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June 2008

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Subscriptions are available at the rate of \$35 per year or \$3.50 per issue. Subscription and editorial correspondence should be sent to: *WaxahachieNOW*, P.O. Box 1071, Waxahachie, TX 75168. For advertising rates and other information, call (972) 937-8447 or e-mail us at: rhensley@nowmagazines.com





# Waxahachie NOW

## Editor's Note

*Hello, Waxahachie!*

Summer officially begins on June 21, just a few days after we honor our fathers on June 15. Edna Faye Barcus, our 92-year-old main feature, has memories of all the seasons of life. The home of Gerald and Vicki Kelsey is also steeped in history that embraces the ties they have to family — both past and present.

Relax and read all about the children and volunteers who make up the YMCA Angels League. They are having fun, while excelling to their full potential, on and off the court. Their joy is contagious! Lynn LaRose will inspire you to remember the strength of the American Indian through her artwork in rich detail and vivid colors, while the Ellis Christian Women's Job Corps continues to offer hope year-round for women in need.

Whatever your plans for June may be, I hope you wake up smiling and live each day to its fullest.

*Sandra McIntosh*

*WaxahachieNOW* Editor

P.S. Please submit your feature ideas to [smcintosh-nowmag@sbcglobal.net](mailto:smcintosh-nowmag@sbcglobal.net).



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# Thanks for the Memories

— By Sandra McIntosh

The story begins in 1914 when W.B. Whitefield and Jennie Grace Satterfield were married. They lived on the Whitefield family farm, located six miles from Waxahachie and three miles from Forrester. The 850 acres must have seemed like the world to their daughter, Edna Faye. “As a little girl, I remember riding in a wagon that was pulled by mules,” she said. “We would be taking cotton to the gin. Today, there are no mules. The cotton still goes to the gin in a wagon, but the wagon is pulled by a tractor or truck.”

The old saying, “Be careful what you ask for because you might just get it,” rings true as Edna Faye rolls her wheelchair to the sitting area of her room at The Covenant Place. She is ready, willing and very much able to tell her story as she remembers it. Looking regal and poised in a suit



without a wrinkle and having her hair coifed to perfection, the memories began to flood her mind so quickly that she reached

for a spiral notebook. “She has been writing her memories down for days,” Barbara Barcus, Edna Faye’s youngest daughter, said. “She didn’t want to leave anything out.”

Needless to say, 92 years of memories could easily take up every page in every magazine ever written, so as she shared, Edna Faye knew she had to pick her stories wisely. “I remember the story I was told of the Dodge touring car my dad gave my mother for a wedding



present,” she said, still surprised by such a large gift. Not really knowing how to drive, Edna Faye’s mom gingerly drove the car to her brother’s house. It was a trouble-free journey, at least until the trip back home. “She didn’t know how to pass,” Edna said, referring to the car that was coming toward her in the opposite lane. “She said she just drove the car right off into a field.”

Transportation to and from school back when Edna Faye was growing up was so much different than it is today. The Interurban, similar to a trolley car, ran from Sherman, Texas, south to Waco, Texas, cutting a path through the Ellis County area. “I rode the Interurban to school,” Edna Faye explained. “On regular days, dad would take me to the station in the car. When





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it was muddy, I rode on the back of a mule." She laughed as she recalled one rainy day in particular: "Something spooked the mule and the mule threw me off," she said. "From that day on, the trolley driver would always ask, 'Did the mule put you sky high today?'" Nowadays, Edna Faye said children go to school in a big yellow bus or in the family car. No one has to worry about the mule getting spooked these days.

Edna Faye attended Marvin Elementary School when it was a two-story building. "Mable Grizzard was the principal," she interjected. When she was in the fourth grade,



A family portrait: Cyrus Edward, "Cy", Edna Faye, Bette and Barbara.

the family moved into town, taking up residence on Oldham Road. After two years, they moved to the homestead she fondly remembers on Grand Avenue. Life continued as Edna Faye graduated from Waxahachie High School and then earned her bachelor's degree in English with a minor in music from Trinity University of Waxahachie in 1937. Soon after graduation, she moved to Henderson, Texas, where she taught music at the elementary level for one-and-a-half years.

While she was learning how to be an adult in an ever-changing world, the man of her dreams had been making a name for himself elsewhere. Volney Cyrus "Cy" Barcus had successfully worked his way through school by putting his love of music to work. In



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fact, it was not long before he received an offer he could not refuse. "He guessed he did a pretty good job of selling," Edna Faye said, "because he was offered the band director's job at SMU (Southern Methodist University)." He accepted the position, going to work in September of 1925. A week passed before he realized there was no band to direct. It was not long before Cy had the "new" SMU Mustang Band in place. "I remember him telling me about the first game of the season after the band was formed," Edna Faye said,



*The happy couple: Volney "Cy" and Edna Faye Barcus.*

pride ringing true in her voice. "The football team stopped to cheer for the band, they were that good."

Cy did not stop with the first university marching jazz band. He went on to incorporate the school fight song, which is still heard at halftime shows today, as well as introduced the idea of a black Shetland pony as the school's mascot. Cy named the song and the mascot. They both carry the mighty name of "Peruna." In an excerpt from his autobiography, Cy wrote about a picnic he had shared with a friend. "He said they happened to be in a wooded area," Barbara said, reading from the pages she compiled for her father before his passing, "when they saw a little black horse run through the weeds." Immediately, Cy thought the mighty steed would make a befitting mascot. Over the years, black horses may have come and gone, but Edna Faye will never forget the light in Cy's eyes when he would retell the story of the first Peruna time and time again.

"This and so much more is all history before we met and married," Edna Faye



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said, further explaining that she and Cy met at the First Methodist Church in Henderson. "Cy was the associate pastor and choir director and I was the organist." They soon started dating, became a couple and married on December 14, 1938. "Yes, the courtship was short," she added.

Edna Faye, born and reared in the Waxahachie area, left for college and ended up marrying a godly man who pastored 20 churches before retiring. Barbara has two older siblings, Bette and Cyrus Edward. Until the children



**To hear her speak about her family, you know full well she loves them dearly and would do it all over again.**

all graduated from college, Edna Faye played the role of stay-at-home mom and housewife. To hear her speak about her family, you know full well she loves them dearly and would do it all over again. "I wouldn't change a thing," she said, as she turned the page in one of the many photo albums she enjoys sharing with visitors.

Edna Faye Barcus may have stayed away from her hometown for most of her adult life, but she is back home now. "I came home to stay last year at age 91," she quipped. If Edna's memories should ever begin to fade, all she really has to do is look around her at the family photographs and the memorabilia to know she has been blessed beyond measure. **NOW**



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# Be It Ever so Humble

— By Alex Allred

*Yesterday is already gone —  
Tomorrow has not yet come.  
We only have today,  
let us begin.*



*At Home With*  
**Gerald and Vicki Kelsey**

One only needs to step inside the home of Gerald and Vicki Kelsey to get an idea of who they are. The home is understated, yet polished. Each room is decorated with antiques and art, each with a history and each embracing the ties of family. A perfect example of this is the beautiful piano that sits in the middle of the living area. It came from the church where Gerald attended when he was a small boy growing up in Waxahachie. When the First Christian Church moved from its original location on Main Street, the Kelseys bought and restored the old piano, embracing its heritage.

What Vicki will tell you is, "I don't really have a style." The décor is eclectic.





But the house, from the antiques she and Gerald have collected over the years to the handmade pottery and vibrant colors, beautifully represents the active, fun lifestyle of the couple.

During the late 1980s, they lived in the Trophy Club area, north of Fort Worth. "We knew we wanted to get away from that suburban lifestyle," Vicki said. What they wanted was an older home in an established neighborhood. The idea of small town living, where everyone knew each other, sounded appealing. So, in 1990, they moved to a quaint three-bedroom home in Waxahachie where, Vicki laughed, "My friends at work said I live in Mayberry." While her co-workers fought the traditional weekend traffic in Dallas, Vicki attended parades, the Farmer's Market and block parties. "We did all the small town things!" For Gerald and Vicki, it was the perfect place to rear their then 3- and 5-year-old children.

There was much work to be done in their new home. "The woman who owned the house before us loved pink," Vicki explained. Pink carpeting and walls were found throughout the home, but when Vicki moved in, they were the first things to go. Rather than replace the carpeting, Gerald and Vicki showcased the original hardwood

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floors throughout the house and used warm, earth-tone colors on the walls.

Only the kitchen is brightly painted with yellow walls and red trim that perfectly highlights the growing rooster theme. "I didn't choose roosters," Vicki smiled, "they came to me." Two porcelain roosters once belonged to her mother, while others were gifts to her, including a large rooster floor cloth

painted by her nephew.

Even as Vicki pondered the rooster theme of her kitchen, her daughter, Katie, joined her. "Yeah, I just noticed all the roosters." It is something, they both agree, that simply evolved. In the distance, a rooster crowed from a neighbor's yard.

Ironically, this is truly their style. Things just "come to mind." Yet it can



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be no surprise since this is a family of artists. Vicki's brother, Mike Tabor, owns his own art studio in Granbury and his artwork is featured throughout the house, as are Katie's paintings and well-crafted pottery. Together, Gerald and Vicki are an art team. "Mom sees it," Katie said, "and Dad makes it."

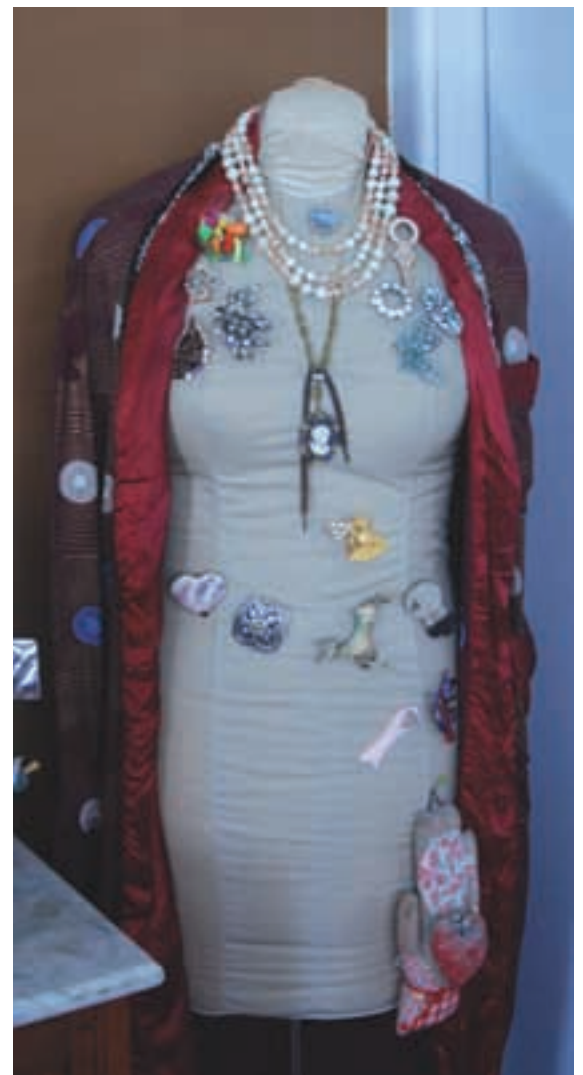
In fact, what is most exciting about the Kelsey family is their love



of and ability to recycle through home renovation and decoration. A piece of wrought iron fence from the home of

Gerald's grandmother hangs as artwork on the dining room wall. A piece of wood that Vicki discovered and "for some reason really liked," also adorns that same wall, but only after Gerald screwed antique doorknobs into the wood

and mounted it as a dual shelf and coat rack. In the master bedroom, an old



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chicken crate is now used as a functional shelving unit and an old seamstress dress form is used to display Vicki's antique pins and costume jewelry. Gerald and the children also created the charming two-foot tall greenhouse adorning the front porch as a Mother's Day present for Vicki. Old windowpanes were hinged together to create the garden home for her plants. "We were recycling," Vicki joked, "well before recycling was cool."

Even the two dinner trays in the dining area have been revamped through the talented hands of Katie. "I can't believe I have TV trays now," Vicki said, "but after the kids left, the big table seems so lonely." With their eldest son, Michael, earning his bachelor's degree in wildlife and fisheries biology at Texas A&M University and Katie attending the University of North Texas,

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Gerald and Vicki have become avid bird watchers. Although Gerald and Michael enjoy hunting, and the children grew up swimming competitively, Vicki and Gerald now enjoy more time together outside.

From their backyard, they have become quite proficient at identifying their feathered friends. Cardinals, golden finches, cedar wax wings, woodpeckers and chickadees are only a few of the birds to visit the six bird baths and seven large bird feeders creatively displayed throughout the backyard. It is here that Gerald, and certainly Vicki, are most happy. When the weather is nice, Katie said, "I know not to call Mom and Dad during the day." Anyone who knows the couple knows they will be outdoors, barbecuing, hosting patio parties or simply taking in



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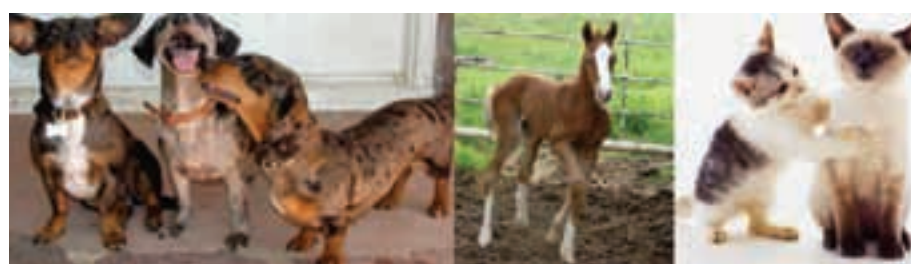
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the wonders of their backyard.

In addition to all the hard work they have put into their home, they have also created a workshop and patio, as well as a serene greenhouse that is Vicki's refuge from the world. Designed by Gerald, it is a cozy, picturesque room devised of

**“Mid pleasures and palaces though we may roam.**

glass and recycled windowpanes. A brick walk is centered in the room with garden stones on either side or antique glassware lined along the multiple shelves. Intermingled with the antiques are Vicki's favorite houseplants. Outside, the garden is thriving with antique roses, iris, salvia, sweet pink daisies, yarrow, wisteria and althea trees.

Though it is a backyard anyone would treasure, it truly captures the essence of the Kelsey family. They are concerned about their environment and appreciative of what they have.





Their regard of the world is reflected in their children. Both Michael and Katie enjoy adventure, but honor their parents. Like the furnishings of their home, they revere family history and what is to come on the horizon.

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Sir Henry Bishop penned the now famous phrase, "Mid pleasures and palaces though we may roam. Be it ever so humble, there's no place like home." Though this certainly applies to the home of Gerald and Vicki Kelsey, nothing could so aptly illustrate who they really are better than an inscription Vicki painted on the wall of her bedroom. Again, she said, "It just kind of came to me."

It reads: "Yesterday is already gone — Tomorrow has not yet come. We only have today, let us begin." **WOW**

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*American Indians and scenes of life in the Deep South are among Lynn LaRose's favorite subjects to paint.*

# A LaRose by Any Other Name

— By Jaime Ruark

The LaRose family built their dream house in Maypearl. It is a beautiful home, airy and open. The house is still a work in progress, however, because Lynn LaRose, along with her husband, Larry, and their 13 year-old daughter, Worth, were forced to move in early due to a horribly unforeseen circumstance. On Monday June 5, 2007, the very day they closed the deal on their previous home in Ovilla, a fire ravaged the house.

The LaRose family was in the process of moving their belongings, waiting for their new home to be finished. They were home the night the fire began. "I thought it was fireworks being popped," Lynn said, of the noises she heard coming from her garage. "It was so crazy. The family who was moving in had brought their stuff over that morning, we closed that afternoon and then that night it burned down." Neighbors saw the blaze and came running; thankfully no one was injured. The family did lose many of their belongings, sadly, including many of Lynn's Giclee prints and two new pieces



## ARTS NOW

she had recently completed.

A budding artist in the fourth grade, Lynn grew up drawing people and recreating the Beatles and Sonny and Cher album covers. She began art classes in the eighth grade and went on to receive a Fine Arts degree from Auburn University in Montgomery, Alabama. "I didn't paint for years, though, until my daughter was about 3 years old," Lynn recalled. She is now the Web master for the Ellis County Art Association in Waxahachie, developing and maintaining their Web site for the past four years.

Lynn's oil paintings on canvas are as large as life; as evidenced by a 48 x 60-inch canvas currently residing on an easel next to her kitchen. She has her own large art closet, filled with stack after stack of her vibrantly hued works depicting her favorite subjects: American Indians and the Deep South. "In my last house, I had my art everywhere, in every closet. So when we designed this house, I wanted a place just for my art," she smiled.

Much of Lynn's work reflects the strength of the Indian heritage; pieces such as *Victory Flag* and *Brave Journey* showcase Indians in authentic outfits and war paint, their long hair streaming and their jaw lines set in bravery. "I love painting Indians," she enthused. "One of my favorite models is Moses Brings Plenty. He's a Sioux Indian from South Dakota. He has played in several movies; he was in *Hidalgo*. We're friends and we e-mail each other. The last time he came through town he stayed at our house and we had a little powwow," she continued with a laugh. "My daughter just loves him."

Lynn's love of southwestern art eventually led her to Jim Hatzell's Artist Ride, a by invitation only artist event that takes place every summer at Sharer's Ranch in Wall, South Dakota. Scenes from the past are recreated for the attendees to photograph, giving



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## ARTS NOW

Lynn authentic material for her paintings. "It took me three years to get an invitation," Lynn said. "I was on the waiting list. Only 50 artists can attend because they don't want it over-crowded." The year she finally received her much-anticipated invitation, her brother, Worth, for whom her daughter



is named, passed away. "He was my best friend. I just couldn't go, so I wrote Jim and told him I couldn't come. I got an invitation that next year," she shared. Once she was finally able to attend, Lynn was "in hog heaven. I called my husband and asked him if we could move there," she laughed.

The four-day retreat is an artist's paradise. "Jim brings in Indians and models for us to photograph," Lynn explained. "The Cheyenne River runs through the ranch, and the land has been well-preserved. They keep the site pure and everything is authentic. If the model is a Confederate soldier, they have to stay in the authentic historical Confederate tent. The Indians stay in teepees, but I stay in a hotel," she added with a smile.



## ARTS NOW

"There's always a field trip to some place other than the ranch. One year we went to 1880 Town, a town they built to look like it is right out of the television series *Guns, Smoke, and Boats*. It has a train station, a bar, a saloon and a jail," she said. "It was a blast. Moses showed up. None of the Indians came, because

**"I love painting Indians. One of my favorite models is Moses Brings Plenty. He's a Sioux Indian from South Dakota."**

you wouldn't see them in a Western town, of course, so they put him in jail! It was fun."

Lynn works for the Army and Air Force Exchange Service, but plans on painting full-time when she retires. She has begun a Deep South series she calls Peas and Carrots, with her daughter and a young man named Braden as her subjects. Worth has inherited the artistic bug. "She draws every day, no exaggeration. She is very talented," Lynn boasted.

Lynn's favorite time to paint is during football season. An avid college football fan, her easel is set up close to the television where she watches three or four games every Saturday. "That's when I get a lot of painting done," she added. **NOW**

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# Angels Among Us

— By Sandra McIntosh

The YMCA Angels League has grown in leaps and bounds every year since its inception in 2002. The idea of a special-needs league was born after a trip to California two years earlier. “I saw a similar program while I was there,” said Tony Lokash, longtime Waxahachie YMCA district executive director. “By the time I came home with the idea, it took another two years to organize the venture and get the funding needed to pull it off. For this area, we are on the cutting edge. There are only three other programs like the Angels League in the state of Texas.”

When the program first began, Mark James was the sports director. He worked diligently to get the adaptive sports league concept underway by first offering T-ball. Now, with Kelli Hill, sports, health and fitness program director, at the helm, the flourishing league includes so much more. “Basketball is in its fifth year,” Kelli said, proud of the overwhelming interest and growth. “Just last year, we incorporated swimming and indoor soccer. The future is looking to include volleyball.”

The goal for Kelli and her sports coordinator, Randy Johnson, is to organize the Angels League around all the other offerings at the YMCA. In doing so, they both must always consider what works best for the special-needs children and their parents. “Early mornings are no different for the Angels,” Kelli said, referring to the difficulty the regular young athletes have when it comes to getting out of bed early to play a competitive sport. “Randy and I want them to excel to their full potential, so I work very hard to include them on the schedule where they will enjoy the most success.” Between the two of them, they have been able to mainstream



## Sports NOW

all the children, both regular and special-needs, by scheduling the Angels League games in the middle of the day. "Doing it this way allows the Angels to experience the crowd factor," Randy explained, citing basketball as his example. "They also get acclimated to one another."

Over the years, all those associated with the Angels League have learned a



great deal about what works and what does not work. During this process of trial and error, Kelli has realized how important time is to these young, willing athletes. Too little time will leave them discouraged, but playing too long at any one activity can mean a loss of attention for the players. "Spending too much time in practice can wear them out, causing them to be discouraged or let down. We've learned to keep practices from 30 to 45 minutes long," Kelli added. "Games, from warm-up to the final second of play, are kept to about one hour."

Swimming for the Angels begins this month and will extend through the entire month of July. "This is by far the longest sport in the program," Kelli interjected, "because it's easier for

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## Sports NOW

the kids to tolerate the heat when they are in the water." After a short break, athletes return to the YMCA gym in October for a full month of indoor soccer. Another short break is taken before basketballs heat up the floor in January. One final break is followed by the start of T-ball. "All sports are



played for one solid month, except for the swimming," Kelli added. "We try to finish T-ball before the weather gets too hot." Hot and cold temperatures affect each child differently depending on their special need. Some children get tired much faster than others because they are confined to wheelchairs. "They have to exert so much upper body strength," Kelli said, "while other special-needs athletes are able to use both their arms and legs."

Volunteers are needed to make the Angels League a success. "We don't just have volunteers," Kelli smiled, "we have dedicated volunteers, who return every year to help out. They are the heart of the program." Volunteers Buster Bowie and Jerry Fowler have been the head coaches ever since the league began. "When you first meet Buster, he comes off loud and intimidating,"





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## Sports NOW

Kelli shared, as Randy laughed in agreement. "To see him with the kids is simply amazing."

"Volunteers must be part of the program in order for the Angels to participate," Randy said, quickly stating that up to 2,000 people volunteer at the YMCA throughout the year. "That's the only way the program continues to grow."



Kelli also mentioned Oscar Jackson, a man who stands 6-feet, 10-inches in height and volunteers his time as a referee. He is like a magnet to the children in the league. "All he has to do is walk in the gym," Kelli said, "and the kids just automatically gravitate to him." Kelli never has to call Oscar. "He calls me to ask if he can play," she laughed. "Once you get involved, you're hooked. It's addicting to see their happiness and joy to play. It's just so simple because they are all winners." This satisfaction of helping children has so much to do with volunteers returning to the YMCA year-after-year to help. "The success stories here are many. Not only with the special-needs children and their families, but with everyone who sees them actively participating," Kelli said. "Their joy is contagious!" **NOW**

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## Business NOW



— By Sandra McIntosh

At Anytime Fitness, safety is the key to great customer service. In fact, the purchased key fob allows club members entrance to the club 24 hours a day, seven days a week, 365 days a year. The key also turns the tanning beds on and allows for items to easily be purchased from the vending machines. Security can also be found in “panic buttons” located in specific locations throughout the gym, as well as on necklaces that are available for active members. “The Waxahachie Police Department patrols the area on a regular basis, too,” Dr. Tim Peele, certified personal trainer and owner of the club, added.

To explain the importance of the key further, one must understand the system in place. As a member enters the gym once their key has been automatically scanned, they pass through what is known as a tailgate detection system. This system validates only one person at a time, so if someone enters quickly behind the member, the system registers that entrance immediately. “Members are allowed to have guests,” Tim said, “but when they do, it’s important they go directly to the guest table and

sign the book so we have record of their visit on the book, as well as on the camera that oversees the book.”

Anytime Fitness is conveniently located at 1440 North Highway 77 in Building B, Suite 6. Needless to say, Tim is well-educated in the areas of health, fitness and weight training. “In this business you need to know what you’re talking

about or someone could hurt themselves,” Tim said, referring to the proper way in which to work out on each machine. “Everybody is different, so their workout will be different.” Tim added that finding good employees has been the hardest aspect of the business.

“You need reliable,

dependable, trustworthy, committed individuals who are willing to learn and who enjoy people,” Tim explained. Luckily, Tim has found these qualities in the two assistant managers he currently has on staff who are available during





## Business NOW

the week from 2:00 - 9:00 p.m. and Saturday from 2:00 - 6:00 p.m., depending on their individual schedules.

When visiting the facility for the first time, some individuals may feel a bit intimidated by the number of machines available at Anytime Fitness. They may also feel a bit lost in all the open space. "The machines are spread out so members don't feel cramped and uncomfortable," Tim interjected. There



are areas dedicated to specific needs. The free weights are found in the back of the club in one mirrored corner. Smith workout equipment is lined up in rows at the front, while cardiovascular machines are located on the opposite end along a bank of windows. "As far as I know," Tim said, "we're still the only fitness center in the immediate area to have a Nautilus TreadClimber." The TreadClimber has become a popular item due to the results of research and studies. It is a favorite for the women because it burns twice as many calories as the regular tread mill.

Whether you are just beginning a workout program or have been working out for a lifetime, Anytime Fitness has something for you. "It's never too late to start," Tim said. "Getting out of your comfort zone and taking the first step is the most important thing. Just get started." Getting started is as easy as stopping by the club during those times aforementioned when a staff member is available or simply call (972) 923-2171 to schedule an appointment. **NOW**

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## Education **NOW**

# A Gift of *Hope*

— By Faith Browning

The Ellis Christian Women's Job Corps® (CWJC) is a gift of hope for women in need of spiritual guidance and basic education. They provide a strong foundation to promote self-esteem in women who either lack education from dropping out of high school; women who have stayed home to rear children who have yet to enter the work force; or women needing assistance in breaking the cycle of poverty. They also assist women in preparation to acquire a General Educational Development (GED) certificate. "There is a great need in Ellis County for this program," executive director Kathrynne Boroughs said. "The only requirement is the women [must] want to change."

Kathryne and her associate, Margo Wells, are the major operational components of this nonprofit organization. These two giving women maintain a loving, but structured environment for women to gain the abilities needed to enter the job force with confidence and pride. They also offer the opportunity of learning how to create and maintain a healthy setting for their families.

The 16-week program is comprised of classes in home economics, computers, communications, money management, health, English, math, careers, boundaries, parenting skills, crafts and daily Bible study. "We offer life skills, as well as employment skills," Kathrynne explained. Since everyone cannot take full advantage of the 16-week program, the Job Corps allows women to benefit from specific courses as they are able. "Success is not finishing classes," she said. "Success



is changing their lives, and that can be done little by little."

The students begin every day with Bible study. Kathrynne soundly believes these classes provide the women with a strong foundation on which to build their self-worth. "They come to us with their self-esteem on the floor," Kathrynne said. "By the time they finish the program, they think 'I am somebody. God does not make junk. I can do this.'"

Kathryne and Margo both agree communications is one of the most beneficial classes. This class provides the confidence needed to properly present themselves to others. This skill will greatly aid them in acquiring valuable employment.

The home economics class gives the women self-reliance in caring for their homes by covering the skills of cooking, cleaning, ironing and organization. Learning ironing techniques instills pride in their personal appearance. The computer class enables them to compete in the computer-oriented world in which we now live. They are taught word processing, spreadsheets and typing proficiency. "I sit in the back of the class observing, and I even learn new things," Margo said. Career class focuses on identifying their strong points; distinguishing which type of jobs they would most likely excel at. This class shows them how to prepare their résumés for the time when they are ready to venture out for a new job.



## Education **NOW**

Even though Kathyne is everyone's mentor, the program provides each student with her own personal mentor. "We don't want our mentors to be fairy godmothers to them. We just want to help our students adjust to life," she explained. "It makes all the difference in the world."

After the students complete the program, they have a grand graduation celebration with key speakers, performers and fanfare for their proud accomplishments. "Women come in

**"Success is not finishing classes. Success is changing their lives, and that can be done little by little."**

here saying they have never accomplished anything in their lives," Kathyne said. "They rejoice when they receive their certificates."

The program's first classes started in March 2006 in a small building provided by the Frontier Church. CWJC is currently located at the Texas Baptist Home on Farley Street. At present, this program is entirely dependent on the generosity of others. Monetary donations help provide the students with all their class supplies and workbooks. Church groups and individuals provide breakfast and lunch for the students daily. All teachers, staff and board members give their time and expertise to ensure the program's success. The kindness of churches, businesses, organizations and individuals



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## Education **NOW**

has helped them acquire most of the equipment they need. "When they hear about our ministry, they recognize it as a good cause," Margo said.

Fundraising is one way funds are obtained. Past fundraisers have included a music jamboree with a silent auction, Southern Gospel entertainment and quilt raffles. Currently, they are selling a well-put-together cookbook, which includes their mission statement and



a dedication to all their volunteers and sponsors. The program's advisory council is always brainstorming on future fundraisers to engage and inform the community.

Kathryne and Margo have a big vision for CWJC. Kathryne has written out her vision of a 13-acre complex complete with several large classrooms, a chapel, a state-of-the-art kitchen, daycare facilities, an auditorium, a thrift store for training and nine duplexes to house homeless mothers. Margo's vision is for employers to come out of the woodwork offering all CWJC students wonderful jobs requiring the skills provided by the program.

The word of CWJC's life-changing program needs to be shouted from the rooftops. Their need for new students, mentors and teachers is as great as their need for funding. Kathryne and Margo encourage women who want and need a change in their lives to come by and see the uplifting opportunities they have to offer. "You can go to places that give you a hand-out," Kathryne expressed. "Giving them a hand-up is a different story." **NOW**



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## Around Town NOW



Citizens National Bank, top left, was the sponsor for this years Partners in Education Volunteer Appreciation Luncheon. Stuart Stephenson, PIE advisory co-chair, top right, dressed in Hollywood style as he welcomed guests to the luncheon. Ribbon cuttings were held clockwise from second row left: James Schico, Ken Box with Edward Jones, Benedict Counseling and Paradise Grove Market.

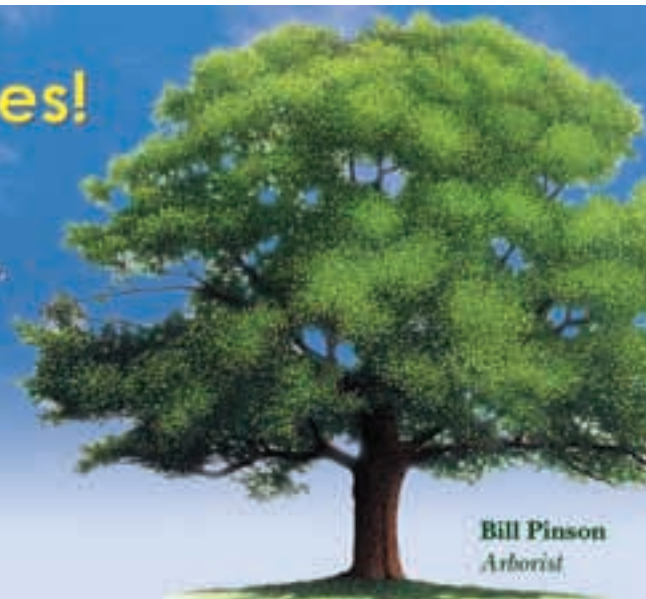
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## Around Town NOW



The fairy at the Scarborough Renaissance Festival, top left, sprinkled Aaron Middleton with stardust. The P.I.E. Advisory Board Award went to the Waxahachie Fire Department, top right. Teresa McNiel and Melissa Cobb, second row center, shared a laugh prior to the start of the P.I.E. Volunteer Appreciation Luncheon. Brooks and Dunn, second row right, were in downtown Waxahachie recently shooting a music video. A room full of volunteers, bottom left, enjoyed the luncheon given in their honor. A ribbon cutting, third row right, was held at Infinite Care Home Health. The WHS Jazz Combo, bottom right, provided the musical entertainment during the P.I.E. luncheon.





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## Look Who's Cooking

By Faith Browning

### IN THE KITCHEN WITH LINDA PRACHYL

**B**eing of Czech heritage has always influenced Linda's cooking. She enjoys preparing traditional Czech dishes of strudel and *kolaches*, with her husband, Al, contributing his homemade smoked sausage. They love experiencing new cultures by traveling overseas every year. "We are trying to see as much of the world as possible," she said. "I like to compare my Czech cooking with other European cooking."

Linda strongly believes the importance of families eating meals together. Having nine grandchildren, she normally has at least six eager eaters sitting at her table for a meal. "It's really cute when they burst in the back door and run up to the stove to smell what's cooking," she said. "I can tell if they like it, so I set out another plate." **NOW**

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

#### SUGARED PECANS

- 1/2 cup butter
- 2 egg whites
- 1 cup sugar
- 1 lb. pecan halves

Smear the butter in a 15x10x1-inch pan. Beat egg whites until foamy. Gradually add sugar 1 tablespoon at a time, beating until stiff peaks appear. Add pecans; stir until coated. Pour pecan mixture into buttered pan and spread mixture out even. Bake 325 F for 30 minutes. Turn with spatula every 10 minutes. When done, spread out on sheets of paper towels until cooled.

#### FAMILY'S FAVORITE SOUP — TORTILLA SOUP

- 1 onion, chopped
- 1/2 cup green pepper, chopped
- 2 cloves garlic, minced
- 1 Tbsp. olive oil
- 1/2 cup picante sauce

- 1 14-oz. can diced tomatoes
- 1 6-oz. can green chilies, chopped
- 1 16-oz. can beef broth
- 1 16-oz. can chicken broth (I add 1 can of water with this.)
- 1 10-oz. can tomato juice
- 1 1/2 cups water
- 1 tsp. cumin
- 3/4 cup carrots, sliced
- 3 - 4 raw chicken breasts, cut into small pieces
- 1 cup zucchini, cut lengthwise, then sliced

Sauté onions, pepper and garlic in oil until tender. Add next 8 ingredients; bring to boil. Add carrots and chicken; cover and simmer 30 minutes. Add zucchini and cook until tender. Serve with tortilla chips, diced avocado and grated Monterey Jack cheese.

#### L'I'L CHEDDAR MEAT LOAVES

- 1 egg
- 3/4 cup milk
- 1 cup shredded cheddar cheese

- 1/2 cup oatmeal (not instant)
- 1/2 cup onion, finely chopped
- 1 tsp. salt
- 1 lb. uncooked lean ground beef

#### SAUCE:

- 2/3 cup ketchup
- 1/2 cup packed brown sugar
- 1 1/2 tsp. prepared mustard

In bowl, beat egg and milk. Stir in cheese, oatmeal, onion and salt. Add beef and mix well. Line a 13x9-inch pan with foil and spray with oil. Shape into 8 loaves; place on pan. Combine sauce; brush 1/2 on top. (While the loaves are baking, I brush on the rest of the sauce.) Bake uncovered at 350 F for 45 minutes or until meat is no longer pink.

#### CORN CASSEROLE

- 1/2 cup margarine
- 1/3 cup onions, chopped
- 3/4 cup green pepper, chopped

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## Who's Cooking NOW

- 1 17-oz. can cream style corn
- 1 17-oz. whole kernel corn (do not drain)
- 3 eggs, well beaten
- 1 1/4 cups corn muffin mix
- 1 cup shredded cheddar cheese

In a small skillet, melt margarine, sauté onion and pepper until crisp tender; let cool. In a large bowl, combine corns, eggs and muffin mix; blend well. Add sautéed onion and pepper mixture to bowl; mix well. Pour into a well-greased 2 qt. casserole; sprinkle cheese on top. Bake at 350 F for 55 or 65 minutes, until firm.

### ZUCCHINI BREAD

- 3 cups flour
- 1 tsp. baking soda
- 1 tsp. baking powder
- 1 tsp. salt
- 1 Tbsp. cinnamon
- 2 1/2 cups sugar
- 3 eggs
- 1 Tbsp. vanilla
- 2 cups zucchini, grated
- 3/4 cup oil
- 1 cup chocolate chips (semisweet)

By hand, mix first 10 ingredients together. When mixed, add chocolate chips. Grease and flour two bread pans or spray with Baker's Joy. Bake at 350 F for 1 hour.

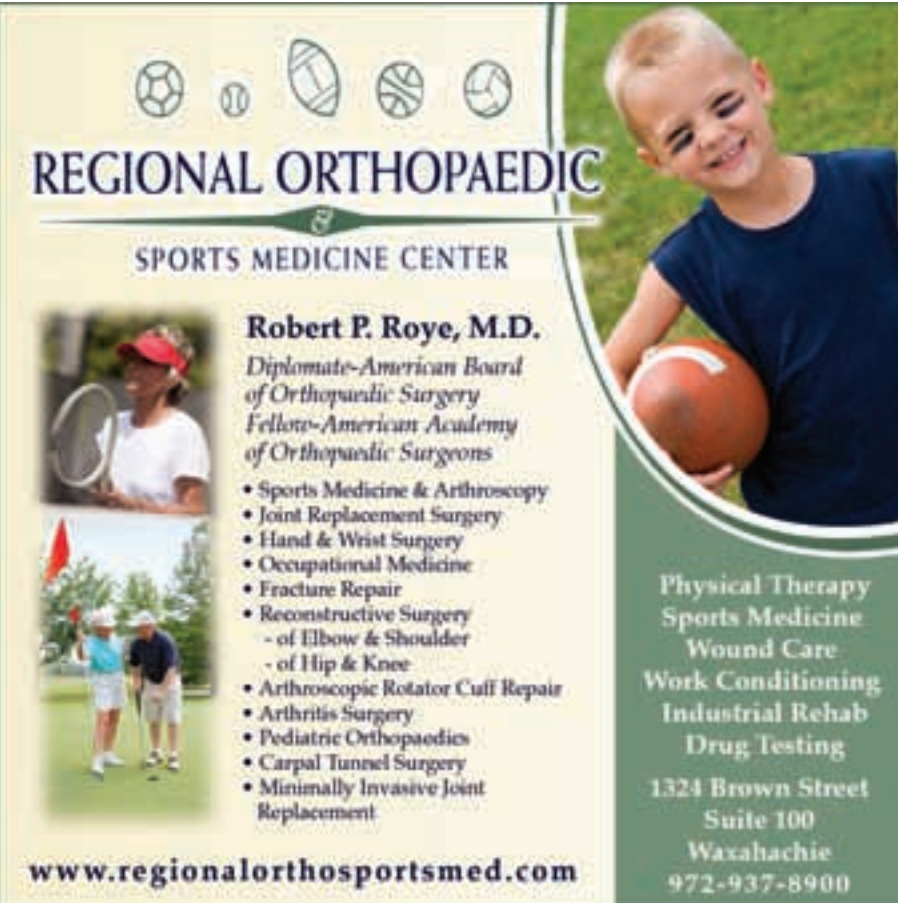
### OLD FASHION COLE SLAW

- 3 cups cabbage, shredded (I use purple and green cabbage or prepared bags.)
- 1 carrot, shredded (Omit if using prepared bags with carrots.)

#### DRESSING:

- 1/2 cup sour cream
- 1/3 cup sugar
- 2 Tbsp. vinegar
- 1/2 tsp. salt
- 1 tsp. paprika
- 1/8 tsp. black pepper

Mix all together about 1 hour before serving. I usually make the dressing the day before so that the flavors can blend.



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## Finance **NOW**

# Follow a Withdrawal Strategy That Won't Leave You Empty

— By Jeff Trojacek

When you're working, you probably focus on how much you're putting in to your investment portfolio. But when you retire, how much you take out will be a matter of considerable interest. And that's why you have to prepare the proper withdrawal strategies.

Specifically, once you retire, you'll need to decide what percentage of your investment portfolio you can withdraw each year without running out of money. How much can you take out annually?

There's no one right answer for everyone. However, when you're considering a suitable withdrawal rate, you'll need to consider a few different factors — one of which is your age at retirement. Given today's longer life expectancies, you could easily be around — and incurring a wide variety of expenses — when you are 90 or older. Consequently, the younger you are when you retire, the lower your annual withdrawal rate should be.

But, when determining your ideal withdrawal rate, it isn't just the sheer number of years that you need to consider; it's also what's happening to your purchasing power during those years. Even with a relatively mild annual inflation rate of 3 percent, it would take just 25 years for the cost of living

to essentially double. So, if you need, say, \$75,000 per year to cover your expenses when you retire, you will need \$150,000 per year in 25 years. If we go through a period in which inflation rises significantly, you might have to scale back your annual withdrawals or adjust your investment portfolio



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## Finance **NOW**

to provide more opportunities for growth.

And, speaking of your investment mix, it's also a key factor in determining your annual withdrawal rate. If you own mostly fixed-rate investments, such as bonds and certificates of deposit (CDs), you will probably have to take smaller withdrawals each year than you would if your portfolio contained a greater percentage of stocks. That's because stocks, over time, have more growth potential than other types of investments — and you will unquestionably need this growth to combat the two threats to your retirement income described above: longevity and inflation. (Of course, stocks also carry the risk of losing some, or all, of your principal. But if you invest in an array of quality stocks and hold them for the long term, it doesn't guarantee a profit or protect against loss, but you may be able to help reduce the effects of price volatility.)

Another factor behind your annual withdrawal rate is the amount of income you can expect from other sources. If you open a small business or do some consulting, you may be able to withdraw less from your investment portfolio than if you had no earned income during your retirement years. You also may be able to make lower annual withdrawals if you've built up a sizable pension or 401(k), supplemented by your monthly Social Security checks.

Your financial advisor can help you develop a withdrawal strategy that is suitable for your individual needs and that can counter the effects of inflation, longevity and market volatility. By making the right moves at the right time, you can go a long way working toward the retirement lifestyle you've envisioned. **NOW**

*Jeff Trojacek is an Edward Jones representative based in Waxahachie.*



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# Health That is Skin Deep

— By Betty Tryon

As the hot, summer days wear on, concern for the health of your skin usually reaches its peak. The skin carries the honor of being the largest organ of the human body. With such a large area, surprisingly, many of the problems encountered with it are easily remedied. That is primarily because the skin has the ability to rejuvenate and regenerate itself. A basic understanding of the general anatomy of the skin gives insight into this process.

The skin consists of three layers. The top layer, epidermis, is the skin you see. It constantly forms new cells. These new cells replace the old ones. This top layer of the skin also contains the pigment melanin. This pigment gives the skin its color and causes it to tan by producing more melanin when exposed to the sun.

The second layer of the skin lies beneath the epidermis and sustains the health of the skin because the blood vessels located there provide oxygen, nourishment and temperature regulation for the skin cells. The nerve endings are found there, as well as the sweat and oil (sebaceous)



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## Health NOW

glands. Also located in the second layer is collagen, a protein that provides support to the epidermis.

The third layer houses the subcutaneous fat, which holds the adipose (fat-filled) cells and provides insulation to keep our bodies warm. The depth of the third layer varies depending upon how much fat an individual possesses. This layer is where cellulite forms.

For healthy, radiant and glowing skin, there are some simple guidelines to follow. Eat healthy well-balanced meals, drink plenty of water and get a moderate amount of exercise every day. To keep skin clean requires twice-daily cleaning with whatever facial cleanser you feel most comfortable. Moisturize after every cleansing with the product that works best for you. The different types of moisturizers are numerous and you can easily find one tailor-made for your skin type. When you venture outside, wear sunscreen for protection, SPF 15 or higher is recommended. Apply at least 30 minutes before exposure to the sun. Proper protection will save you from not only skin cancer, but also premature aging.

The skin's incredible ability to shed and produce new cells can easily correct many problems. For example, many over-the-counter products can reduce the appearance of light wrinkles. They include: microdermabrasion products, products containing alpha-hydroxy acids and chemical peels. More extreme measures require the assistance of a professional — laser resurfacing, botox injections, dermabrasions and dermal fillers.

Knowing how to care for your skin and correct minor problems can restore vitality to skin and maintain that healthy look for many years to come. **NOW**

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

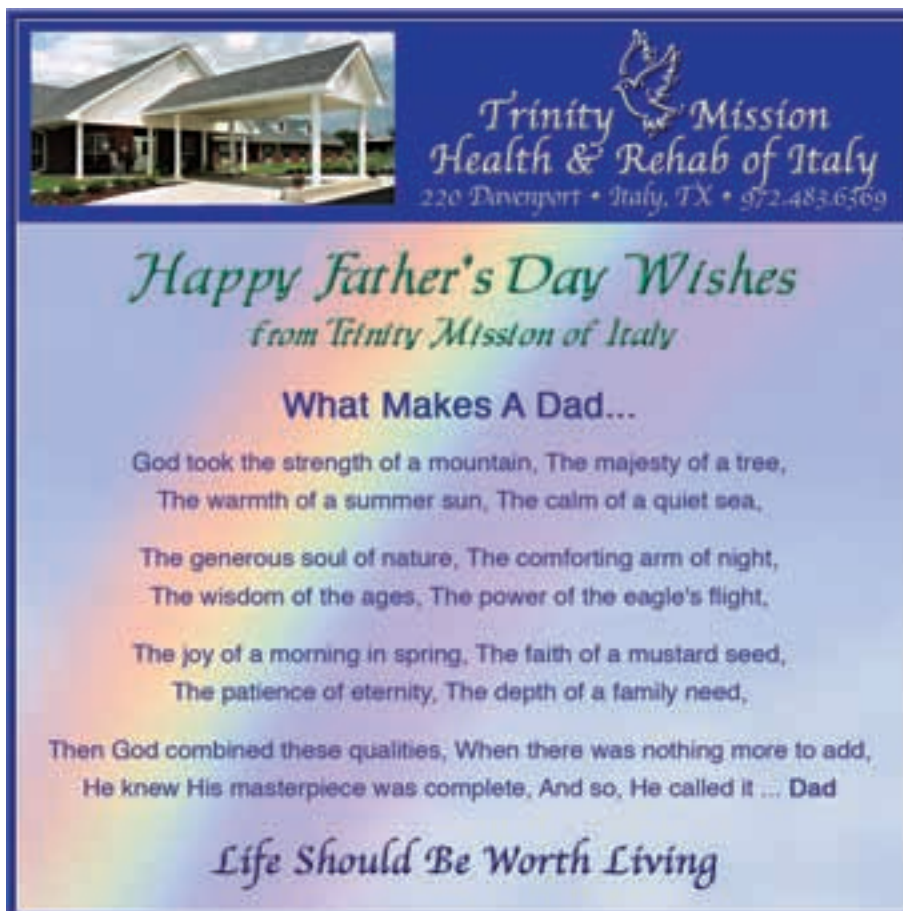


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The generous soul of nature, The comforting arm of night,  
The wisdom of the ages, The power of the eagle's flight,  
The joy of a morning in spring, The faith of a mustard seed,  
The patience of eternity, The depth of a family need,

Then God combined these qualities, When there was nothing more to add,  
He knew His masterpiece was complete, And so, He called it ... Dad

**Life Should Be Worth Living**



## Great Outdoors **NOW**

# Mother's Day *Forever*

— By Nancy Fenton

Did you get one of those big, beautiful hydrangeas for Mother's Day? It does not have to be a one-time thing, if you are willing to give it a little help.

When it starts to droop inside, soak it overnight in a deep dish outside and find a good-sized spot near your back door for it. Get that spot ready by digging in lots of organic stuff like dead leaves or compost. Hydrangeas need lots of air and water and will grow large. Our clay/rock soil needs organic help in that area. Of course, we are talking about a shady spot since

hydrangeas will not take hot sun without burning up. After the plant has soaked overnight, plant it in a wet hole in that shady spot you have ready. Planting it by the door where you walk in and out makes it easier to remember to water it!

The plants that are forced in a greenhouse will grow outdoors with a little extra care, but do not look for luscious blooms next Mother's Day. It will take a bit longer, but they will bloom if you have not cut them back. All hydrangeas bloom on old wood, so trimming is in line right after they bloom. If you wait until spring, you stand a chance of cutting off all the stems that would have bloomed! They can be shaped up after blooming and left to make lots of new blooms the following spring.

Nurseries sell several varieties, if you did not get one for Mother's Day. Bluebird is a sturdy variety with oblong olive leaves and flat lacecap flowers. Annabella develops into a white hedge, whereas the newest variety, Endless Summer, produces large, showy flowers over several months.

Winter care requires heavy mulching to protect the plant from the cold. If you have yours in a large pot, a light place in the garage will do. Plant and protect for a lifetime of blooms to remind you of a special Mother's Day. **NOW**

*Nancy Fenton is a Master Gardener in Ellis County.*

**Plant and protect  
for a lifetime of  
blooms to remind  
you of a special  
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# June 2008

## Community Calendar

The Waxahachie Head Start Program will be held this coming school year at Dunaway Elementary School. Applications will be taken throughout the summer. For more information, call Site Facilitator Lucy Mares at (972) 923-4763 or e-mail [Imares@wisd.org](mailto:Imares@wisd.org).

### June 1 - 8

Painters will be setting up their easels on the streets of historic downtown Waxahachie and designated historic districts during "Paint Historic Waxahachie," the *Plein Aire* art event that has become an annual celebration of outdoor painting at its best. The public is invited to observe and interact with the artists. The event is sponsored by the Ellis County Art Center and Museum. (972) 937-3414.

### June 5

Dutch Treat Out to Supper with the Senior Citizens of Waxahachie at 5:30 p.m. at local eateries. Call (972) 937-8271 for upcoming location.

### June 6

The Gingerbread Classic Florida Scramble, sponsored by the Waxahachie Chamber of Commerce & Convention and Visitors Bureau, will begin with lunch from 11:00 a.m. - 12:45 p.m. The shotgun start at the Waxahachie Country Club will begin at 1:00 p.m. Cost per player is \$110. For information, call the Chamber at (972) 937-2390 or e-mail [Ineedham@waxahachiechamber.com](mailto:Ineedham@waxahachiechamber.com).

Ellis County Relay for Life will be held at Maypearl High School, located at 600 Phillips Street. The event will start at 7:00 p.m. and continue until 6:00 a.m. on June 7. For more information, call (972) 293-6637.

### June 7

The annual Pancake Breakfast Fly-In, 8:00 - 11:00 a.m., Mid-Way Regional Airport. Breakfast tickets are \$6. One child under 8 eats free with a paid adult ticket. The event and parking are free. The public is invited. For more information, call Tammy at (972) 923-0080.

### June 7, 8

Waxahachie Trade Days, located at the Ellis County Expo Center, next door to the

Cowboy Church of Ellis County, will be open Saturday from 9:00 a.m. - 6:00 p.m. and Sunday from 9:00 a.m. - 5:00 p.m. For more information, call Les Clemons at (972) 617-8156, Gerald Huckabee at (903) 865-1385 or Dean Worley at (903) 286-0183.

Gingerbread Trail Historic Home Tour and Arts and Crafts Fair, sponsored by the Ellis County Museum, will begin both days at 10:00 a.m. and continue throughout the day until 6:00 p.m. Tour five selected homes and visit historically recognized buildings. Arts and crafts will be available in Getzendaner Park. (972) 937-0681.

### June 10 and 24

Waxahachie Business Interchange Networking, 7:30 - 8:30 a.m. Network with other professionals and promote your business. Bring \$1 entry fee and plenty of business cards. Coffee and pastries will be furnished. Call (972) 937-2390 for location.

### June 18

The Ellis County Christian Women's Connection, affiliated with Stonecroft Ministries, will be having their monthly luncheon at the Waxahachie Country Club, 1920 W. Hwy. 287 at I-35 East, Exit 401B. All women are welcome to attend a lovely and relaxing luncheon, a special feature and positive and uplifting speaker. The cost is \$13, all-inclusive. Nursery vouchers are available for those with young children. Reservations are preferred, however, walk-ins are welcome. To make reservations, please contact either Kay at (972) 937-2807 or Mary at (972) 937-9984, or e-mail Kay at [windchime@charter.net](mailto:windchime@charter.net) by June 15.

### June 19

Rise and Shine Joint Chamber Networking Breakfast, 7:00 - 9:00 a.m., MCM Grande Hotel Fun Dome. Network with other business professionals while promoting your own business. Bring \$1 for entry fee and plenty of business cards. (972) 937-2390.

American Business Women's Association (ABWA) Express Network monthly meeting, 5:45 p.m., Waxahachie Civic Center. Dinner: \$25. Please RSVP to Stephanie Kinnison at (972) 938-0703. Members are encouraged to

bring co-workers and friends. Guests are welcome! For membership information, visit [www.abwa-empoweringwomen.org](http://www.abwa-empoweringwomen.org) or call Daphne at (972) 723-6551.

### June 20 - 22

The annual Summer Balloon Classic will be held at Mid-Way Airport. Over 50 hot air balloons will take to the sky in all colors, shapes and sizes. The media flight will take place Friday from 6:00 - 8:00 a.m. The regular schedule is Friday from 4:00 - 9:00 p.m., Saturday from 6:00 a.m. - 9:00 p.m. and Sunday from 6:00 a.m. - 8:00 p.m. The event is free to the public. Parking is \$5. For information, visit [www.summerballoonclassic.com](http://www.summerballoonclassic.com).

### June 25

The Chamber Ambassador Luncheon, beginning promptly at noon, will be held at the Chamber's conference room, 102 YMCA Drive. All Waxahachie area Ambassadors and all those wishing to become Ambassadors are encouraged to attend. Cost is \$10 per person. Call (972) 937-2390 for information.

### July 12, 13

Waxahachie Trade Days, located at the Ellis County Expo Center, next door to the Cowboy Church of Ellis County, will be open Saturday from 9:00 a.m. - 6:00 p.m. and Sunday from 9:00 a.m. - 5:00 p.m. For information, call Les Clemons at (972) 617-8156, Gerald Huckabee at (903) 865-1385 or Dean Worley at (903) 286-0183.

### August 9

The First United Methodist Church will host classical guitarist Stacy Arnold. The free concert will begin at 7:00 p.m. and is open to the public. Stacy will perform a solo guitar concert featuring the music of Villa-Lobos, Ponce, Back, Giuliani, Sor, Lauro and several others. FUMC is located at 505 W. Marvin Ave. For information, call the church office at (972) 937-4400.

To have your events posted on the community calendar, e-mail us at: [smcintosh-nowmag@sbcglobal.net](mailto:smcintosh-nowmag@sbcglobal.net).

For more community events, visit our online calendar at [www.nowmagazines.com](http://www.nowmagazines.com).





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