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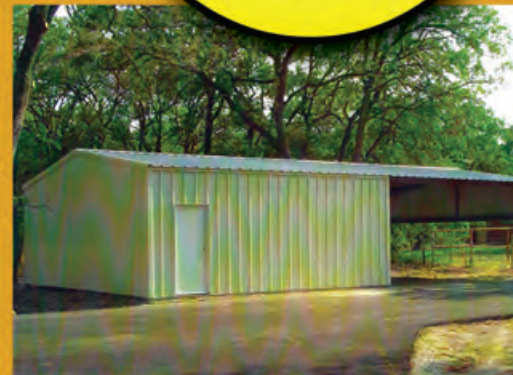
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## ON THE COVER



Tochi Nlemchi believes in pushing herself to the limit.

*Photo by Amy Ramirez.*

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## Editor's Note

*Happy Father's Day!*

This is the first Father's Day without my dad, but I'm not going to be sad. I'm going to celebrate the years I had with him as I remember the many times he asked, "Do you have to be so loud?" That sentence used to bring me to tears, but not anymore. In fact, when I'm spending time with family, I try to be "loud and proud," just so I can look at his photograph with a smile, knowing what he would say if he were in the room with us.

As I close my eyes, I can almost see him from his place in heaven. Along with so many other beloved fathers who were taken too soon, Dad is looking down with a sense of pride. He sees the legacy he left behind — the loud, proud legacy.

*Sandra*

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# THROWING FOR THE



*One event is all it takes to change someone's path in life. Tochi Nlemchi never dreamed she would discover a hidden athletic talent that would land her a full-ride scholarship to Southern Methodist University's track team. It all began during a physical education lesson in junior high where Tochi was encouraged to give throwing a shot put and discus a try. What happened next surprised Tochi and set her on an exciting path. "I didn't consider myself to be an athletic star," Tochi said. "When I threw, it was like nothing else I had ever done. The feeling of throwing farther and farther was incredible. This was a blessing from God I didn't know I had."*

Tochi grew up in Katy, Texas, and competed at Cinco Ranch High School her freshman and sophomore years. After the sudden passing of her mom, Henrietta Nlemchi, Tochi transferred to Waxahachie High School (WHS) to live with her dad, Kevin Nlemchi. Before long, Tochi found her place on the WHS track team in shot put and discus. During the 2012 season, she brought home first place in shot put at district, a third place in discus and second place in shot put at regionals and a sixth place in shot put at state.

"Going to state was a dream come true," Tochi admitted. "Even though I didn't come home with a first place win, it was an eye-opening event. I learned I would have to work a lot harder if I am going to win state this year. It has inspired me to push



# Future

— By Sydni Thomas

myself further and further each practice and competition.”

Shot put and discus training begins in the spring semester. During that time, Tochi focuses on weight lifting, stretching and a little bit of running. The coaches keep it fun, but also expect a lot from her. She throws both shot put and discus every day in a field. Before each competition, Tochi focuses on what she is about to do and prays for safety and strength. To date, her longest shot put throw has been 43 feet 5 inches and her longest discus throw has been 132 feet. Her goal is always to break her previous records, so that is something she has worked on throughout her senior year.

“Tochi is a very hard worker,” said WHS track coach, Dana Scott. “Transferring to a new school in the middle of high school is not easy for anyone, but Tochi has done it all while excelling in track. She has

been fun to watch and coach. I can’t wait to see what she does next.”

Shot put and discus competitions have been a part of the summer Olympic Games since the first one in 1896. Like many athletes, Tochi dreams of making it to the Olympics to compete in these classic games. The idea of going to the Olympics is a small seed of a thought in her mind that is with her at each competition. She competes as if each contest will take her there. Having an Olympian down the road in Red Oak has been

**“THE FEELING  
OF THROWING  
FARTHER AND  
FARTHER WAS  
*incredible.*”**



Tochi Nlemchi and coach Dana Scott



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a large source of inspiration for the high school track star. Tochi follows Michelle Carter's shot put career and is excited to be working with the same coach next year at SMU who got Michelle's father, Dave





Wollman, to the Olympics. "Making it to the Olympics is one of my biggest dreams," Tochi said. "It is all in God's hands whether I get there or not. He is the one who has given me this ability, and I will keep working very hard to get there."

Before the Olympics take place, Tochi will have the opportunity to compete at the collegiate level. In December of 2012, Tochi visited SMU's campus and athletic facilities. She had the opportunity to meet with Coach Wollman. One morning during her visit, Coach Wollman broke the news to Tochi that SMU wanted her to join their track team and would be giving her a full-ride scholarship. Tochi remained calm regarding the news and said she needed time to talk to her family about it and pray. "By going to SMU I knew that I would work with one of the greatest throwing coaches in the nation," Tochi said. "I would

also receive a great education, which is really important to me. With both of those opportunities I knew that SMU was where I needed to go."

As a professor of mathematics at





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Navarro College, Tochi's father wanted his children to not only live out their athletic dream in college, but also participate in a high-quality education program. With Tochi signing on for next year, SMU has turned into a family



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school for the Nlemchis. Tochi's older brother, KC Nlemchi, was a star football player at Cinco Ranch High School and was awarded a football scholarship to SMU, joining the team in 2010. "My dad is excited that both of his children will be getting an education from SMU," Tochi said. "It will be fun being on the same campus as my brother."

While going to school in Katy, Texas, Tochi could only compete in one athletic event. When she moved to Waxahachie and discovered she could join the basketball team and the track team, Tochi



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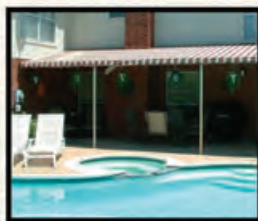
*In addition to my osteopathic degree, I also have a Masters in Public Health and Preventive medicine. I see a need for education about nutrition, as we see the epidemic of diabetes, obesity and other chronic diseases growing!*

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Coach Bobbie Janky and Tochi Nlemchi

signed up for both. Her athletic talent isn't just found on the field. She also shines on the basketball court, which gives her the opportunity to work as a team. Track and field events, for the most part, are solo competitions. Being on the basketball team helped her transition to a new school in the middle of her high school career.

Even though sports took up most of her senior year, it wasn't all work and no play. Don't be fooled by her ability to throw heavy weights long distances. Tochi is a girly girl at heart. She enjoys hanging out with friends when she is not practicing. Movies and shopping are her favorite downtime activities. She is also actively involved in church with her family.

A balance of hard work, faith and family has brought Tochi a long way from that first day when she was surprised to find she could throw. The many struggles Tochi has faced along the way, from living in a new city to finding her place on a new team, have taught her to work her hardest one day at a time. "Some days, I don't throw as far as I did before," Tochi said. "I don't get upset about it because I know my own potential. For me, every day is a new day, and that means I have the chance to throw my farthest throw yet." **NOW**



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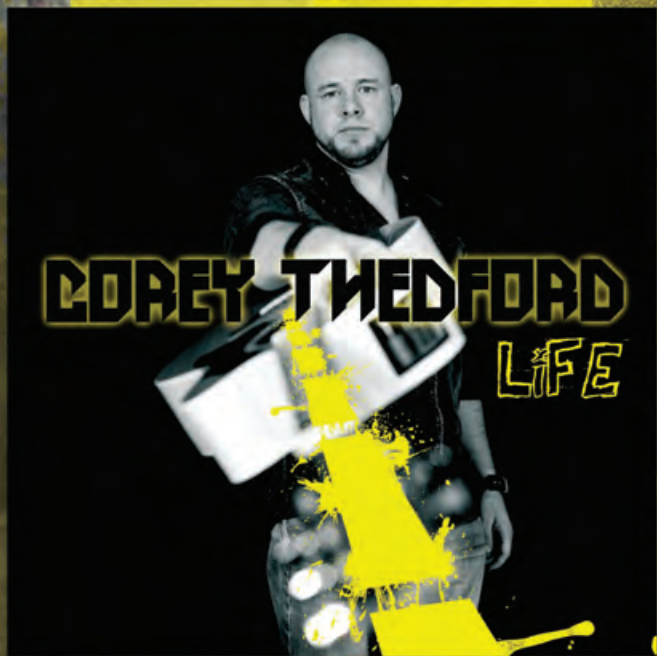




# Music in His Soul

— By Dianne Reaux

*Music has always been Corey Thedford's passion. He grew up in a musical family, and no one was surprised when he picked up a guitar and started plucking at the strings — eventually teaching himself to play. Over the years, Corey's love of music evolved into a successful musical career. But finding success challenged Corey and his faith in ways that could only be described as "divine intervention."*







Conni Cosetti, Corey Thedford, Trigg Even, Rick Whitley and Amy Beth Prescott (not pictured) make up the band. Corey Thedford and Broken Souls.

*"Our main goal is to spread the Gospel, to spread God's Word, and whatever happens next, happens."*

"Not only did my father play the guitar, but my grandparents played," he explained, regarding the foundation of his passion. "My grandfather played the guitar, and my grandmother played the piano." It would be fair to say this is where his musical influence originated. There just happened to be a piano in the home where he grew up. With a sharp ear and a lot of determination, Corey also taught himself to play the piano.

As Corey got older, music remained his passion. In high school, he enjoyed playing sports, but he didn't allow it to compromise his dedication to his first love. He laughed as he said, "I grew up in Maypearl and played high school basketball and football. During halftime, I would rip off my shoulder pads and run back onto the field to play with the band. That's where I actually learned to read sheet music. I learned to play the

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Corey's son, Ty, and daughter, Hannah, follow in their father's musical footsteps.

saxophone, and I also picked up the trumpet." As Corey continued learning to play instruments, he also started writing music.

Like music, Corey's faith had also been an important part of his young life. "When I was around 15 or 16, a friend and I would get together and go to local churches to play original songs we'd written, as well as singing hymns that were familiar to members of the congregation."

After graduating from high school, Corey joined the military, and this is where his journey began its unique evolution. "I joined the Air Force and started off building jet engines, then I cross-trained and went into computer security. I received top secret security clearance and worked in the intelligence field," Corey related. "I've traveled all over the world to places like Hawaii, Germany, Guam, England and Alaska. I met my future wife, Heidi in Maypearl, and we were married in 1997. Then we had our first child, Ty." At this point, life became really busy for Corey, and music slowly started to take a back seat. While he and his family were stationed in California, he would only strum his guitar occasionally. His family and career didn't leave much time for music, but that was going to change.

"When we left Travis Air Force Base, we were stationed at Barksdale AFB in Louisiana. While there, I ran into the same childhood friend that I had gone



from church to church with playing music and singing songs,” he explained. “We hadn’t seen each other in years. We reunited and formed a band called Release.” The pair sang all original songs, but there was one major difference, the music they sang wasn’t Christian music — it was a rock band, and the trappings of the secular music scene grew proportionally with the success of the band. “We were so successful that we ended up being sponsored by Budweiser,” Corey admitted. “I was still a Christian, but I wasn’t living my faith, and I got sucked into that secular lifestyle.



The band was on the cusp of becoming successful when we all received orders to leave Barksdale.”

In retrospect, this is where Corey first saw what he called “the hand of God,” move in his life. “All of us received military orders, and we were scattered to different bases all over the world. It should have been a wake-up call for me,” Corey stated, “but I wasn’t listening.”

Corey formed another successful secular band called Nebulous while stationed at Royal Air Force in Alconbury, England. After hearing their music, a local label put them in touch with a producer in London. And that’s when Corey said God stepped into his plans again because,

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as he stated, "I still wasn't listening." Both of his knees began to fail, and his military career ended, as did his relationship with the London producer.

The Thedford family retired from military life and relocated to Waxahachie. Corey's military intelligence career transferred easily into the civilian sector, where he now works in the information technology industry. "When we moved to Waxahachie, we found a church home

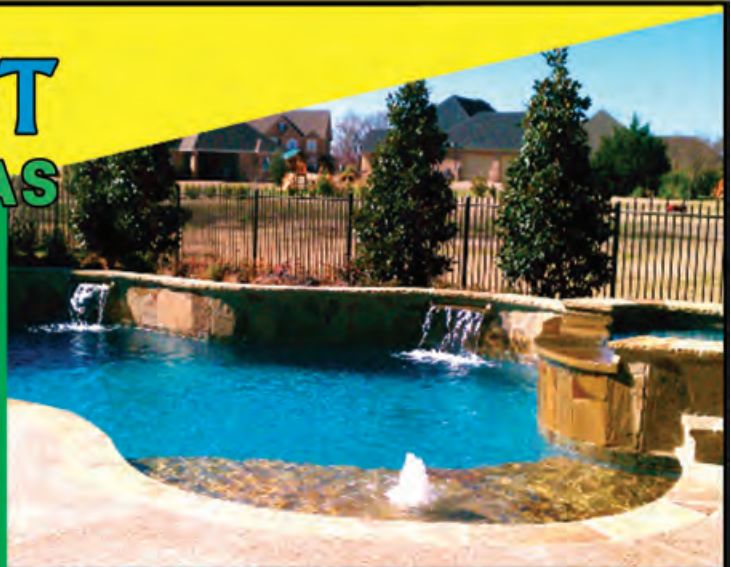


at Waxahachie Bible Church," he said. "I started assisting in leading the music worship portion of our services."

In 2010, Corey, along with Rick Whitley, Trigg Even, Conni Cossette and Amy Beth Prescott formed the band called Corey Thedford and Broken Souls. He credits their name to the fact that "God usually gets our attention, when souls are broken and lost." Although Corey and the other members of Broken Souls were not seeking success, it found them when their music caught the



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attention of local producers. But this time, the divine intervention Corey had been accustomed to thwarting his musical endeavors never materialized. In fact, heaven must have been smiling on Corey because in 2011 his band was signed to Tate Music Group, and they recorded their first CD.

Corey's journey has been a testimony with a circular narrative. "I started with my music in church, but drifted away. For a while, I was on stage performing for the world with a pitcher of beer in my hand. None of us are perfect, and we all have our struggles, but God is faithful," he shared. "Now I'm back in church and on a stage sharing a message of hope and faith. My story has come full circle because now the purpose of my music is to share God's word."

Today, Corey is a member of a new church plant called Remedy Church where he leads worship. And the musical tradition in the family continues — Ty, now 15, plays the guitar and drums, and their 13-year-old daughter, Hannah, sings and plays the piano. The Thedfords are a close-knit family who enjoys life in the keys of "low and slow." A quiet evening spending time at home together or catching the occasional family movie suits them fine.

Corey sees his band as having a singular purpose. "Our main goal is to spread the Gospel, to spread God's Word, and whatever happens next, happens," Corey stated. "I don't sing for fame or recognition. I'm just doing what I feel God has told me to do." This is a wonderfully appropriate sentiment from a man who has learned to live by his faith. **NOW**



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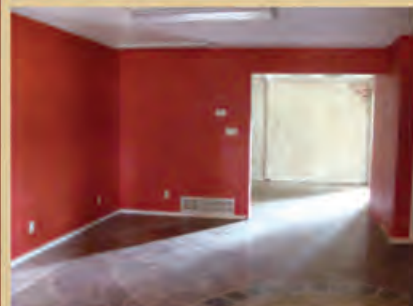
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*Three generations of children were reared in the small Craftsman home that the late Paul and Hattie Maxwell purchased in 1962. In 2011, after Hattie passed away, the home was transferred for safekeeping to its new caretakers, Bob and Kristy Pennock. As a tribute to the lives of her grandparents, Kristy and Bob began renovating the home with the intention*

*of preserving their family story. "The one thing my grandmother worried about most was this house being sold," Kristy said. "People told me living here would be too difficult, and that I should sell it. This house is more than a house. Three generations of us were raised in it, and now it is our responsibility to care for it."*



# Caretakers

— By Sydni Thomas



The Maxwells were not the first owners of the house, and Kristy decided to discover its beginnings as a side project. The house was moved to its current location from Monroe Street in the 1950s. A couple had paid to have it moved, and they lived there for a decade before selling it to the Maxwells. The structure of the house led Kristy to believe the front two rooms made up the original house and other rooms were added over the years. “From what I have found, it looks like the first part of the home was built in 1910,” Kristy said. “I have gone through records, but

since they are all handwritten and not on the computer it is hard to chase some of them down. It will take a lot more digging, but one day, we will know the home’s story.”

In 1962, the \$10,500 mortgage seemed so steep to Paul that he feared they would never be able to pay it off. He never imagined the house would one day provide a mortgage-free living for his granddaughter’s family. As soon as Bob and Kristy moved into the home, renovations began. Kristy served as the general contractor, while Bob was in charge of the budget.





From start to finish the renovations took 13 months, and not a single room was left untouched. The couple felt it was important to keep the structure and character of the house as original as possible.

"The house was still in great shape when we got it," Bob said. "Luckily there weren't any major problems. We rewired everything and redid all of the plumbing. Kristy did a great job as

general contractor and did not let anyone convince her to change what she didn't want changed."

"We lived here throughout the entire renovation process," Kristy said. "At times, we had no heat, running water or electricity. In the beginning we tried to stay with gracious friends and family, but this is our home, so we roughed it out. We both tried to stay at work as late as we could each night so we could be warm."

From the single-paned windows to the solid oak floors hidden underneath a layer of vintage green carpet, a lot of the original features stayed intact. The kitchen cabinets were updated with a fresh coat of paint, and a new backsplash was installed to modernize the room. One of Kristy's favorite features of the house is the 1930s built-in china cabinet in the dining room. When planning the renovations, removing the china cabinet to create an open floor plan was



discussed, but Kristy did not want to lose the charm it added to the dining room. The cabinet contains pieces of family history, from Hattie's journal, written

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during her teens, to photographs of Kristy's daughter's wedding. "I treasure the items that were left behind and what they mean," Kristy said. "Mamaw's diary from 1938 is my favorite possession of hers. I love reading it and seeing what she was going through at that time in her life."

The dining room is a symbol of family for Kristy. When the rest of the family gathered, it would be in the dining room around the table. When Kristy and her brother, John Rodgers, began having children, Hattie would care for them at the house while the parents worked.

"Mamaw raised my mom, Paula Justice, here, then me and my brother and then her great-grandchildren," Kristy said. "When we all get together, we start out in the dining room, but there are so many of us that we spill into the living room. The renovations were our way of preparing for the raising of generations to come in this house. I'm ready for the fourth generation to get here."

The biggest renovations took place in the bathrooms. New plumbing was installed throughout the house, a shower was installed in the back of the house to serve as a future pool room, and the master bathroom was completely remodeled. A new, grey claw-foot tub was installed to complete the makeover.

With the renovations recently completed, Bob and Kristy are still discovering the parts they enjoy the most. The outdoor sitting area is a big contender due to its large outdoor kitchen and grill, installed in the 1950s, which only took a good cleaning and coat of paint to freshen it up. They enjoy spending time outside and have future



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plans to do more work there. "We still want to add a paved driveway," Kristy admitted. "And one day, we will add a large deck in the courtyard with a hot tub for the grandchildren."

Selling the home was never an option for Bob and Kristy. While family members and friends told them it would be the best thing for them to do, neither could let a big part of the family story go that easily. The long, rough 13 months spent on renovating their piece of family history won't be forgotten anytime soon and will be added to the story of the house. Surrounded by memories and ready to create new ones, Bob and Kristy finally feel at home.


"I am thankful that Papaw and Mamaw paved the way for this family," Bob said. "Kristy and I lived the big house life, but those days are over. She told me this is where I am going to live until I die, and I am happy with that."


"It's important to know where you came from," Kristy said. "Papaw and Mamaw would be surprised at how it has turned out and wouldn't believe me if I told them there is a sprinkler system now. It is always sweet to hear one of their friends tell me how much they would like the changes." **NOW**



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# PASSION for People

— By Sandra Strong



*Jeanee Smiles may have come to the Waxabachie Senior Activity Center because of an immediate need, but she stayed out of a strong desire to make a difference. “I came on as the interim administrator in 2010,” she admitted, “and was in love after just two weeks.” Her passion for the facility and its members prompted her to apply for the job, and she feels quite blessed to have landed it. “Members are the heart and soul of the building,” Jeanee added with a smile. “The members and volunteers are the main reason we’re experiencing so much success.”*

One of her main goals from the beginning was to structure the activities at the center so members age 50 and older would find it hard to stay away. Glancing at the monthly calendar is proof positive Jeanee has well surpassed this goal. “We have something for everyone,” she stated. “I like to change things up each month by including something new and different. Health and wellness classes are the priority for the year.”





The center really does have it all from Bible studies, jewelry making and needlework to yoga, Zumba and a recently renovated exercise room fully equipped with the newest machine — a wheelchair gym. “We average 100 members per day in the exercise room,” Jeanee added. The exercise room, doubled in size during the renovation process, also boasts a Life Cycle and a Thera Cycle. “These two machines have the power to change lives by helping with limited mobility and neurological problems.”

For those who may never have danced before, there’s line dancing, and ballroom dancing is available for those who already dance, but desire to learn more complicated steps. In fact, the dance classes have morphed into a full-fledged competitive dance team. Genealogy classes are fairly new, and classes in digital photography ranging from basic to advance. “We’re also in the process of forming a choir,” Jeanee beamed. “Many of the members are retired professionals, and the talent they possess is amazing.”

Accommodating the whole person is another goal Jeanee continues to meet on a regular basis. She does this by offering an array of activities to promote physical and mental wellness, as well as the arts. No doubt, the exercise room offers many ways to improve members’ physical wellbeing, but Jeanee has also welcomed the expertise of businesses like Odyssey Hospice and Cornerstone Home Health.

Groups such as these offer small workshops to help members answer questions they

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have about diseases such as Parkinson's and Alzheimer's. "Every day is a special event — multiple ones," Jeanee laughed, remembering her days prior to the activity center when she was the event coordinator at the Waxahachie Civic Center. "I see a need, and I want to make a difference."

She doesn't accomplish this feat alone. As the only full-time employee, Jeanee relies on her two part-time staff members: administrative assistant, Becky Harris, and kitchen manager, Debra Clayton, along with 108 dedicated volunteers to make the facility operate like a well-oiled machine. "I couldn't do this without all of them," she confessed, also mentioning two volunteers in particular who represent extra right hands, Joanne Harrison and Lena Bolman. "My ideas would never have made it off paper without their tireless efforts."

When it comes to technology, no senior is left behind. Jeanee wants them to stay savvy on what's happening today in the world around them. The computer lab offers 11 individual desk settings for those interested in learning more about the technological world in which we now live. "Sims Library donated the computers four years ago," Jeanee said.

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The computers are much more than a way to research things on the Internet. They've proven to be much-appreciated tools in the fight to slow down the progression of Parkinson's and Alzheimer's. "The first game members are taught to play is solitaire," Jeanee said. "It's a proven fact that solitaire and other competitive computer games like it help build new brain cells. And using the mouse builds eye-hand coordination that is more controlled."

The closet of the game room is filled with board games and card games for all ability levels. "You name it, we probably have it," Jeanee added. Other favorite games include dominoes, 42 and Texas Hold'em. The library/puzzle room has nearly tripled the number of books and puzzles available since Jeanee took over. "The center started with six bookshelves. Now bookshelves line the room, and they are overflowing with books," Jeanee said,

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proud of the sizable library now available thanks to the donated books. “The same goes for jigsaw puzzles. The closet in the library is full of them.”

The sewing room is where the facility’s Nifty Needlers spend time creating the quilts they donate to the facility every three months as fundraisers. Members can find Jeanee’s husband, Terry Winsett, in the sewing room, too. “This room is a dual room,” Jeanee explained. “It also serves as the music room where Terry teaches residents to play anything with a string.” But Jeanee’s favorite room is the art room. Each shelf or area represents art of some kind from paintings, stepping stones and ceramics to jewelry, stained glass, mosaics and woodworking projects.



One of the more enjoyable events is held in April each year — Opening Day Ranger Day. “It’s opening day for those who are unable to travel to the stadium,” Jeanee explained. “We have popcorn, hotdogs, dill pickles and peanuts. We play Texas-style bingo using cards we made that say TEXAS instead of BINGO. The free spot is the Ranger’s logo. The 16x20-inch big screen drops down at game time. We support our Texas teams.”

Jeanee’s love for the members, her staff and her volunteers transcends the here and now. Her vision for the future includes a large gazebo/pavilion to the north of the building that will include a garden with raised beds and paths wide enough for wheelchair-bound members. She also envisions the entire





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length of the backside of the building as an exercise center with even more equipment for the members. "These ideas may see lofty, but they are so doable," she stated. "I've done the research. All I need now are donations."

She may dream of the future, but Jeanee remains grounded in the present, all while putting her passion for others first. When the center's doors are open, Jeanee can be found somewhere in the building, always with a smile on her face and spring in her step. "When I believe in something, I go to work full force," Jeanee admitted. "I find such fulfillment in trying to make a difference with the members here at the Center. They have so much to offer. I learn important life lessons every day from my members." **NOW**



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By Randy Bigham



*Maypearl owes its existence to the railroad whose tracks once laced through the small town. Trains don't stop there anymore, but locals of the older generation still remember Maypearl as a bustling center of commerce at a time when railroads were a daily lifeline connecting people from all over the country. Younger residents have heard their stories, but have been left to wonder what life was like a half century or more ago. That is, until last year when Heritage Hall was opened in the city's former depot, completely restored through the efforts of volunteers and fundraisers. Now, young and old can gather on the historic site to reminisce and learn about Maypearl's past.*





"What we have is a hall of photographic history," explained Larry Burns, president of the Cowboy Bank of Texas, on the grounds where the resurrected depot now stands. "We have photos of the town on display dating from the early 1900s to the '50s. It's not a museum, but it is a place where our history lives, and we are very proud of it." In 2006, Larry initiated the project to move and restore the 110-year-old depot, originally situated a block away where it had fallen into disrepair. "It's been great to see all the work over these six years that's made Heritage Hall something we can all enjoy."

But Larry takes no credit for the extensive labor and organizational skills that have gone into the effort. He insists it's the volunteers who deserve praise for making Heritage Hall what it is today — a center of civic culture.

Foremost among those who contributed to the rebirth of the depot is Eldredge Eubank of Eubank Construction who supervised its virtual rebuilding. "Eldredge took a tremendous interest in the project from the start," Larry said. "He gave all his time, and it shows. He is the man most responsible for Heritage Hall." Eldredge scoured mills for products that would match surviving period materials and mined information from other historic depots to ensure authenticity. The master builder also used bricks from structures in town to layout the walkway and entrance steps to the depot.

Another important player in the formation of Heritage Hall is JoAnn Mathers who orchestrated the work of

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collecting the rare photos and documents lining the beautiful interior walls. "She did an excellent job correlating all that you see when you visit the depot," Larry pointed out, "and Maypearl is indebted to her for it." Others who were essential to the project are Tiffany Provins and Jane Wilemon who combined their artistic talents to assemble the photos and mementos on view at the depot.

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Although Larry is too modest to accept recognition, the fundraising arm of the organization he founded in 2000, the Texas Roundup, enabled much of the restoration work on the depot to be completed. Through the Texas Roundup, high school basketball players from small communities are able to meet with college coaches, an opportunity generally reserved for players in large cities.

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Wilemon, a longtime local resident who became a leader in the cotton industry, the revitalized depot is now owned by the city of Maypearl. During the Wilemon family's ownership, the depot was a scale house for one of their gins. Operated by the Chamber of Commerce in conjunction with the Maypearl Heritage Association, the latter body oversees the current exhibition of photographs

and will be responsible for future displays of historical memorabilia.

Larry sees Heritage Hall's process from dream to reality as an example of a unified community. By coming together to save and preserve an important part of local culture, neighbors have formed bonds of friendship, and the generations have melded in a common goal to ensure their city's history is not forgotten.

That history is a fascinating one. In fact, it all started with the depot, built in 1903, before Maypearl was even incorporated as a town. At that time there were only 19 residents in the area. But the International and Great Northern (IGN) Railroad had plans to extend its line and bought 57 acres from landowners. "In those days, railroads would come in and help build up a town along their route," Larry said. "And that's how this city came to be." The first plat for what would



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become Maypearl was filed that April, the first residential lots were sold at auction the following month and in December the depot's construction was completed.

It wasn't until 1914 that Maypearl became a town, possibly named after May Pearl Trammel, wife of the IGN's chief engineer, J. H. Trammel. A competing account claims the town was named in honor of another engineer's two daughters, May and Pearl. Whatever the origins of the town's name, Maypearl prospered over the next 30 years. In the 1920s, at the height of Ellis County's reign as the top cotton producer in the nation, Maypearl thrived. In addition to several grocery stores, there were four dry goods stores operating downtown, five gas stations, three gins, two banks, a school, a newspaper, five barbers and three doctors. There was also a movie theatre, a café, a hotel, and as Larry said when he unveiled Heritage Hall last October, "at least one bootlegger."





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Thousands of people embarked and disembarked at the Maypearl depot in its heyday. The old building witnessed affecting scenes over the years: residents greeted friends and family arriving for visits or bid tearful farewells to other loved ones leaving on long trips. Perhaps the most romantic story connected to the old depot took place during World

*"What we have is a hall of photographic history."*

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War II. A train carrying troops to Kelly Air Force Base in San Antonio passed through the station one day, and crowds gathered to wave and cheer the men on. As the train lumbered past the depot, a soldier tossed an apple from his window. "On the apple," Larry smiled, "the soldier had attached a note with his name and address." A teenager, Iva Barlow, a student at Maypearl High, caught the apple and wrote to the mysterious hero. His name, she discovered, was George Dennis Richards. The pair corresponded, fell in love and married the following year. The couple remained married for 63 years until Iva's death in 2009. Their descendants attended last year's dedication of Heritage Hall.

There are likely many more stories of love, heartbreak, fun and adventure that remain to be told about the old depot now serving as a tribute to Maypearl's past. The last train passed through the city in 1968, but the lore of the golden period of rail travel can still be glimpsed at Heritage Hall. **NOW**





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Stylists at Shelley's Hair want clients to have a good time, while also imparting something positive into their lives.

## *Living the Golden Rule*

*As a team, the staff at Shelley's Hair believes in treating clients like family.*

— By Sandra Strong

The professionals at Shelley's Hair follow one simple rule — the Golden Rule. “We believe in treating others the way we want to be treated,” said Shelley Potter, owner of the salon that welcomes clients with its charming atmosphere. “Our priorities are simple — family, beliefs and salon. We don’t compromise our time, and we believe in the character and dignity of our clients.”

Time and experience have taught Shelley and her staff — Stephanie Marres and the newest member, Jessica Davis — not to sweat what they consider to be the small stuff. “We believe in satisfying clients before making money,” Shelley added.

At Shelley's Hair, the focus continues to be on the client. The ladies at Shelley's Hair find a great inner satisfaction when clients

leave the shop happy with the outcome of their visit. “We’re a team,” Shelley added. “We strongly believe in treating clients like family.”

For many years, Shelley was a dance teacher, but as her two boys grew up, she realized she needed a career that would afford her the quality time she desired with her boys. Looking back, she realized she’d been “doing hair” for nearly 15 years. “I’d been giving kitchen and front porch haircuts,” she admitted. “Beauty school was the quickest way to turn my schedule around.”

After earning her certification, Shelley landed her first job at Karen's in Waxahachie, where she learned so much. After being a hairdresser for several years, she opened her own shop, and



she gives thanks where it's due. "Wendell Cooke is my landlord. He graciously bartered a deal. In exchange for the first three month's rent, my dad, friends and I fixed up the place." Gifts from family and valued customers, old hand-me-downs and garage sale goodies completed the atmosphere Shelley was going for. "We work really hard at offering the right atmosphere for clients," she emphasized. "It's a homey atmosphere. We want clients to have a good time, while also imparting something positive into their lives."

Stephanie, mother of a daughter and a newborn son, has been with Shelley's Hair since the very beginning. She came to the salon after years of experience elsewhere with great creativity and a reputation that precedes her. "She offers modern, trendy cuts to fit the personalities and lifestyles of her clients,"

*"We believe  
in satisfying  
clients before  
making money."*

Shelley stated. "All she has to do is look at the client to know what cut will work best for them."

Jessica, mom of three, came on board in February. She handles cuts, colors and makeup. "We also refer to her as the Google Queen," Shelley confessed. "She's got a hysterical personality. And she's amazing with hair colors, too!"

Shelley, Stephanie and Jessica are a successful team because of their positive attitudes. "We feed off each other constantly. We help one another freely," Shelley said. "There's no jealousy or 'me first' attitudes here."

They are flexible, reliable and down-to-earth. "Clients come from places as far away as Cleburne, Irving and College Station," Shelley added, "because of the genuine friendships we have formed. We treat them like family." **NOW**

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*The expansion of Plain Jane Home & Gift is celebrated with a Chamber ribbon cutting and lots of friends.*



*Judith Schuster takes her Adopt-A-Class volunteer spirit one step further by reading to students from Northside.*



*WISD Howard Junior High Cheerleaders are ready for their ride to Dallas for dinner and to see the play "Wicked."*



*Members of the Christian Motorcyclists Association perform the "Blessing of the Bikes" at THE SHOP. They pray over bike and rider for safety and protection in their travels.*



*The field of colorful iris make a beautiful backdrop for David and Pat Smith.*



*Trish Geer arranges items for sale during the Junk in the Trunk event on the downtown square.*



*Several members of the Girls Missionary Auxiliary from First Baptist Church in Palmer raise funds at Belk for national camp.*



*Harris Happy Jenkins takes a moment to rest before the busy day begins.*



*A ribbon cutting is held for the new Taco Cabana.*





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## Keeping an Adult Child on Your Health Insurance



Your days of soothing a child's cold with chicken soup may be over, but a provision under the Affordable Care Act could help you to continue caring for your adult child's health. Under the Affordable Care Act, children up to age 26 may be able to stay on, or join, a parent's health plan that offers dependent coverage. This coverage is available even if the child is:

- Married
- Living away from your home
- Not a student
- Financially independent
- Eligible for insurance through an employer\*

### Ensuring Coverage

If you want to keep your adult child on your health plan or add them to it, start with these steps:

- Wait for open enrollment. Your insurance provider should notify you of a 30-day enrollment period that begins on or before the first day of your plan or policy year. During this time, your child will have an opportunity to enroll for coverage under your plan.

- Sign up and pay for continued enrollment. This allows your adult child to remain on your plan until they no longer qualify.

### Extra Incentives

Besides providing access to health insurance, there are benefits to keeping an adult child on your health plan. Come tax time, you might be able to deduct the value of employer-provided health coverage from your income. You're also eligible for the same tax benefit when you purchase health coverage through a "cafeteria plan," a benefit plan that lets you choose the benefits that best suit your needs. Find more information about young adult coverage at the Affordable Care Act Web site. **NOW**

*\*Exceptions: "Grandfathered" plans — those in place before March 23, 2010 — are not required to offer coverage to adult children who have access to group coverage outside of their parents' plans until 2014. Talk with your health insurance carrier to make sure.*

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

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## Wisteria — Friend or Foe?

Did you notice the glorious purple hanging flowers this spring? I have one huge one and love it. It is one of the first blooms in our yard, and it is growing by leaps and bounds. Therein is the problem. Wisteria is very vigorous and will twine around almost anything. I've seen it grow up trees, porches, houses, etc. It makes a very heavy vine and has been known to topple fences, porch posts and small sheds. A clear space in a large yard is a great place to take advantage of this vigorous growth, and trimming it into an upright tree-like plant works well and is very attractive. I am training mine around a metal bridge railing anchored in concrete. I worry about the tree next to the bridge, but that's another story.

Honeysuckle is another invasive vine, which presents a glamorous face but can take over the world if given a chance. The few sprigs I had 10 years ago have grown into a forest! It's not that I haven't trimmed and pulled. It just got ahead of me. Since I've been down for a couple of years (no bending or twisting), it has really gotten ahead of all of us. To get honeysuckle out of areas where it is not wanted means

a lot of pulling and twisting, since it throws off runners in every direction.

It is important to carefully consider where these vines are planted. They are perennials that vine, and they seem unfazed by weather or water conditions. I learned a long time ago to put mint into pots rather than in the ground. I should have taken that lesson to heart with honeysuckle. That may be a way you can still enjoy these vigorous plants while controlling their growth. They are lovely and harbingers of spring, but a mess if running wild!

The Ellis County Master Gardeners will be available to answer questions at the Waxahachie Farmers' Market on Saturdays from 8:00 a.m. to 1:00 p.m., or you may call Texas AgriLife Monday-Friday at (972) 825-5175. **NOW**

*Nancy Fenton is a Master Gardener.*

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## How to Recover From a Back Injury

Back pain is something you don't want to repeat. Recovering properly from a back injury and taking preventive measures can help you reduce your risk of going through it again.

### Note your symptoms

Minor back pain often resolves itself within a day or two. If your pain persists, however, talk to an orthopedic surgeon or your family doctor. He or she will examine you, note how your body moves, determine whether you have any pain down your legs and take a medical history.

Make sure you mention all your symptoms to your doctor, such as whether a fever or nausea accompanied your back pain. The pain may be secondary to another condition. Many back problems are caused by a muscle pull or strain. The usual treatment includes taking pain relievers and/or muscle relaxants and, perhaps, limiting certain activities until the muscle heals.

### Consider your options

"For more serious back injuries, such as a herniated or ruptured disk or a pinched nerve, surgery may be necessary. But, surprisingly, most disk injuries heal themselves without surgery. The only reason to have emergency back surgery is when the pain is accompanied by severe or progressive motor weakness or involves bowel or bladder problems. In these cases, it's crucial to relieve pressure from the

nerves in order to retain their function. If your pain is severe and persistent, your doctor may suggest diagnostic tests, such as an MRI or CT scan.

### Recover carefully

If you have surgery, your recovery regimen begins with wound healing, which takes about two weeks. During that time, you need to be careful. After that, ask your doctor about beginning a progressive walking program to promote muscle strength.

Walk short distances initially and make sure you don't walk so far you can't get home safely if you get tired. As your strength increases, your physician or physical therapist will suggest you supplement your walks with gentle back exercises.

Talk to your doctor if intense pain recurs. When a disk is removed, pieces of it may remain in the back and cause problems. For the first couple of months after surgery, it's important not to lift, twist or bend, all of which could re-injure your back.

### Back to exercise

The best predictor for future back pain is previous back pain, so once you're on the road to recovery, the best way to ensure a healthy back is to approach activity sensibly. **NOW**

*Matthew Berchuck, MD, is an orthopedic spine surgeon on the medical staff at Baylor Medical Center at Waxahachie.*

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### June 1

Annual Pancake Breakfast Fly-in: 8:00-11:00 a.m., Mid-Way Regional Airport, Midlothian. Breakfast tickets: 8 and over \$7, 7 and under \$3. Parking is free. For more information, call (972) 923-0080 or visit [www.mid-wayregional.com](http://www.mid-wayregional.com).

### June 1 — 2

45th Annual Waxahachie Gingerbread Trail Tour of Homes: 10:00 a.m.-4:00 p.m. Visit [www.TheGingerbreadTrail.com](http://www.TheGingerbreadTrail.com) or call (972) 937-0681 for more information.

### June 7 — 8

Forreston Trade Days: Saturday, 9:00 a.m.-6:00 p.m.; Sunday, 1:00-6:00 p.m., 120 S. Highway 77, downtown Forreston, just nine miles south of Waxahachie. Vendor space available. For more information, call (214) 738-3127.

### June 19

Waxahachie Juneteenth Parade and Celebration: 11:00 a.m., historic downtown Waxahachie. For more information, call Betty Jefferson at (972) 937-2077 or (972) 938-8862.

### June 21

Launch of the 5th Annual 100th G.R.E.E.N. (Golfers Rallying to Erase the Effects of Neglect) Marathon: Noon, Thorntree Country Club, 825 W. Wintergreen Rd., DeSoto.

### June 22

27th Annual Cow Creek Country Classic Bike Ride: 7:30 a.m.-4:00 p.m., WHS/Ninth Grade Center, Highway 77 and High School Dr. Visit [www.waxahachierotary.org](http://www.waxahachierotary.org) for all the necessary details.

### Ongoing:

### Fourth Mondays

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

### Second Thursdays

Crackpots meetings: 6:30 p.m., Cowboy Church of Ennis. Call Vicki Bell at (469) 285-4845 or Myra Morrissey at (972) 998-5868 for more information.

### Fridays

Business Networking International meetings: 8:00-9:30 a.m., LaQuinta, 311 Stadium Dr. For more information, call (469) 222-9160.

### Third Saturdays

Waxahachie Jamboree: 7:00-9:30 p.m., Women's Building, 407 W. Jefferson St. For more information, call Hoyt Patterson at (214) 535-3473 or visit [www.waxahachiejamboree.com](http://www.waxahachiejamboree.com).

### Fourth Saturdays

Bristol Opry: 7:00 p.m., featuring local singers and musicians. For more information, contact Jim Gatlin at (972) 846-2211.

*Submissions are welcome and published as space allows. Send your current event details to [sandra.strong@nowmagazines.com](mailto:sandra.strong@nowmagazines.com).*

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## In The Kitchen With Melissa Rawlins

— *By Sandra Strong*

Melissa Rawlins is a very busy lady as an editor and writer for NOW Magazines, but that hasn't stopped her from spending time in the kitchen. "It's a fun challenge to design simple, pretty and stimulating combinations that provide the utmost nutrition," she shared. Melissa finds her inspiration for cooking in the food itself. "I love to invent new dishes, and I have certain friends who love for me to experiment on them."

With her Air Force brat upbringing, Melissa has tasted every kind of food imaginable. She loves them all! "The strongest influence was my maternal grandmother, Georgia Anderson," Melissa said. "She kept a salad garden and always ate healthy. She taught me to grow a garden for happiness, as well as for healthy eating." **NOW**

### Gazpacho

- 6 ripe tomatoes**
- 1 purple onion**
- 1 cucumber**
- 1 bell pepper, seeded**
- 2 stalks celery**
- 1 bunch fresh parsley**
- 2 handfuls fresh chives**
- 1 clove garlic**
- 1/4 cup Bragg's apple cider vinegar**
- 1/4 cup olive oil**
- 1 whole organic lemon**
- 2 tsp. raw honey**
- Salt and fresh ground pepper, to taste**
- 6 or more drops of Tabasco sauce, to taste**
- 1 tsp. Bragg's amino acids**
- 4 cups tomato juice**

**1.** Chop first 8 ingredients just enough to

fit in a blender. Combine with remaining ingredients; blend slightly, to desired consistency.

**2.** Place in glass storage container, cover tightly and refrigerate overnight, allowing flavors to blend. Serve cold soup as an appetizer with a nice white wine.

### Savory Salad Dressing

- 1 yellow onion**
- 1 cucumber**
- 3 carrots**
- 1 bunch fresh basil, dill or rosemary**
- 1 clove garlic**
- 1/4 cup Bragg's apple cider vinegar**
- 1/4 cup olive oil**
- 1 whole organic lemon**
- Salt and fresh ground pepper, to taste**

**1.** Chop all ingredients just enough to fit in a

blender. Blend fully, to creamy consistency.

### Garbanzo Salad

- 12 leaves Swiss chard**
- 1 small yellow squash**
- 1 small zucchini**
- 1 large fresh tomato**
- 1 15-oz. can garbanzo beans, drained**
- Savory Salad Dressing**

- 1.** Rinse, dry and chop all vegetables into bite-size pieces.
- 2.** Toss with garbanzo beans and Savory Salad Dressing. Cover; place in refrigerator until mealtime.

### Salsa Verde

- 1 whole organic lemon**
- 4 jalapeños, stems removed**
- 1 yellow onion**
- 1 clove garlic**
- 1 bunch fresh cilantro**
- 1 avocado**
- 1 tsp. sea salt**
- 1/4 cup Bragg's apple cider vinegar**
- 1/4 cup olive oil**
- 1 10-oz. can diced tomatoes**
- 1 15-oz. can black beans**

- 1.** Rinse lemon and peppers. Chop them, the onion and garlic just enough to fit in a blender. Blend with remaining ingredients to desired consistency.
- 2.** Place in glass storage container, cover tightly and refrigerate overnight, allowing flavors to blend.
- 3.** Serve on top of meat and rice, as a condiment. Save the excess to eat with other meals or with corn chips as a healthy snack.

### Easy Skillet Chuck Eye

- 2 yellow onions**
- 8 chuck eye steaks**
- Salt and pepper to taste**

**1.** Chop onions. Preheat skillet to high. Cook onions with steaks for 4 minutes on each side. Season and serve with red wine, salad, rice and salsa verde.

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



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