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M A G A Z I N E

July 2008

**Coming
of Age**

**Lone
Eagle**

**Only as
Old as
You Feel**

**The
Future
of Golf**

At Home With
**Andy and
Mary Sias**

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*On the Cover:
In celebration of freedom,
U.S. flags line the walkway
in front of the Ellis County
courthouse.*

Photo by Terri Ozymy.

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Waxahachie NOW

Editor's Note

Hello, Waxahachie!

July is here and I have begun to think of ways to beat the heat — swimming pools, pink lemonade and sitting in the air-conditioned comfort of my home reading another issue of *WaxahachieNOW*. If you enjoy these same things, then this issue is definitely for you. I have included something for everyone.

Take flight with Dick Mockler as he glides 2,000 feet above the ground. Enjoy the truth found in the statement, "Opposites attract," as you visit the cozy home of Andy and Mary Sias. Smile at the tale of Ben and Maggie, two mice who are the main characters in a children's book by Christina Speck, while learning how Angela Lawson teaches the importance of remaining active no matter your age.

Whatever I decide to do, it will be cool and refreshing. When deciding for yourself, just remember to stay hydrated!

Sandra McIntosh

WaxahachieNOW Editor

P.S. Please submit your feature ideas to smcintosh-nowmag@sbcglobal.net.



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We all wear parachutes, just in case,” Dick Mockler declared, as he described how safely one can glide at 2,000 feet above ground. The retired CPA, now living in Waxahachie, has been soaring our skies for more than 40 years. Some would call it a science, while Dick calls it “the beauty of it all” in regard to one of the oldest sports on record. “You’re taking the forces of nature,” he said, explaining how weather patterns create flight, “and using them to soar.”

The sport of gliding, or soaring, has been around since inventors and dreamers, such as Leonardo da Vinci, envisioned

human flight. It would be some 300 years after da Vinci that an English baronet created the first known glider with stationary wings, flappers and tail rudder that would allow the craft to lift and respond to direction by way of the pilot.

The Wright brothers busily experimented with gliders in South Carolina; by the early 1900s gliding rapidly gained popularity. But it was war, not fancy that brought soaring to a new level. As a result of the Treaty of Versailles during WW I, powered aircrafts were banned. Not to be undone, the Germans invested heavily in gliders, launching off the cliffs and



ledges so common in the mountainous regions. As part of their military arsenal, the crafts were very effective. The beauty and wonder of a small aircraft, soaring overhead without the aid of a powered engine, captured the imagination of anyone who saw it. After WW II, as the world regained some normalcy, soaring returned to its recreational roots. Adventurers, sports enthusiasts and aviation pioneers sought better ways to glide.

“You can see everything so differently once you’re above it all.”

For Dick, the world of soaring was presented to him by way of a *National Geographic* article in 1968. For most men, the article would have simply been read and filed away as an interesting tidbit, “but it was just something I had to try.” That same year, he earned his glider license and within a few more years, he held a pilot’s license for small engine crafts and was a co-owner of his



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own plane. But living in Texas posed some problems. For one, there are no cliffs from which to launch.

As a member of the Texas Soaring Association, a nonprofit organization based in Midlothian, Dick has been able to soar frequently to Waco, Austin, Stephenville and locations as far away as Uvalde. In theory, taking flight would seem to be the easiest part of the adventure. Set behind a powered airplane, the glider is towed by a lead. Once both crafts are approximately 2,000 feet in the air, the glider pilot pulls a lever to release the tow; then both the thrill and the challenge of finding thermals, a column of rising air, begins. There is a sweet science to flying behind a tow, dropping the line and going solo. Beyond grit, this action requires steady hands and extreme confidence.

What began as fascination quickly turned to a passion. As a CPA, his hours were long and demanding, but



**"It was the most
exhilarating,
glorious, free
moment of his life."**

once in the air, alone at the controls, all the stress simply melted away. Evidence of this is perfectly illustrated by the description Dick offered of one particular flight. "You can see everything so differently once you're above it all," he said, describing a favorite lift area just above a junkyard. "As you get higher and higher the junkyard becomes a vast area of color." No more junk. The world beneath him becomes a canvas of wondrous colors and design.

As though it were yesterday, he can recall how he felt the first time he flew solo. "I sang," he smiled. It was the most exhilarating, glorious, free moment of his life; it is a moment he has relived over and over, as he can never get enough of the open skies and the sensation of soaring. The sport itself is a tangled assortment of contradiction. In the sky, some 2,000 to 7,000 feet above ground, the pilot is both powerful and powerless. He is both soaring and sinking. "All the time, you're in a shallow dive,"

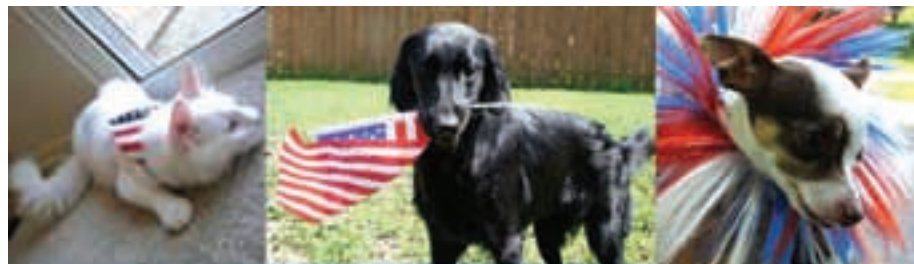



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Dick explained, “sinking about 200 feet a minute.” There is a constant search for an updraft. The 450-pound plane with a 50-foot wingspan feels small and weightless in the open skies.

It is a sport of independence, yet the pilot is dependent upon his or her own crew to help transport the craft. “It’s a manic-depressive sport,” Dick chuckled. One moment, a pilot is rapidly losing altitude and facing decisions about where and how to land, the next,

“One moment, a pilot is rapidly losing altitude and facing decisions about where and how to land, the next, you find a thermal, and are reborn.”

“you find a thermal,” and are reborn. “It’s exhilarating!” In truth, it is like a game of chess.

Before setting off, he must know the weather, factor in the time of day, the distance he hopes to travel, as well as understanding the subtleties of aerodynamics. A good pilot, for example, may find clues in thermals and wind patterns by watching birds. Red tailed hawks and vultures search for and use thermals, much the same as the glider pilots do.

With even the best weather conditions, “a pilot must always be aware.” The pilot is seated low in the craft with a simple Plexiglas shield over his head and shoulders. “You can’t see below or behind you,” Dick said. “You really have to stay on your toes.” During competition, events which test the pilot’s ability and agility to keep the craft in the air while reaching plotted

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target points, the quest to find updrafts is never ending, especially as fellow competitors jockey for positioning in the thermal thousands of feet above land. It can be exciting even while it is treacherous.

In 1972, Dick won his first competition; he went on to win numerous national and international titles. Eventually, he introduced his own children to the sport. Today, his



son, Daniel, is a three-time U.S. Champion while son, David, has won this honor seven times. Though now retired, he and his wife, Lysle, continue to work as a team entering various competitions. In fact, during one such contest in Minnesota, Dick humbly said, "I was just lucky." From a wide field of competitors, he was the only one to find and use a thermal which allowed him to complete the race. He was the only pilot to finish and, as a result, was dubbed "the lone eagle" by local press. Though he appears embarrassed by this title, it was aptly applied to a man who has given so much to his sport and so loves to fly. While he ponders the flights of red hawks and vultures, what better name should he bear than the Lone Eagle? **NOW**



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Andy and Mary Sias have always called Waxahachie home. Both were born and reared here, and they are proud graduates of Waxahachie High School. The couple laughed as they remembered what many would call a long courtship. "We dated, off and on, for six years before we decided to get married," Mary said. "We'll be married 14 years on September 11." Never knowing anywhere but Waxahachie as home, it was only natural that the couple would take up housekeeping close to family and friends when they returned from their honeymoon to Cozumel, Mexico.



“The minute I opened the door, it felt like home.”

belongings and moved in with Mary's parents, while their home in the subdivision of Gingerbread Village was being built. Once settled into their new home, Mary began to have mixed emotions. "It never once felt like home to me," she explained. "We ended up putting what we had envisioned as our dream home on the market; it also sold in just two weeks."

While the couple decided what to do next, they found a suitable rent house for the two of them and their daughters, Meagan and Katie, now 12 and 5 respectively. It took them another 12 months before a decision was finalized. “We really thought we wanted a brick home out in the country,” Andy remembered. “Our real estate



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agent had shown us everything he had available, but we couldn't agree on anything." They laughed as they recalled the Realtor giving Andy a set of keys to the frame house in the city they now lovingly call home. "He told us to just have a look at this house on Farley Street," Andy said. "It was a frame house, so I didn't even stop to take a look inside." Luckily, Mary took her turn with the keys. "The minute I opened the door," she said, "it felt like home."

Not wanting to spend Christmas of 2004 in a rental, they quickly made an offer on the house with new carpet and a fresh coat of white paint throughout. "The first thing we moved in was the Christmas tree," Andy laughed, further stating that it was already up and fully decorated at the rent house. The couple immediately got busy adding color and personality to their three-bedroom, two-bath abode, which looks much smaller from the street than it actually



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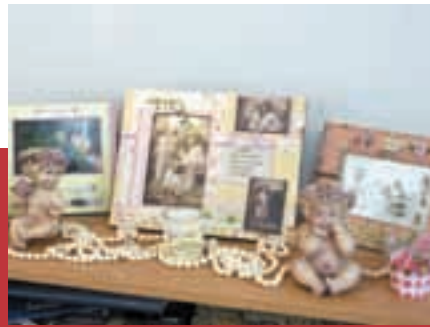
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is once you step across the threshold. Andy calls the new color of the living room, the entryway, the formal dining room and the kitchen manilla folder. "I say it's a light yellow," Mary interrupted, "maybe even vanilla." After a few moments of silly banter, they decided a compromise was in order, so the color became "vanilla folder." The accent colors the couple chose include olive green, a rich khaki and a soft cream.

As the secretary at Shackelford Elementary, Mary had two full weeks off from school to celebrate the holidays with her family. She celebrated by removing the dark, ugly paneling in the kitchen and in Meagan's room. "The kitchen still had a '70s theme," she said. "It was horrible." Andy and Mary gutted the kitchen, so they could start with a clean slate. "Mary wanted an Italian theme," Andy said, "and I

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just wanted to stay on budget." When it was time to return to school, Mary was more than ready. "I had to go back to work so I could relax," she giggled.

Visitors who frequent the Sias' home today are in for a real treat. Katie, with little to no encouragement, will provide the background music from one of Andy's very special finds. "I purchased that piano from an estate sale in town," he said, proud of the



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fact that he only paid \$50 for it. "We'd been looking for one for over a year. This one was a bargain that we couldn't pass up." Mary began to laugh out loud as she recalled the trauma of moving it from the estate sale to its resting place along one wall of the formal dining room. "It took eight grown men to get it home," she smiled. "And don't forget one feisty woman," Andy said, referring, of course, to Mary. Another special find Andy made while on the job at Ellis County Abstract & Title Company is also displayed in the dining room. "I believe the desk at one time belonged to Jim Pitts," Andy said, recalling that it was going into the trash dumpster otherwise. "It's a good little corner filler." Andy refurbished the desk to look like cherry wood.

A treasure Andy and Mary inherited from Andy's parents is the bed frame in Meagan's room. It is just an old metal frame bed, but its history once again causes a great deal of emotion. "My parents came from simple roots. They didn't have a lot of material things," he said. "They found it. I'm not sure where, all I know is it was their first bed after they married." Other notable items include Mary's modest teapot collection displayed in her scrapbooking room; the vanity in the master bedroom, which was a gift from Andy to Mary on their wedding day;



the armoire, once an old pantry in Katie's room; and the mural, which is still a father's work-in-progress in the playroom.

The backyard is plenty large enough for entertaining, while also allowing for a vegetable garden and a dog run for the family's two blonde cocker spaniels, Prince Charles and Prince William.

Andy and Mary are proof positive that opposites really do attract. He likes wide, open spaces, while she prefers a more cozy feel. "If there's an open spot," Andy said, with a playful, sarcastic tone, "Mary will fill it." Mary, not one to be left out, added, "I'm salt and he's pepper. He's black and I'm white. He likes to think about it and me, I'm just plain compulsive." While Andy finds enjoyment in completing



one job at a time, Mary considers herself to be a great multitasker when it comes to getting things done. There is one thing the two definitely can and do agree upon — the happiness and overall welfare of their children.

"We want the girls to really live life to the fullest and be happy," Andy explained, "but we also want them to be responsible." As a family, Andy, Mary, Meagan and Katie love to laugh and have a good time. For them, that is truly what life at the Sias' home is all about. **NOW**

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ARTS NOW

Coming *of* Age

— By Michelle Powe

Like millions of Americans, Christina Speck has come of age. As a stay-at-home mom, who also works part time from home, Christina was searching for a deeper meaning to life – a greater purpose. “I was feeling that I didn’t give enough back,” she explained, “but I didn’t know what to do about it.”

Christina soon set about the task of finding her true calling by praying for an answer to her question. It was not until a visit to Mother’s Day Out that she realized her true calling. “I was looking at a small painting of Noah’s Ark,” she said, “when the thought of a children’s book quickly came to mind.”

With the story flooding her mind, Christina drove home, sat down at her computer and brought her idea to life in about two hours. The book’s main characters were two mice, who go on a great journey to get to Noah’s Ark. Once she was satisfied with the completed copy, she sent it off to a Christian publisher, Tate Publishing, and patiently waited for a reply. “I got a call from the president of the company in less than two weeks,” she recalled. “He said he had to have my book.”

She had found her calling. Her book about the great journey, *Going to the Ark*, was published. In this book, the pair of mice set out on a journey to a “safe place” which later readers learn is Noah’s Ark. Along the way, they meet several other



animals, who are unwilling to follow them to the safe place. Christina’s son aptly named the characters, Ben and Maggie, after two friends who used to live in the neighborhood, but have since moved to California.

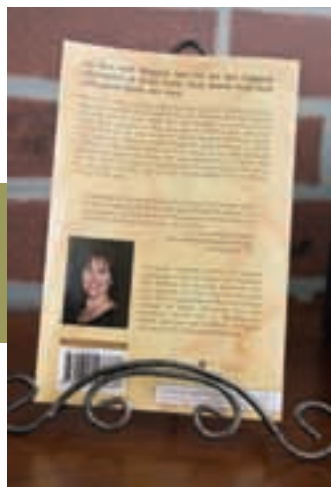
Christina’s life has not been without its own personal journeys. She and her sister were reared in Michigan by their mother, but when Christina was 9 years of age and her sister was 10, their mother was injured in a serious car accident, which left her with permanent brain injuries. Christina and her sister were sent to live with a foster family for several months before being relocated with their father, stepmother and their children.

When she was 18 years of age, Christina moved to Arlington, Texas. She met and married an Army Apache helicopter pilot

ARTS NOW

and they were stationed in Germany, where Christina's daughter, Meesha, was born. While there, Christina's husband flew combat missions in Desert Storm. After they returned to the States, Christina and her first husband parted ways, and she became a single mother. She moved back to Texas, where she eventually met her husband Grant. Soon after they were married, she became pregnant with their son, Sean.

The family has now settled in Waxahachie, where Meesha is enjoying life as a teenager and Sean, at age 5, is just being a precious little boy. Grant



was her supportive proofreader. Christina's mother-in-law, JoAnn Speck, also lives in Waxahachie. "She's been so supportive and wonderful. It's nice to have her so close by." Christina also remains very close with her sister and her family, who now live in Alaska.

In addition to rearing her children and working for her sister's medical billing company, Christina has plans for her book; she plans to stay true to her calling. "I'd like to have fundraisers with the book and let the profits go toward helping children in the ministry, sending kids to summer camps," she said, "or doing angel gift giving closer to the holidays."

She is also contemplating a sequel to her book: following Ben and Maggie

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on their journey while on Noah's Ark. She has had a book signing at Hastings Bookstore in Waxahachie, with another scheduled later this month at Barnes and Noble in Cedar Hill.

“I’d like to have fundraisers with the book and let the profits go toward helping children in the ministry, sending kids to summer camps.”

Christina credits some of her journey experiences since childhood as factors in helping her get to where she is today. “I had an English teacher in high school, Mrs. Harbin, who was so wonderful,” she remembered. “She was

ARTS NOW



one example of a teacher who inspired others. She planted seeds." That is the type of person Christina aspires to be.

And Christina is philosophical about her experiences in foster care. "My sister's and my experiences allowed us to see a side of the world that you normally don't, and gave us compassion and sympathy," Christina said. "Our foster parents were farmers and they taught us the value of work."

Being married to a soldier also had an impact. "I'm really for the soldiers in Iraq and Afghanistan. I'd like them to come home," Christina said. "Having been the wife of a soldier in Desert Storm, I really feel for the wives and mothers of the soldiers serving now."

Ultimately, as her book says, no one is too small or insignificant to make a difference. Christina hopes to make a difference not only in the lives of her children, but in the lives of many children. She hopes to inspire all children to desire to help others. She wants to plant seeds of hope, inspiration and faith, because she knows, "If you do work that you love and work that fulfills you, the rest will follow." **XXX**

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Sports
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The Future of

Golf

— By Michelle Powe

Devin Thomas learned two important things while he was an All-American on the golf team in college: First, he did not like the amount of traveling professional golfers have to do. Second, he did like teaching golf and helping other people with their game. "I always loved teaching, even in college. It was one of my favorite things," he said. "I came to be better at teaching than at playing competitively." So a year after he graduated from the University of California at San Diego, turning professional, he became certified as a club professional and has been an instructor for the Professional

Golfers' Association of America ever since.

Now he is the director of golf for the Waxahachie Country Club and feeling quite at home here with his wife and two daughters. "Waxahachie is a lot more like where I grew up — in Utah," Devin said. "People are friendly, down-to-earth, [it's] not about keeping up with the Joneses. You can't beat Texas."

Family is Devin's focus (and teaching golf). His eldest daughter, Elena, is the only freshman on the Waxahachie High School varsity golf team and takes golf lessons at the

country club. She also gives lessons to young children there, as do some of the other advanced, high school golfers. "That's one of the major pluses of this job. I get to see her every day



Sports NOW

at work," Devin said. Devin's youngest daughter, Annie, a second-grader at Shackelford Elementary, also plays golf and takes lessons at the club. But, for now at least, golf for Annie is just for fun. She splits her athletic time between golf and basketball. "Neither of my kids did golf really heavy early on. It's still early for Annie. It should be more fun than competitive," Devin said.

His wife, Kris, is learning to play golf, as well, so that she can be more involved in the sport he is passionate about. "And when I'm away," he added, "all three of the girls can play golf together now."

This fact has allowed Devin to be able to have his entire family around him at work, which is fine with him.



"That's what the club is about – family," Devin said. "All the members are very inclusive."

Just like golf, Devin added. Golf is inclusive, he said, because — unlike other sports — everyone can play. "You can play at every level, at every age, whereas with most sports, once you get out of high school or college, that's it," Devin said. That inclusiveness is appealing to Devin and is one of the main reasons he is so happy to share his love of golf with his family, friends and others.

Another appealing attribute of golf for Devin lies in the fact it is an individual rather than team sport. As a former high school pitcher, individual

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sports appeal to Devin. "I like to have control of the game," Devin said. "There's no one else. It's all on you, the individual challenge. You're not dependent on someone else's mistakes or them on yours. Everything's you."


But the real appeal of golf for Devin is the nature of the game itself. "It is the most challenging game I've ever played, and I've played just about



"I like to have control of the game. There's no one else. It's all on you, the individual challenge."

everything," he said. "It's very hard to get very good at it."

Why is golf so challenging? "Golf is a lot more mental than other sports," Devin said. "It's not reactionary. There's a lot more time to choke." The number of variables in golf — such as weather and wind, different courses for every tournament and variations of equipment — make the sport so attractive to so many. "It's all about the challenge — the mental and physical challenge," he said.



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"You're always practicing," Devin added. "You're always getting better. And there's always something going on in golf. In baseball, there's a lot of sitting around."

Devin pointed out another perk for playing golf: In this age of year-round sports and increasing numbers of athletic injuries to young, golfers have an off-season; they have downtime;



and they play at their own pace. "It's hard to burn out your body playing golf," he said.

This is important to Devin since so many of his golf students are children. "Half of my students are high school age and under," Devin said. "Some of the kids are as young as 4 or 5. Quite a few of the older ones are on the Waxahachie High School golf team."

Waxahachie High School's golf team is a priority for Devin. "Waxahachie's golf team is behind where it should be because up until recently these kids have been completely on their own," Devin said, "so we're trying to change that. The team has a lot of talented kids, a lot of kids who have a lot of drive. I foresee good things for the high school. It's going to take about two years, but we have a really good base. Our freshman team has very good promise." Devin should know — because teaching future golfers is what he does best. **NOW**



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Getting to Know You

—By Sandra McIntosh

Bow Wow Barbers, located at 1300 West Main Street, is a barking success, just ask the four-legged family members who frequent the establishment. The wag of their tails as they leave pretty much says it all. Owner Shirley Baily and shop manager Michael Brooks consider what they do on a daily basis to be much more than a job. “It’s a calling. It really is,” Michael said. “To do this kind of work, one has to have a passion for animals.” Shirley wholeheartedly agreed. “You have to have lots of patience,” she explained. “All dogs have personalities; their own likes and dislikes. It’s up to us to get to know each dog on a personal level. There’s a great deal of love and concern here.”

Most days at Bow Wow Barbers are

busy days. A busy day sometimes means that Shirley and Michael will pamper well past their regular business hours, if need be. The work to them is not tedious. “It’s a labor of love,” Shirley interjected. The hardest aspect of the business is keeping good, reliable

staff who feel the same way the two of them do.

“You wouldn’t believe the turnover,” Michael said. “The job is physical. It’s definitely harder work than they expected.”

All types of dogs come to Bow Wow Barbers for a bath, a blow dry and a cut. Just like people, they are all unique. Some are easygoing, while others may be a bit temperamental and then you have the ones that fall somewhere in between.

“But,” Michael said, “there’s no such thing as a bad dog.” He continued by saying that this experience is very much like an alien abduction for the animals. “You just have to learn how to handle them,” he said, reiterating the importance of getting to know the individual personalities of their canine clients. “We consider them to be our family and friends. They’re our babies.”

As a means of giving back to the community, Shirley decided a long time ago that she would volunteer her expertise with a pair of clippers to the Ellis County SPCA (Society for the Prevention of Cruelty to Animals). “We take the dogs that are donated and get them pretty for their new owners,” she said. “We love them as much as our regulars.”

Shirley and Michael have decided to take the grooming process one step



Business NOW

further by adding spa packages to their long list of offerings. The three new specials include aroma therapy, medicated therapy and everyone's favorite: South Bark's Blueberry Facials. The aroma therapy is found in the shampoo used, while the medicated therapy includes a deep conditioning for the skin and

"We consider them to be our family and friends. They're our babies."

coat. "During the blueberry facials, the dog's head and temples are massaged," Michael said. "Packages range in price from \$5 to \$25, and we also honor à la carte requests."

It was at age 17 when Shirley knew without a doubt what her life's calling would be. "I went to pick up the family dog with my mother," she recalled. "I couldn't believe the dog we left was the dog we were taking home. She went from a ragamuffin to a Scottie [dog]." She told her mom that very day she was going to groom dogs for a living. Two years later, the fun began and has been going strong now for 29 years. "I just can't imagine doing anything else," Shirley said, as she bent down to give one of her special clients a pat on the head.

Business hours are Tuesday through Friday from 8:00 a.m. - 6:00 p.m., with an early close at 4:00 p.m. on Thursday, and Saturday from 8:30 a.m. - 6:00 p.m. For more information or to schedule an appointment, please give Bow Wow Barbers a call at (972) 937-6324. **NOW**



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Education **NOW**

Only as Old as You Feel

— By Sandra McIntosh



As the rehabilitation director at Pleasant Manor Health and Rehabilitation, Angela Lawson has learned a lot while teaching her senior charges the importance of staying active in both mind and body. “Exercise is the key to staying healthy no matter how old you are,” Angela said. “It wards off depression and sickness. Studies show exercise can even slow down the effects of dementia. An active body is a healthy body.”

Starting out five years ago as a rehabilitation technician, Angela comes to this knowledge not only by reading the latest in new technology and listening to health-specific news casts, she has seen the benefits of exercise firsthand. “It’s not about getting a certain age and sitting back just waiting to die. It’s about improving the quality

of life, because each moment of life is important,” she said. “Once they realize they can still do so much, they begin to excel. This is exciting to watch.” Angela mentioned this realization is not immediate, nor does it come naturally. “Many times, we have to give them back the hope they lost somewhere along the way,” she said, further explaining the importance of building relationships based on trust and friendship.

Other times, Angela is the cheerleader, encouraging her charges to walk another step, bat the ball one more time, complete another bicep curl and push hard for one more turn on the floor bicycle. The process of seeing a patient find success during their daily exercise time excites Angela and she tries to make the exercise experience as pleasant as possible. Working out as a group

Education **NOW**

brings natural encouragement, as well as a camaraderie of sorts. Patients soon begin encouraging one another. Physical exercise is building strong muscles, while also working on flexibility, range of motion and mobility.

Angela also stressed that physical exercise is not the only form of exertion the elderly need to remain healthy and alert as long as possible. "We also work on stimulating their minds and souls," she said. "It's not all about their physical strength. Mental and spiritual exercises are also very important to their overall well-being."

"It is very difficult to teach new skills to someone with Alzheimer's Disease," Angela said. "So, it is necessary to focus

**"Many times,
we have to give
them back
the hope
they lost
somewhere
along the way."**

on helping those patients remember old, happy memories and motor skills most people take for granted such as brushing their teeth or combing their hair."

One way Angela accomplishes this is by continuing to build close relationships. "You'd be surprised at how much a person remembers when they are asked to reminisce about their life," she commented. As they recall the "good 'ole days," they are exercising their cognitive skills. "Sometimes all they have are their memories, because they really are unable to get out of bed," she said. "They are no longer able to go shopping with their grandchildren,

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but their memories can take them back to the time when they could. We work hard to help them keep their memories alive."

Both sides of the brain need stimulation. Good activities to help keep the brain sharp include arts and crafts, speech therapy and games such as Rubix Cube, SuDoku and jigsaw



puzzles, which hone logic, math and motor skills. Crossword puzzles, Scrabble and reading books help keep one "word-wise."

Maintaining interaction with other people is also important to keep the mind sharp. Visiting with children can help seniors stay young at heart as well. Their memories are exercised as they answer the children's questions. Attendance at Sunday services or weekly Bible studies strengthens spirituality, while a regular time of storytelling helps to keep listening and remembering skills exercised and intact.

When asked to remember one of her favorite patients, Angela thought for a moment before answering, "Rosemary Alderdice." Rosemary had fallen and broken her hip. She was admitted and quickly began an exercise regimen that was both strict and strenuous. "She would work out two to three hours every day," Angela recalled. "Her attitude was great! She worked hard because

Education NOW

she wanted to return home to her old life." While at the facility, Rosemary not only regained her strength, she also became an encourager in the exercise room and hosted "Story Time with Rosemary" in the family area. "Her attitude changed those around her," Angela interjected. "This is what we'd like to see in everyone. Attitude is half



"This is what we'd like to see in everyone. Attitude is half the battle and those with a positive attitude will see results."

the battle and those with a positive attitude will see results."

Words of advice on remaining "only as old as you feel" come easily for Angela. "Seniors need to keep moving. They need to stay active," she said. "They don't have to hold memberships at the health club. Exercising is as easy as walking around the house. It still gets the heart rate up." In today's society, seniors need to find things that interest them that will keep them involved and mentally active.

"Opportunities abound," Angela said. "Don't quit because society has made you feel like you need to stop living at a certain age. You're only as old as you feel. Why else would they be called the 'Golden Years'?" **NOW**



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Around Town NOW



The Waxahachie Indians varsity baseball team, top left, prepared to load the bus that took them to the UIL State Baseball Championships. Farmers Market in downtown Waxahachie, top right, opened with fresh vegetables and a large crowd. A ribbon cutting, second row left, was held at Hi-View Real Estate. Clay Riddle, Cade Roberts, Courtney Riddle and Cason Roberts, second row center, spent some time at Getzendaner Park after their last day of school at Italy Elementary. Maverick McGrath, second row right, slept the afternoon away. Josie Bledsoe, bottom right, enjoyed a Saturday evening out at the Olive Garden with her granddaughter, Isabella Revuelta.

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Around Town **NOW**



Linda Hutchins' fifth grade class, top left, were the group adopted by *WaxahachieNOW* during the Adopt a Class pilot program this past school year. The handmade card, second row center, was sent to the office as their way of saying thank you. Matthew McGrath, home from the service for a bit of rest and relaxation, top right, enjoyed time at the park with his daughter, Cadince. A ribbon cutting, second row left, was held at the Cotton Patch. Gunner Stinnett, bottom left, is a 3-year-old who was very serious about his cold drink and digital camera. Those attending the Farmers Market, bottom right, enjoyed the musical entertainment provided by Ellis County Bluegrass.

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Look Who's Cooking

— By Faith Browning

IN THE KITCHEN WITH RICK AND LAUREN MORITZ

Spending time with family is a priority for Rick and his two children, Lauren and Cameron. “My kids come first,” Rick said. “I believe cooking together keeps the family together.” Attending barbeque cook-offs are big weekends for him and the children. The cook-offs create the ideal family atmosphere by allowing children to participate. “Lauren and Cameron have both won second place in the pork chop category,” Rick boasted.

Baking is Rick and Lauren’s favorite thing to do, with barbequing coming in second. Lauren’s favorite recipe, Sticky Buns, won first place in the 2007 Burselson Honey Cook-off. Rick is well known for his favorite recipe, Millionaire Pie. “I like to use old-fashioned, home-cooking recipes,” Rick said. “I want to keep recipes like that going in our family.” **NOW**

SWEET RIBS

2 racks ribs
1 2-qt. can pineapple juice
1/2 cup honey
RUB:
1/2 cup paprika
3/4 cup fine kosher salt
1/2 cup ground pepper
1/4 cup chili powder
1 cup brown sugar
1/2 cup garlic powder
1/4 cup granulated sugar
1/4 cup ground celery seeds
2 Tbsp. oregano
BBQ SAUCE:
1 cup ketchup
1/4 cup vinegar
1 tsp. dry mustard
3 tsp. paprika
1/2 tsp. garlic salt
2 Tbsp. liquid smoke

1 Tbsp. molasses
1/2 tsp. salt
1/4 cups water

Soak ribs in pineapple juice for 5 hours. Combine all rub ingredients; store in a covered bowl or plastic bag. Combine all BBQ sauce ingredients in saucepan; simmer 1 hour. Sprinkle rub over ribs. Smoke ribs for 2 1/2 hours, spraying with pineapple juice every 30 minutes for moisture. Brush honey over the top of the ribs; smoke another 30 minutes. Cover ribs with BBQ sauce and smoke until tender.

CHICKEN ALA KING

1 small onion, chopped
1 green pepper, chopped
1/4 cup butter
1/4 cup flour
1 cup milk
1 cup chicken broth

salt and pepper, to taste
2 cups chicken, cubed
1 cup mushrooms, sliced

Sauté onion and green peppers in butter; add flour and make a smooth paste. Add milk slowly stirring constantly. Add chicken broth, salt, broth, chicken and mushrooms; stir occasionally until thickened. Serve over biscuits or toast.

BAKED BEANS AND MEAT SAUCE

1 lb. ground beef
1 large onion, chopped
1 bell pepper, chopped
1 tsp. Worcestershire sauce
1 Tbsp. prepared mustard
1/2 20-oz. bottle ketchup
salt and pepper, to taste
2 14-oz. cans pork and beans

Brown meat, onions and bell pepper. Add

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Who's Cooking **NOW**

Worcestershire sauce, mustard, ketchup, salt and pepper; mix well. Pour beans into casserole dish; pour meat mixture on top. Bake at 350 F uncovered for 30 minutes; bake an additional 15 minutes covered.

CHICKEN SUPREME

2 cups chicken, cubed
2 10-oz. cans cream of mushroom soup
1 14-oz. can chicken broth
1/2 lb. Velveeta Cheese, cubed
1 6-oz. can mushrooms, sliced
1 onion, chopped
2 cups elbow macaroni
1/2 cup butter, melted

Mix altogether; place in greased 9 x 13-inch baking dish. Cover and refrigerate overnight. Remove from refrigerator 1 hour before baking. Bake uncovered at 350 F for 1 hour. Let stand 10 minutes. You can also add a cup cubed ham for more meat.

HONEY STICKY BUNS

2 cups sugar
2 Tbsp. cinnamon
1/2 cup butter, room temperature
1/2 cup pecans, chopped
1/2 cup brown sugar
1/4 cup honey
3 cans butter flavored biscuits

Mix together sugar and cinnamon. In a separate bowl, mix pecans, brown sugar and honey. Using a cupcake pan, put a large spoonful of pecan mixture in each cupcake compartment. Cut each biscuit in half; cover with sugar and cinnamon mixture. Put 5 biscuit pieces in each compartment pressing each one down. Bake at 350 F for 15 to 20 minutes. Immediately turn tin over on aluminum foil; leave upside down for a few minutes, before removing. Serve warm.

MILLIONAIRE PIE

1 8-oz. pkg. cream cheese
1/2 cup powdered sugar
1 14-oz. can pineapple, chunks
1 16-oz. tub Cool Whip
1/2 cup pecans, chopped
1 tsp. vanilla
1 graham cracker crust
1 18-oz. can cherry pie filling

Mix cream cheese and powdered sugar together. Add 1/2 can of drained pineapple, Cool Whip and most of the pecans; mix for 1 minute. Add vanilla; mix. Place filling into pie crust; top with pie filling, remaining pineapple; sprinkle with remaining pecans. Chill well.

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What Can You Expect From a Financial Advisor?

— By Jeff Trojacek

The investment world can be complex, and trying to navigate it by yourself is a daunting task. That's why you may want to work with a professional financial advisor — someone with the experience and resources to help you reach all your important financial objectives.

Your first task, then, is to find a financial advisor with whom you will be comfortable. Ask your friends, relatives and co-workers for referrals, and don't be shy about interviewing a few financial advisors. When you're talking to prospective financial advisors, look for someone who stresses comprehensive financial strategies, rather than individual transactions. Ideally, you will want someone who asks questions such as these:

- **What are your goals?**

You'll need a financial advisor who shows considerable interest in your short- and long-term goals. After all, you'll want this person to help you accomplish a variety of things — saving for a new home, sending your children to college, attaining a comfortable retirement lifestyle and so on. Every single recommendation

a financial advisor makes should be based on your goals.

- **What does your family situation look like?**



A financial advisor will ask you a lot of family related questions: How many children do you have? Do you plan to send them to college? If so, how much do you hope to contribute to their education? Does your spouse have a retirement plan at work? Will you have aging parents that may require some type of assistance from you? By eliciting this type of information, a financial advisor can help you create a "family friendly" investment strategy.

- **What are your attitudes toward investment risk?**

A conscientious financial advisor will determine if you are a conservative investor (someone who favors investments that offer a greater likelihood of preservation of principal); an aggressive investor (someone



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who is comfortable taking greater risks in hopes of greater returns); or a moderate investor (someone who falls in between the other two groups). While a good financial advisor will, of course, tailor recommendations to your risk tolerance, he or she may, on occasion, need to push you a bit out of your "comfort zone" to help you achieve your goals.

• What investments do you currently own?

For a financial advisor to do his or her job, and to provide the best chance of showing these possible benefits to you, he or she will need a complete understanding of your current holdings: your IRA, 401(k), stocks, bonds, government securities, Certificates of Deposit (CDs) — everything. Once a financial advisor knows what you already have, he or she can identify any potential gaps in your portfolio and make appropriate recommendations for filling them.

• What are your feelings about leaving a legacy?

For many people, the issue of leaving a legacy is highly emotional. That's because so many of us, almost instinctively, want to "leave something behind" for our families and those charitable organizations we support. A good financial advisor will probe your attitudes toward leaving a legacy and help develop strategies that support your goals in this area. Eventually, your financial advisor may have to work with your other financial professionals, including your tax advisor and your attorney, to carry out your strategies of leaving the legacy you desire.

As you work toward your financial objectives, you'll have a lot of questions. Just make sure your financial advisor does, too. **NOW**

Jeff Trojacek is an Edward Jones representative based in Waxahachie.

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Suffering With Arthritis

— By Betty Tryon

Do you have joint pain, stiffness and swelling for no apparent reason? You may have arthritis. An estimated one in three adults in America suffers from this affliction. The crowded field of sufferers lets you know you are not alone with this painful condition. Because so many people suffer from chronic joint pain of some type, much attention in the area of research focuses on treating this ailment.

Many think of arthritis (joint inflammation) as one disorder; however,

the term covers over 100 medical conditions with symptoms including swelling, inflammation and joint pain. The spectrum for this disorder can include mild discomfort to irreversible physical damage to any organ or system in the body. There are two common forms of arthritis: osteoarthritis and rheumatoid arthritis.

Osteoarthritis, also called degenerative joint disease, results in the breakdown and loss of cartilage in the affected area. The symptoms are related to the degenerative effects of the cartilage tissue loss: decreased function of the affected joint, swelling, tenderness to touch, pain and sometimes a grating sensation caused by bone rubbing against bone. Osteoarthritis is more likely to occur as we age; the repetitive



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Health NOW

use of our joints causes the cartilage to deteriorate. Obesity increases the risk factor of developing the disease and can worsen the symptoms. Heredity can be a factor in its development. Joint injury can also cause the beginning of osteoarthritis.

The second most common form of arthritis is rheumatoid arthritis. Unlike osteoarthritis, rheumatoid arthritis presents itself as an autoimmune disease that attacks healthy joints, instigating the development of inflammation and resultant joint damage. Rheumatoid arthritis will usually exhibit itself bilaterally. The symmetrical pattern of the affliction helps to distinguish this disease from other types of arthritis. This disease possesses the potential to limit everyday activities such as buttoning a shirt or holding objects. The encouraging news is that not everyone responds the same way with the same degree of severity. In addition, there can be periods where the symptoms may diminish or disappear.

At this time, the cause of rheumatoid arthritis is unknown. Something triggers the immune system to attack the body's organs or joints. There are many theories as to what precipitates the attack, including: the role of genetics, the environment, hormones and possibly an attack by a virus or bacteria.

Unfortunately, there is no cure for arthritis. Treatment consists of a combination of drugs and physical therapy. Some have found relief with holistic methods. Your physician can assist you in tailoring a treatment plan that is best for your needs. If you have joint pain, swelling or stiffness for more than two weeks, consult your doctor. **NOW**

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

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Heat-tolerant Bloomers

— By Nancy Fenton

Looking for blooming, heat-tolerant plants to brighten up your scorched landscape? Try a few more crepe myrtles. You can find them in almost every size and color.

Varieties in assorted colors start at about two feet and range to tree-sized ones over 12 feet tall. Smaller ones like Baton Rouge-red, Cordon Bleu-lavender and New Orleans-purple tend to weep or cascade and make great plants around patios, pools or even foundations. Dwarfs reaching only to about six feet, come in almost every color, including: White Snow Baby, Red Petite Plum and Dwarf Purple. Intermediates grow to between six and 12 feet with Red Cherokee, Pink Pecos and Purple Catawba being some of the favorites of this area. The tall, white weeping ones you see up and down the streets of Waxahachie are called

Natchez. The tall varieties are the ones you see growing past the roof lines of homes and along the roads and byways towering over the fences. As these “trees” mature, they make a show of pink, red or white blooms.

All crepe myrtles need bright sun and good air circulation. Aphids are about the only bugs drawn to them, and they can be thwarted with good air circulation or a regular stiff spray with a hose. If a crepe gets black sooty stuff or mildew on it, it is a sign of poor air circulation. I use a stiff spray from my hose end sprayer of soap and water (use one tablespoon soap to 5 gallons of water) to battle the bugs and mildew. The spray disrupts the bugs enough that they move on. Regular spraying once every 10 days or so will help to keep the bugs moving!

Try some of these beauties in your sunny spots. Remember to water weekly the first year, mulch heavily and choose the right size for your space. Do not plant tree-sized crepe myrtles under the electric lines! Enjoy blooms even in the heat of the summer. **NOW**

Nancy Fenton is a Master Gardener in Ellis County.



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July 2008

Community Calendar

Waxahachie Downtown Farmer's Market will be held every Saturday from 8:00 a.m. - 1:00 p.m. through the month of October. The market booths are located on Franklin Street, between Rogers and College. Produce, plants, jams, jellies and goods are available. For more information or to become a vendor, contact Anita Williamson at (972) 938-2102, ext. 198.

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

July 3 - 5

The 11th annual Cape Myrtle Festival will begin at 6:00 p.m. with a tailgate party in the parking lot of Lumpkins Stadium. Jon Christopher Davis will take the stage at 7:00 p.m. Following the concert there will be a spectacular H-E-B fireworks display. On July 4, the celebration will continue at 10:00 a.m. with a hometown parade. The parade will start at College Street and end in Getzendaner Park. For more information, call the Waxahachie Chamber of Commerce and Convention & Visitors Bureau at (972) 937-2390 or visit www.waxahachiechamber.com.

July 8 and 22

Get Smart: Strategic Marketing and Research Technologies (formerly Waxahachie Business Interchange Networking) is held from 7:30 - 8:30 a.m. Network with other professionals and promote your business. Bring \$1 entry fee and plenty of business cards. Coffee and pastries will be furnished. Call (972) 937-2390 for location.

July 9

Teens, ages 13 - 18, will be creating tie-dye T-shirts on the lawn behind Sims Library from 4:00 - 5:00 p.m. Elizabeth Barron of Glad Rags will demonstrate different ways to tie their T-shirts to get one-of-a-kind, unique designs. Each participant will need to bring a 100 percent cotton T-shirt. Everyone will be given written instructions on how to finish the project at home.

July 12 and 13

Waxahachie Trade Days, located at the Ellis County Expo Center next door to the Cowboy Church of Ellis County, will be open Saturday, 9:00 a.m. - 6:00 p.m. and Sunday, 9:00 a.m. - 5:00 p.m. For more information, call Dean Worley at (903) 286-0183, e-mail waxtradedays@yahoo.com or visit www.waxtradedays.com.

July 16

The Ellis County Christian Women's Connection, affiliated with Stonecroft Ministries, will hold their monthly luncheon at the Waxahachie Country Club, located at 1920 W. Hwy. 287 at I-35 East, Exit 401B. All women are welcome to join us for a lovely and relaxing luncheon, a special feature and positive and uplifting speaker. The cost is \$13.00, all-inclusive. Nursery vouchers are available for those with young children. Reservations are preferred, however, walk-ins are welcome, as well. To make reservations, contact either Kay at (972) 937-2807, Mary at (972) 937-9984, or e-mail Kay at windchime@charter.net no later than Sunday, July 13.

Jim Klinger will be bringing his collection of "bugs" to Sims Library from 4:00 - 5:00 p.m. during the Junior Teens time. Everyone is encouraged to come see live spiders, scorpions and millipedes, as well as insectivorous creatures such as snakes and lizards.

July 17

Sims Library Teen Book Club will meet from 6:00 - 7:00 p.m. to discuss *The Extraordinary Adventures of Alfred Kripp* by Rick Yancey.

American Business Women's Association (ABWA) Express Network monthly meeting, 5:45 p.m., Waxahachie Civic Center. Dinner is \$25. Please RSVP to Stephanie Kinnison at (972) 938-0703. Members are encouraged to bring co-workers and friends. Guest are welcome! For membership information, visit www.abwa-empoweringwomen.org or call Daphne at (972) 723-6551.

July 19

Sims Library will host Teen Movie Time from

2:30 - 4:30 p.m. This month's movie, *Jaws*, will star Roy Scheider, Robert Shaw and Richard Dreyfuss. All are welcome to come join the fun.

July 23

Area teens, ages 13 - 18, are invited to come join the fun at Sims Library from 4:00 - 5:00 p.m. to make a fun craft project.

August 3

The second annual NBBC "Run Toward the Son" motorcycle rally will be held at New Beginnings Bible Church, located at 1879 FM 983 in Ferris. The largest free motorcycle rally in Ellis County invites street bikes, choppers, trikes and all types of custom motorcycles to attend this fun-filled family-friendly event. Motorcycle games include: slow roll, plank run, balloon basketball and several others. Trophies will be awarded, door prizes will be given away and refreshments will include free hot dogs and bottled water. First 100 to register will receive a ride pin. In order to participate and receive a pin, riders must attend the morning service with special guest speaker, Todd Peavy. Service begins at 10:00 a.m. Lunch will be served following the service. Register online at www.newbeginningsbiblechurch.com or you can register in person. Online registration ends at midnight on August 1. For directions or more information, visit the Web site or call Bro. Bobby Adams at (972) 842-2800.

August 9

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

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

For more community events, visit our online calendar at www.nowmagazines.com.

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