Offered For:
Hair Removal - 95% success rate
Spider Veins
Removal of Pigmented Lesions (age spots)

Thank you Waxahachie for our first year!

Free Premiere Issue of Scrubs Magazine when you mention this ad!

Dorothy's Uniforms

1408-A W. Jefferson Waxahachie 972.923.2606
458 E. Wheatland Rd. Duncanville 972.296.1606

January Special
30% OFF
All Ceramic
In-Stock Items only

Box 77 at Tracy Lane Waxahachie
972-617-7740
Mon. - Sat. 9 to 5:30

the Studio

ALLE EYE & OPTICAL CARE

Come see our NEW location!
Open House February 6

No Vision Insurance... No Problem!

Rajiv (Raj) Rugwani, M.D., Eye Doctor
800 N. Hwy. 77, Suite 100 (Next to HEB)
Waxahachie, TX 75165

New Patients Welcome!

Complete Eye Exams
Contact Lens & Eyeglass Prescription
Diabetes Eye Care
Cataract Surgery
Glaucoma Treatment

PATIENTS CHOICE AWARD 08
Dr. Rajiv (Raj) M. Rugwani

We Accept Most Major Medical Insurance Including Medicare!

Now open Saturday! Call 972-937-4433 today!
www.alleyecare.com

Inside Gardening

— By Nancy Fenton

With the cold weather, it is a good time to review all those plants you have brought into your nice, warm house such as ivies, poinsettias or Christmas cacti. All will add oxygen to your recycled inside air and can go outside again in March. I also bring in my Chinese Evergreens to provide some color and oxygen for the colder months, but I have to wait to put them back outside until the leaves on my pecan trees come out so they will have shade and avoid burning their tender leaves.


If you received azaleas for Christmas, enjoy them in the house and then throw them away unless you are willing to change out the soil in a flowerbed for them. They love very acid soils and just “turn up their toes” at our alkaline soils.

When plants are brought inside the house, they need a bit more attention when the heat is on because they have a tendency to dry out quickly. A good technique to determine if they need water is the weight test. If they are light when lifted, water them. If they are heavy, wait a day or two. After soaking my plants in the kitchen sink, I let mine drain in the second sink





before sticking them back in their container or foil to avoid water in the bottom that might cause root rot. A good soak for 15 to 30 minutes when dry (usually once a week) will help keep them in fine form throughout the winter months. **NOW**

Nancy Fenton is a Master Gardener.




REGIONAL ORTHOPAEDIC

SPORTS MEDICINE CENTER

Robert P. Roye, M.D.
*Diplomate-American Board of Orthopaedic Surgery
 Fellow-American Academy of Orthopaedic Surgeons*

- Sports Medicine & Arthroscopy
- Joint Replacement Surgery
- Hand & Wrist Surgery
- Occupational Medicine
- Fracture Repair
- Reconstructive Surgery
 - of Elbow & Shoulder
 - of Hip & Knee
- Arthroscopic Rotator Cuff Repair
- Arthritis Surgery
- Pediatric Orthopaedics
- Carpal Tunnel Surgery
- Minimally Invasive Joint Replacement



Physical Therapy
 Sports Medicine
 Wound Care
 Work Conditioning
 Industrial Rehab
 Drug Testing

1324 Brown Street
 Suite 100
 Waxahachie
 972-937-8900

www.regionalorthosportsmed.com

Foam Insulation - Save Money




Seal and insulate your attic or crawlspace with BioBased Insulation® —

- Reduce air movement
- Keep conditioned air inside
- Increase energy efficiency
- Reduce heating and cooling costs

Agape Construction, Inc.
 972-571-3443 | agapetexas@yahoo.com

Jeanette's



Custom Embroidery

LETTER JACKETS, SHIRTS, CAPS,
 CHENILLE PATCHES, DECORATED
 T-SHIRTS, COMPANY SHIRTS,
 PROMOTIONAL PRODUCTS
 & MUCH MORE!

1832 FM 66, Waxahachie, TX 75167
 972-938-8778 • 972-937-1959

Happening **NOW**

All Month

Local muralist, Brad Smith's large scale paintings display and sale: M Lounge, 835 Foch St., Fort Worth. Paintings will be there indefinitely and are changed out periodically to include new work. (817) 295-5802.

Every Tuesday

Story Hour at Sims Library: 10:00-11:00 a.m. following the WISD schedule (no story time on the days that school is out). Waxahachie Junior Service League volunteers share stories and crafts for children ages 3 and up. Check out www.simslib.org for January's themes. (972) 937-2671.

Every Wednesday

Toddler Time at Sims Library: 10:00-10:20 a.m. following the WISD schedule (no toddler time on the days that school is out). Waxahachie Junior Service League volunteers provide songs and stories for children ages 2 and under. Check out www.simslib.org for January's themes. (972) 937-2671.

First Thursday

ABWA Empowering Women Express Network meeting: 5:45 p.m., Midlothian Conference Center, located at 1 Community Circle in Midlothian. Please visit www.abwa-empoweringwomen.org to RSVP a seat and dinner reservations.

Second and Fourth Tuesday

Get Smart: Strategic Marketing and Research Technologies (formerly Waxahachie Business Interchange Networking) meeting: 7:30-8:30 a.m. Network with other professionals and promote your business. Call (972) 937-2390 for location of the next meeting.

Third Monday

Ellis County Aggie Moms meeting: 7:00 p.m., Waxahachie First United Methodist Church, 505 W. Marvin St. Contact Cheryl Bell at (972) 723-0341 or rb4cj@sbcglobal.net.

Every Friday and Saturday

After Hours Improv Theater: Stand-Up Comedy Show: 8:00 p.m., 100 N. College St., Suite 11, in the Rogers Hotel. The evening will feature touring, professional stand-up comedians. Tickets are \$10 for adults and \$8 for groups of 10 or more. Call (972) 937-9839 or visit www.AfterHoursImprov.com.

Happiness... it's what makes us different

Covenant Place
Waxahachie
An Assisted Living Community
Lic.# 030078

401 Solon Road
Waxahachie • 972-923-9911
www.covenantplacewaxahachie.org

Francis Aday, Addie Sennett, Mattie Hemdon

"No need to spend hours of your day waiting when you can be seen in as little as 15 minutes."

- No appointment necessary
- Care when you don't need an ER, but can't wait for an appt.
- Treatment for minor unexpected illness & injuries
- Friendly & experienced staff
- \$20 School physicals
- We accept all major insurances

Red Oak
Urgent Care
Michael P. Parker, M.D.

119 S. Hwy 342, Ste. 401 • Red Oak
972.617.7100

Tues-Fri 10am - 7pm • Sat 10am - 2pm • Sun & Mon Closed

Ellis County Family Dentistry Office of Dr. Griggs DeHay



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

1408 W. Jefferson, Waxahachie
(directly across from Baylor Hospital-Waxahachie)
972.937.8433 • www.elliscountyfamilydentistry.com

Accepting New Patients

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

Come by here for **Winter Gear & John Deere!**

441 S. College (4 blocks south of the courthouse) • Waxahachie • 972-937-1541 • www.boycelittle.com

Advertise with us!
Reaching over 400,000 readers in eight markets, with interesting stories about the people living in those communities, **NOW Magazines** are the smartest choice for your advertising dollars.

NOW MAGAZINES
Bringing the best of the community home
For more info, contact: 972-937-8447

Happening **NOW**

January 5

Family Movie Tuesday at Sims Library:
6:00-7:30 p.m. in the meeting room. Please call (972) 937-2671 for more information.

January 9

Applications for the Master Gardener Training, scheduled to be held in February, need to be turned in to the Ellis County AgriLife office. For more information, call (972) 825-5175.

January 23

American Girl workshop: 10:30-11:30 a.m., Sims Library meeting room. The presentation by Amy Hedtke will introduce young readers to several girls of various ethnic and societal backgrounds during different periods of U.S. history. Children will be given an overview of geography, crafts, customs and foods that the characters would have experienced. For further information, please call (972) 937-2671.

January 30

The Covenant Class of the Waxahachie First United Methodist Church, located at 505 W. Marvin St., will host the annual Pancake/Chili Day. Pancakes will be served from 7:00-11:00 a.m. and chili will be served from 11:00 a.m.-1:00 p.m. Pancake breakfast is \$4 and chili lunch is \$5. Children 10 and under eat for \$2. Both meals come with all the fixings. Frozen casseroles and baked goods will also be for sale. All proceeds benefit missionary work. For more information, call (972) 937-4400.

February 6

Jazz Café, an evening of elegant dining, dancing and great jazz and Big Band-era music: 6:30 p.m., Waxahachie Civic Center. This year marks the 5th anniversary of Jazz Café, featuring the Waxahachie Jazz Orchestra with guest artists that include professional jazz trumpeter Larry Spencer. A silent auction with a variety of great prizes will benefit the Waxahachie Band Boosters. Tickets: \$30 in advance or \$35 after the February 1 deadline. E-mail jazzcafe@spiritofwaxahachie.com or visit www.spiritofwaxahachie.com/jazzcafe.

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

When Only The Best Will Do



Elite Bride

elitebridedallas.com



200 S Rogers • Waxahachie
972-923-3738
www.courtsidebar.com

Come See All the Great Changes!

Ellis County's House of Brews

**Over 100 Craft Beers
From Around the World!
Flight Samplers \$5.29**

**\$4.99 Pick 2 Combinations &
All You Can Eat Soup and Salad**

*Consumption of alcoholic beverages for private club members only.
Free memberships available.



Corsicana NOW
Advertising Sales
Position Available

- Excellent Commissions
- Company Benefits



BURLESON • CORSICANA • ENNIS • MANSFIELD • RED OAK
MIDLOTHIAN • SOUTHWEST • WAXAHACHIE • ELITE BRIDE

Please Call

972-937-8447

Thank You Waxahachie ISD Employees

Your generous contributions to the Education Foundation's annual Employee Fund Drive helped to raise more than \$15,000 towards the 2009 Legacy of Excellence Campaign.

