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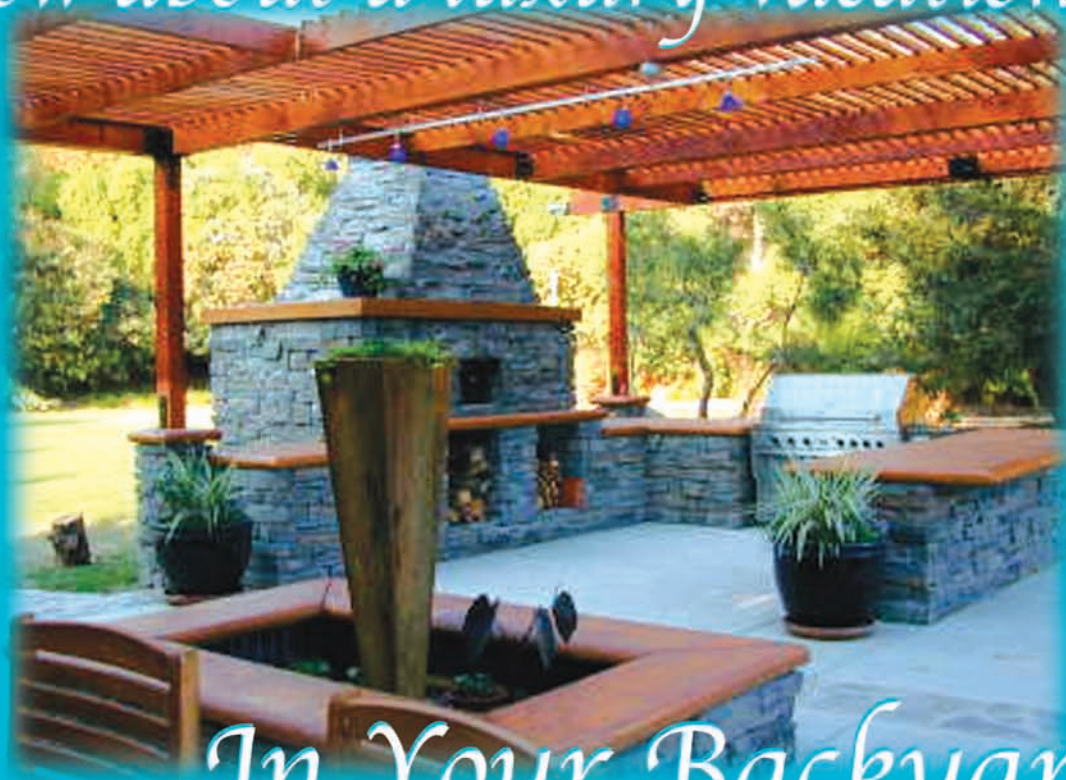
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Contents

July 2007, Volume 4, Issue 7

6



Still Feels Like Home

12



What Happens at the Lake Stays at the Lake

At Home With Dale and Chris Hansen

20

ArtsNOW

No Time for TV

24

SportsNOW

The Best of Both Worlds

30

BusinessNOW

Customer Service
is Essential

32

EducationNOW

Education is Knowledge
for the Future



On the Cover: Fireworks brighten the night sky over the historic Ellis County Courthouse in downtown Waxahachie.

Photo by Mark Ashley.

36 Around TownNOW

38 Who's CookingNOW

40 FinanceNOW

42 HealthNOW

44 OutdoorsNOW

45 Community Calendar

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Editor's Note

Dear Readers!

July is here and boy is it hot! I may no longer spend hours basking in the harmful rays of the sun, but I still find great pleasure in the beauty all around me.

The home of Dale and Chris Hansen is a prime example of this beauty. I hope you find as much enjoyment reading about their lives at Moonshadow Ranch as I did during my interview. Fred Hekking's bittersweet story of strength and survival will take you back to a time long ago during World War II, while Jennifer Pope's recipes will lead you home again.

I found even more beauty in artwork created by sisters Kelly and Erin Phelan, the talented young artists in this month's art feature. Their imaginations run wild like the animals they create with paint, crayons and modeling clay.

I welcome your story ideas and comments. Please feel free to contact me at smcintosh-nowmag@sbcglobal.net or call me at (972) 937-8447.

Sandra McIntosh
Waxahachie Editor



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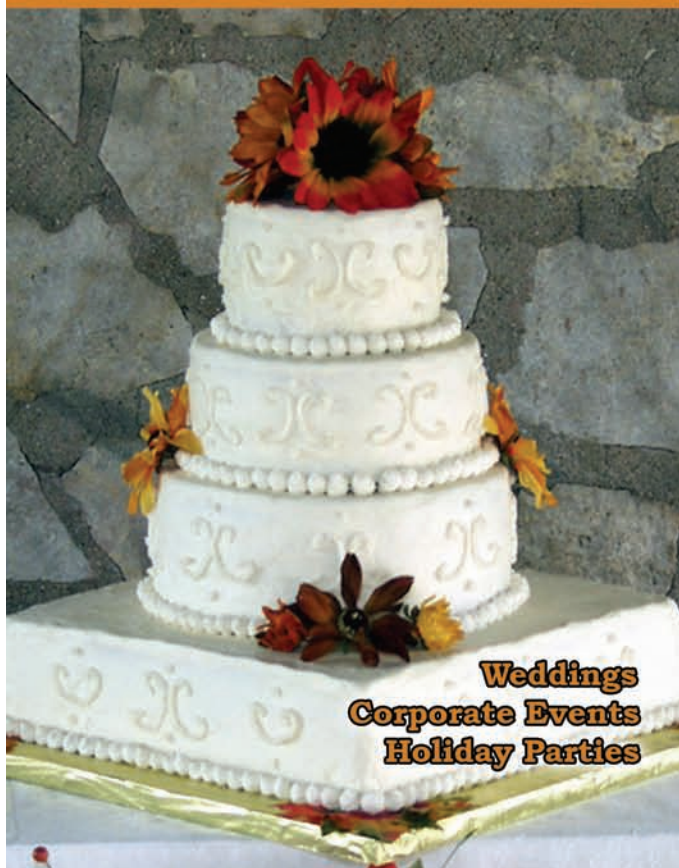
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Still Feels Like Home

— By Alex Allred

While Fred Hekking is well-known and liked in Waxahachie, few actually know his history. What Fred calls “opening doors” to the events in his life, another would call an amazing trip through history. There may be no better time to share this than now, as our nation celebrates its birthday.

He is tremendously proud to be an American citizen, though he was born on the island of Java, a part of today’s Indonesia. When he was born in 1930, Java was a Dutch province and he grew up speaking Dutch, Indonesian, French, German and English. As the son of a prominent doctor, a captain in the Royal Netherlands East Indies Army, life was good. The family had a beautiful home with servants and all the offerings a gorgeous island could provide – lavish gardens, year-round sunshine and a safe, small-knit community.

It was 1940 when Fred, 10 years old at the time, would get his first lesson in



Fred Hekking proudly displays the portrait of his mother that survived the Japanese occupation of his homeland during World War II.

world events. Nazi Germany conquered Holland and Belgium; Japan joined the Axis Powers; the British army evacuated from Dunkirk, France as the German tanks rolled in; and Italy declared war on Britain and France.

His memory was amazing as he talked about Germany’s invasion into Russia. How distinctly he remembered the bombing of Pearl Harbor and the role of the United States and Dwight D. Eisenhower in World War II.

When news of Pearl Harbor arrived, Fred, his mother, May Hengel, sister, Louise, and his father were relocated by the colonial government to the island of Timor, where they were presumably

safe. “My father said, ‘They [Japanese] will never come here!’ But, he didn’t look at the map too good,” Fred mused. When the Japanese invaded Timor, Fred, along with his mother and sister, were evacuated. Dr. Hekking was captured and the Japanese general took up residence in the Hekking’s home.

Less than one year later, the Japanese invaded the new safe haven to which Fred and the rest of the family had fled. Suddenly, the wife of a prominent doctor was forced to haul her own water and cook her own food “on the earthen floor,” while Fred learned to catch wild chickens and build fires.



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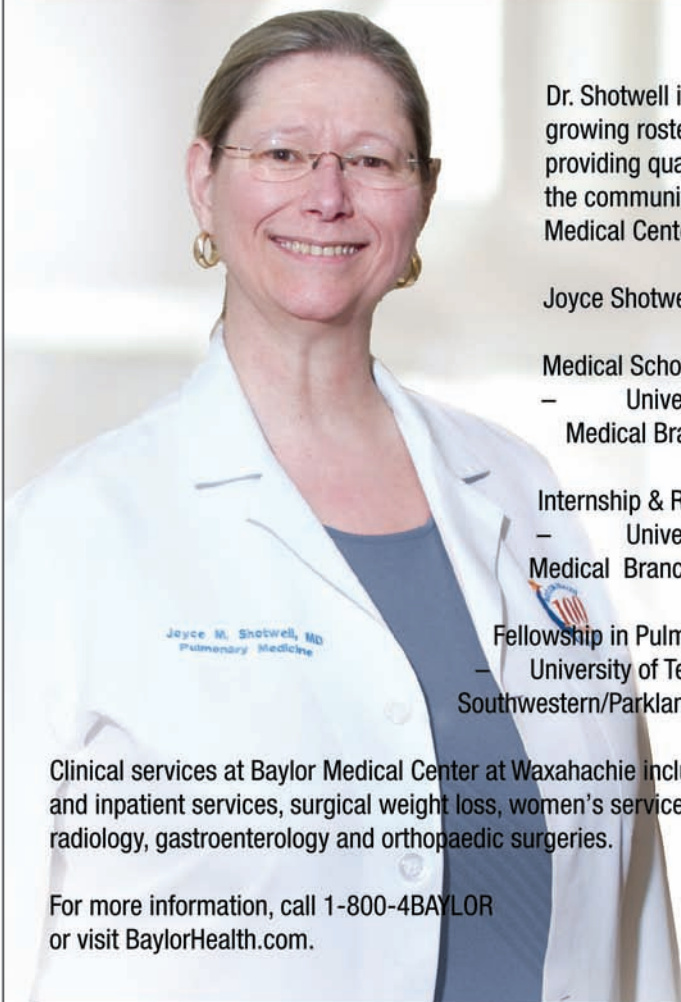
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Suddenly, at the young age of 11, Fred realized he was "the man of the family."

They were expected to bow to their Japanese captors – something Fred refused to do and which repeatedly got him into trouble. Each time he would run away, only to be caught by a guard known to the prisoners as



This portrait of Fred's grandfather, Dr. Henry van Hengel, is among the Hekking family's heirlooms.

"Underdoor" "You know the under door?" Fred asked.

In the Netherlands and Germany, the split door is quite common, where the top half of the door could be opened, airing out the kitchen. But, the split door style also coined the expression, "under door" or "sneaky," as many could be caught by surprise by the closed bottom half.

While in captivity, Fred and the "Underdoor" had repeated run-ins, but in 1943 when the prisoners were moved, a most unusual thing happened. "Do you know, the 'Underdoor' gave me a five-pound bag of sugar and said, 'Give this to your momma,'" Fred remembered. Sixty-four years later, Fred shook his head. "I don't know why he did that."

A year earlier, the United States had begun its campaign to recapture the Japanese held islands of the Pacific, which raised hopes. On the other hand, a critical Soviet city, Stalingrad, was attacked by the Germans. But all Fred knew was that his father was

gone – again. Briefly, the Hekking had been allowed to see the doctor. He had lied to the Japanese, making claims to some vital information so that he might be taken to the island where his family was.

Laying memories of the ‘Underdoor’ aside, a larger focus on the history of the Hekking revealed a family rich with integrity, grit and bravery. In fact, the book, *Last Man Out: Surviving the Burma-Thailand Death Railway: A Memoir* features Henri “Doc” Hekking, famed for his skills and knowledge of the medicinal value of wild jungle herbs and for saving the lives of hundreds of his fellow POWs. Just as Fred refused to bow to his captors, his father would actively volunteer to go back to the slave labor camps to help POWs.

“He [Doc] got caught with pictures of decapitations of the prisoners,” Fred recalled. For Doc Hekking’s attempt to document the ongoing brutality of the Japanese military, he was put on the “death” train to the interior of Burma which would lead to many POW deaths, but also allowed him to save even more.

An interesting fact is when Doctor Hekking treated and saved a Japanese general on Timor Island, he was allowed to reclaim one of his own books from the general’s personal library – the very library that had once belonged to the doctor. Doc Hekking chose a book on tropical medicine, not yet knowing the impact this would have on thousands of lives.

Later, that same Japanese general allowed Doc to retain a valuable portrait of Mrs. Hekking. It is a picture that Fred proudly displays on his mantel today.

The Hekking household is currently a combination of the past, present and future. Gorgeous antiques and family heirlooms remain Fred’s pride and joy. There are pictures of children, grandchildren, and his wife, Dorothy. Books are found throughout the house, on shelves, in stacks, displayed on tabletops and counters. He is his father’s

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son with an intense interest in herbs, gardening and medicinal alternatives. Books on past presidents, world politics, current events and rising and falling governments are also found. Only his love of this country can match his thirst for knowledge.

"You cannot believe how we were treated," Fred said, referring to his 1946 return trip to Holland. "The war was over and we had hoped to go home,



but we were treated like rich colonists." In fact, their prior treatment had been so awful, the Dutch government sent an official apology and a check for \$2,400. "I almost ripped it up," he said.

No apology or dollar amount could justify the treatment he and fellow POWs received. He decided that America would be his new home. "When I passed the Statue of Liberty," Fred said, smiling, "oh my, that was a glorious time. I was 25 years old." For a child of war whose experience had been miserable, this finally felt like a homecoming for Fred.

After earning his degree, Fred built a lucrative career in engineering, including a successful homebuilding company – something he considers more hobby than business. Today, he is retired, but he has not slowed one bit. He is always on the move, constructing or building something. In fact, the only thing he has yet to do is the family memoir his children have been begging him to create.

For Memorial Day this year, Fred returned to the island of Java to meet with old "war buddies." By his own admission, their conversations lapsed into Indonesian, Dutch, French and English, but he discussed one of his favorite topics – his hometown in the U.S.A. **NOW**

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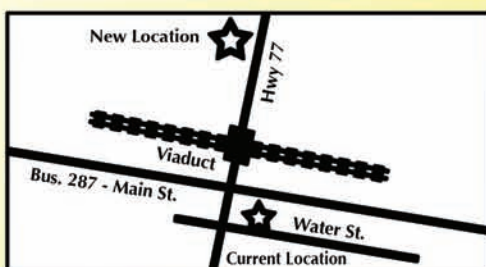
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What Happens at the Lake *Stays at the Lake*

— By Sandra McIntosh

Dale and Chris Hansen could live anywhere they wanted to live, but they chose Waxahachie when looking to relocate from their home in Keller, Texas. “Keller was beginning to grow too fast,” Dale said, as Chris readily agreed. “We don’t really like city living. When we started looking, we were in the market for 30 acres; it just so happens we lucked out on 60.”

The Hansen’s property is bordered on three sides by Lake Waxahachie. Dale and Chris feel right at home on what they consider to be their own little, private peninsula. “It was a ‘wow’ moment when we finally got the land for the price we were originally quoted,” Dale said. “We must have at least a full mile of shore-front property.”

So many of the Hansen’s friends live in condos downtown during the week and travel to their lake homes on weekends and during the holidays. Chris remembers thinking soon after the purchase, “Why not combine the best of both worlds? Why not live full-time at the lake house?” So, that is what they did in November 1999, after the months of preparation, planning and building were complete. “When we first bought the land, it was barren, scraggly and was missing everything green except for a single canopy of trees,” Dale said. “We had loads and loads of topsoil brought in to cover the limestone.”

Traveling up the long, meandering driveway, one would be hard pressed to imagine what



the property looked like in its beginning stages. Today, green mixed with the bright colors of bluebonnets and wild flowers cover every acre. From the outside, the home appears to be a white, stone cottage with rustic, red brick inlays throughout. But as soon as the front door opens, you immediately get the log cabin feeling the couple was going for when designing the two-story, four-bedroom, three full- and two half-bath home. "We had every log cabin magazine imaginable," Chris said. "Dale wanted trusses and the great room feeling without the expense, upkeep and maintenance that came with a true log cabin. We have been able to accomplish that, don't you think?"

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floor is found in the entryway, measuring no fewer than 29 feet. The formal dining room is located to the left, while the large, oversized den and open bar area is found directly in front of you. The feel of a great room is readily apparent; all except for one minor change about which Dale was adamant. "I wanted the den to have the feeling of a great room, but I wasn't at all interested in seeing the kitchen from my recliner," he said. "I love looking at the rock fireplace wall and the beams while watching TV and reading the paper."

All Chris could do at this point in the conversation was laugh over all the times Dale leans over to ask her a question "around the wall" while she is busying herself in the kitchen. "He listens to the TV through headsets,"



Chris said. "He'll ask me a question and before I can answer, he'll put his headsets back on. I'll give my answer, but no one will be listening."

One would also be surprised to learn that the roles in the Hansen home are reversed. The wallpaper choices, paint colors and picture hanging are Dale's jobs, while the plumbing and electrical malfunctions fall under Chris' expertise.

The master suite is masculine and feminine at the same time. Dale chose a plaid paper with rose trim for these rooms. The double fireplace adds to the ambiance of the bath area with its specially glazed cabinets and a walk-in shower with a unique, inlaid pane of etched glass.

The three other bedrooms, all

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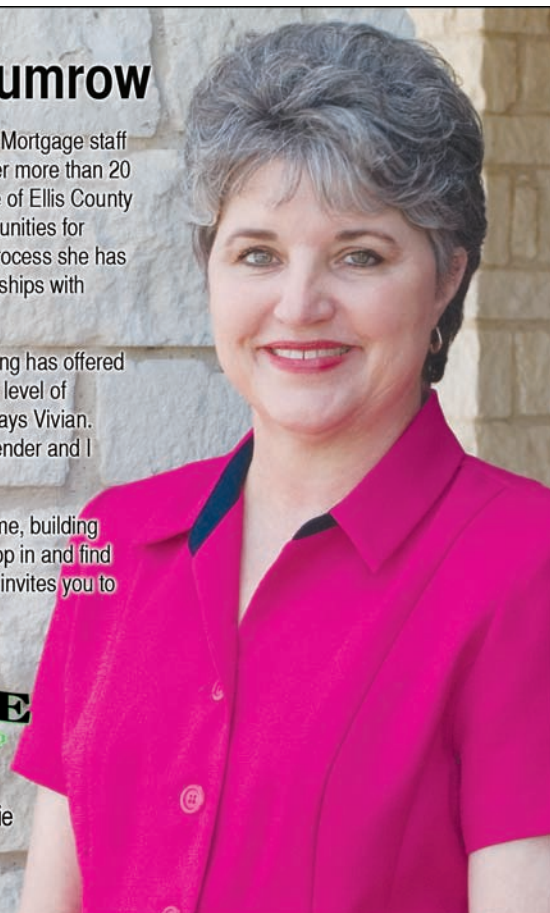
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Life Should Be Worth Living



upstairs, also boast floral-printed wallpaper. Each of these rooms has its own private vanity, while two of the bedrooms share a full bathroom. A very special quilt that Chris' mom handcrafted for Dale's 50th birthday is displayed in the upstairs hallway.



There is also a small room that one must pass through to get to the view the upstairs balcony affords. This room displays all Chris' top 10 awards as an Arabian horse competitor.

The home is not pretentious, as some might expect. It is cozy, comfy,

warm and inviting. Family photos cover a table in one hall, while whimsical knick-knacks and signs that "say it all" hang in just the right spots for all to see. "I just bought that sign at a feed store in Nebraska," Chris said. "And it's true; what happens at the lake stays at the lake."

Dale does have what he calls his "ego room." It is filled with autographed memorabilia from his many years as a sportscaster. Favorite photographs include the ones of the Dallas Cowboy Cheerleaders, Troy Aikman, Tom Landry and, of course, all those where Dale still had a full head of hair! The movie room, also downstairs, is fully equipped with its very own candy counter and rows upon rows of movies from which to choose. Chris said she is on the lookout for a life-sized, pantyhose-faced doll to man the concession stand. She is hoping to find her before the couple's next party.

The backyard is just as cozy and inviting as the home's interior, with



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the tropical oasis Dale and Chris were able to create with what they call an "unlimited landscape budget." "Mike Dickerson of Landscape Concepts and Tom Rozell of Pool Environments managed to go over budget," Dale said, with a smile. "We just recently had the outdoor fireplace and the roof over the swim-up bar installed by Patio-Scapes. My friend Bruce added the thatch overlay. They all did a fantastic job."

Simply put, the completed backyard area offers a Caribbean atmosphere with rocks, waterfalls, stone walkways and the calming sounds of wind chimes blowing in the summer breeze.

The acreage, lovingly named Moonshadow Ranch after a



song penned by T. Graham Brown, is also home to the four-legged members of the Hansen family. The extended family includes four dogs, four cats, three Texas longhorns, two miniature burros, a llama, a pot-bellied pig, a bird and two horses. The youngest and most recent member of the family is Chris' first foal, Rainey.

Dale and Chris both agreed that their story would be incomplete without the animals. With Dale gone from home a lot of the time, they offer Chris wonderful companionship. Dale, when home on the ranch, enjoys the unusual aspect they present. "I get a kick out of watching people pass by and take pictures," he said. "I'm fascinated by the fact that people are fascinated." **NOW**

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NO Time for TV

— By Sandra McIntosh

Taking ideas born in the mind and putting them down on paper is imagination. Add “gifted and talented” to a couple of vivid imaginations and you have Kelly and Erin Phelan, sisters who love to express themselves through art.

What began for both girls at a very young age has progressed into much more than a way to pass idle time, thanks to parents Rick and Adele Phelan. “They have both been doing art since they were little,” Adele said, as she held up three dog paintings — hers and theirs.

“We started out with an easel, paper and some watercolors.”

It seems the family’s home has always included a closet reserved exclusively for art supplies. Anything and everything they need to draw, paint or create one-of-a-kind sculptures is readily available. “The girls have always had easy access to supplies. They help me by testing new products we are considering,” Rick said, referring to the assortment of art samples he has brought home over the years through his merchandising position at Educational Products.

Adele remembers the first time she watched Erin color with crayons. She found Erin’s ability to stay within the lines at the age of 2 to be somewhat uncanny. “Erin was born with a natural talent,” Adele said. “Erin takes great pains in creating one piece, while Kelly is the prolific one.”

Opposites they may be when it comes to time spent on each art project, but when talking about content, Kelly and Erin both agree that animals are best. When asked to choose their



Erin and Kelly Phelan enjoy creating animals by using a variety of mediums including paint, modeling clay and crayons.

favorite piece from the large collection displayed on the dining room table, the girls’ excitement grew until they were both talking at once. Hearing them describe the techniques used with each project seemed to breathe new life into each piece.

The pride was evident in each of their voices as they pointed at one creation after another. Kelly picked up a golden unicorn sculpture and a colorful, ceramic fish, while Erin was torn between three pictures. “I can’t decide if I like the lion, the seahorses or the penguins best,” Erin said. “They were all fun to do.”

Kelly and Erin may very well have come by their talent naturally since their mom is artistically gifted, but they have been able to grow in knowledge and expertise while attending sessions at the Summer Arts Academy sponsored by the Ellis County Art Association and Museum. The sessions, held at the Fine Arts Center, consist of three one-week classes. Each weekly class focuses on one of three techniques — drawing,

sculpting or painting. "Erin went for the first time two years ago," Adele said. "She came home so excited about what she was learning, that Kelly signed up for the last class that first year and they both attended last year." Adele said both girls were already looking forward to this year with anticipation.



Several more favorite pieces came out of these sessions. Erin drew an elephant on drawing paper only to be instructed to wad it up in a tight ball. Once it was permanently creased and crinkled, she was told to paint it with black watercolors. "That's a great effect," Erin said. "I really had fun doing it!"

Kelly's oil painting of a vase of tulips is very special to Rick and Adele. "I am so proud of this particular painting," Adele said, as Rick shook his head in agreement. "I have this picture stored away with a few others to keep it neat and in good condition."

"I really think I like my pencil drawing the best," Kelly said, as she explained the three-page process. "Each page is another part of the complete picture. There's the foreground, the middle ground and the background. It was hard to not go outside the lines while also getting them to fit together."



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Kelly attends First Christian Church School in Waxahachie, while Erin commutes to and from Children's University in Arlington. Just this past year, Erin was able to put her abilities to work in the classroom during a



mock business exposition. Students were teamed-up in groups of three. Each group had to come up with a business idea. "Erin's group decided they were going to have a greeting card business," Adele said. "Her plan was to hit the Mother's Day holiday."

Not only did Erin use her artistic skills to create unique, three-dimensional, keepsake cards, she also learned a great deal about profit margins, customer service and teamwork. As Erin talked about selling out of several cards and showing only a few that were left, Kelly diligently listened, while her hands kept busy with black and white Crayola Model Magic. It was easy to see what she had created in only a matter of minutes. "It's Shamu," Kelly said, smiling.

The girls also find success in the classroom. Kelly loves math and spelling, while Erin enjoys science for the variety it offers. TV time at the Phelan home may be limited, but it really is not a problem for Kelly and Erin. With a schedule that includes piano lessons, dance instruction and a large selection of summer activities, who has time to waste sitting in front of the TV? **WAXAHACHIE**

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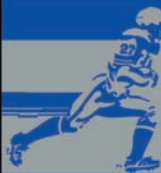


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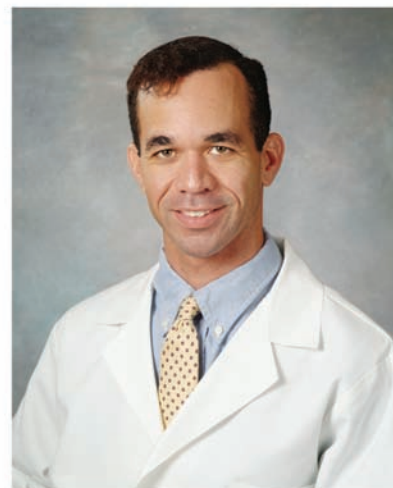


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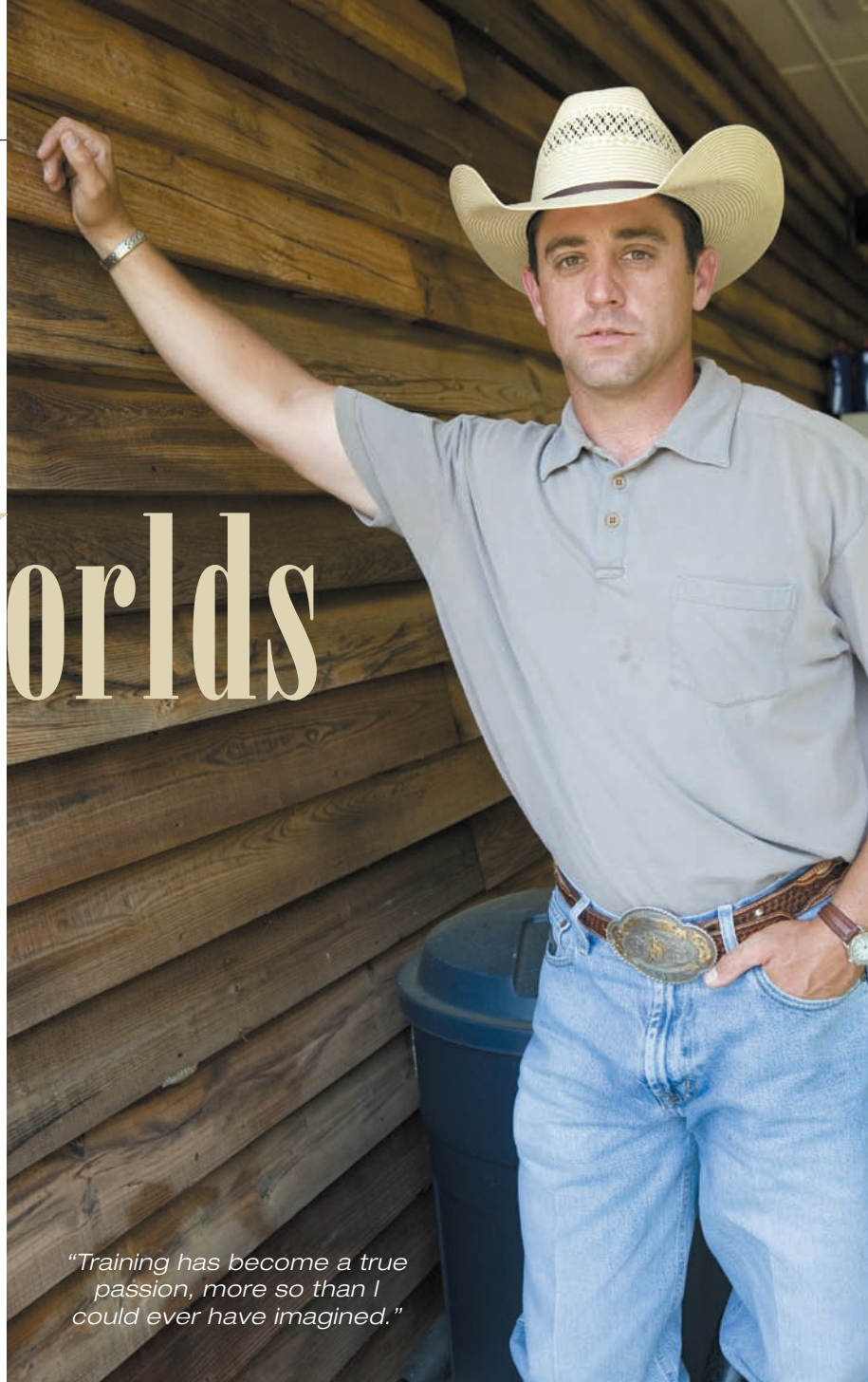
The Best of Both Worlds

— By Melinda Hines

Todd Alexander's passion for horses developed from a young age. "I grew up in a family where my brothers and dad all 'rodeoed' and we had cattle and horses," Todd said. Horses were part of Todd's lifestyle until his freshman year in high school, when he took time off in order to concentrate on baseball and football. "For years I had roped, rode rough stock and young horses," Todd said. "But I didn't have anything to do with horses again until after college."

He eventually returned to horses because horsemanship was in his blood. "Riding horses was something I always enjoyed doing," he said.

When Todd returned to his love for horses, he started steer wrestling — even though he had never competed in it previously. "My dad and brothers had done steer wrestling, but for a guy who is 5'7" and 170 pounds, it wasn't something I had tried before," he explained. "I would pick and choose rodeos based on which ones had smaller steers and would be better for quick guys."



"Training has become a true passion, more so than I could ever have imagined."

Todd soon made the transition from steer wrestling to training, because it was difficult to fit in all the hours required in steer wrestling. "It was hard to rodeo with coaching, practicing and a family, but there is less time involved in training," he said. "Training has become a true passion, more so than I could ever have imagined."

He has worked with a variety of breeds and ages of horses, but Todd specializes in starting young quarter

horses. "Training is not a full-time job for me, and the high demand for this type of work allows me to pick and choose what I do," he said. "I prefer to train horses that will become roping horses or cow horses on a ranch."

Freeze branding, which is quick, affordable and permanent, is also something Todd does. "An estimated 40,000 horses are stolen each year in the United States and permanent livestock branding deters thieves," he said.

Colt starting is based on principles

of natural horsemanship centered on establishing a quiet horse, while developing a relationship of respect between the horse and horseman. "I use a variety of groundwork exercises with all the horses I train to gain the



trust horses need to be comfortable around people," Todd said, referring to his own personal philosophy.

The groundwork is also beneficial for the rider and includes training the horses to be calm, while getting them accustomed to a saddle and blankets. "I usually begin riding them on the second to fifth day of training, depending on when the horse is ready," Todd said. "There is nothing better than getting on a horse and having him do exactly what you want him to do, when you want him to do it."




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Todd trains the horses to move in different directions, to use different parts of their body, how to stop, trot, lope, how to be reined and much more. He said his main goal is to produce a horse that is quiet, responsive and soft,



using techniques that help eliminate fears from the horse. Todd has trained horses throughout Ellis County and is starting to venture out of the area, as well. "I just finished training a horse from Denton and will train two from Krum after spring football," he said.

Horsemen are very knowledgeable, Todd said, and they must be able to transfer their knowledge in a humane manner, as well as keep up with new methods and techniques in the field of horse training. Todd is passionate about learning. "I am constantly learning," he said. "I hope I'm learning till I'm 90 years old."

Learning plays another significant role in Todd's life as he teaches others. Todd graduated from Tarleton State University in 1994, and has been teaching for 12 years, 10 of those years in Waxahachie. "I teach health and fitness at Waxahachie Junior High and coach track and varsity running backs at Waxahachie High School," Todd said.

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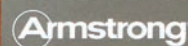
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Married for 14 years, Todd and his wife, Sonya, have three children, 10-year-old Caroline, 6-year-old Ellie and 9-month-old Ross. The family stays busy, and Todd said it sometimes feels like they spend most of their

"I consider myself the luckiest person in the world because I get to do the two things I thoroughly enjoy while getting paid to do both. ... Plus a family that supports me in both; now that's a true blessing."

time hauling children to gymnastics, soccer, softball or church activities. "We are running all the time and passing each other in the hall," he said. "It has been said that it takes a special woman to be a coach's wife, but it takes an even more special woman to be a coach's wife and a horse trainer's wife."

Todd typically trains horses from January to July, although there are a few weeks out of those months that he does not train at all, like during spring football. "I consider myself the luckiest person in the world because I get to do the two things I thoroughly enjoy while getting paid to do both," Todd said. "Plus a family that supports me in both; now that's a true blessing." **NOW**

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Customer Service IS ESSENTIAL

— By Sandra McIntosh

Patio-Scapes, currently located in Suite E at 1037 U.S. Highway 287 Bypass West, is a very busy place. The decision Chuck Frame and his partners, Bill Bates of Dallas Cowboys fame, Alan Dulworth and Jim Bradford, made three years ago has proven to be quite a successful business venture indeed.

Chuck, Bill and Alan had been providing complete backyard getaways for many years through their custom/luxury home building company, Austin Custom Homes. “We had been providing outdoor living spaces exclusively for our clients,” Chuck said. “When we realized the need and saw the opportunity to break this portion of the company out separately, we did. It’s been a very successful choice.”

Jim came on board when Patio-Scapes first opened its doors to the general public. Chuck is quick to point out that everyone is actively involved in the company – from the owners to those who answer the phones 24-hours-a-day, seven-days-a-week. “Customer service is essential,” Chuck stressed. “We want customers talking to real people. It’s our philosophy and it’s important to us. The sales staff is involved with all projects from start to finish. It really is all about communication.”

When seizing the opportunity to expand, Chuck and his partners saw the need for a full-service, one-stop



“All landscaping is
‘truly organic.’”

shop for outdoor living space. “We do it all,” he said. “Literally, we design, build and furnish. If you imagine it, we get it done.”

When Chuck says Patio-Scapes does it all, he is not kidding. Offerings include, but are not limited to, landscape design, installation, lighting, hardscapes, custom stonework, flagstone, patios, outdoor kitchens and fireplaces, pools and spas, as well as barns and metal buildings. “We really do it all,” he said, “from modular to custom built. Our goal is to one day become a large regional, as well as national, brand name.”

With the staff Chuck currently has in place, that should be fairly easy to do. He has made it his business to employ expert staff members who are landscape designers, Master Gardeners and master craftsmen, which ensures the same quality and expertise in your

outdoor living space as is provided by their custom/luxury home business, Austin Custom Homes. “We have the experience and knowledge the client deserves,” he said.

Patio-Scapes designs and completes all projects to meet the needs and desires of its customers. They do this by first listening to what the customer wants, obtaining a budget from said customer and moving forward from there. “The customer may know the elements they want,” Chuck said. “There are many ways to provide those elements. The budget helps alleviate any unforeseen problems. We give customers the best quality at the best value. We give them the most for their money.”

Some customers have a desire for exotic art or unique outdoor decor. Others want a fully-equipped outdoor kitchen, while some only have the need

for an oversized grill. Whatever the wants may be, Patio-Scapes can, and will, make it happen. "We have artisans all over the world to get the customer whatever they desire," Chuck said. "If we don't have it, we'll get it."

The business has grown to include offices in Carrollton and Arlington, as well as Waxahachie. Within the next



18 months, Patio-Scapes is looking to expand even further by adding six more locations in the Dallas/Fort Worth area alone. "In five years, we hope to have 36 locations with the Patio-Scapes name," Chuck added. "In the next six to eight months we should be in our new 9,000-square-foot building on YMCA Drive."

As Home Depot certified installers, Patio-Scapes offers quality workmanship with all the normal guarantees. Their mantra, simply stated, is to stand behind what they say. "As a high-end company, we offer quality from a mid- to upper-mid price range," Chuck said. "We return phone calls and we make every appointment. We believe strongly in communication."

Patio-Scapes also realizes the importance of "eco-friendliness," so all landscaping is "truly organic." "We are a big outfit," Chuck said. "We're willing to go anywhere."

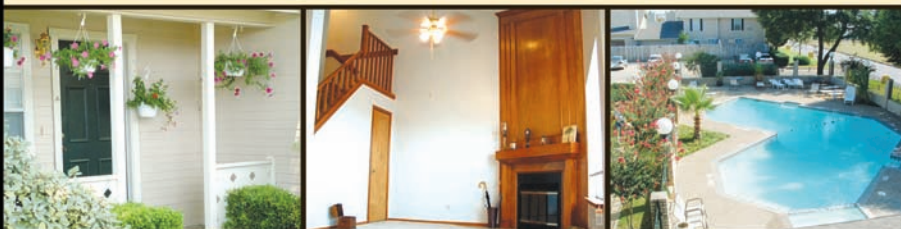
For more information, visit www.patioscapesusa.com or call the Waxahachie office at (972) 938-0407. If the Patio-Scapes site is still "under construction," you can also get information on both Patio-Scapes and Austin Custom Homes at www.austincustomhomesusa.com. **NOW**

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Education is KNOWLEDGE FOR THE FUTURE

— By Judy Beard



Whether you aspire to be a professional choreographer, as does Liz Davis, or you are majoring in bio-medical, engineering machines as Dylan Dacy plans to do, it does not take a rocket scientist to discern that knowledge of the arts and social skills will help you reach your goal. Nearly 20 years ago, a member of the Symphony League, an auxiliary of the Waxahachie Symphony Association, started an all-girls cotillion. Some 10 years later, as boys joined them, they became known as the Waxahachie Symphony Association Belles and Beaus. This year, Liz and Dylan both participated in the program.

According to Cindy Hess, this year's co-chairman, the goal for Belles and Beaus participants is to advance their cultural experience in music, art and architecture, as well as their social life skills. "The only requirement to join is to be an interested Ellis County high school senior. Our group was comprised of 39 wonderful seniors, the majority

being from Waxahachie High School," Cindy said, "but we also had one homeschooled student and another from Midlothian."

Unlike some previous years, all of the program's activities took place locally this year. "We really wanted to support all that Ellis County has to offer," Cindy said. This year's student participants were responsible for their own transportation. Dylan enjoyed taking his own vehicle, which he humorously named, "Please Run!"

"The etiquette I learned reinforced what I already knew," Liz added. "I also learned there's a difference between a

lasagna server and a desert server. I also learned things that I didn't know, such as getting rid of that unwanted bite."

Liz now knows that instead of spitting the bite into a lovely linen napkin, she is supposed to put the fork back into her mouth, put the bite back onto the fork and back onto your plate. "Learning my social correspondence skills was an invaluable lesson," she added. "I also learned the proper way to address letters."

"With the etiquette I learned, I found the information on résumés writing the most useful," Dylan said. "The interviewing skills I learned

certainly aided me in receiving multiple scholarships." Dylan also recognized that even things that may not seem to be important do make an impression on others.

"The country and western dance lessons were my favorite by far," Liz chimed in. "I've been in dance since I was 2, but I'd never learned how to do

"The country and western dance lessons were my favorite by far."

the two-step." She also found waltzing to be a fun experience. "It was something else that I didn't know," she said.

"To see others that also didn't know what they were doing made me not feel so bad," Dylan said. "During the waltz, it was funny to see the expressions on the faces of all the parents."

Dylan explained that he was awarded the Waxahachie Symphony Association's Young Artist Award, following an interview and one of his many performances. "I played the French horn at the Classical Brass Concert," he said. "It turned out to be my favorite."

Dylan also found enjoyment in the *Medicine Man*. "It was an outdoor experience in which an eccentric man told a story and sold a healing elixir," he explained. "I found that the *Medicine Man* was funny."

To benefit the Belles and Beaus' program, volunteer co-chairmen Cindy, Kathy Sparrow and her sister, Jenny Nivens, gave graciously of their time. "The students are required to give five hours of service to their community," Cindy said. "They are Symphony Ambassadors."

Students volunteer to fill host or hostess positions at Symphony concerts, Bethlehem Revisited (the local live Nativity held each Christmas season), Chamber of Commerce events or to

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Education **NOW**

assist with the Special Olympics. "Most of the members this year had already fulfilled their five-hour requirement when the Special Olympics occurred," Cindy said, with pride in her voice, "but still they volunteered. That shows you just how special these students are."

"I found that the Medicine Man was funny."

"The Belles and Beaus' grand finale is a cotillion in their honor," Cindy continued. "Belles wear formal white gowns. Beaus are required to wear black tuxedos." Cindy described them as a sea of white on the dance floor.

In debutante fashion, each Belle is presented by her father. Each Beau is accompanied by his mother. Formal invitations, along with RSVP cards, are available for members to send to their family and friends.

Liz mentioned that each Belle and Beau could submit three favorite songs. The 2007 cotillion was elegantly catered by the Dove's Nest restaurant and lavishly decorated by Villa Flora. Cindy was very pleased, as she spoke of the 2007 participants. "Bob Eldridge took and donated black and white 8x10 photos to each student," Cindy said. "Each photo is sure to be a treasured reminder of their incredible year."

Well-mannered and well-rounded in the arts, Liz and Dylan's educational experience was enhanced by the Symphony's Belles and Beaus program. Belle Liz plans to attend Lon Morris University in Jacksonville, Texas. Beau Dylan will be attending Texas A&M. "Thank you, Mrs. Hess," Liz said, as Dylan readily agreed, "and everyone else who helped with Belles and Beaus this year, and also to our parents who allowed us this opportunity." **NOW**



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Summer in Waxahachie means fresh vegetables. A variety of homegrown goodies, top left, can be found each Saturday morning on the downtown square. A ribbon cutting, top right, was held recently for the Pettigrew Academy Summer Camp. The Relay For Life team from Hastings held a garage sale, bottom left, to raise funds for the event. Home-baked cookies and brownies were also for sale. An antique car show was held during the annual Gingerbread Trail event.

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A ribbon cutting, top left, was recently held at Greatack.com. Jesse Ratliff, top right, is the deejay from J&S Karaoke. He provides the music at the VFW Lodge on Friday nights. Two of the quilts that were on display during the weeklong anniversary celebration at Covenant Place are shown in pictures on the bottom row.



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Look Who's Cooking

— By Melinda Hines

IN THE KITCHEN WITH JENNIFER POPE

Jennifer Pope shared her love of sweets and baking with her mom who passed away in 2004 after a long battle with lung cancer. “She called me ‘Sweets,’” Jennifer said. “I would sit on the counter baking with my mom, licking the beaters or scraping the bowl.”

She also treasures memories of cooking with her mom as an adult and the handwritten recipes in a cookbook her mom created for her. Jennifer’s favorite is Coca Cola Cake, passed down from her grandma, which her mom made for her birthday. “This was the only time she made it,” she said. “It was special.”

Jennifer now shares her love of sweets with her son, Chase, but makes substitutions in the ingredients. She says she tries to use the healthiest ingredients possible. **WAXAHACHIE**

COCA COLA CAKE

CAKE:

- 1 cup diet Coke
- 1 stick light margarine
- 1/2 cup applesauce
- 1/4 cup cocoa
- 1/2 cup marshmallows
- 2 cups flour
- 2 cups sugar
- 1 tsp. baking soda
- 1/2 cup egg beaters (equivalent to 2 eggs)
- 1/2 cup buttermilk (To make buttermilk, add 1 tsp. lemon juice to skim milk and let set for a couple of minutes.)

FROSTING:

- 1/4 cup cocoa
- 3 Tbsp. diet Coke
- 1/2 stick light margarine
- 3 cups confectioners’ sugar
- 1/2 cup walnuts (if desired)

Preheat oven to 325 F. Mix diet Coke, margarine, applesauce and cocoa. Bring to a boil; remove from heat and add marshmallows. In separate bowl: mix

flour, sugar, baking soda, egg beaters and buttermilk. Mix all ingredients together and pour mixture into a greased Bundt pan and bake for 45 minutes. For frosting: combine cocoa, diet Coke and margarine in saucepan. Bring to a boil; remove from heat and mix in confectioners’ sugar. If desired, stir in walnuts. Drizzle frosting over cake while warm.

CINNAMON CHOCOLATE CHIP COFFEE CAKE

- 1 stick light margarine
- 3/4 cup sugar
- 1/2 cup egg beaters (equivalent to 2 regular eggs)
- 1 tsp. vanilla
- 1 cup nonfat plain yogurt
- 2 cups wheat flour
- 1 1/2 tsp. baking powder
- 1 1/2 tsp. baking soda
- 6 oz. semisweet chocolate chips
- Cinnamon sugar: 1/2 cup of sugar and 1 tsp. cinnamon

Preheat oven to 350 F. Cream margarine and sugar together. Add egg beaters and vanilla. Add yogurt and mix well. Add dry ingredients. Grease and flour 9X13 pan or 2 loaf pans. Spread 1/2 of batter, then 1/2

chocolate chips and 1/2 cinnamon sugar. Layer the remainder of batter, chips and cinnamon sugar. Bake for 35 minutes or until toothpick comes out clean.

CLASSIC BANANA BREAD

- 2 cups wheat flour
- 3/4 tsp. baking soda
- 1/2 tsp. salt
- 1 cup sugar
- 1/4 cup light margarine, softened
- 1/2 cup egg beaters
- 1 1/2 cups mashed ripe banana (about 3 bananas)
- 1/3 cup plain nonfat yogurt
- 1 tsp. vanilla extract
- cooking spray

Preheat oven to 350 F. Lightly spoon flour into dry measuring cups, level with a knife. Combine the flour, baking soda and salt with a whisk. In a large, separate bowl, beat sugar and margarine with a mixer at medium speed until well blended (about 1 minute). Add egg beaters, 1/4 cup at a time, beating well after each addition. Add banana, yogurt and vanilla; beat until blended. Add flour mixture; beat at low speed until just

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moist. Coat 8 1/2 x 4 1/2-inch loaf pan with cooking spray; pour batter into pan. Bake for 1 hour or until toothpick comes out clean. Cool for 10 minutes in pan on wire rack; remove from pan. Cool completely on wire rack.

DIRT DESSERT

- 1 stick light margarine
- 2 8-oz. pkgs. fat-free cream cheese
- 1 1/2 cup powdered sugar
- 1 16-oz. tub fat-free Cool Whip
- 3 4-oz. pkgs. fat-free instant chocolate pudding
- 2 1/2 cups skim milk
- 1 20-oz. pkg. reduced-fat Oreo cookies
- gummy worms (optional)

With electric mixer, beat the margarine, cream cheese and powdered sugar on high speed. Stir in Cool Whip. In another bowl, mix the pudding mixes and milk until well-blended. Fold this mixture into with the cream cheese mixture. Layer this mixture with the Oreo cookies, which have been ground into crumbs. (You can put Oreo cookies into a Ziploc bag and crush with a mallet.) Your top layer should be the crumbs, which will look like potting soil. "I put this into a large plastic pot with some gummy worms sticking out of the 'soil' and some flowers wrapped in foil stuck down into the mixture."

Variation: To make "sand," use fat-free vanilla pudding instead of chocolate and Pecan Sandies instead of Oreos. Serve in a sand pail with a sand shovel.

FRESH FRUIT DIP DESSERT

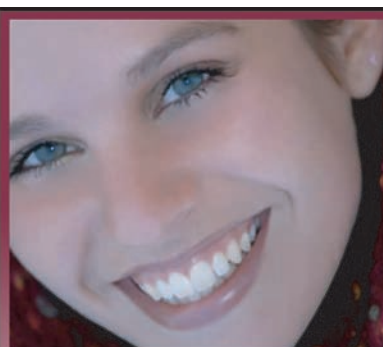
- 1 jar of marshmallow cream
- 1 8-oz. pkg. softened fat-free cream cheese
- strawberries
- grapes
- pineapple
- watermelon
- cantaloupe
- blueberries
- raspberries
- honey dew melon
- pre-packaged, fat-free angel food cake
- wooden skewers

Mix marshmallow cream and cream cheese until well blended. Serve fruit and angel food cake on skewers alternating fruits and angel food cake. Dip pieces of fruit and cake into the marshmallow/cream cheese dip.

YUMMY BANANA PUDDING

- 1 small pkg. fat-free vanilla pudding
- 1 14-oz. can fat-free sweetened condensed milk
- skim milk (see pudding box for amount)
- 1 8-oz. container fat-free Cool Whip
- 4 bananas
- 1 box reduced-fat vanilla wafers

Follow the directions on the box for the vanilla pudding, but use skim milk instead of whole milk. Let it stiffen a little bit and add the can of sweetened condensed milk and blend. Fold in Cool Whip. Cut the bananas into thin round pieces. In a trifle bowl, layer the wafers, bananas and the pudding mixture, in that order. Be sure to save some of the wafers to crush and sprinkle on top. Store in refrigerator until ready to serve.



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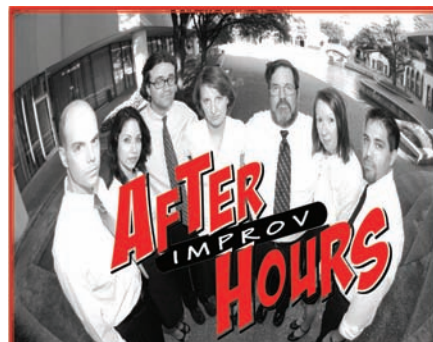
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When Do You Need a Trust?

— By Jeff Trojacek

None of us can predict the future. So, if you want to make sure your family and other heirs receive what you want them to have, it is not too soon to do your estate planning. Trusts can be a key part of those plans. But under what circumstances might you need to establish a trust?

Before you choose a specific trust, you will need to know how trusts work. Usually, a trust is a legal arrangement in which you, as grantor, set up the rules and appoint a trustee who manages the trust and its assets.

You (and possibly others) then fund the trust with assets. The trustee collects these assets and invests the money according to the rules of the trust, which will also determine the trust's beneficiary – the recipient of the trust's proceeds.

Beyond these common traits, trusts can be very different in their intended purpose. Your individual situation will dictate the type of trust, or trusts, you choose. Here are a few of the most common scenarios:

- **If you want to give something to charity**

You may want to consider a charitable remainder trust (CRT). In a CRT, you donate an appreciated asset, such as shares of stock or a piece of real estate, to the trust. The trustee may then sell the asset and use the proceeds to purchase a portfolio of securities. From these investments, you can receive an income stream for life; upon your death, the charitable organization receives the remainder of the principal. By setting up such a trust, you defer capital gains taxes, and you can claim a limited deduction on your income taxes.

- **If you want to reduce estate taxes**

Explore an irrevocable life insurance trust. If you own an insurance policy, the proceeds are a part of your taxable estate. To help reduce the possibility of your heirs having to pay estate taxes, you may want to establish an irrevocable life insurance trust. As long as the trust owns the insurance policies, the proceeds will not be included in your estate. You might also be able to use an irrevocable life insurance trust to provide your family with assets they might not otherwise have received, especially if you have given away a sizable amount to a charitable organization through a charitable remainder trust.

- **If you have remarried**

You may want to think about a QTIP (Qualified Terminable Interest Property) trust if you are married for a second time, but want to make sure your children from your first marriage are protected. A QTIP trust enables you, as grantor to provide for your surviving spouse and also maintain control of how the trust's assets are distributed once he or she also dies.

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If you think your children or grandchildren might "burn through" the money you leave them, you might want to explore a discretionary trust, which gives an independent trustee full authority to make decisions on how the trust funds may be spent for the benefit of the beneficiary.

One final word: Trusts are complex instruments, so you will need to work with an attorney and CPA to make sure your strategy can help you work toward the goals you want. **NOW**

Jeff Trojacek is an Edward Jones representative based in Waxahachie.

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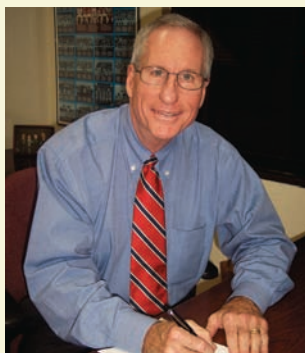
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Planning for BABY

Planning for a baby requires more than just picking out a name and nursery decor. Preparing your body to nurture your little bundle of joy is extremely important. David Morehead, D.O., obstetrician and gynecologist on the medical staff at Baylor Medical Center at Waxahachie, answers some of the most common questions women have when planning to conceive.

Before I become pregnant, are there any habits or activities that I should give up?

Dr. Morehead: "Yes. If you are a smoker, it's important to quit before you become pregnant and especially during your pregnancy. Smoking has been connected to a variety of problems for both mother and baby, including low birth weight, preterm deliveries, and lower IQ scores in children of smoking mothers. Also, studies have shown that smoking can actually

contribute to difficulties with conceiving. Currently, there are smoking cessation programs available in the community as well as new medications that can aid in smoking cessation. Consult with your physician to find out which options are best for you."

When should I begin taking supplements? Are there any nutritional guidelines that I should follow?

Dr. Morehead: "Most physicians recommend taking prenatal supplements after stopping any birth control methods, as they should ideally be taken for 30 days before conception. The supplements that have proven most beneficial to mother and baby contain folic acid, which is found in most kinds of prenatal vitamins. Folic acid can help protect your baby from some birth defects, including spina bifida and other spinal malformations. If you are not already taking prenatal vitamins, then once you become pregnant your doctor will usually prescribe them to help cover any nutritional deficiencies you might have. Many doctors also recommend an omega-3 fatty acid supplement (such as DHA) during pregnancy and breast-feeding. As far as nutritional

guidelines, it is a good idea to stay away from alcohol, caffeine and some types of seafood. Certain types of seafood contain mercury, which can be harmful to a growing fetus. Consumption of seafood such as: tilefish, swordfish, king mackerel and shark should be eliminated."

Are there any health conditions I should be tested for that might be harmful to the baby?

Dr. Morehead: "The American College of Obstetricians and Gynecologists suggests that women who are planning to become pregnant should see their doctor for a preconception visit. During this visit, your physician may test for any sexually transmitted diseases that can be linked to pregnancy complications and will make sure you have had the proper vaccinations. Women with preexisting conditions should see their obstetrician or specialist to determine what affect their condition will have on the baby during pregnancy. It is also important to let your physician know of any over-the-counter or prescription medications you are taking as some medications can be harmful to a growing fetus."



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I have been taking birth control pills for several years, will it be difficult for me to become pregnant?

Dr. Morehead: "For most women using oral contraceptives, it is possible to conceive within the first menstrual cycle after stopping birth control, but often takes two or three months. Using birth control does not lower the long-term chances of becoming pregnant after stopping — in fact, some women are more fertile when they first stop taking birth control pills. After stopping the pill, or any other hormonal birth control, it is best to wait until after the first spontaneous menses before trying to conceive." **NOW**

** Physicians are members of the medical staff at one of Baylor Health Care System's subsidiary, community or affiliated medical centers and are neither employees nor agents of those medical centers, Baylor Medical Center at Waxahachie or Baylor Health Care System.*

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A Mosquito-free Summer!

— By Nancy Fenton



Happy July! Now that our rainy season is somewhat over, we can “enjoy” our summer! How are the mosquitoes doing at your house? Despite our efforts at eliminating all the standing water, they are “doing well” here! Are you aware that there are hundreds of varieties of mosquitoes? They have been around longer than we have, and will continue to be. In Cuba in 1900, Dr. Walter Reed, for whom the Walter Reed Army Medical Center was named, did the pioneering work for understanding and learning to control the various illnesses caused by this pesky insect.

After learning that a female can lay up to 200 eggs every 10 to 20 days in standing water, it became critical that even

bottle cap sized pools be eliminated! Those little “wrigglers” in the water promptly grow into bloodsuckers. This knowledge has given me a whole new perspective on the water in the saucers under my plants! I now empty them if the plant has not taken it up within 24 hours! No baby mosquitoes for me! I have even searched under my porches for the odd pot or saucer that might hold even a tablespoon of water. It is amazing how even the shelves of my potting area can hold a tad of water as can the lids to the five-gallon cans I use

to store potting soils.

If you use five-gallon cans to catch and hold rain water, put screens over them until you are ready to use the water. A drop or two of bleach in the water will also kill the “wrigglers” and not hurt the plants. These early mosquitoes have not been observed to carry the really bad diseases we fear, but as the season progresses the “really bad guys” appear. It is better to try to prevent their breeding and biting than to worry about this age-old problem. Get rid of the standing water, and get out the insect spray for a mosquito-free summer! **NOW**

Nancy Fenton is a Master Gardener in Ellis County.

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July 2007 Community Calendar

First and Third Tuesdays

Training Academy for Dental Assistants' free informational sessions at 5:30 p.m. Call (972) 842-2999 for details.

Second and Fourth Mondays

Texas Ladies Networking meets from 11:45 a.m. - 1 p.m. at Fire Mountain Grill in Waxahachie. For information, call (214) 587-1221.

July 3

Ribbon Cutting for Bluebonnet Courier Service begins at 10:30 a.m. at the Waxahachie Chamber. (972) 937-2390.

Crape Myrtle Festival Fireworks Show, Parade and Driving Trail. Visit www.waxahachiechamber.com for more details.

July 5

Ribbon Cutting for Omega Solutions - PEO begins at 10:30 a.m. at the Waxahachie Chamber. (972) 937-2390.

July 7 and 8

Texas Motorplex O'Reilly Bracket Series #9, #10 and Good Guy #4. Visit texasmotorplex.com or call (972) 878-2641 for information.

July 9

Executive board meeting begins at noon at the Waxahachie Chamber. (972) 937-2390.

July 10 and 24

Waxahachie Chamber of Commerce Business Interchange leads group meets at Hastings Entertainment at 7:30 a.m. For information, call (972) 937-2390.

July 11

Board meeting begins at 11:45 a.m. at the Waxahachie Chamber. (972) 937-2390.

Drug Awareness/Self-esteem program for teens ages 13 - 18 at the Sims Library from 3 - 5 p.m.

July 13

Heart of Texas Arts and Craft Show begins at 3 p.m. at the Waxahachie Civic Center. Free parking. Admission is \$3 for adults. Children under 12 are free.

July 14

After Hours Improv Comedy Show at the Texas Theater begins at 8 p.m. (972) 937-9839.

July 16 - 27

Ellis County Art Association's Summer Art Academy, a two-week art academy for children 6 - 13 and teens 14 - 18. (972) 937-3414.

July 18

Brett Roberts - Magic Workshop for junior teens ages 11 - 12 at the Sims Library from 3 - 5 p.m.

July 19

Caregiver Business Lunch & Learn, hosted by the Waxahachie Chamber and Meals on Wheels, begins at noon. (972) 937-2390.

Amateur Radio Club meets at 7:30 p.m. at the Waxahachie Fire Department station house on Water Street. For information, visit wd5ddh.org.

July 20 - 21

Creative Quilters Guild of Ellis County's Annual Quilt Show, 10 a.m. - 5 p.m. at the Midlothian Conference Center. This year's theme is "Memories." For information, visit www.cqguild.org.

July 21

Indian Artifact Show at the Waxahachie Convention Center from 9 a.m. - 5 p.m. Admission is \$5, and booths are available for

\$40. Call (972) 723-5113 or (214) 870-1392 for information.

Teen Movie Saturday for teens ages 11 - 18 at Sims Library from 2:30 - 4:10 p.m. This month's featured film is *The Bridge to Terabithia*.

July 23

The Band of the Nation's Capitol begins at 7 p.m. at the Chautauqua Auditorium. (972) 937-2390.

Creative Quilters Guild of Ellis County meets at St. Paul Episcopal Church, Hwy. 287 at Ovilla Rd., Waxahachie, at 7 p.m. Visit CQGuild.org for information.

July 25

Ambassador Luncheon begins at noon at the Waxahachie Chamber Conference Center. Cost is \$10 per person.

Teen Drum Circle for teens ages 13 - 18 at Sims Library from 3 - 5 p.m.

Summer Moonlight Movies in Downtown Series begins at 9 p.m. featuring *Over the Hedge*. (972) 937-2390.

July 26

Waxahachie Chamber Networking Mixer from 5 - 7 p.m. at Citizens National Bank (downtown location). Free to all Chamber members. RSVP (972) 937-2390 or via e-mail salfaro@waxahachiechamber.com.

August 5

Motorcycle Rally at New Beginning Bible Church located at 1970 FM 983 in Ferris. Free barbecue and refreshments starting at 10 a.m. This event is free for all ages. Bring your motorcycles so you can participate in the games, or just come and watch. Call Kenneth Dunlap at (972) 842-2800 for information.

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