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MAY 2011

## Also Inside

The Real Dog Whisperer  
Best Kept Secret

Rocking Your Body  
Twenty-five Years and Counting

The Flooring Family  
In the Kitchen  
With Nancy Burnaman

## A Thousand Flags Unfurled

Rotary helps create a sense  
of national pride with their  
flag program.


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Publisher, Connie Poirier

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## EDITORIAL

Managing Editor, Becky Walker

Waxahachie Editor, Sandra Strong

Writers, Nancy Fenton . Janice C. Johnson

Adam Rope . Sydni Thomas . Betty Tryon

Editors/Proofreaders, Pat Anthony

Teresa Maddison . 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

Advertising Representatives,

Carolyn Mixon . Bryan Frye

Rick Ausmus . Teresa Banks . Linda Dean

Laura Fira . Melissa McCoy . Jami Navarro

Lori O'Connell . John Powell

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The American flag symbolizes freedom.

Photo by Amy Ramirez.

# Contents

May 2011 • Volume 8, Issue 5



## 8 A Thousand Flags Unfurled

Rotary beautifies the city for civic holidays while raising funds for worthy projects.

## 14 The Real Dog Whisperer

Robert Boudreau believes training dogs is his ultimate gift.

## 20 Coming Back

At Home With Loyce and Debbie Milam.

## 28 Best Kept Secret

The Waxahachie Community Theatre has been delivering performances for 31 years.

## 36 Rocking Your Body

Mary Harris defines your style through fashion and faith.

## 44 Twenty-five Years and Counting

Physical education teacher Rosaline Baker has empowered decades of students to keep moving and live healthy lives.

50 BusinessNOW

56 HealthNOW

57 OutdoorsNOW

58 FinanceNOW

60 CookingNOW

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## Editor's Note

*Hello, Waxahachie!*

May is filled with so many special days to remember. If I wasn't trying to lose a little weight, I'd "eat anything I want" on the 11th. If I still had a cat, I'd "give him a hug" on the 15th. Since I live in America and enjoy so many freedoms, I will definitely take the time on the 30th to remember all those who have fought so I can choose what I wear, when I eat and where I attend church. I can't thank those in the military enough for all their sacrifices, but it never hurts to try.

I can't wait to celebrate my mom on the 8th. Mothers are a lot like the military. They, too, have a force that drives them "to be the best they can be." Without my own mother's example, I can honestly say I wouldn't be the strong woman I am today. Thanks, Mom!

*Sandra*

Sandra Strong  
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Left to right: Bob Diana, Don Stroope, Edwin Farrar and Rudy Rodriguez. (Not present: Frank Guy and Kirk Lipscomb).



# A THOUSAND FLAGS

*Unfurled*

— By Sydni Thomas

*Cruising down Main Street in late May as summer begins to make its debut, conjures a brief flashback to a 1950's town filled with bicycles and children fresh out of school. Both sides of the road are flanked with American flags guiding passersby as if they were on a parade route. The flags continue on past the businesses and into the residential neighborhoods where homeowners proudly display them in honor of Memorial Day.*

Rotary clubs across the country have created flag programs to show national and community pride, while at the same time raising significant funds for their service projects. After seeing the program established in Duncanville and Lancaster, Rotarian Joe Smith began developing a way to bring the program to Waxahachie. In 2003, the club officially began the Rotary Flag Program and fabricated 150 flags. Members started by asking their friends and neighbors, and soon the program caught on. Today the group distributes close to 1,000 flags to homes and businesses five times a year. The first streets to adopt the program were Marvin Street, Main Street and Mustang Creek Drive. "People seem to really like the beauty and pride that the flags bring to our community," Flag Program Chairman Don Stroope said. "We get a lot of compliments. The more flags we

put out the more calls we receive about subscriptions."

The flags do not stay up year-round, but are distributed on five holidays including Memorial Day, Flag Day, Independence Day, Labor Day and Veterans Day. To prolong the life of the flags the Rotarians collect and store them after each holiday. Each flag team, made up of three or four Rotarians, distributes anywhere from 25 to 100 flags in a single afternoon. Teams have 48 hours prior to the holiday to place the flags, and they must be collected within 48 hours following the holiday. "Each team spends around six hours putting out and picking up the flags," Don said. "Luckily we have a large number of retirees involved who can help distribute during the day."

Since the beginning of the program, the flags have been made by Rotarian volunteers in Rotary Club President Mike Tull's workshop. Eight volunteers can fabricate 150 to 200 3 foot by 5 foot, polyester-cotton flags in one afternoon. The flags are attached to an eight-foot metal pole and are supported by a metal sleeve installed at the location. Over time the flags deteriorate and the Rotarians routinely check for signs of disrepair. When flags are unable to be repaired, Boy Scout Troop 232 properly disposes of them.

Each flag subscription is \$35 per year. Those interested in subscribing can do so by printing out a form on the Waxahachie Rotary's Web site and mailing it in with a check. There are no limits to the number of flag subscriptions a home or business can purchase. "We don't have a lot of citizens with multiple flags unless they have a large property," Don said. "Several businesses have multiple flags, like Carlisle Chevrolet and Farley Street





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Baptist Church, both with 20 flags each.”

While the flag program helps establish a sense of community and national pride, its mission is not solely aesthetics. Since 2003, the program has been the largest means of fundraising for the club. The majority of the money the Rotary receives goes back into community projects, and some of it goes into their international programs. They benefit community service projects, as well as groups, such as: Habitat for Humanity, Special Olympics, Boys & Girls Club, the Education Foundation of Waxahachie, Meals on Wheels, the Wheelchair Foundation and Operation First Day of School. Recently the club contributed \$50,000 to the Hope Clinic. “The program brings in funds for our service projects, but it is about more than that,” Don said. “From the railroad track to downtown all you see are flags. It is a beautiful sight. The community pride that is seen comes from so many citizens of the community participating.”

Don has served as the flag program’s





**"People seem to really like the beauty and pride that the flags bring to our community."**

chair for one-and-a-half years and has been a Rotarian for three years. Other Rotarian leaders include: Kirk Lipscomb, co-chair; Bob Diana, database manager; and the install team of Edwin Farrar, Rudy Rodriguez and Frank Guy. "In the past, the Interact Club has also helped with the refurbishing of the flags at the Boy Scout cabin," Don said, "which includes removing the old worn-out flags and disposing of them properly, then putting a new flag on the pole and covering it with a protective sleeve."

Like most of the other 80 members of the club, Don joined Rotary as an opportunity to give back to the community. Don's relatives are longtime Waxahachie residents, who started Stroope Pest Control in 1950. Four years ago, he moved into the community to help his grandfather run the business. "I'm lucky to be able to run a business, which allows me to spend time doing Rotary things during the day if I'm needed," Don said. "They have weekly meetings at lunch on Thursdays that would

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in Saint Petersburg, Russia. She then immigrated to the United States of America and completed her internship and residency in internal medicine at the University of Florida College of Medicine in Gainesville, Florida. Dr. Farricielli provides a wide variety of primary care services and has a special interest in endocrinology.

Dr. Farricielli is married with two children and enjoys traveling, reading, theater, and recreational activities. She is welcoming new patients and accepts most insurance plans.

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be hard to get to if I had another job.”

His passion for serving others started long before he became a Rotarian. As a student at Texas A&M University, Don joined Big Event. He even met his wife, Courtney, through this service project. “The group made the Guinness Book of World Records as being the largest one-day, student-led community service program in the nation,” Don said. “Out of 40,000 students, they get around 12,000 to show up for the project. My



roommate was the director of Big Event, and Courtney was the assistant director. She used to come over to our room for meetings. I guess I swept her off her feet with my community service.”

Each quarter, the Rotary tries to do a large service project to help members and organizations within the community. They do anything from roofing houses to cleaning up bushes at citizens' homes. However, they are always at work in small groups helping build wheelchair ramps and other smaller projects. Programs like selling flag subscriptions helps financially, but they are always looking for extra volunteers. Those interested in joining Rotary should contact a current member to begin the process. “It's important to give back to citizens who have made Waxahachie what it is,” Don said. “The service-above-self motto is what led me to join Rotary. It's a great feeling to give back to the community. Rotary has a lot of opportunities to give back and to meet good people.” **NOW**

*Editor's note: Subscription forms can be found at [www.waxahachierotary.org](http://www.waxahachierotary.org).*



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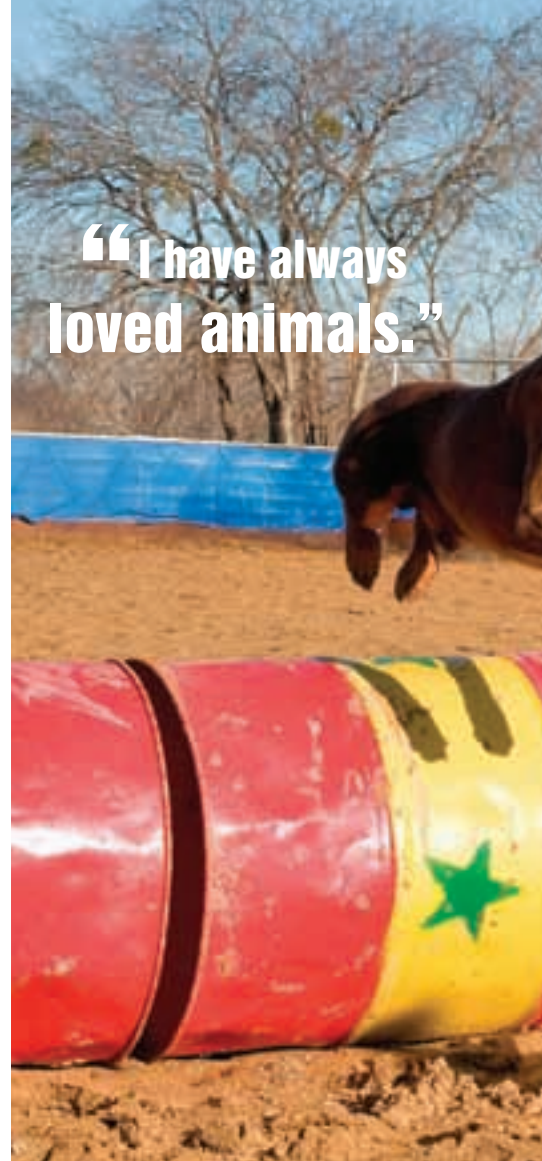
— By Sandra Strong

*Former Marine Robert Boudreau is referred to as “the real dog whisperer” by those who know him best. His passion, and gift, is that of dog trainer extraordinaire. “I have always loved animals,” Robert admitted. “I had a shelter dog that had so*

*many problems. I knew I needed to do something to change him, so I decided to become a dog trainer.”*

After more than 20 years of training, Robert feels comfortable admitting that dogs are just like people — temperamental and moody with personalities that are not only unique to each canine, but also to each breed. His

“I have always loved animals.”







style is to leave the toolbox open, but “a professional touch can and does make all the difference in the world.”

While living in Massachusetts, Robert formed a club similar to the one he established three years ago here in Waxahachie and of which he is president. The Texas Alliance of Guardian Dogsports (T.A.G.-D.) affords a venue where trainers and handlers can show what they have learned with their dogs in a competitive atmosphere. “This is like reality TV and extreme sports all rolled into one,” Robert explained. “The venue we offer in competitions allows those who want to grow in training for the protective sport to do so. The tournament we offered recently was based on quality and handling decisions, not just individual scores. Most competitions only judge the dog. We raised the bar with this first event. We not only judged the dogs, we also judged the handlers.”

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military. Scenarios at this level could very well include an exercise in apprehension.

Many would think this was a sport for men only, but Robert puts that fallacy to rest. "There are more female handlers in the sport than there are men," he admitted. "Women see it as real 'person protection.'" Not all dogs, or dog owners for that matter, are cut out for this sport. Guardian and herding breeds like bull dogs, shepherds, Mastiffs and Malinois are the most prominent breeds seen, but Robert has trained several other breeds such as Dobermans, American Pit Bull Terriers and one exceptional Presa Canario a former student gave him, to name only a few.

As the owner of MICMAC Teaching for Dogs, Robert does a great deal more than train the dog. "I'm also training



the person handling the dog," he said. "Handlers and dogs don't always make a good match." The most important thing Robert has done in his years as a trainer is get to know the breeds of dogs he serves. "You must understand the species," Robert added. "Knowing their traits and natural behavior patterns allows me to train in a way they will understand."

Robert lives and trains by his personal motto: responsibility before liability. When training a team, Robert teaches the handler how to best assess a situation. "I teach them what to look for when deciding to send the dog into a situation or when to hold the dog back," Robert explained. "If there's not an immediate threat, the dog should not be sent."

After so many years as a trainer, one can only imagine the experiences

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**“This is like reality TV and extreme sports all rolled into one.”**

---

Robert has witnessed. A particular story still brings a smile to his face. "One handler got to a competition and became so excited he started giving his dog instructions in English," he laughed. "The dog was unable to perform. He was so confused because he had been trained in the German language."

To effectively train these teams, Robert uses decoys such as himself. "Decoys play a huge role in training," Robert said. "They play the part of the 'bad guy.'"

Decoys put on heavy duty, full body gear that protects them from serious injuries when a dog weighing anywhere from 60 to 180 pounds comes charging at them with mouth opened and teeth ready to bite down. Gary Jensen, Clint Morton and Jason Howe are the three decoys Robert uses in training, and they were three of the decoys used during the competition. "As decoys, we have to learn the proper way to catch the dog so we don't get seriously hurt," Gary said. Bruises and broken skin are still



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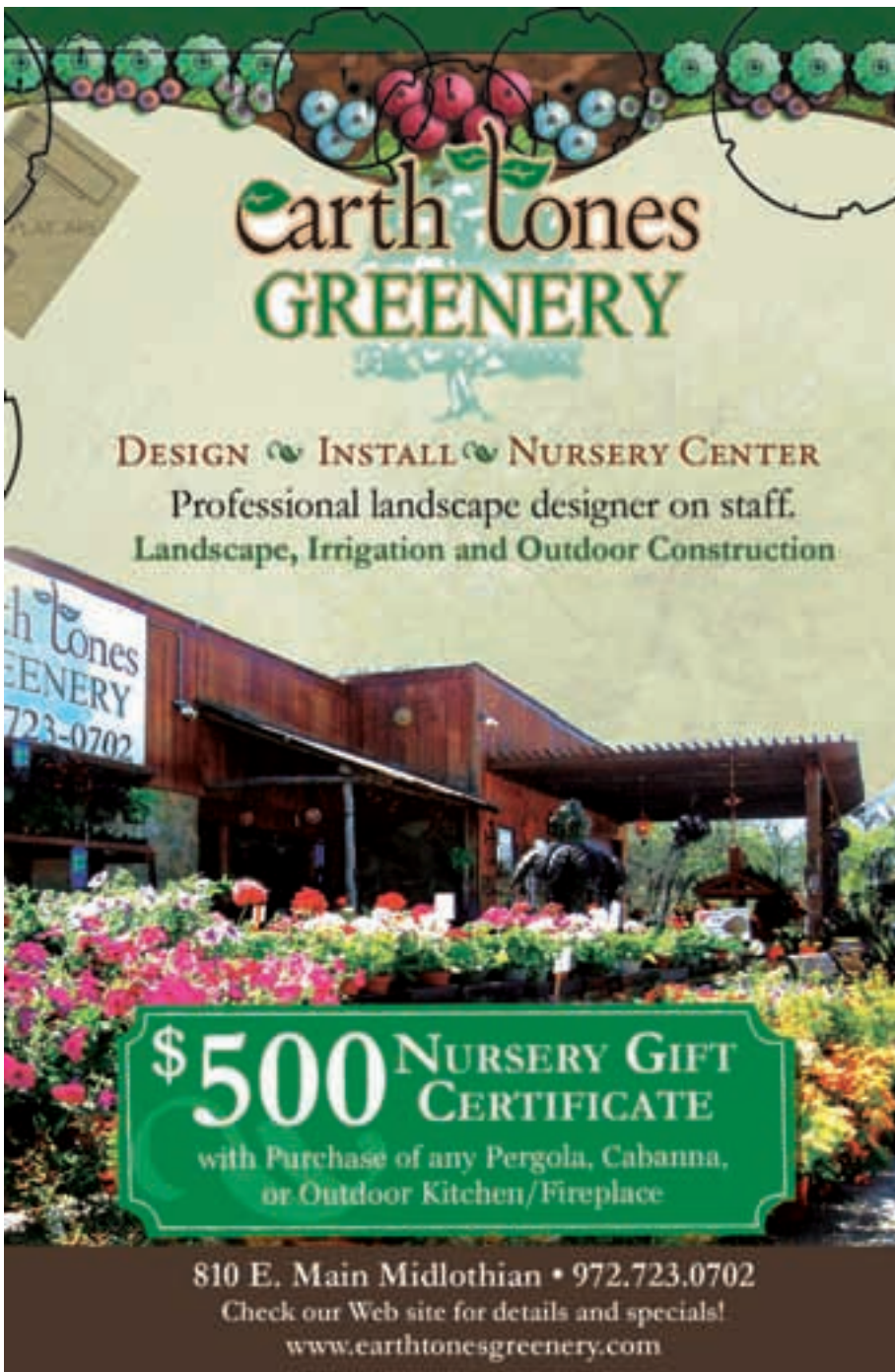
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trademarks of a decoy, no matter how well they have been trained. The evidence was apparent in the large bruise that was coming up on Gary's forearm and also in the photographs taken of Robert's upper arm after he played decoy for another handler.

The commitment needed to be an active member of TAG-D is large, and Robert said many do not make it. "Members are expected to help with fundraisers and attend mandatory quarterly meetings. Being absent from training too many times is not acceptable," Robert stated. Other requirements include knowing how to handle yourself in public, dressing appropriately and making sure your dogs are healthy and clean at all events, even during competitions. "We are a top class club, so we push for top class

---

**His passion, and gift,  
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extraordinaire.**

---

tournaments with top class participants," Robert reiterated. "Having a good attitude and disposition is also very important."

Gary is also a handler, club member and competitor. After experiencing several other clubs, he and his Doberman, Dakota, came to Robert for instruction. "Robert is a phenomenal trainer who thinks outside the box," Gary said. "Other clubs had only one certain way to train. If Dakota couldn't work by their method, we were sent home. I came to Robert and things have been so different. Dakota is doing things I never thought he'd do."

Robert admitted he can do many things well, but training dogs is his ultimate gift. "I'd be lost without my dogs," he said, referring not only to the ones he trains, but also to Mantauk, Ahiga, Aluk and Floppy, the four he shares his home with. "I train the dog to match the ability of the handler," he said, "and all dogs and handlers are different."

*Editor's Note: Visit [www.tk9tc.homestead.com](http://www.tk9tc.homestead.com) for more information about TAG-D and MICMAC Teaching for Dogs. **NOW***





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# COMING BACK

— By Janice C. Johnson

## AT HOME WITH LOYCE AND DEBBIE MILAM

*Loyce Milam's Texas roots run deep. After all, you cannot get much more Texan than being descended from Ben Milam, Loyce's great-uncle. And his Waxahachie roots run almost as deep — his grandparents lived and are buried here. His father once worked for Burleson Honey. "I even had an aunt who was arrested here in the 1940s for wearing shorts downtown," he announced cheerfully.*

Loyce and his wife, Debbie, have not always lived in Waxahachie. In fact, Debbie was born in Odessa, Texas. Then as children, both their families moved to Irving. Their first connection occurred when they were only 5 and Debbie's father was the Irving Fire Marshal. Loyce recalled, "Our house blew up because of a malfunctioning Crock-Pot, and Debbie's dad is the one who got my



brother and me out of the house.” However, the two did not meet until high school, while playing in their church orchestra. They were married in 1978.

Debbie teaches at Baylor School of Nursing, and Loyce works for Abbott Laboratories, so for a time they lived in Dallas. They later moved out of the city to Ovilla, but all along they harbored



a desire to live in an older home. They share a love for connecting with the past, whether it is family or local history.

Finally, in 2008, they found an 1895 Craftsman-style home in Waxahachie, which had recently been restored. The previous owner had added on a couple of rooms at the back and put contemporary darker colors on some of the interior walls. However, she had kept most of the home’s original flooring and trim, and even refurbished its old doorknobs and bathtub. “This is the first house we’ve bought that we didn’t have to touch,” Loyce said. “Well ... we did add a workshop out back.”

Debbie described the home as “a mix of old and new. It’s been updated but it’s still got the old charm. I fell in love with this house when I saw it.”

Loyce smiled at her. “The house reminded her of her grandmother’s house in Brownwood,” he explained. Antique clocks and radios, one sitting atop Debbie’s grandmother’s piano, give a nostalgic feel to the living areas. “We used




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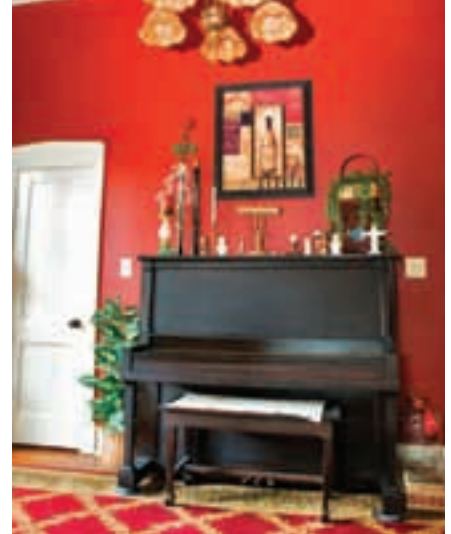
to have more antique furniture, too,” Loyce said, “but that stuff was really uncomfortable!”

Nostalgia continues in the downstairs half-bath, which sports gingham curtains and *I Love Lucy* memorabilia. Loyce pointed to the old-fashioned washtub on a stand occupying one corner. “We saw a picture of that [when it was] in a junk pile behind the house. But it makes a great sink.” The main bathroom boasts a “retro-cool” look with a black ceiling complementing its black-and-white claw-foot tub, fixtures and subway tile.

The Milams were essentially empty-nesters when they bought the house, with the youngest of their three sons away at college. The number of bedrooms, then, was of no concern. Debbie created a loft suite upstairs that serves as the one guest bedroom. Explaining its nautical theme, she said, “I just love lighthouses, and this is my lighthouse room.”

“The kids all want to stay in this room,” Loyce added.

Both Debbie and Loyce come from a line of people dedicated to improving their community in one way or another.



Debbie’s great-grandfather was a mayor in Brownwood, and her grandfather helped found the “Royal Ambassadors” spiritual training program for boys. He also volunteered with the Red Cross. Loyce’s grandparents were active in the Farley Street Baptist Church, where he and Debbie now attend. His father fought for freedom during World War II.

The couple has followed in those footsteps: both work in the medical field, and Loyce served for years on a Planning and Zoning Board. But the music that brought them together is their favorite

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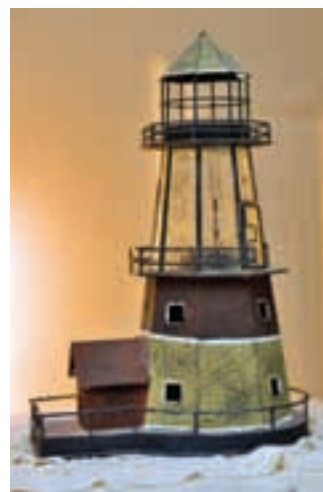
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avenue of service. "We're trying to get an orchestra started at Farley Street Baptist," Loyce said. "We want to give back through music, to help young people know the Lord."

They also serve people with their hospitality. The restful living room has no television, encouraging guests to relax and visit. On the back porch, Loyce keeps a cooler filled with ice-cold bottled root beer. "You walk away with a joy from something that simple," he explained.

That back porch, with its metal roof and outdoor fireplace, is a favorite spot for the Milams and their friends. Besides abundant flower beds, the deep lot holds fruit trees, a vegetable garden and a



greenhouse. Both Debbie and Loyce take great pleasure in working in their yard. They like to keep it looking nice, not to impress anyone else, but because "we like the way it looks."

According to Loyce, the historic home has remained a source of joy for them both. "Our kids feel that this house is just 'us.' It would cost a fortune to build a new house like this — the trim, the original flooring. I mean, you can go out and buy a wood floor, but you can't get one that creaks like this!"

Some original parts of the home live on in new places. Exterior windows now form a divider between kitchen and entry, while a screen door has retired inside to enclose the pantry. Other parts, no longer attached to the structure at all, still serve the family. "That dining table is made of 2-by-12 planks and some posts from the old part of the house," Loyce said. At that same table over the Christmas holiday, Loyce recalls stressing the home's history to their sons. "You realize," he would tell them, "that for over 100 years people have been thanking the Lord in this very kitchen." Debbie's collection of



rolling pins from four or five generations fits right into the classic ambience of the room.

Since history is what this town is all about, Loyce and Debbie love Waxahachie as much as they love their home. Loyce recalled one event that represents the town's spirit. "When we



moved in, our neighbor picked up all the pecans in our yard. I wondered why he wasn't leaving us any, but then he brought them back to me — he had shelled them all. That's the kind of people we have here."

He went on to clarify their feelings about the home. "We may sound like we're proud of this house — but it's more that we feel gifted to have it. A large house can take up too much of your time and attention. But here, we feel peace."

Debbie agreed, "We had way too much house before. This is more inviting."

Loyce contributed one more bit of perspective. "Now we don't feel like we 'downsized.' We just feel like we got in God's will." **NOW**

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# Best Kept Secret

— By Sydni Thomas

*Waxahachie is known for a lot of things, but visitors and residents alike are often surprised when they discover the Waxahachie Community Theatre (WCT). One of the best kept secrets of Ellis County, the WCT, was founded on December 17, 1979, and has been entertaining audiences ever since.*





Kasi Jones, newly named WCT executive director, has been involved with the theater since 1999 and on the board of directors since 2008. She heard an auditions advertisement for *My Fair Lady* and decided to try out hoping she would get a part on stage. Since getting the part, Kasi has remained an active member of the organization. "We are the best kept secret in Ellis County," Kasi said. "There are so many people that I meet in the city who have no idea we exist. They live here and have no idea where the Chautauqua



Auditorium is, let alone what it is."

Everything Kasi does for the WCT is done in her spare time after her nine-to-five job. For the past 17 years, she has worked for Triumph Aerostructures, formerly LTV, as an editor for new business proposals. She catches up on theater clerical work on Sunday afternoons. Her list of jobs is long, from scheduling shows to communicating with the publishers about scripts. "I'm in charge of paying the bills, contacting people about season tickets, arranging performances, fundraising, programs, posters, the Web site and schmoozing," Kasi said. "I haven't been a mover and shaker in Waxahachie, so I'm just now getting my feet wet."

When Kasi joined the WCT they also gained her husband, Don. He serves as a music minister at Crossroads of Life Assembly of God in Duncanville, Texas. They have served together in the



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ministry for over 30 years. It is also the reason they moved to DeSoto, Texas, in 1992. Both attended Central Bible College in Springfield, Missouri, where they both received their Bachelor of Arts in Sacred Music with a specialty in choral conducting. In 1995 the couple and their three sons, Donovan, Brady and Cameron, moved to Waxahachie. "So far I've been involved with every show she has put on," Don said. "I've conducted three shows and played piano in *Fiddler on the Roof* and for the dinner theater."

"It's a two-for-one special," Kasi said. "You get both of us. Besides, he's the best pianist in the world."

The WCT has created a five-year plan to help them create a home of their own. For the past 31 years, they have traveled to different locations for performances. They joke amongst themselves that they are a traveling minstrel show. Performance dates rely heavily on the availability of local performing halls. "If we had a home of our own, we wouldn't have to go hither and yonder," Kasi said. "We have four different storage locations for our props, costumes and equipment. It would be nice to have an auditorium that seats 200 to 250 people."

Spring and fall shows are performed at the Chautauqua. Park Meadows Baptist Church lets the WCT perform their Valentine's weekend dinner theater show on their campus. "I feel like we are always begging to use other peoples' auditoriums," Kasi said. "I get calls all the time from people asking to rent out our location. I tell them if we had a location, we would gladly rent it out. They think that the Chautauqua belongs to us. If we ever get our own building, we would





never give up the opportunity to still perform at the Chautauqua. That's our claim to fame. We want the community to associate us with it and vice versa."

Each year, the WCT performs two major musicals, their spring and fall shows, as well as the dinner theater show in February. "Last year, we added two smaller showcase shows," Kasi said. "The summer one we did was *Goldie Locks on Trial*. It's our goal each summer to do one show for kids with kids performing. Then we have a Christmas showcase in December. This past year, we did the premier performance of *Gift of the Magi*."

People come from all over to perform with the WCT. Most of the cast and crew are Ellis County residents, but actors have come from Mansfield and as far as Saginaw. This past year, when they performed *Fiddler on the Roof*, there was a cast of 60 people, an orchestra of 12 and a crew of nine. "My favorite part of the job is involving as many people as possible," Kasi admitted. "And hearing the applause is always great. The worst part of what I do is telling someone they can't be in the show. We always try to find a place for them if they didn't get the part they auditioned for."

No one is paid for their performances except the rehearsal pianist. The WCT is a nonprofit organization and relies heavily on donations. Since everyone on the board of directors has a full-time job, there isn't much time left for fundraising. With the help of regular donors and Citizen's National Bank (CNB) in Waxahachie, the WCT is able to put on their productions. "CNB's contribution to the theater has been a blessing," Kasi

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said. "They give us a certain amount each year to cover royalties and production costs. We do not pay anybody. All of the other donations cover our other costs."

Kasi spends a lot of time hammering out details before any work can begin on a play. It took over two years of planning and coordinating before the WCT could perform *Fiddler on the Roof*. Each year that it was on their list of performances, they could not obtain the performing rights due to the traveling Broadway performance. The same thing happened



with their performance of *Annie*, which they will be performing this year. "There is a lot of upfront prep that has to take place before auditions can happen," Kasi said. "I've already started applying for royalties of next year's productions. There is always a chance that they won't grant us performing rights for a show we request. I have to think far in advance and be prepared if that happens."

"Musicals are a lot more restrictive and expensive," Don said. "The scores and copyright issues are what make it so expensive to perform."

In the future, Kasi hopes to bring in new material that has not been performed on a community theatre stage before, maybe even locally written pieces. Most of all, the WCT hopes the future will bring a larger awareness of their organization amongst locals.

"We have made a big push to get our name out in the community," Kasi said. "We are a nonprofit family organization that everyone can be involved with and enjoy." **NOW**



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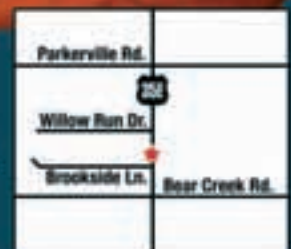
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## Your Body

By Sandra Strong



*Have you ever looked in the mirror and wondered what type of body you have? Is it shaped like a pear? Is it long and lean or short and stocky? Mary Harris removes this age-old guessing game by teaching women to create a richer, more connected life by improving their choices. "All body types are difficult to dress," Mary admitted. "Each body type still has things they want to hide, while learning to accent the waist properly."*



Mary's mentor, Shari Braendel, is also the consultant who certified Mary in the art of helping women of all ages, shapes and sizes to find their inner beauty and display it on the outside. The process of knowing what shape you are starts with the letters BODX. No longer are women typed as fruit or geometrical shapes. A "B" carries extra weight around the tummy area. An "O" is usually heaviest above the waist. Those classified as a "D" will carry excess weight around their thighs and derriere, while an "X" gains weight proportionately. "Each letter represents a general body type," Mary explained. "I believe many younger women start out as an X and then evolve into another type."



Pregnancy, cosmetic surgery, weight gain and weight loss are just a few contributing factors that can change a body type from an X to a B, O or D, or a combination of the three. "We really can change our body types cosmetically," Mary stated, "but what is more important is knowing your body type and dressing it accordingly." The letters may be confusing at first, but once you realize your body type and learn the rules for properly dressing it, Mary guarantees you will like looking at yourself in the mirror.

Each letter has specific dos and don'ts when it comes to dressing. The B body types often have longer limbs so they need to "column dress" on the inside. "This means your top and bottom need to be the same color, while your jacket can be a color or print of your choice," Mary explained. "Just don't wear a jacket with horizontal lines."

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B's should also never wear their shirt tucked in. A belt is suggested to hide the belly and give the body the long, lean line Mary says is important to all body types. "But you must wear the belt properly," she stated. "It needs to be a wide belt that is hung lower than the natural waist. The buckle needs to be over the tummy pooch or to the side, but always over the shirt and under the jacket or sweater." Other B rules include a shirt hem lower than your belly — a length that is in proportion to your height. Scarves can be the greatest accent piece for a B.

Those who fall into the O category also need to learn the importance of column dressing on the inside. The monochromatic colors they choose can include the outer layer jacket or sweater. Tops with V-necks work well with this body type because they draw the eyes away from the larger portion of the body. Printed tops act as a camouflage, too. "O's most generally have great legs," Mary added. "O's need to wear shorter skirts and dresses to accentuate their great legs."

The D body types column dress opposite from the two aforementioned. Mary suggested they column dress the outer layer while wearing a pattern or print under their jacket or sweater. "Because they are larger below the waist," Mary said, "they need to always wear solid colors on the bottom. They never want their sleeve length, jacket hem and widest part of their hip area to be on the same line."

The final general body type is an X. This body type is also referred to as the

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“Marilyn Monroe” because they can wear almost anything. “The X is considered to be the ‘perfect’ body,” Mary said. “They can throw out all the rules, but they must learn to be aware of their sensuality. Their God-given inner beauty must shine to the outside.”

While there is so much more to know about body types, such as individual style and color pallets, limited space does not allow Mary to elaborate further. “But I can give you my top-10 slimming tips,” she smiled. “Three-quarter-length sleeves. Always wear properly fitted undergarments. SPANX shapewear can and will be your best friend. Column dress and wear properly sized accessories that bring the eyes to the face. If you’re older than 30, pop your collar. Wear shoes with at least a 1-inch heel. This alone will make you stand taller. Create vertical lines. No one over the age of 25 should ever wear horizontal stripes. V-neck shirts are a must. Walk with thumbs forward. Shoulders back and head up. Walk with confidence and always remember to smile. Rock the body you have at all times.”

When teaching women how to dress, Mary also shares several of her top “modesty rules.” When being fitted for the proper undergarments, contour bras are best. There should never be a bra strap showing. “This also includes bellies, boobs, body art and muffin tops,” Mary elaborated. “None of these areas should be showing. Respect yourself and others will respect you, too.”

Individual journeys seem to always change following a “defining moment in



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time.” For Mary that defining moment came with the untimely passing of her beloved husband, Jay. Immediately following his passing, Mary felt compelled to leave her job and come home to take care of business, to put periods after the sentences, so to speak. When going through some papers, she came upon an article she had read 20 years earlier, which asked the reader, “What are your life goals?” and “What do you really want to do?”

Mary realized she still knew what she wanted to do. “There is an exciting psychology in clothing. I want women to feel beautiful on the inside and the outside, have that total connection between the two,” she explained. “I’ve come full circle, and I want to share what I’ve learned with other women. I want each of them to be true to their own personality, the personality that is sometimes buried under sweat shirts and fleece. As women, the way we dress is a reflection of how we feel about ourselves. I want to teach women to understand their style and define it. God is ‘enthralled with our beauty,’ so we must be true to the beauty God gave each of us. A beautiful spirit will last forever regardless of your body type.” **NOW**

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# Twenty-five Years and Counting

— By Sydni Thomas

*Rosaline Baker has seen close to three decades' worth of students pass through her classes. During the 2009-2010 school year, Rosaline received her Waxahachie Independent School District 25th anniversary pin. In her career, she has gone from a classroom focused on language arts to a gym focused on finding a way to fight obesity and empower the hundreds of students who come through each week with a positive mindset about their bodies through health, fitness and nutrition.*





Rosaline never questioned what she wanted to do with her life. She knew from a young age that she would teach in a classroom. In 1979, after graduating from Texas College in Tyler, Rosaline moved back to her hometown of Milford, Texas, and began teaching. She taught there for two years before moving to Alaska with her husband, where her son, Chris, was born. During the two years they lived in Alaska, Rosaline chose not to get certified and teach. But as soon as they moved back to Texas, she was ready to be back in the classroom. She subbed at Turner Middle School for a year before they offered her a full-time position as a language arts teacher. Rosaline lives in the Milford home in which she grew up and travels from there to Waxahachie every day. "I



was worried about driving 45 minutes to work every day," Rosaline said. "But now I don't even think about it. I love Waxahachie and am glad this is where I teach and where my son was able to attend and graduate from school."

While teaching language arts at Turner, there was a shortage of physical education (PE) teachers, and Rosaline was approached about stepping into that role. Physical education had been her minor in college. In high school and college Rosaline was athletic, participating in basketball, track and cheerleading. At first, she was hesitant to make the move from classroom to gym, but gave it a try anyway. Rosaline stayed at Turner until 2004, when Shackelford Elementary needed a PE instructor. At the time, the position was only for first through fifth grades, a much different world than



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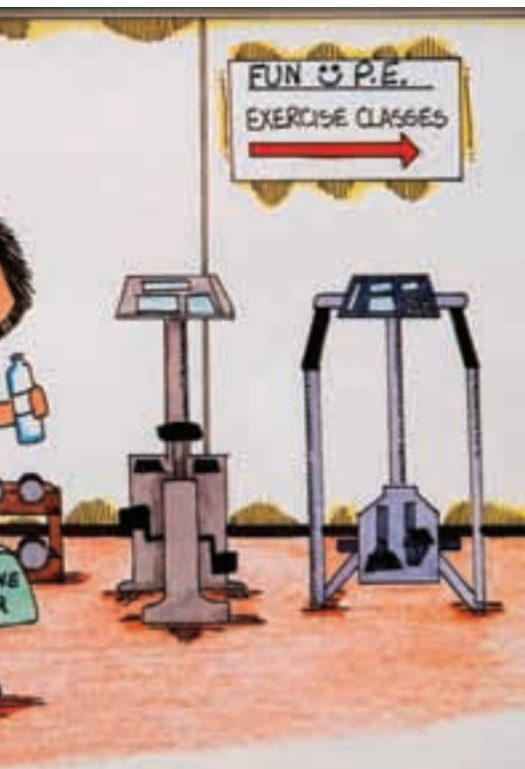
her previous middle school experience. "There's never a dull moment in the gym," Rosaline said. "My favorite thing is seeing the kids light up when they learn something new."

Rosaline quickly learned teaching in the gym was different than in the classroom. Over the years, she has built a program that provides an energy outlet while promoting learning. To prevent chaos, Rosaline divides the room into individual squares for each student in order to teach them about personal space and exercising without injuring others. The state requires PE classes to cover health education along with fitness. After taking attendance Rosaline leads the class in lessons concerning the functions of the body, as well as the healthy nutrition needed to support it. Then she takes them through exercises to make sure they are prepared for the day's main activity.

Texas schools can participate in CATCH (Coordinated Approach To Child Health), a coordinated school health program. It is used to promote physical activity, healthy food choices and the prevention of tobacco use in children. Rosaline uses the CATCH program in her classes to show students how to be active for the rest of their lives by learning movement skills, sports skills, physical fitness and social development. The program includes different activities







for physical education programs. Students learn new skills from activities, such as square and line dancing, indoor baseball, knockout and scooter bug hockey.

"The CATCH program offers many activities, which keep the students engaged," Rosaline said. "I try to plan activities that will be a lot of fun for the students with minimal chaos, which also keep safety first."

While the focuses of the class are health, nutrition and fitness, Rosaline also strives to teach each of her students responsibility. In their first visit to class, students learn to come prepared with tennis shoes. If they neglect this responsibility, they miss that day's activity and are counted absent. This rarely happens because of Rosaline's ability to keep her students engaged and excited about their health. Safety is Rosaline's number one concern in the gym. After the students demonstrate responsibility, they learn how to create a safe and fun environment. Rosaline is assisted by a paraprofessional in each class. Most days of the week she sees over 100 students, and it takes two sets of eyes on them at all times to maintain a safe zone in the gym. Once the ground rules are set, Rosaline sees very few injuries in her classes. "They're always excited to come to class," Rosaline said. "When I see them in the hallway, they beg to know



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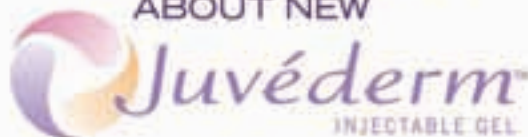




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#### From left:

Glenn and David Smith; flooring samples ranging from carpet to hardwoods and laminates.



# The Flooring Family

*Glenn's Carpet Warehouse offers a hometown, personal approach. — By Sandra Strong*

Glenn Smith of Glenn's Warehouse Carpets will soon celebrate another milestone. "My dad will celebrate his 80th birthday in June," said son and co-owner David Smith. "Still playing a very active role in the company with daily sales meetings held over the phone, Dad will also celebrate 62 years in the carpet business."

The father-and-son team has been at the business of flooring for a very long time. Add longtime sales associate, Franklin Dobbs, and longtime head installer, George Birkinbine, to the team and you have well over 200 years of valuable experience. At one time or another, each of these individuals has experienced what it is to install flooring, from carpet, vinyl, wood and tile to the ever-so-popular laminate flooring. "This

is a strenuous job," David admitted. "It's a lot of long hours with work that is continuous. I read somewhere that carpet installation and the use of a jack hammer are the only two careers out there that can't take you to old age. Usually, your body wears out."

This group of four has seemingly put that fact to the test, and in doing so proven it to be a fallacy, at least in their case. David has not always been in the carpet business with his dad. His tenure began in 1976 when Glenn made the decision to open his own business in Ennis. "My dad was a contract laborer who was still installing at this time," David explained. "When he decided to go into business for himself and put his name on the building, he also asked me to join him. I've been involved in the



day-to-day operations ever since.”

When asked what makes the long-standing business thrive, David gave a one-word answer. “Sacrifice,” he stated without any hesitation. “Dad sacrificed so much to be able to open Glenn Smith Installations [the name of the original business]. It was a big investment that took time away from family. I worked six days a week, but looking back, it seems Dad worked longer hours than the rest of us.”

Although the Ennis location is no more, the flooring center in Waxahachie continues to move forward. The most significant difference noted from the earlier days in the business is the use of Armstrong brand laminates. “As certified Armstrong installers, we are removing carpet we installed in the ’60s, ’70s and ’80s,” David explained. “So many homes are switching over to laminates because of allergies, dust and the constant need for carpet cleaning.”



The approach to the customer service offered at Glenn’s Warehouse Carpets is also a key component to the company’s success. As a smaller flooring retailer, which specializes in Armstrong and Shaw products, David and his team are able to offer a personal touch. “When customers come to us, they know who is coming to their home or business before they arrive. They know it’s going to be George and his crew,” David stated. “I tell customers all the time to not be misled by unrealistic advertisements. If it sounds too good to be true, it probably is.”

Repeat customers and referrals are the company’s largest sources of income, but the most recent “feather-in-their-cap” job was at the new Senior Citizens Center. “Dad got to see that job at completion,” David admitted. “All he said was, ‘This is the biggest flooring job we’ve ever done.’” **NOW**

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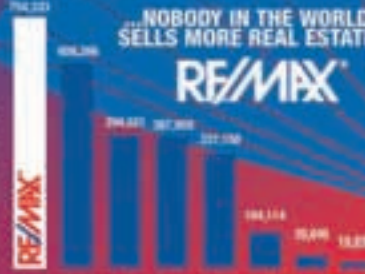
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Ginnie Hengst plays with her son, Brenton.



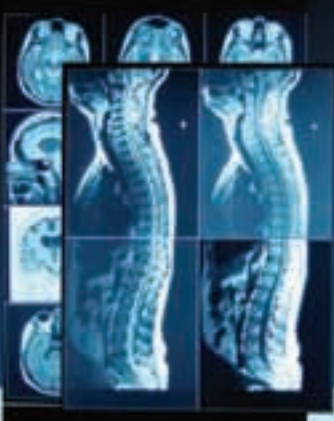

Judy Walker makes a new friend while enjoying the local bluebonnets.



Bobbie Zabojnik, owner of Sun Yur Bunz, works with Calli Thompson on the tanning beds at the new location.




Vance Bouchillon snaps a shot of Larry Joe Taylor, Carol Pate, Jamie Richards and others at the singer-songwriter contest at Fat Daddy's.

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# Plantar Fasciitis

— By Betty Tryon, BSN

Waking in the morning, just like most of the populace, you are ready to bounce out of bed and welcome a new day. However, as soon as your foot touches the floor, the similarity ends, and a sharp, stabbing pain shoots through your foot. You may be afflicted with plantar fasciitis — a condition that occurs with inflammation of the plantar fascia ligament. Located in the bottom of the foot, it attaches your toes to your heel bone.

The cause of this condition is not very clear, but if the plantar fascia ligament suffers tears in its structure, or becomes irritated and inflamed, then plantar fasciitis can develop. When it becomes inflamed, walking can become a painful ordeal. The pain may be intense with the first few steps in the morning, but as the foot limbers and warms up, it usually decreases. During the day, if you have long periods of standing or sitting, the pain can return.

Many risk factors may increase your chance of developing this condition. Most common during middle age, this condition can develop from faulty foot mechanics, such as having an abnormal way of walking, which puts extra stress on the foot. It can also be caused by being flatfooted or having high arches. Physical activities, such as running and occupations that require you to be on your feet for long periods, can cause difficulties. Those high heels may look beautiful, but they are not the best equipment for your feet. Shoes that do not protect or support the feet well can cause tears in the ligament.

If you are having pain in your foot, consult with your health care provider. Usually, the first line of treatments recommended are palliative ones you can do at home. Rest your foot; use ice; and with your doctor's advice, take nonsteroidal, anti-inflammatory drugs for pain, such as Advil or Aleve. Identify what is causing the stress to your foot and change it. Make sure your shoes fit correctly and support your feet properly. Avoid allowing the



condition to become prolonged. If it becomes advanced, more invasive or time-consuming treatments will become necessary. In addition, plantar fasciitis can lead to back, hip and leg complications. A physical therapist can teach you exercises to increase muscular strength in your legs and to stretch out that ligament. Using an orthotic device in your shoe and a night splint can help alleviate pain. Treatment may take as long as a year, but with diligence and correct therapy, you do not have to suffer with foot pain. **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.*



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# Cottage Gardens Deluxe

— By Nancy Fenton

Do you have a home you love, but not much space? Try what romantics call a “cottage garden.” Cottage gardens, by definition, begin at the curb and spill over almost everywhere. Your garden should be a place where you are comfortable, which invites you to sit a while. So, decide if you want a more contained look with straight lines and clean definitions or the more relaxed spillover look. Your garden can be in the front yard, a side yard or the whole thing. One basic feature of a cottage garden-type landscaping is the minimum use of turf, or grass as we know it.

Step one is to measure and mark inside and outside paths. Step two is to take a second look and then add hardscape (the walks, seating and other ornamental pieces).

Step three can be the most daunting — plant selection. The old adage of using short ones in front and tall ones in back is good advice to follow. Be sure to check the zones in which your plants are classified to do best. For a relaxed look, vines can spill over and climb up fencing, chairs or towering trees. Lower plants can crawl into each other's space or out onto paths. To fill out the colors you love, use containers bursting with colorful annuals. In our temperate climate, they will bloom a long time (as long as they have plenty of water, fertilizer and deadheading).



Focal point plantings can lead the eye onward and upward — wherever you want your eye to go. A piece of statuary, a plant in a large container or a pot full of blooms can all be focal points. It just takes thought before the act! Research your plants, evaluate your own desires, plan, prepare the soil with some top notch compost and have fun!

Questions can be answered by calling the Master Gardeners at (972) 825-5175 or checking out their Web site at [www.ECMGA.com](http://www.ECMGA.com). Have fun in your own special garden! **NOW**

*Nancy Fenton is a Master Gardener.*



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## Don't Rely on Others for Your Retirement

— By Adam Rope

Recent debates about Social Security and the increasing number of employers reducing or eliminating employee pensions have underscored the need for a sound retirement plan. Gone are the days when employees were guaranteed a percentage of their salaries once they leave a company. While Social Security may or may not change, it was never intended to be the sole source of retirement income.

Retirement planning is something everyone needs regardless of their existing situations. If the current financial debates tell us anything it's this: the only funding you can count on is that which you do yourself. Some of the options you have are individual retirement accounts (IRAs) or an employer-sponsored plan such as a 401(k). Contributions you make to a 401(k) can reduce your federal income tax burden and the contribution limits are higher

than those of an IRA. Plans are available for any size of business, be it a large corporation or a small mom and pop operation.

Contributions to traditional IRAs may be income-tax deductible. While Roth IRA contributions are not deductible, qualified distributions are received free from federal income taxes. An IRA is something you can set up with the help of a financial professional. There are a number of options available when choosing how you want to fund your IRA.

No one can be sure what the future holds in store. Making preparations for a number of possibilities can begin with careful planning. You can start by contacting a financial professional to discuss your goals and how to reach them. **NOW**

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

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31st Annual Scarborough Renaissance Festival: 10:00 a.m.-7:00 p.m. rain or shine, 2511 FM 66. Adults, \$24; children, \$9; parking is free. For more details, call (972) 938-3247.

### May 3

Family Movie Night at Sims Library: 6:00-7:30 p.m., *Scooby Doo – Curse of the Lake Monster*.

National Teacher's Day

Gypsy Soule Trunk Show: 6:30-8:30 p.m., 441 South College Street. Call (972) 937-4260 or (972) 937-1541 for more information.

### May 6, 7

3rd Annual Cinco de Mayo Fiesta: 5:00-8:00 p.m., downtown Waxahachie. For details and a complete listing of activities, call (972) 937-2390.

### May 6-8

Waxahachie Community Theatre presents *Annie*: Friday and Saturday, 7:30 p.m.; Sunday, 2:30 p.m. For ticket information or to make reservations, call (972) 646-1050 or visit [www.waxahachiecommunitytheatre.com](http://www.waxahachiecommunitytheatre.com).

### May 7

Community Garage Sale: 8:00 a.m., Bella Vita

Apartment Homes, 380 Solon Road. For more information, call (972) 923-7772.

Share the Health 5k Fun Run: registration begins at 7:30 a.m.; run begins at 9:00 p.m., Getzendaner Park, 400 South Grand Ave., Waxahachie. By running, you will be supporting Sarah Snider, a student at East Texas Baptist University, as she travels to Bantu, Ethiopia, as a Christian missionary. A \$10 donation per participant is requested. Door prizes, refreshments and fun for the whole family.

### May 8

Mother's Day

### May 13-15

"Old Fashioned Singing With Dinner on the Grounds": Friday, 7:00 p.m.; Saturday, 3:00 and 7:00 p.m.; Sunday, 3:00 p.m. at the Historic Chautauqua Auditorium, 108 Pleiade Circle. Call (972) 937-2390 for additional information.

### May 14

Mother/Daughter Tea: 10:30 a.m., Nicholas P. Sims Library, doll house theme.

Document shredding: 10:00 a.m.-noon, First United Methodist Church, 505 West Marvin Street. For information, call Ray Morgan at (214) 244-6094, Bill Baty at (972) 937-3039 or the

church office at (972) 937-4400.

Open House and Carnival at Eastridge: 4:00-7:00 p.m., in the new children's building at Eastridge Baptist Church, 732 East Ovilla Rd. in Red Oak. Call (972) 617-2338 with any questions or visit [www.eastridgebc.com](http://www.eastridgebc.com).

### May 25

Teen Book Club: 4:00-5:00 p.m., Nicholas P. Sims Library. Book of the month is *Going Bovine*.

### May 30

Memorial Day Holiday

### June 4 and 5


Super Chevy Show at Texas Motorplex. Event offers a car show, swap meet, car corral, activities for children, autocross and drag racing. Call (972) 878-2641 or visit [www.texasmotorplex.com](http://www.texasmotorplex.com) for more information.

### Third Fridays

Veterans Networking Group: 6:00 p.m., Zula's Coffee House, 1804 West Highway 287 Business. For more information, contact Mike Lamb at (214) 763-0378 or at [vetsnetgrp@att.net](mailto:vetsnetgrp@att.net).

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

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## In The Kitchen With Nancy Burnaman

— *By Sandra Strong*

When Nancy Burnaman was in the sixth grade, her mother went to work outside the home. Her oldest sister had already married, so cooking supper fell to Nancy and her other sister. “This allowed mother time to sew at night for the family,” Nancy admitted. “My sister and I would cook a big meal of fried chicken, mashed potatoes and gravy. As a result, I’m still cooking.”

Nancy’s grandmother was also a wonderful cook, who passed her cooking heritage down to all the girls. Nancy admits she is a down-home cook who also enjoys baking and grilling. “God has been good to me. Cooking for others has been an important part of my life.” **NOW**

### Mother’s Roast

**Favorite choice of roast**

**1 pkg. Lipton Dry Onion Soup**  
**1 pkg. Pioneer No-Fat Brown Gravy mix**  
**1/4 cup cornstarch**  
**1 can Campbell’s Cream of Mushroom Soup**  
**4-5 cups water**  
**Pepper to taste, do not add salt**  
**Potatoes and carrots, optional**

1. Place roast in Dutch oven pan. Sprinkle onion soup mix over the roast.
2. Mix together the gravy mix, cornstarch, cream of mushroom soup and water. Stir until well blended.
3. Pour mixture over the roast and onion soup. Add pepper.
4. Bake at 350 F for 3-4 hours. Potatoes and carrots can also be added to the roast.

### Crock-Pot Candy

**1 16-oz. jar dry roasted peanuts, unsalted**  
**1 16-oz. jar dry roasted peanuts, salted**  
**1 12-oz. pkg. semi-sweet chocolate chips**  
**1 4-oz. box German chocolate, broken into small pieces**  
**3 lbs. Ambrosia white bark coating, broken into small pieces**

1. Put all ingredients into a 4- or 5-quart Crock-Pot in the order listed above.
2. Cook on the lowest setting for 3 hours. Do not remove lid until the three hours is up.
3. Turn Crock-Pot off and allow mixture to continue cooking for 10 more minutes.
4. Mix thoroughly and drop onto waxed paper by the teaspoonful.
5. Let cool completely overnight.

### Chicken Breasts With Bacon

**1 jar Hormel Extra Lean Dried Beef**  
**8 slices peppered bacon**  
**8 boneless, skinless chicken breasts**  
**1 can cream of mushroom soup**  
**1 1/4 cup water**  
**Rice, prepared according to package directions**

1. Place the dried beef in the bottom of a 9x13-inch baking dish.
2. Wrap a slice of bacon around each chicken breast. Place on top of dried beef.
3. Combine the soup and water and pour over the wrapped chicken.
4. Bake at 300 F for 2 hours. Serve over rice.

### Strawberry Pudding

**1 1.5-oz. box Jell-O Sugar Free Fat Free Instant Vanilla Pudding**  
**3 cups cold milk**  
**1 pint whipping cream**  
**Sugar, to taste**  
**1 tsp. vanilla**  
**1 box Vanilla Wafers**  
**3 pints frozen strawberries, thawed and partially drained**

1. Thoroughly mix pudding mix and cold milk. Let set in refrigerator until firm.
2. Beat whipping cream with electric mixer until thick. Add sugar and vanilla. Mix well.
3. Stir whipped cream and pudding together until well blended.
4. Layer Vanilla Wafers, strawberries, whipped cream mixture (in that order), repeating layers until all ingredients are used, ending with whipped cream mixture. Garnish with fresh strawberries or wafer crumbs.

### Hominy Casserole

**2 cans yellow hominy, drained**  
**1 can cream of mushroom soup**  
**1 8-oz. jar Cheez Whiz with jalapeños**  
**1 cup crushed corn chips**

1. Mix all ingredients except corn chips in a large bowl.
2. Spread mixture into a 2-quart baking dish and top with corn chips.
3. Bake for 20 minutes at 300 F.

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



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## **“Since knee replacement at Baylor, I’m hard to keep up with.”**

“When I was 15, I was sliding into home plate, and the catcher fell on my knee,” says Ron Brown. “It gradually got worse, and as I got older, I couldn’t walk very well. And I enjoy walking.” At Baylor Medical Center at Waxahachie, Ron underwent knee replacement surgery followed by one-on-one physical therapy. “Everything about the procedure and rehab was explained to me. It was just very informative, and gave me a lot of confidence in my doctor and the staff. They took great care of me.” Today, Ron is able to walk without pain. “That’s key for me. I don’t like to sit around very much.”

### **Join us for a free Joint Replacement Seminar**

**When:** Tuesday, May 17, 2011  
Registration 6:15 p.m. Program 6:30 p.m.  
A light dinner will be served.

**Where:** Red Oak Municipal Center  
200 Lakeview Parkway  
Red Oak, TX 75154

To register for the joint replacement seminar visit

**[BaylorHealth.com/WaxOrtho](http://BaylorHealth.com/WaxOrtho)**

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