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M A G A Z I N E

MARCH 2011

Eating an Elephant

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

Service Above Self

Also Inside

The Real Dog Whisperer

Alleviating the Pain

In the Kitchen With Becky Wilson

Giving the Proper Send-off

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Publisher, Connie Poirier

General Manager, Rick Hensley

EDITORIAL

Managing Editor, Becky Walker

Waxahachie Editor, Sandra Strong

Writers, Nancy Fenton . Janice C. Johnson

Adam Rope . Sydni Thomas . Betty Tryon

Adam Walker

Editors/Proofreaders, Teresa Maddison

Pat Anthony . Angel Morris . Pamela Parisi

Beverly Shay

GRAPHICS AND DESIGN

Creative Director, Chris McCalla

Artists, Julie Carpenter . Martha Macias

Allee Brand . Cherie Chapman

Marshall Hinsley . Arlene Honza

Brande Morgan

PHOTOGRAPHY

Photography Director, Jill Odle

Photographers, Natalie Busch

Amy Ramirez

ADVERTISING

Sales Manager, Carolyn Mixon

Advertising Representatives,

Renée Chase . Rick Ausmus . Teresa Banks

Linda Dean . Julie Garner . Melissa McCoy

Jami Navarro . John Powell . Steve Randle

Linda Roberson

Office Manager, Angela Mixon

On The Cover



Christa Grant never lets obstacles get in her way.

Photo by Amy Ramirez.

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Editor's Note

Spring Has Sprung!

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

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

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Sandra

Sandra Strong
WaxahachieNOW Editor
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Eating an elephant

— By Janice C. Johnson

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

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

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

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

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

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

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

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

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



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about a hundred yards," she admitted.

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



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

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

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

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

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

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



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

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

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

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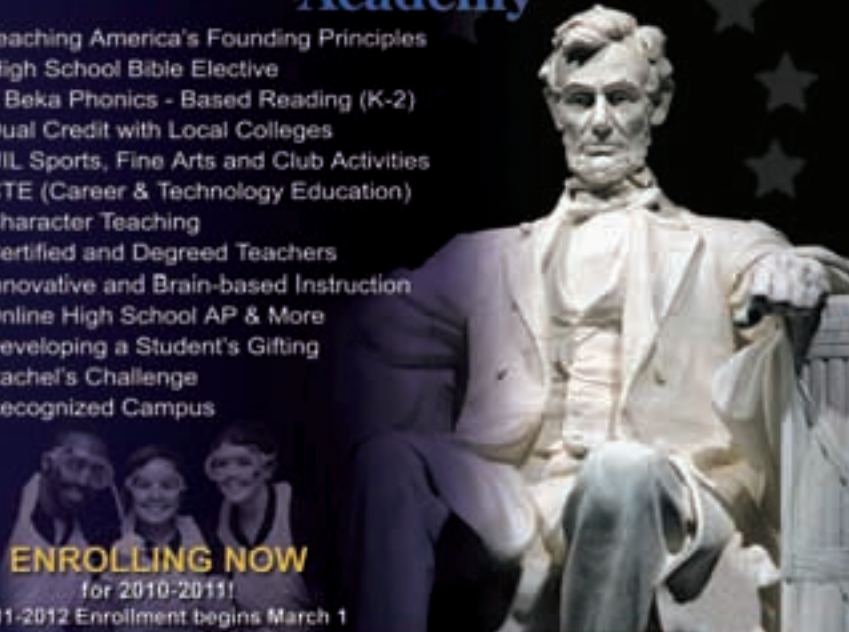
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Where Fond Memories

Are Made

— By Sandra Strong

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



**At Home With
Mike and Debra Moore**



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

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



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

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



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

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

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

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

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





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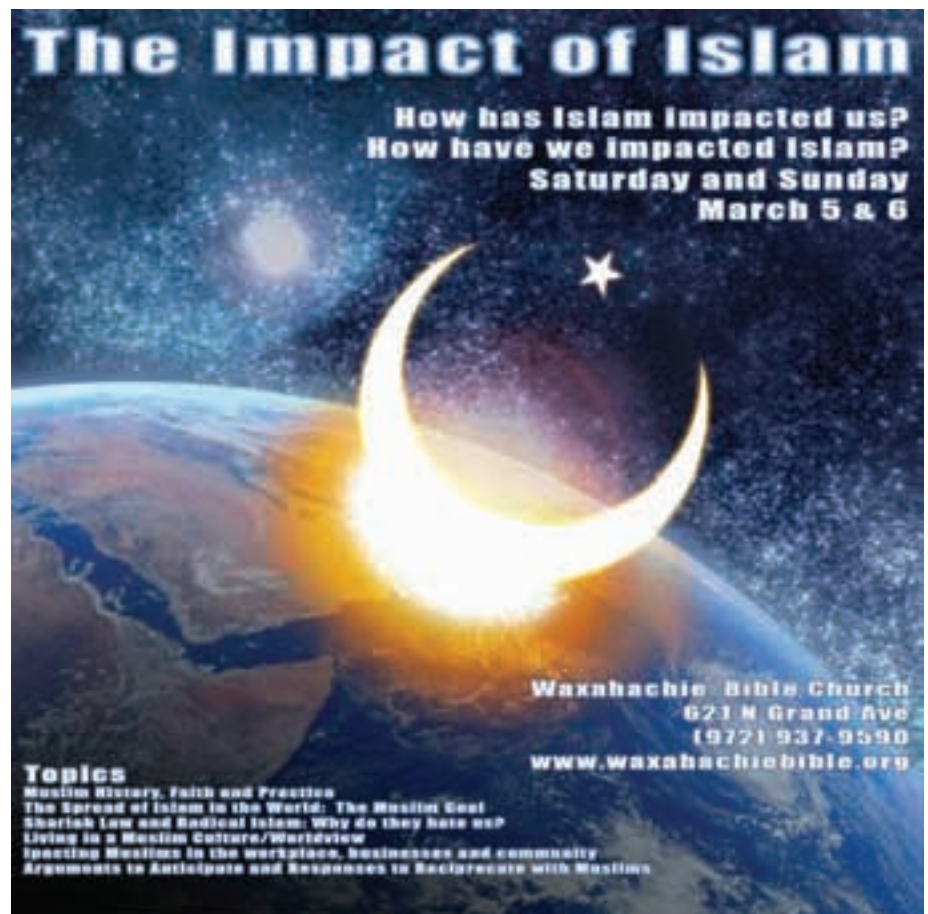
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Debra decided to add a modest master suite onto the rear of the home.

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



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

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

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

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

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

has been collecting since before the two were married.

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

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

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



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

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



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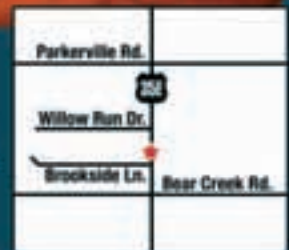
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Service Above SELF

— By Sydni Thomas

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

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

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

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

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

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

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



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

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

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

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

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

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



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

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

An advertisement for Covenant Place Waxahachie. On the left is a green box with white text that reads: "Happiness ... it's what makes us different", "Covenant Place", "Waxahachie", "An Assisted Living Community", "Lic# 030078", "401 Solon Road", "Waxahachie • 972-923-9911", and "www.covenantplacewaxahachie.org". On the right is a photograph of two women, Zula Hard and Amy Olson, smiling together. A small green banner at the bottom of the photo says "Zula Hard and Amy Olson".

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



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



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



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

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



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

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

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

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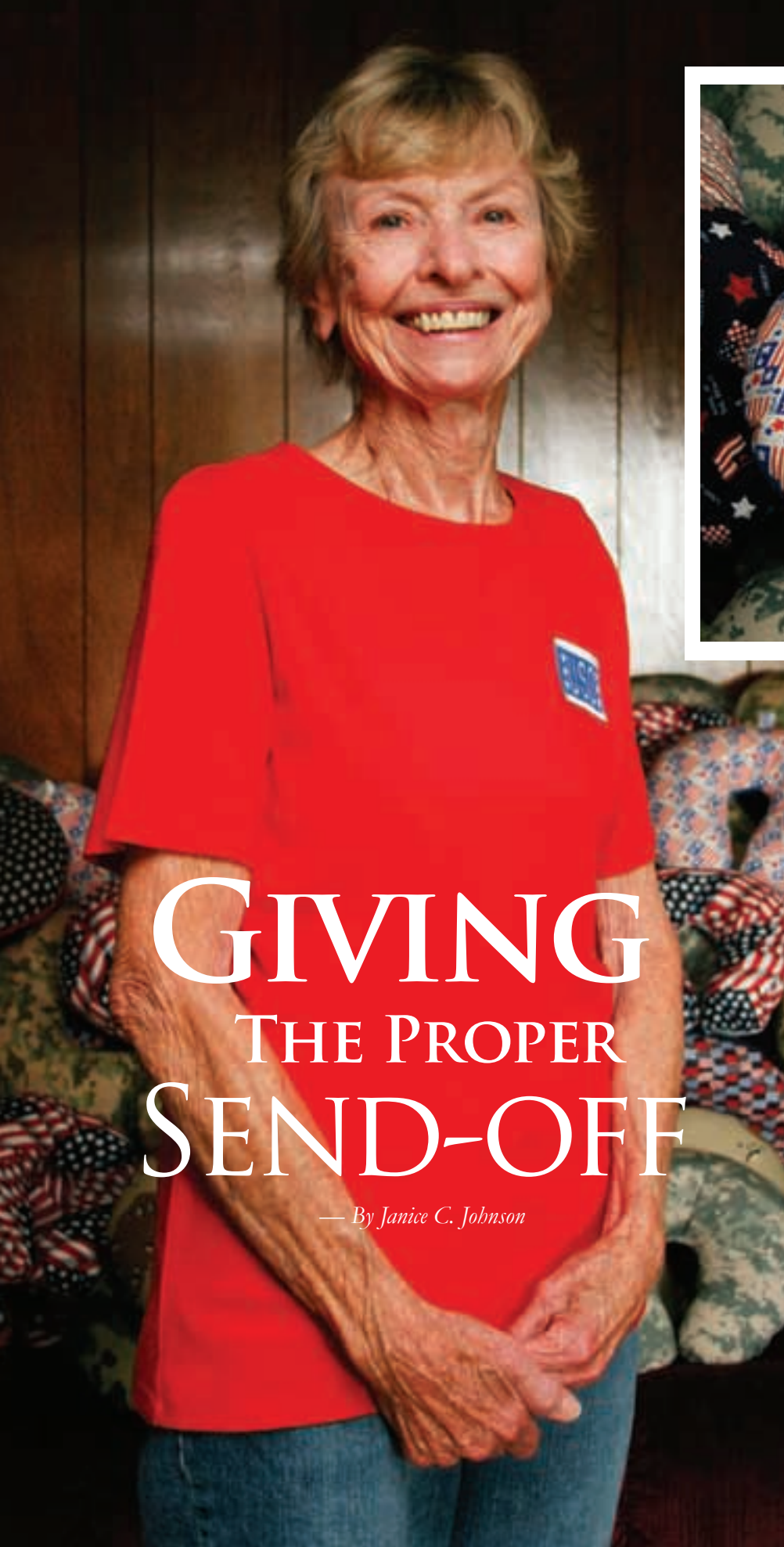
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GIVING THE PROPER SEND-OFF

— By Janice C. Johnson

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

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

and encouragement to personnel who were waiting for their flights.

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

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



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

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

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

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

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

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



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

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

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



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tiring — but worth every second!”

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

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

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

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

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

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

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From left:

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

Alleviating the Pain

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

— By Sandra Strong

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

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

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

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

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

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

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

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

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

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

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

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

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



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



Carol Copeland inspects a car at Luckie's Auto.



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



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



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

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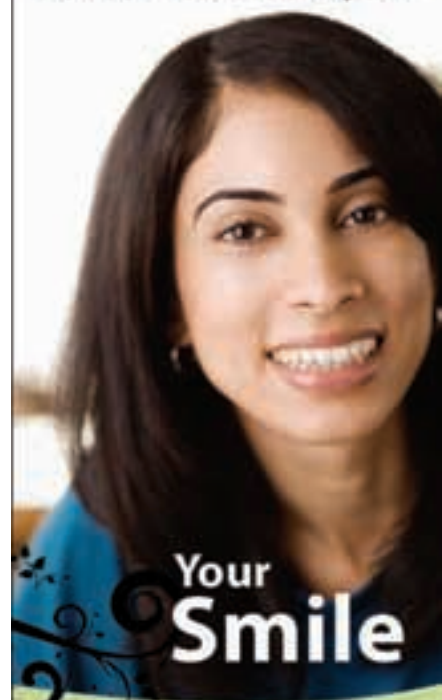
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Nurturing Nutrients — By Betty Tryon, BSN

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

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

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

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

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



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Fun in the Shade

— By Nancy Fenton

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

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



spreads rapidly, once you get it going.

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

Nancy Fenton is a Master Gardener.

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Don't Let April 15 Pass You By

— By Adam Rope

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

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

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

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

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

Adam Rope is a State Farm agent based in Waxahachie.

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March 4

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

March 5

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

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

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

March 9

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

March 25-27

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

March 26

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

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

April 30

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

Ongoing:

Fourth Mondays

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

Tuesdays

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

Fourth Tuesdays

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

Submissions are welcome and published as space allows. Send your event details to sskoda.nonmag@sbglobal.net.

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In The Kitchen With Becky Wilson

— *By Adam Walker*

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

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

Grilled Pizzas

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

Toppings, choose any of the following:

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

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

rough 8-inch circle. Place 2 pizzas on each cornmeal-sprinkled 13x18-inch baking sheet.

5. Light grill and wait until hot. Place the pizzas directly onto the grill and cook on 1 side for 1 minute. Turn the pizzas over and brush with white pizza sauce.

6. Top the pizzas with any toppings you wish, piling them high.

7. Put the lid on your grill and cook for 5 minutes more, until the crust is crisp and the toppings are cooked. Makes 6 pizzas.

Portobello Mushroom Pasta

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

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

Sweet Potato Pie

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

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

To view recipes from current and previous issues, visit www.nowmagazines.com.

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

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

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