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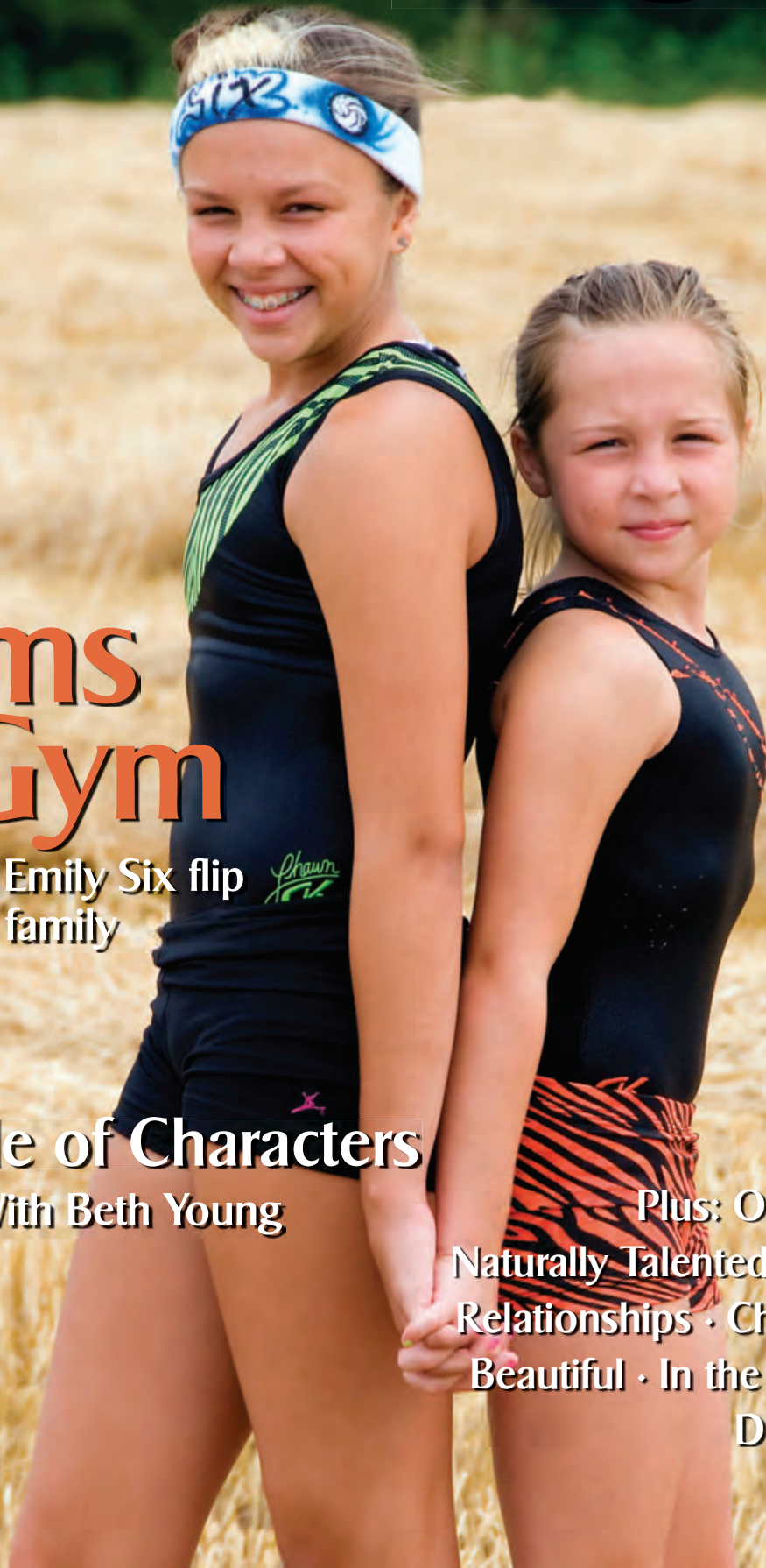
Gems of the Gym

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On The Cover



Megan and Emily Six are learning something new everyday.

Photo by Amy Ramirez.

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Editor's Note

Hello Waxahachie Family and Friends,

I can't believe another summer has come and gone. It seems like just yesterday high school seniors were graduating and trying to decide what they wanted to do with the rest of their lives. Many followed in their parents' footsteps by enrolling in college. Some decided on a trade school, while others went straight into the working world. Each route taken is new, filled with ups and downs that will continue to mold these young students into successful adults.

In just a couple weeks, children will be returning to campuses all across the city. They will jump out of bed, eat a quick breakfast, throw their backpack over their shoulder and hurry out the door to catch the bus. Once again, we must be ever mindful of the blinking lights found in the school zones. As adults, it's our duty to keep our future leaders safe!

Sandra

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Gems of the Gym

— By Cindy Malone

Millions of little gymnasts dream of tumbling across the big, blue floor as an Olympic athlete. Thousands of young women compete for the honor. Only a few will get to represent America every four years. Two girls who have the talent and drive to someday be there are Megan and Emily Six—that is if volleyball, cheerleading and cameras don't steal them away first.

Cory and Gina Six, Megan and Emily's parents, completely support their daughters' gymnastics. Gina owns and runs the gym where the girls train, Waxahachie Gymnastics Center. Cory is the self-proclaimed chauffeur and super fan. Gina coached

gymnastics throughout her college career at University of North Texas, Blinn College and the Art Institute of Dallas, where she studied multi-media and animation. Although Gina cheered and tumbled, she never really competed in gymnastics, something her girls have already done.

Megan, 13 and an upcoming eighth-grader and straight-A student at Finley Jr. High School, loves to read, works out hard, always stretching out her hip flexors first. She hasn't always been confident about her future in gymnastics. "I made it to a level 7, but I took a year off, so I had to restart at a 6," Megan explained. "Now I'm training to compete at level 7 again."

The girls compete in USA Gymnastics (USAG), the governing Olympic body and the Texas Amateur Athletic Federation, which is based on the USAG routines and rules, but groups the gymnasts by levels and skills as opposed to age during competitions. Until the collegiate level, gymnasts don't really



“My favorite part is getting to know all the girls in your rotation and rooting for them, too.”



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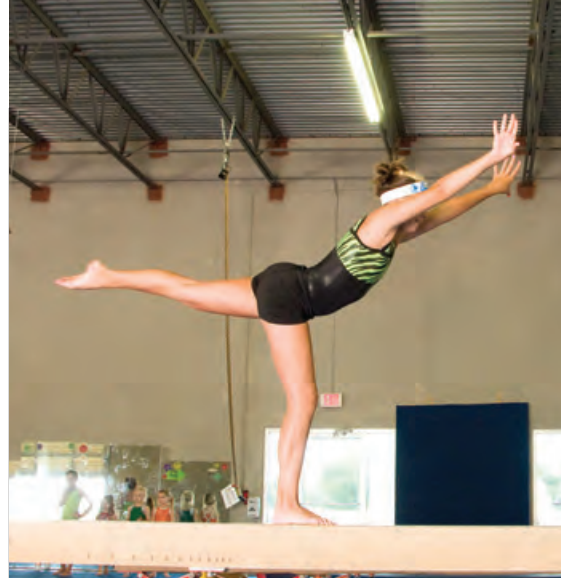
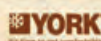
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specialize in one event, but compete in all four Olympic events: beam, uneven bars, vault and floor. Gina pointed out, "Megan is our beam diva. It's really the thing she loves the most."

In January, Megan competed and, based on her scores, was able to go to state where she placed fifth overall. Helping her to be successful are the 11



coaches for the gym, two of whom are also choreographers. “At level 7, we get to pick our own music for the floor,” Megan explained. “So this year, I am thinking about a Latin upbeat routine.”

Emily, who loves math and science, is also a straight-A student and will be a fourth-grader at Shackelford Elementary. Usually a gymnast has been flipping and flying for years before hitting the team competitive level, and Emily is no exception. She started Tumble Tots with her mom at only 18 months old. “Even then,” Gina pointed out, “she didn’t let me do much. She would run to the middle and do things all on her own.”

Emily is definitely independent, envisioning what her routines will look like when she can pick her own music, and that is only one level away for her. “I am a level 6 now, so our music is compulsory,” Emily explained. As a level 5, Emily won third place in regionals and cannot wait to be a level 7 when she can have her own routines that showcase her skills and individual personality. The uneven bars are her favorite, even though they are probably the most dangerous.

Because gymnastics has seasons like other sports — Emily’s season running August through December and Megan’s running January through May — the girls are able to be involved in other groups or sports. Megan plays both indoor and beach volleyball with an Ellis County Juniors select club, and just recently made cheerleader for her eighth grade year.

Emily used to play volleyball and soccer, but decided to devote her extra time to gymnastics, although she wants to get back into volleyball in the future. Megan loves volleyball and right now is putting a lot of effort into that

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and cheerleading, but will always love gymnastics and will continue to work out with her sister four days a week, three-and-a-half hours a day. The girls save the weekends for rest, swimming and hanging out with friends. During the summer, they will forgo some work outs to travel to Ruidoso, New Mexico, with family and play at Hawaiian Falls with friends.

Training for competition can only prepare you for the physical aspects of gymnastics. Both girls agree their favorite parts of the meets are the relationships that are built. "My favorite part is getting to know all the girls in your rotation and rooting for them, too," Megan shared.

Emily agreed, but added, "And the actual routines and being in front of the judges."

Their least favorite parts are easy to imagine. "We hate messing up," both girls admitted.

"But you have to blow it off and keep going," Megan explained. "If you get a bad score, you have to forget about it quickly and move on."

Maturity and discipline are just two of the many benefits gymnastics offers the girls. "The girls are good, respectful kids," Gina pointed out. "Gymnastics teaches



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them to listen, obey, be honest and give 100 percent to everything.” Gymnastics also teaches young kids to push through pain, face their fears and not give up. Of course, all of this is on top of the obvious health benefits of staying active.

Someday Megan hopes to attend Texas Tech University and become a photographer. “I love taking pictures,” Megan said as Gina chimed in, “She has an eye for it. It’s really something special.”

Right now Megan thinks she would like to play volleyball in college and maybe help coach the gymnastics team. Emily is thinking Texas A&M University is where she would like to be a gymnast and earn her way into the Olympics, a feat that will take lots of work and dedication.



Eventually she will be a zookeeper. “I love animals,” Emily smiled.

Although young, Megan and Emily still have advice for kids and parents who are considering gymnastics. “Gymnastics is exciting and fun,” Emily said. “You can practice everyday and learn something new everyday.”

“Be careful though,” Megan cautioned, “once you start, you can’t stop. Even if you join to be healthy, you’ll get sucked in to the fun and stay for your teammates.” **NOW**

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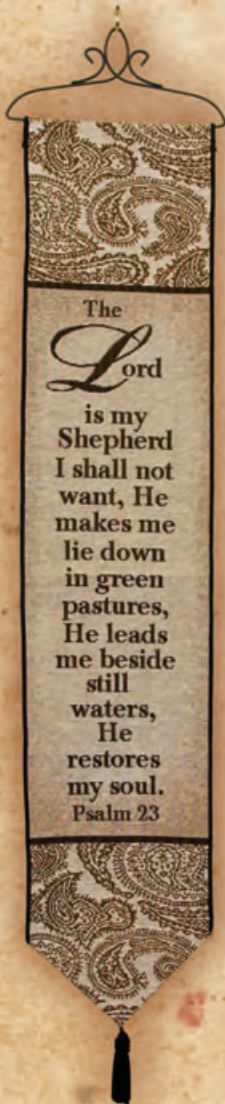
— By Sandra Strong

Hugh Huber, pastor and director of Kingdom Authority Ministries, believes those he serves do not have an addiction problem, they have a thinking problem. "Life comes with a specific order from God," Hugh stated. "My wife, Dana, and I teach our residents about this order. We teach them to prioritize things in their lives." They accomplish this by walking the walk and talking the talk. "We must be real," Hugh added, "or they will see right through us. Truth is real. We teach truth, and truth leads them to a life of order. We also teach Romans 8:28. God can restore goodness."

Kingdom Authority Ministries (KAM) is a nonprofit ministry for men's discipleship. The ministry is funded through private donations and generous gifts from the United Way of West Ellis County. "The United Way

chooses a specific number of organizations when it comes time for them to disperse funds. KAM has been one of those selected the last four years." Hugh and Dana are grateful for the donations they receive, but even if the donations stopped coming, they would still do what they do. How could they not, when they consider it a "calling"?

Proof of this calling began



seven years ago while Hugh and Dana were living in Midlothian, long before they had the land, ranch or regimented program on the outskirts of Waxahachie. "I knew I needed to find another place where God could restore those who had lost their way in life because of drugs, alcohol and wrong choices," he explained. "I left the business world for full-time ministry."

Hugh admits he has no degree. In fact, he considers himself to be uneducated when it comes to the ministry — uneducated only in the sense of book knowledge. "I know firsthand what it feels like to think of yourself as an addict," he said. Hugh's drug of choice was cocaine. He had a thinking problem, but once his thought process changed, things in his life were restored. "I honestly believe I was saved in a secular drug program," he said. "I was willing to make a life change with God's help."

This same life change Hugh experienced so long ago is the life change he hopes to instill in his residents. "I think God moved me from one herding business into another," Hugh smiled. "A shepherd is a herder. He's the person that looks after the sheep. I believe taking care of cattle prepared me to be a shepherd of men."

Hugh and Dana have found three "musts" if they want to see order restored to those they serve. "We must teach the truth. In teaching the truth, we have to know the truth," Hugh stated, as he referenced the Bible and its teachings. "We must live the truth we teach by example. We need to be a picture for those who are working toward change. And lastly and most importantly, we must leave the results to the Lord." This last thing is by far the most difficult for Hugh and Dana.

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graduation success rate. Since moving to the Ellis County area, KAM's documentation shows their success to be running at 20 percent currently. "But, it still hurts when they leave the program before graduating," Hugh confessed. "Dana and I are learning to live with the choices they [the residents] make. Hopefully, they leave with some truth in them."

Over the years, one realization which still rings true today is that family members, co-workers and friends are more willing to see their loved one changed than is the one with the problem. "Residents need to be willing to make a life change," Hugh expressed. "They need to be willing to take correction and direction from principles taken from the Bible."

Residents go through a question-and-answer time where the answer to all the questions must be "yes" before Hugh moves to the next step in the three-interview process. Once Hugh talks to the resident, they are sent home with an overview of the program and its workings. "The ball is in their court now," Hugh said. "It's up to them to call for the second interview." The second interview consists of more questions, as well as a thorough





background check. The third interview is the final phase of becoming a resident of KAM. "I either invite them back or I decline a relationship," Hugh said with all honesty. "It's pretty hard to game, or fool, me. I have a gift when it comes to people. My Ph.D. is in street smarts."

It can take two to three weeks to get acclimated to the intense, zero tolerance program in place at KAM. "This is not a cookie-cutter program," Hugh explained. "It's a program styled for the individual needs of each resident, whether the need is mental, spiritual or emotional." Hugh is old-school when it comes to the basics, and that's part of the order of which he teaches. "I believe in haircuts,



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New member of the KAM board of directors, Brian Cansler, poses with his children, Blaine and Kaylee.

teeth brushing and bathing with soap,” he explained. “I teach real practical stuff using biblical principles.”

His first success story is Brian Cansler. He is proof the program can and will work if you are ready to make the necessary “thinking” changes. Brian’s transformation began while he was living in the Midlothian home with Hugh and Dana, and he was the first graduate from the facility. “I was hooked on methamphetamines for 16 years,” Brian admitted. “The day I was arrested was the beginning of a life change for me. My mom’s pastor told me I was good clay. I just needed molding.”

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A Parade CHA

— By Janice C. Johnson



Characters

At Home With *Beth Young*

If you visit Beth Young's home, you can expect to meet one fascinating character after another, almost a parade of them. Aside from Beth and her dog, Midge, all the rest are inanimate objects. The home, built in 1920, boasts a wide, wraparound front porch complete with a porch swing and two rocking chairs. The home was added to Waxahachie's Historic Register in 1986. So for this house, the parade begins in the past. The first character you meet is a carved speckled hen, busily investigating the planter next to the door.

Inside, more wooden figures stand ready to welcome you. In front of the handmade ceramic Rookwood fireplace, a miniature bellhop offers a tray. A package on the tray looks like a crumpled, oversized pack of cigarettes, but each cylinder is actually a wooden whistle. "I have an 'eclectic' decorating

style. I collect stuff until I feel I have enough, then go on to something else. But I especially love folk art," Beth said.

The Craftsman-inspired Bungalow style of the home provides a perfect backdrop for its folk-art inhabitants. Except for the blue-grey dining room and office, all the interior walls are a soft, pale yellow ochre. Window treatments and other accents appear in a unified color scheme of moss green, gold and brick red. While Beth used different valances in the different rooms, white plantation blinds cover each of the home's 38 windows. Hardwood flooring throughout the house also ties the rooms together into a whole.

Wood is the material of choice for most of Beth's characters. A collection of square Block people fills half a dining room wall. Costumed as everything from jesters to angels, each has its own personality. "Chris Fletcher made those," Beth





explained. "I started collecting them in the early 1990s. Unfortunately, he doesn't do them anymore."

On top of a pie safe in the same room, a row of ceramic jugs in an array of colors display grinning faces and other whimsical embellishments. Created by Carl Block, a Waxahachie High School art teacher, Beth likes them because "they're kind of off-the-wall and fun."

In the kitchen, amusing food-themed wooden signs and plaques abound. Some of the folk art is as useful as it is entertaining. On the wall beside Beth's pantry, a dapper, wooden man, wearing a bow tie holds a roll of adding machine tape in his mouth, where it stays handy for jotting down grocery lists. Instead of a typical valance, a fabric awning makes a quirky top for the window above the kitchen sink.

Beth's master bedroom started out as two separate rooms. She removed the wall in between, and now enjoys a cozy sitting area at one end. Ten windows fill the suite. Narrow drapery panels suspended from antique doorknobs hang between them, breaking up the long line of windows.

Beth has lived in Waxahachie for six years, but quickly learned to appreciate its historic charm. Active on the Historic Waxahachie Board, Ellis County Museum Board and Waxahachie City Preservation Committee, she clearly sees folk art as more than just a decorating motif. She also knows a thing or two about the buildings she seeks to preserve. Her father was in the building industry, and she and her sister, Paula, grew up working



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in his business. Later, at his suggestion, Beth began a sales career with a roofing and insulation company. She especially liked being able to work from home and travel around North America, Mexico and Canada.

When Beth started that job in the early '80s, there were few women in the construction business. "It was really kind of fun making cold calls, because people would ask you, 'What are you doing here?' One nice thing about being a woman is that it was easy to get in anywhere. You just had to show that you knew something once you got in!"

Not long after Beth started her new job, her father passed away. "He pushed me in the right direction, because I've been able to take care of myself," she said. "I wouldn't change anything about my career. I've had some really nice opportunities, and I've had a lot of fun."

Her knowledge of roofing materials stood Beth in good stead when hail damaged her own roof. As the work progressed, she and her neighbor, Heidi Perkins, looked at the scraps of discarded metal roofing. "There must be something we can make out of that," they agreed. With a little paint and a lot of imagination, the fence angel took shape beside Beth's driveway. A clock forms the angel's face. Beth explained that they set the clock hands at five o'clock because, "Well, it's five o'clock somewhere!"

Equally whimsical are the wooden flower bed people just inside the gate. The lady wears a tropical dress and Mardi Gras beads, while the overalls-clad man smiles at his stringer of fish. The figures remind her of her late parents. "I've had these for a long time," she said. "My dad liked to fish — it kind of makes me think of them when I come in and out."

In the shaded front yard stands an elaborate, iron bottle tree loaded with colorful glass bottles. The tree, created by her brother-in-law was a gift to her. Back indoors, Beth shows a well-furnished guest room. "This used to be an office, and it had no closet," she said. "So I built a closet along one wall."

Beth's hospitality meshes well with her knack for collecting. In her travels, she started buying wine glasses from different places. "When you have company and the



glasses all match, no one can tell which one is theirs. I've pretty much got the cabinet full, so I think I'm through with that now. It works out great. Everyone can tell which glass is theirs because they're all different."

One of Beth's favorite collections is a number of reproduction game boards displayed in the living room. The artist created smaller coordinating panels to custom-fit five spaces above the fireplace. The boards evoke the feeling of an older, simpler way of life. Also reminiscent of the past is Beth's quilting hobby, which she started in 1985. "I always loved quilts, but they were expensive to buy. So I learned to make them, because that way I could afford them."

Though recently retired, Beth has become so busy with local organizations that she has not quilted much lately. She does not particularly mind, however. "I love Waxahachie because it's a community," she said. "There are so many things you can be involved in — not like a big city. I've made many friends here along the way." **NOW**



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Naturally Talented

— By Cindy Malone

Barbara Gordon once said, each person has his own safe place — running, painting, swimming, fishing, weaving and gardening. The activity itself is less important than the act of drawing on your own resources.” Carolyn Gritzmaker, a certified naturalist



who also weaves, draws not only on her own resources and creativity in her weaving, but also gets inspiration from the nature around her.

Carolyn grew up in Oklahoma. She met her husband, Aaron, while working at Wylie Post Airport and they were married in 1971.



Before he retired, Aaron worked for Southwest Airlines and was transferred to Dallas Love Field in 1981. The couple moved to Maypearl in 1985. Carolyn stayed busy, working to make her home even more beautiful. She and her husband built the cabinets and shelves, put in all the hard wood floors and just recently built and enclosed the back porch.

Carolyn enjoys many hobbies, not

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the least of which is bird-watching. Her hobby has taken her to several places around the United States, gathering information that she shared in "Birds in Ellis County," a column she used to write for a local newspaper. "I enjoy watching the weather, too," Carolyn said. "I'm not a storm chaser by any means. I mean, those people are a little crazy, but I do enjoy watching and recording it."

With this interest, Carolyn became an official rainfall observer for the NWS COOP and reports her findings to the National Weather Service. Channels like Fox 4 use her rainfall measurements when reporting the weather in Maypearl. Carolyn is also the Ellis County Coordinator for CoCoRaHS, the Community Collaborative Rain, Hail and Snow Network. She turns her weather findings into Fort Collins, who then turns them into the National Weather Service.

Within the last few years, Carolyn and Aaron have gone through the training required to become certified Texas Master Naturalists (TMNs) for the Indian Trail chapter of Ellis and Navarro counties. TMNs are a trained core of volunteers dedicated to education about and conservation of our natural resources. They applied through the Texas AgriLife Extension Service and Texas Parks and Wildlife and completed the required 40 hours of training by experts in several fields. Each following year, they must attend eight hours of additional training and complete at least 40 hours of volunteer time, which isn't

hard since they both love being outdoors. "Aaron is out at least once a month building trails at Dogwood Canyon [Audubon Center in Cedar Hill]," Carolyn shared.

With the same carpentry skills he used to work around his home, he built benches for Mockingbird Nature Park. Carolyn's specialty is native birds. She is a birder with a library of aviation knowledge. She likes to spend her volunteer time going on wildflower walks, pointing out the birds to the groups and soaking up the beauty and



atmosphere of the parks. "Sometimes I work inside, on call, answering any and all bird questions that visitors may have," Carolyn explained.

The front porch of Aaron and Carolyn's 1903 home wraps around the entire front of the inviting, yet regal, Victorian structure, which was the first house finished in Maypearl. It was originally built by the town banker. The windows are all accented with stained glass pieces that were made by Carolyn's mom. Mixing the antique feel with a comfortable country atmosphere, Carolyn's all pine porch swing slowly



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sways in the breeze. The doors are all kept open whenever possible, to let the fresh air blow through the house. Inside the parlor, there is a parlor loom, brought over to the U.S. from Finland in the early 1900s. Although it looks like a decorative background piece in a Norman Rockwell painting, Carolyn still works on it, weaving things that require that type of loom, a counter balance loom. Carolyn can do almost any type of weaving and enjoys trying the various types. She doesn't sell her pieces though. "That would take all of the fun out of it," Carolyn laughed.

In the back room of her home stands a large draw loom, which is controlled using pedals and shafts. It was shipped in pieces from Canada and Sweden and then balanced and assembled at her home. The loom works whisper quiet, which is nice for the cats that like to stay by Carolyn all day under the loom. She used to draw each pattern out by hand, but now she designs her patterns on the computer and then prints them. There is a pattern with a large dragonfly currently in the loom. It tells her what shafts to pull, and then she hand-throws the shuttle. Each color is loaded into the shuttle separately. The cotton thread is only slightly thicker than sewing thread, so on a good day, Carolyn can weave six or so inches of a piece. "A more involved piece," Carolyn admitted, "can go as slowly as an inch a day." The room is decorated with years of work, from wall hangings and table runners, to her newest piece, a handbag.



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Although she doesn't sell her creations, she does have an opportunity to show them off from time to time. Carolyn is the president of the Fort Worth Weavers Guild (FWWG) that meets every fourth Saturday in Fort Worth. The group brings in guest instructors and occasionally has them teach classes. "One of my favorite parts of the program is the mentoring we do for new weavers. It is truly becoming a lost art, so anytime we can encourage a new person to take up the craft, we nurture that desire," Carolyn explained. The FWWG also likes to have challenges yearly, and this year's challenge is to make a woven handbag. Every two years, the Community Art Center in Fort Worth hosts the group's art show where their



pieces are judged and comments are made. The next large art show will be held in May of 2013.

Until the show, Carolyn will keep busy making decorations for her home or for gifts to others. She wears vests she has sewn from the colorful fabrics and patterns she has woven to the guild meetings. She also makes baby blankets for all the new additions to her family, most recently, a grand-niece.

Although it may seem that Carolyn does not have a lot of time to relax, she finds time and space, having sewn her own hammock that hangs under several very old shade trees in the backyard. She enjoys spending time at home, not because she is not social, but because she and Aaron have created the kind of home worth really living in. **NOW**

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Meaningful Relationships

— By Katie Almond



Ted Shurtleff is interested in building a state-of-the-art sports program at the Waxahachie YMCA. Here's the big news: he wants to build to your specs. He's all about what people want. "Do they want two seasons of soccer? Do they want two seasons of basketball, football, baseball? Whatever they want, that's what we'll do," Ted affirmed.

As YMCA sports director, Ted's job is to organize the leagues and summer clinics. His basic approach rests solidly on good communication. "I want to have parent meetings to find out what people want," Ted said. His strategy is to maintain an atmosphere of open exchange. "I want to have coaches' meetings before the season, but also after the season to talk about what worked and what didn't work. I want people to have the sense that it's their program. I'm just here to facilitate it. I'm here to set up dates and get officials. I'm here for them," Ted continued.

Ted came on board in April, just in time to set up the summer schedule. He hit the ground running by organizing nine weeks of summer

clinics for boys and girls ages 4 to 14. He also began the renaissance of the adult sports program with a nine-week Challenge Cup consisting of three weeks each of co-ed basketball, sand-court volleyball and soccer. He's not afraid to get his hands dirty, either. Ted and another employee dug up the grass and spread the sand for the Y's new outdoor volleyball court. In fact, he's passionate about every aspect of his job. "I just want to have a great time doing this job and, hopefully, have my enthusiasm filter over so that people know when they come in here, they're going to have a great time," Ted shared.

The job of sports director is a natural fit for Ted. He loves sports and believes in what they can do for kids. "With sports you can take a lot of the economic factors out, take the social upbringing out and take everything out of the equation. You go out there for an hour a day for your practice, and you have no care in the world, except for that," Ted explained. He went on to say, "Sports teach camaraderie, how to act

"I want these kids to walk around town with their 'Y' shirts on and feel proud about it."

with other people. You need to learn to win and lose. It's not fun when you lose, but you need to learn to lose with class. Don't be a sore loser. I don't like to lose, no one does. But, if you have to lose, you have to do it right."

Ted credits sports with teaching him valuable life lessons and taking him places he never would have gone




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otherwise. "I never thought I'd live in Kansas. I never thought I'd live in Nebraska. Heck, it brought me to meet my wife, and now I have two wonderful kids. Now it's brought me down to Waxahachie," Ted laughed.

He played one year of college basketball before deciding to concentrate on academics. He holds a bachelor's degree in history from the University of North Carolina at Charlotte and a master's degree in sports administration from the United States Sports Academy.

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For the last eight years, he was the assistant men's basketball coach at North Platte Community College in Nebraska.

Ted loved coaching, but decided to make a change for family reasons. "I had to subsidize my coaching income. I sold cars. I left the house at 7:00 or 7:30 in the morning and got home, at the earliest, at 7:00 at night," Ted explained. "Then on Friday, I had games and was out late. On Saturday, I had games or worked until 6:00. Just long hours, and I have two young kids. There were days



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I didn't see my kids at all, and that was a bit frustrating. It was too much pressure on my family."

He saw the job at the Waxahachie YMCA as a great opportunity to relieve some of that pressure. "I know that this job isn't necessarily 9-to-5, but the flexibility makes things easier," Ted stated. He even has family in the area. "I have a brother down here who lives



"Sports teach camaraderie, how to act with other people."

in Flower Mound. It's nice. He has two kids, an 8-year-old and a 6-year-old. Raising our kids around his kids will be fun for them," Ted grinned.

Ted's vision for the sports program is to make it the best it can be. "I want people to buy into what I'm selling — a good atmosphere. A place where the officiating is going to be good, the volunteer coaches are awesome, the facilities are great and the uniforms are top-notch," Ted declared. "If the adults buy into 'he's just doing what's best for our kids,' then the kids will buy in and more kids will want to be part of this

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program. I'd love to see this place get numbers like the best programs in the district," Ted said.

His belief that he can create a state-of-the-art program in Waxahachie is a logical result of past experience. "Where I came from in Nebraska, we got to the national tournament with only four scholarships. Everybody else there had 12 to 15 scholarships per team. We did fundraisers here and fundraisers there," Ted stated. "My dream is to lower the cost per player for league sports, but the YMCA still ends up with a zero-based budget, not a negative. It's going to take



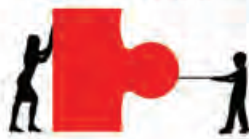
community involvement, sponsorships. I want these kids to walk around town with their 'Y' shirts on and feel proud about it," Ted emphasized. He went on to reminisce, "When I was growing up, I wore my team shirts around town, and I was so happy I was a Blue Jay or a Cardinal or whatever I was."

Ted is a big fan of Waxahachie's small town feel. "The people have been extremely nice down here. Waxahachie is very similar to my town in Nebraska, the only difference is that you're 30 minutes away from a major metropolitan area. In Nebraska, I was four hours from a big city, so I was away from stuff. Now, it's great. I can drive 30 minutes and get anything I need or hop on an airplane and go see Mom or Grandma and Grandpop," Ted said. "I'd rather live in a small town like this than New York City," he declared.

What's next for Ted and the YMCA? Flag football season begins in September with both youth and adult leagues. That's just a start. Ted has lots of big plans for this small town sports program. This could be the beginning of a beautiful friendship. **NOW**

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Brooke Caldwell Weaver, third from left, and her highly qualified staff are eager to help clients feel beautiful inside and out.

CHOOSING TO BE *Beautiful*

Making customers feel truly beautiful is the goal at Vogue Salon & Spa.

— By Sandra Strong

Brooke Caldwell Weaver is a 2008 Palmer High School graduate who has lived in Ellis County her entire life. Her passion has always been people. As far back as she can remember Brooke has always had a deeply embedded desire to manage her own salon. When she made the decision to branch out on her own, her grandfather, Baw Baw Ronny Caldwell, hit the ground running. “I owe my success to him. He’s the backbone to my business sense,” she said with pride and passion. “I get my drive and work ethic from him. He’s a go-getter who taught me well.”

Vogue Salon & Spa will celebrate its one-year anniversary in November. The growth in the first nine months has been steady. Brooke’s main goal when becoming a business owner was to

offer a salon with a Christian atmosphere. “All the individuals who work here are Christians,” she confided. “I could not ask for a better staff. They are an amazing group of people. They are phenomenal with hair, nail and massage.”

Seven of the eight individual styling stations are filled, and Brooke just recently hired a nail technician and a massage therapist. “We have talent from North and South to the East and West,” Brooke said, smiling because of the truth behind her statement. “We have people from Illinois, Minnesota and Pennsylvania, as well as a few from ‘deep in the heart of Texas.’”

To be “vogue” is to possess a popular or fashionable style at a specific time, as noted on the salon’s Web site. Continuing education is a must for Vogue Salon stylists. “We always want

to learn more to keep up with the latest trends,” Brooke explained. One example is the Keratin Complex treatment, which has proven to be a healthy alternative when it comes to smooth, beautiful hair. Another product popular with Vogue Salon clients is Moroccan oil. The nut itself is used in Moroccan villages to cure and heal. “This is a high-end product only used in salons,” Brooke explained. “It finally made its way to Ellis County.” There is a full line of essentials, but the oil is the main product used at Vogue Salon & Spa. “When used properly, hair is silkier, healthier and full of shine,” Brooke added. “It allows the color in color-treated hair to last longer, while

“We always want to learn more to keep up with the latest trends.”

bringing back lost protein as it reduces frizz. Once you try it, you’re hooked.”

The individuals at Vogue Salon find themselves constantly brainstorming about unique ways to give back to the community. The most recent event was makeover day. “We asked people to nominate individuals deserving of a makeover,” said Vicki Everett, salon manager. “We asked them to send in a letter explaining their choice in nominees. The stories we received were touching, making our final choices tough.” Nominees left feeling empowered, thankful for the day of pampering.

Ralph Waldo Emerson once said, “Love of beauty is taste. The creation of beauty is art.” Brooke and her second family at the salon find truth in his words. “We always listen to what the client says they want,” Vicki explained. “We will give our honest opinion, and then let them make their decision, even if they decide on a cheetah print.”

“Our goal is to pamper each client to the maximum,” Brooke added. “We want them to leave here feeling beautiful, both inside and out.” **NOW**

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A large group attends the ribbon cutting for Baylor Institute for Rehabilitation Outpatient Services and Fitness at Waxahachie.



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Ruth Shugart of The Greenery helps Ruth Brundrett find the flower she is looking for.



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Part of Fredericksburg's Old World charm is its architecture has been preserved throughout the downtown historic and shopping district. Along Fredericksburg's





historic Main Street, lined with more than 100 specialty stores and boutiques, you'll see impressive limestone buildings — some adorned with Victorian trim and one even topped with a carved elephant image.

Fredericksburg is filled with historical attractions such as the Vereins Kirche, the town's first public structure. It was a mid-1800s version of one-stop-shopping. The octagonal building served as a town hall, a schoolhouse, a fort for protection and a church for all faiths. Although the original structure no longer stands, a reproduction was constructed in 1935 and is currently used as a museum about Fredericksburg's history.

You'll also discover quaint Sunday Houses, unique to Fredericksburg. The German pioneers, who farmed and ranched the rural areas surrounding Fredericksburg during the week, would travel to their tiny, in-town homes on the weekends to get supplies, visit neighbors and attend church. These in-town, weekend homes became known as Sunday Houses.

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preserved at the Pioneer Museum on Main Street, where you can tour and marvel at its studio-size efficiency. Some others have been converted into bed and breakfasts and are still enjoyed by visitors today. A few of Fredericksburg's newly



built bed and breakfasts borrow from this popular design. There are more than 380 bed and breakfasts in the county surrounding Fredericksburg.



Among Fredericksburg's other historic and natural attractions are the National Museum of the Pacific War, the Lyndon B. Johnson State and National Parks, Enchanted Rock State Natural Area and The Old Tunnel State Park, also known as the Bat Tunnel. Open nightly from May through October, this abandoned railroad tunnel just outside of Fredericksburg has become home to more than one million Mexican free-tailed bats, which emerge each evening around dusk in an amazing swirling formation. Enchanted Rock features primitive campsites, picnic areas and a trail leading visitors to a spectacular view.

History buffs will enjoy the Lyndon B. Johnson State and National Parks, which offer a look at the 36th president of the United States and depict pioneer farm life. For students of our more modern culture, the National Museum of the Pacific War is a must-see. The museum complex is dedicated to everyone who served in the Pacific in World War II under Admiral Chester W. Nimitz.

Admiral Nimitz, the last of the five-star admirals, was born near a quaint hotel in Fredericksburg, Texas, built by his grandfather, Charles Nimitz, a retired sea captain. Young Chester's grandparents were among the first settlers in the community and were the builders and proprietors of the Steamboat Hotel (c. 1852), the original building on the site. Chester was known to run up and

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down the halls of this ship-shaped hotel during his youth. Today the six-acre museum complex includes the George Bush Gallery, Admiral Nimitz Museum, Pacific Combat Zone, Plaza of Presidents, Memorial Courtyard and a Japanese Garden of Peace.

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tradition here. Fredericksburg boasts more than 70 restaurants and bakeries that feature German, Bavarian, Texan, Mexican, Chinese and Italian foods. And during the summer, the town is filled with roadside stands selling peaches and other fruits in season.

Grapes also grow well in the Hill Country soil, and the area is the home of 20 wineries and tasting rooms that have produced award-winning wines, with most open daily for tours and tastings. Fredericksburg is in the Texas Hill Country American Viticultural Area



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When the original settlers arrived in the area over 160 years ago, they found several species of native grapes growing, which prompted their leader, John O. Muesebach, to correspond with vintners in Germany about the possibility of a wine industry here. The settlers of the



area learned to make wine from the native grapes and enjoyed it at their many gatherings. He turned out to be very prophetic in his vision as the Hill Country Wine Region and its dozens of wineries are the second most popular wine area in the U.S. according to a major online booking service. And there are not many better ways to enjoy a stunning Texas sunset than to sip a glass of wine on the deck of one of the award-winning wineries.

So, are you ready for a European-style vacation in the Texas Hill Country? Planning a trip to Fredericksburg doesn't take an international call. Just dial (888) 997-3600 (toll-free in the U.S.) or visit www.visitfredericksburgtx.com to request a free visitor kit. **NOW**

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Managing Your Investments in Retirement

— By Adam Rope

Saving for retirement is a huge financial responsibility, and it does not end when you turn in your notice to your employer. You will need to continue to invest your money to meet your changing needs in retirement.

The money you've saved will need to last a while. The National Center for Health Statistics reports that a man who turned 65 in 2009 was expected to live another 17.3 years, to just over age 82. A woman who turned 65 in 2009 would be expected to live another 20.0 years, to age 85.

In retirement, your financial needs may change. Most retirees want their money to last throughout their lives, to keep pace with inflation and to support their current spending needs.

Bond funds are one choice for many retirees, because they are managed to generate regular income payments. This money can be used to help fund your retirement spending needs. Bonds generally have less risk than stocks, although they do have some risk.

Stock funds are designed for long-term capital appreciation. These are often used to help people save for retirement, and they may make sense for many people after retirement. That's because in the long run, stock funds are better at outperforming inflation than bond funds are. Because the prices of the things you buy are likely to go up while you are retired, you'll want your income to go up, too. Incorporating investments that have the potential for capital appreciation into your post-retirement portfolio can help your overall portfolio keep pace with inflation. Keep in mind — all types of investing involve risk, including potential for loss.

Because investing is a lifelong pursuit, you'll want to learn as much as you can so that you can adapt your investments to your



changing life needs. Whether you are currently retired or just hope to be some day, your investments will need your care and attention.

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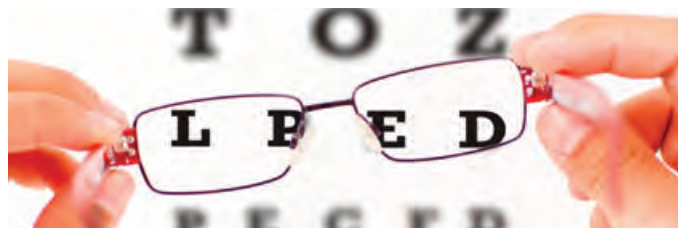
If your child can see, you might take it for granted that everything related to their vision is perfect. It might not be. The American Optometric Association recommends children have their first comprehensive eye exam at 6 months of age, another one at age 3 and again right before beginning school. If problems are detected, the time table will change according to the specialist's recommendations.

It is important to have a child's vision tested at an early age. The earlier problems are discovered, the more responsive they will be to treatment. It also gives a child the opportunity to see the world as it really is. If a child has always had vision problems, they think what they see is the way the world is supposed to look. What a tremendous opportunity to give them the gift of true sight.

The benefits to a child entering school with normal vision are obvious and vital. Here are a few specific vision skills crucial to your child's success in school.

1. Visual acuity is how clear or sharp a person's vision is in the distance and up close. This can be measured with the Snellen test that will show if your child's visual acuity is normal. This is a test where the individual is positioned 20 feet from a Snellen eye chart and asked to read letters or symbols on different lines as accurately as possible. A normal reading yields the result of 20/20 vision.

2. Eye focus is important when a child must look up at the teacher or the board and then back at their paper or book.



Their eyes must be able to handle this transition smoothly without having to squint or blink or struggle to bring shapes into alignment.

3. Eye/hand coordination is mentioned frequently in our culture. It is the ability of the eyes to receive information and direct or delegate which action the hands are to perform. When catching a ball or playing a video game, the eyes make the first determination of whether this task can be completed.

There are some signs parents can watch for if they suspect a problem with their child's vision. Sitting too close to the television, squinting at the computer, frequent rubbing of the eyes and blinking excessively are symptoms of possible eye problems. The bottom line is if your child does not get their vision screened, you do not know if they have problems or not. Getting their vision checked is just another step in ensuring they have the best future possible. **NOW**

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

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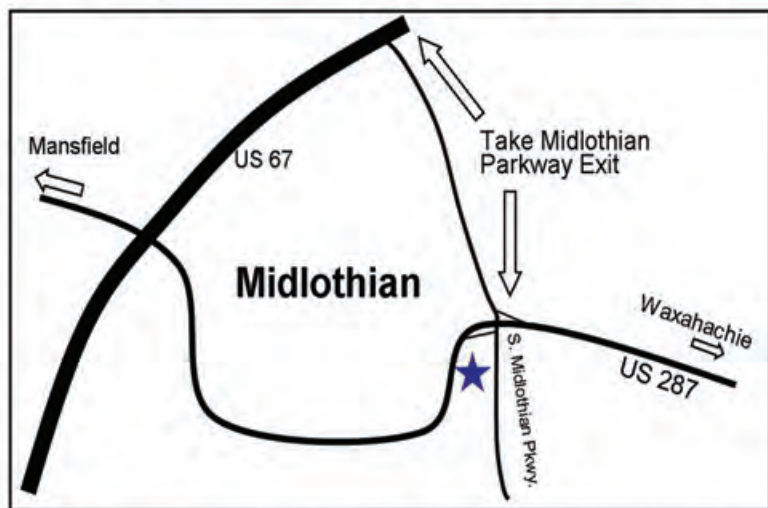


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Help Is Just a Click Away

— By Nancy Fenton

Late summer is a great time to spot trouble in your garden or lawn and get some answers. Spotting trouble can be done during the heat of the day, contrary to a lot of other gardening chores! To help with this task, the Master Gardeners use a lot of varied Web sites, including the Texas A&M one at <http://aggie-horticulture.tamu.edu>. Texas has a special site for plants that do well in our areas. You can find it at <http://plantsfortexas.com>. Dave's Garden, <http://davesgarden.com>, and www.monrovia.com both have great images, as well as information.

More specific sites include: www.johnscheepers.com for bulb lovers, www.lilypons.com for hints and plants for ponds and www.petesherbs.com for herb information. Sick plants can perhaps be helped by checking out Urban Plant Pathology at <http://sickplants.tamu.edu/>. For help with soils and water problems as well as Texas-tested plants, try the Texas A&M site <http://aggie-horticulture.tamu.edu/earthkind/>. This site even has a section where you can enter your ZIP code plus the color, size and other specifics about the plant you want, and

they will give you a list of plants that will not only meet your needs, but survive your area extremes! Aggie Horticulture also has sections on vegetables, lawn, fruit trees and pests. It's all there and is just a matter of moving through the site. Have patience!

Information on organic gardening and pest control is also available at <http://organicgardeningtx.com/>. When in doubt, Google it, but remember most of the large search engines will put paying customers at the top of their search list. Be sure and check several pages. Lots of state universities have great sites, but temper your choices with knowledge of the differences in climate across the United States. You can always gather local information through www.ecmga.com, the Ellis County Master Gardeners Web site, or call us at (972) 825-5175. **NOW**

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August 4 and 18

Pearce Museum Summer Art Classes: 1:00-2:30 p.m., 3100 West Collin Street, Corsicana. Call (903) 875-7420.

August 6-24

New student registration.

August 7

Pre-K Registration: 9:00 a.m.-1:00 p.m., Marvin Elementary School.

August 11

Wildlife Expo: 9:00 a.m.-4:00 p.m., Waxahachie Civic Center, 2000 Civic Center Lane. Call (972) 937-8860.

August 14

Operation First Day of School: 9:00 a.m.-noon and 6:00-8:00 p.m., Clift Elementary School. Contact WISD administration building at (972) 923-4631.

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CPR Class for Health Care Providers: 5:30-8:30 p.m.,

Baylor Institute for Rehabilitation and Fitness Center, 507 Hwy. 77 N., Suite 700. Course agenda includes CPR for infants, children and adults; one-man and two-man rescue; AED; and bag/mask technique.

August 23

Bring Your Supplies Night: Marvin Elementary, 5:30 p.m.; Clift, Dunaway, Felty, Northside, Shackelford and Wedgeworth Elementary schools, 6:30 p.m.

Meet the Indians Community-wide Pep Rally: 8:00 p.m., Lumpkins Stadium. Free admission.

August 25

Wish Upon a Paw: 6:00-11:00 p.m., Waxahachie Civic Center, 2000 Civic Center Lane. The dinner, dance and silent auction event will honor Bob Phillips, The Texas Country Reporter. This is an opportunity to raise funds for the Ellis County SPCA. Tickets: \$50 per person. Information and ticket sales available at www.elliscountyspc.org or by calling (214) 789-4636.

August 27

New school year begins.

September 3

Labor Day, WISD holiday.

September 6

Reception sponsored by the United Way of West Ellis County and hosted by the Midlothian and Waxahachie Chambers of Commerce: 4:00-6:00 p.m., Mid-Way

Regional Airport, 131 Airport Drive, Midlothian.

September 7 and 8

Dale Hansen Football Classic: Stuart B. Lumpkins Stadium. The two date inaugural event is hosted by Waxahachie ISD. For sponsorship or general information, contact Nicole Mansell, Waxahachie ISD director of public relations at (972) 923-4631 or nmansell@wisd.org.

Ongoing:

Mondays

Celebrate Recovery: 7:00-9:00 p.m., Lighthouse Coffee Bar, 1404 N. 9th Street, Midlothian. This is a program designed to help those struggling with hurts, habits and hang-ups by showing them the loving power of Jesus Christ through the recovery program.

Third Saturdays

Waxahachie Jamboree: 7:00-9:30 p.m., Women's Building, 407 W. Jefferson Street. Call Hoyt Patterson at (214) 535-3473 or visit www.waxahachiejamboree.com.

Submissions are welcome and published as space allows. Send your event details to sandra.strong@nowmagazines.com.



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In The Kitchen With Dawana Sterns

— By Sandra Strong

Dawana Sterns, mother of two, has been around cooking all her life. As a Waxahachie High School student, she studied cooking, but admitted that the majority of her training came from her mother, Exie Sterns, and her aunt, Ruby Shaw. “I enjoy cooking many types of foods,” Dawana shared. “I will try to prepare a dish at least once, but I find Mexican dishes to be my favorite.”

She has never “invented” her own recipes, but would love to do so in the future. After success at her first job at Trinity Mission of Italy, Dawana is now employed at Covenant Place where she finds satisfaction in her position as a cook. “It brings me great joy to know that my cooking blesses so many people,” she confessed. **NOW**

Broccoli Soup

1 lb. frozen broccoli
1 Tbsp. chicken bouillon
1/2 large onion, diced
2 cups precooked chicken, diced
1 pkg. white gravy mix
1/2 cup heavy whipping cream
8 oz. cheddar cheese, shredded

1. Allow broccoli to cook down until completely pureed. Add bouillon, onion and

chicken to broccoli.

2. Prepare gravy per package instructions. Add gravy, cream and 1/2 bag of cheese to broccoli mixture. Boil 10-15 minutes.
3. Stir in remaining cheese. Serve hot.

Cheesy Meat Doritos Casserole

5 lbs. ground beef or turkey
1 can cream of chicken soup
1 can cream of mushroom soup

13 oz. bag Doritos chips
8 oz. can Ro-Tel
1/2 onion, diced (optional)
8 oz. cheddar cheese, shredded

1. Brown meat until well done; drain. Mix soups, 1/2 bag of Doritos, Ro-Tel and onion together. Add meat until desired consistency. Stir in remaining Doritos.
2. Spread mixture out in 8x11-inch ungreased casserole dish. Sprinkle cheese over the top.
3. Bake at 350 F for approximately 15 minutes or until cheese is evenly melted.

Turkey Tator Tot Casserole

5 lbs. ground turkey or beef
1 16-oz. bag frozen tater tots
1 can cream of chicken soup
1 cup sour cream
1 cup cheddar cheese, shredded (or as much as desired)

1. Brown and drain ground meat; deep fry tater tots. Mix soup, sour cream and ground meat in a bowl.
2. Lightly spray 9x13-inch pan with cooking spray. Place tots in pan. Pour mixture over tots.
3. Bake at 350 F for 10-15 minutes. Add cheese as desired. Return to oven until cheese is evenly melted.

Potato Salad

5-10 large russet potatoes
2-4 eggs, boiled and diced
1 Tbsp. salt, optional
1 oz. pickle relish (dill or sweet)
1 oz. pimento
1 1/2 cups mayonnaise
1 oz. mustard
1/2 cup onion, diced (optional)

1. Peel and wash potatoes. Cover with water; boil until completely tender. Drain.
2. Mash potatoes; add eggs; sprinkle with salt.
3. Add the remaining ingredients, mixing well. Potato salad should be a little creamy. Refrigerate.

To view recipes from current and previous issues, visit www.nowmagazines.com.

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