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September 2007

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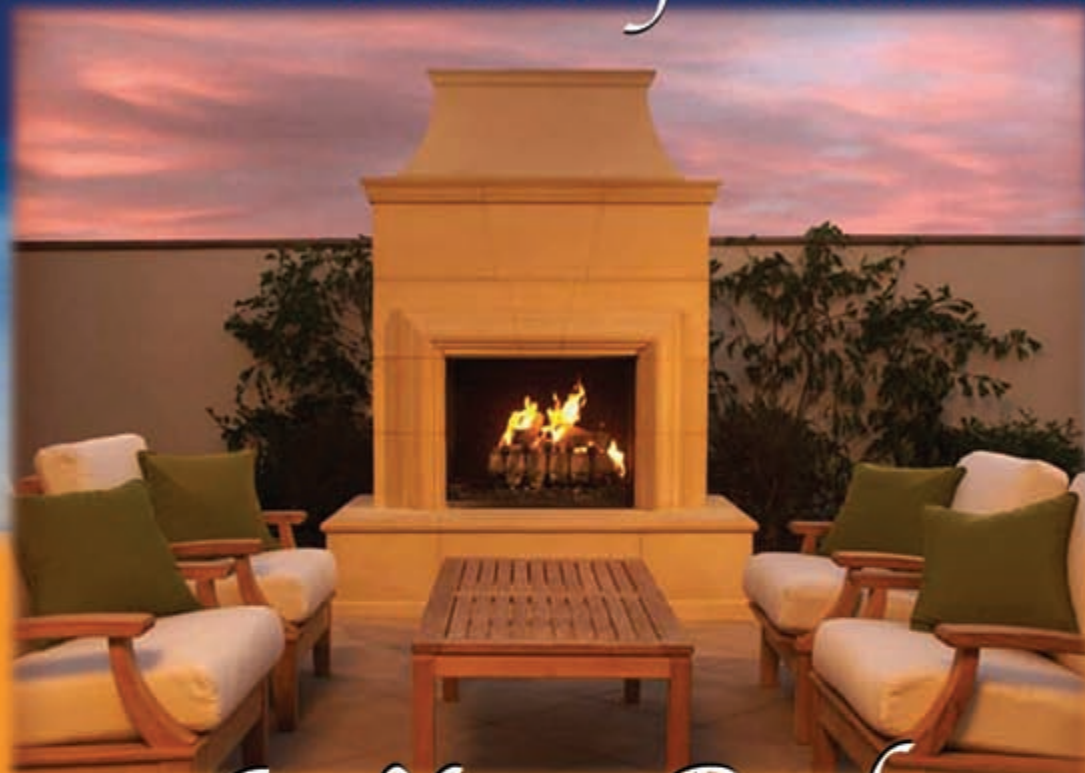
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# Contents

September 2007, Volume 4, Issue 9

6



## Common Sense Water Conservation

12



## Seeing Something in Nothing

*At Home With Patrick and Allison Sullivan*

20

**ArtsNOW**  
His Studio Door is  
Always Open

24

**SportsNOW**  
Competitors With Class

30

**BusinessNOW**  
Hometown Salon  
Offers More Than Style

32

**EducationNOW**  
An Alternative  
in Education



*On the Cover: The face of a  
fireman sculpted by Jack Wilson.*

*Photo by Rod Cordsen.*

36 **Around TownNOW**

42 **HealthNOW**

38 **Who's CookingNOW**

44 **OutdoorsNOW**

40 **FinanceNOW**

45 **Community Calendar**

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Serving Waxahachie and  
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**NOW**  
MAGAZINE



# Waxahachie NOW

## Editor's Note

*Dear Readers,*

Wow! Another summer has come and gone. September is here and with it comes the promise of cooler temperatures, as well as the sights and sounds which alert our senses that fall is on the horizon. The days will grow shorter, but do not fret.

*WaxahachieNOW* is filled with interesting, educational and fun-loving stories about your friends and neighbors.

I encourage you to take time to read about the importance of collecting rainwater or feel the excitement as another school year gets underway at both Waxahachie Preparatory and Faith Family academies. Art lovers will be awestruck by the intricate details found in "bigger than life" sculptures created by local artist Jack Wilson, while others will find delight in the imagination the Sullivans used as they decorated their new home.

Thanks for inviting me into your lives and trusting me to share your stories with the rest of the community. I feel quite blessed indeed.

*Sandra McIntosh*  
Waxahachie Editor



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# Common Sense Water Conservation

— By Alex Allred

Ray and Dee Pouliot are part of a plan; it is a plan born from their love of water and commitment to the world around them. The plan is so simple in design and structure anyone could follow it, yet too few do.

Following one of the wettest summers on record in Texas, it might seem strange to worry about water conservation, but water is still a fragile resource in the state. The amount of water used to irrigate landscapes is coming under increasing scrutiny.

While on assignment as a project manager within the power industry in Queensland, Australia, Ray and Dee saw the effects of drought firsthand. "They were in a serious drought," Ray said. "We saw 7- and 8-year-olds thrilled about seeing rain." As the rainwater fell, small children literally danced and played in the rain. In that region of the world, water tanks are very common. Thus, the seed of their rainwater

harvesting plan, Dee said, was planted.

Rainwater harvesting is the collection and storage of rainwater from rooftops, funnel systems and other catchments into storage units to be used for the future. Traditionally, this practice was used in desert or semi-arid parts of the earth for human survival. The practice has become increasingly popular for landscaping and personal use as environmental concerns arise, but it is still a relatively unknown concept in our area. "We've had neighbors ask what those big things in our backyard are," Ray laughed, referring to the two 1,750-gallon, dome-shaped tanks placed strategically in the back and

side of his Waxahachie home.

A job assignment was not what brought Ray and Dee to Waxahachie, but the desire to be closer to their only child, a successful lawyer in Dallas, and her family. Nor was it the threat of a drought that encouraged them to install a Rainwater Harvesting Collection System once they settled here. "Our major drive," Dee said, "was our water bill. Water is very expensive here."

After their stay in Queensland, the couple moved back to Providence, Rhode Island, where water was certainly a way of life for them. Together, they served in the Coast Guard Auxiliary. She was a vice captain;



*Dee and Ray believe in taking care of our natural resources.*



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he a lieutenant commander. "She was my boss," Ray said.

"Still am," Dee joked, adding that while they had a wonderful time, theirs was a serious responsibility. "We plowed along U.S. vessels, guarded them and kept the public from getting too close. We taught public education on water and boat safety." While their time on the water holds tremendous memories, she added, "They could be long days."



*The Pouliots' two 1,750-gallon tanks harvest rainwater runoff for future use.*

Water is, you could say, in the Pouliot's blood. Together, they owned and sailed a 38-foot sailboat – reminders of which are displayed throughout their home here in Texas. Pictures of sailboats and oceanic views hang on the walls, while dozens of boat ropes, complete with beautifully-crafted sailor's knots, line the garage walls. Many years ago, when Ray and Dee entered their first boat race together, they took first place. From the beginning, they were natural sailors.

When they decided to move to Texas to be closer to their grandchildren, water was once again an issue, but in a whole new way. "To put it to you this way," Ray offered, "one month's water bill here was the same as a three-month water bill in Providence, and we had an acre of land there," compared to their quarter-acre lot in Waxahachie. "But we've always been sensitive to water and water conservation," Dee added. So, they devised a plan.

No one understands more than Ray and Dee that water may be the



most underappreciated environmental challenge we face worldwide. Through Ray's job, they have lived around the world and experienced floods and droughts, the joys of sailing and the immense power of the seas. Experience has given them greater appreciation of our natural resources.

Today, groundwater is pumped faster than it can possibly be replaced, causing great concern among scientists and environmentalists. In the next 25



*The Pouliots' own personal weather monitor allows them to keep an eye on the sky.*

years, greater populations worldwide are expected to experience some degree of water shortage as predicted by the CDC and World Health Organization, but Ray and Dee are more optimistic. "It's really simple things you can do," Ray said.

Together, he and his wife have considered not just when and how they plant their garden and create landscaping, but what they use. The use of compost (for mulch and fertilizer), agriculturally friendly plants and irrigation systems are all part of their plan to save water.

Few people know that much of the water used to keep lawns green is never fully absorbed by the plants. Much of it is lost to runoff and simply evaporates. When to water and how much to water, mulching (layers of mulch, such as bark, peat moss or gravel, around trees and plants to slow evaporation) and proper Texas-style landscaping are all part of the plan to conserve water. "It's a skill set," Dee said, noting that it takes time and





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patience to become a good gardener. She and Ray studied companion planting, which is the practice of planting beneficial plants next to each other, before recreating a lavish garden and landscape design for their new home. No one took notice of their efforts, however, until the large water tanks

**"Once the neighbors understood the tanks were for rainwater harvesting, they were very responsive to the whole idea."**



appeared. "I think people thought we were protecting ourselves," Ray laughed. "I guess they [water tanks] do look a little strange if you don't know what they are."

"Once the neighbors understood the tanks were for rainwater harvesting, they were very responsive," Dee said, "to the whole idea." In principle, the system is simple. Rainwater runs from the roof into a funnel system with its own water filter system, purifying the rainwater. From there, the water runs into a massive storage system, offering all kinds of usage possibilities for Ray and Dee.

At the turn of a valve, they are able to water their garden and yard without ever turning on the hose from the house. The benefits are plentiful; but for Ray and Dee, it's just good common sense. **NOW**



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Patrick and Allison Sullivan can look back now on how they first met and laugh. Thanks to persistent parents, they will soon be celebrating nine years of marriage. “Our parents had tried to set us up several times before we finally met in March of 1997,” Patrick said. “I knew of her, but we’d never met until our parents introduced us.”

After seriously dating for almost two years, Patrick and Allison exchanged vows in a traditional wedding ceremony at St. Joseph’s Catholic Church in Waxahachie on January 9, 1999. Once home from their honeymoon in Nantucket, they settled into a routine that over the years has included work, rearing their three children — Emmeline, Campbell and Beck — and collecting what Allison laughingly calls “stuff.”

“Our home is full of stuff,” Allison said, as she experimented with an edible centerpiece she had seen in a magazine. “We have so many things I want to keep and pass down to the children.”

Just a few years into their marriage, they decided to invest in 1.25 acres just outside the city limits. “When we bought the corner lot and decided to build a year later, we were the only ones out here at the time,” Patrick said, noting that is no longer the case as he pointed at the houses that have been quickly raised around them.

Combining several floor plans to get as close as possible to “exactly what they wanted” was the first order of business before Patrick’s uncle, Hibbert Beck of Palmer, could begin the building process. The four-bedroom, four and one-half-bath brick home boasts of 3,200 square feet of living space, which includes a large playroom with its own full bath upstairs and all other rooms downstairs. The backyard pool, designed by Backyard Haven, was installed a year later, just in time to enjoy the

## At Home With *Patrick and Allison Sullivan*





last couple months of summer vacation.

When building the home, the couple also wanted architectural features that would appear to bring the outdoors in. They accomplished this by framing the formal dining room and great room with cedar columns. The style outside with messy brick mortar, open landscaping and Texas yard art is rustic ranch, while the home's interior is a bit more whimsical and eclectic.



Collecting "stuff" for Allison started soon after they were married, so she welcomed the extra space the new home afforded. That meant only one thing — she had more room to display her special finds. "I take at least two



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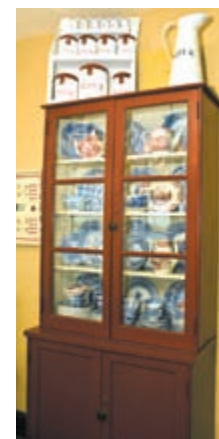


trips a year to Roundtop," Allison said, referring to a town in South Central Texas, easily seen as an antique-lover's paradise. "I like to use unique, antique pieces in unusual ways."

The priceless, one-of-a-kind choices Allison has made over the years have added a warm, comfortable, cozy feeling to their new home. Her imagination knows no limits when it comes to doing the unexpected. "I think Gloria has been a big influence on her," Patrick said, referring to his mother, Gloria Sullivan. "Allison has grown to have a style all her own. She brings home lots of 'junk' from Roundtop, but I always end up liking what she does with it."

Each room is a complete story in and of itself, so identifying favorites took some thought. The hunt cabinet in the den area of the great room is now the home bar. "We searched for a couple of years," Allison said. "After looking long and hard, we finally found this one about a year ago." Since both their birthdays are celebrated in July, the massive, intricately carved cabinet was the present they gave one another that year. It is one of those gifts that keeps giving and giving.

Artwork by Wooster Scott is prominently displayed throughout the home. The majority of the framed prints have been gifts from Gloria, while several others have been purchased from art auctions sponsored by the Waxahachie Junior Service League.



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An antique cigarette lighter collection started by Patrick back in 1984 is found in what Allison lovingly refers to as the "man's room." "My maternal grandfather, Mr. Lee Beck, smoked a pipe," Patrick explained. "My first two lighters belonged to him." An old ringer stand and antique tackle box, when pushed side-by-side, serve as the end table. A Clapp & Bailey's Remnants box sits atop the makeshift table. Patrick is not positive, but he believes the remnant box might be the oldest antique in the house.

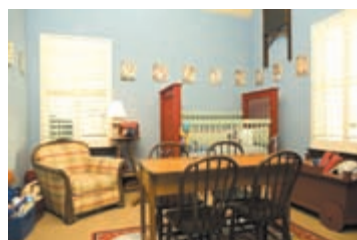
The Sullivan's version of a formal dining room is located directly across the hall from Patrick's haven. The red walls



and carved, wooden chandelier from Germany, by way of the Czech Heritage Shoppe in downtown Ennis, create an atmosphere where visitors feel right at home. Allison's gift of seeing something in what others would consider nothing is demonstrated in the centerpiece. "It's just an old, rustic, red seed box," she said. "I used it as the planter box for some bright yellow flowers."

Other notable pieces in the den include a chicken egg incubator that serves as an end table, an oversized pharmacy cabinet, which takes up nearly the entire width of one wall and wallpaper molds flanking both sides of the TV cabinet, built into the stone wall directly above the cedar mantle. "The pharmacy cabinet was a gift from my dad," Patrick said. "He bought all the cabinets in South Texas." It makes for the perfect display case for family pictures, memorabilia and collectibles.

One of Allison's two collections is found in the kitchen. "I love my red and blue Spode dishes," she said, pointing to the



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antique china hutch. "I mix the old with the new." Allison also collects quilts, but of course, only those that are old enough to be considered antiques. "I must have at least 20," she added. "Gloria gets me one every year for Christmas. I have one that Patrick's grandmother quilted with her mother and grandmother. It was a gift to Gloria and it's probably my favorite."



The children's bedrooms also have Gloria's touch in them. "Each child has their own desk with matching chair," Allison said. "Gloria bought and recovered lounging chairs for each room, too." The master suite is masculine, yet also feminine in black, khaki and red. Allison's mother Madeleine Lively, is a Gelineau, so the framed *Kankakee Daily Republican* newspaper advertising the



Gelineau family's business is considered to be somewhat of an heirloom.

Patrick enjoys golf, baseball and backyard barbecuing, while Allison finds pleasure reading, scrapbooking and spending quality pool time with the children. Yes, they may very well have a lot of stuff, but it does not define who they are as individuals. "We just enjoy seeing something in nothing," Allison said, "and making it part of our home." **NOW**

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ARTS  
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# His Studio Door is Always Open

— By Sandra McIntosh

Jack Wilson professes to be a self-taught artist with a natural talent for creating sculptures that come to life with fine detail and realism. His work is second to none. The evidence of these facts can be seen within the walls of his Waxahachie studio in the 10-foot sculptures he is currently working on for the Fort Worth Police and Fire Fighters Memorial. “My mom drew, and I did some art while I was in high school,” Jack recalled. “I always wanted to make miniature models of skyscrapers. I’ve just always enjoyed sculpting!”

Since those early days of high school and college, Jack’s visions of skyscrapers have become reflections of the rugged West, Native American pride, the beauty found in wildlife and the action that can only be “played out” in sports. For the past 30 years, Jack has dabbled in the art form about which he is passionate. In the last 15 years, Jack has turned a pastime into a full-time hobby that is satisfying and rewarding, as well as lucrative.

The “Badge of Honor,” a much smaller piece than what he is working



*“It’s been a challenge to create what I see on paper and in my mind. It’s a great feeling to be able to step back and say it turned out pretty darn good.”*

on today, can be found in Waco at the Texas Ranger Hall of Fame and Museum and in President George W. Bush’s private collection. This piece and several others no doubt landed Jack the privilege of creating a bronze memorial of monumental size. “This has been so rewarding,” Jack said, referring to the three pieces he has been commissioned to complete by the end of next year. “It’s been a challenge to create what I see on paper and in my mind. It’s a great feeling to be able to step back and say it turned out pretty darn good.”

Just a couple of months ago, Jack stood back and admired the first of

those three sculptures. To complete the clay sculpture of the fireman, from start to finish, took five months. While it may have seemed to some as though it was taking forever, it was a labor of

love for Jack. “My grandkids, Parker and Peyton, live right next door,” he said. “They come help me all the time. They’ll take some of the clay and help ‘Papa.’ They are definitely my special little helpers.”

The five-month process was much more than molding clay into a specific form. It all began with photographs — many, many photographs.

For Jack, this first step is probably the most crucial. “I take pictures for a lot of reasons,” Jack explained. “I use them as a pattern for measurements





## ARTS NOW

and also for the folds. I want to get a good picture of how the fireman and policeman wore their clothes.”

Whether the piece is large or small, Jack is adamant when it comes to being proportionately correct. “If I don’t do the math,” he said, referring to getting the perfect dimensions, “I won’t be satisfied.”



Once Jack has worked it out in numbers, the physical labor begins. The second phase of any sculpture Jack creates is the “bone structure.” For small pieces, he will bend various gauges of wire to get the form he is going for. With the larger 10-foot pieces, Jack grabs a welding torch and protective helmet. “I create a ‘stick-like’ frame to hold the appendages together once I start adding the clay,” he said. “Then I begin adding foam blocks.”

The foam blocks are marked based on Jack’s earlier figures, cut down to size and filed prior to adding clay. Jack finds the final process of molding the clay to be the most difficult. “I am very detail-oriented. I never know when to stop,” he said. “I finally get to a point where I have to call my wife. Ann will tell me it needs work here and there or she’ll say it’s done, and I’ll finally quit. I trust her 100 percent.”

Once the sculpture has been dubbed



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## ARTS NOW



“complete,” the bronzing process begins. “Making the mold is by far the most critical,” Jack said. “All the fine details which appear on the original sculpture must be captured in the mold.”

The mold, depending on the overall size of the sculpture, is cut into sections for casting. The next step is pouring several layers of wax into each molded section. The wax figure is then re-detailed. Thirteen more steps follow before the first bronze sculpture from the mold can be mounted, inspected, packaged and shipped. The art form, which began with a simple photograph and ended in bronze at the Bryant Art Foundry located in Azle, Texas, will soon be shipped to Trinity Park in Fort Worth. Jack said the policeman should take five months to complete, while the riderless horse will most likely take at least six to seven months.

Jack is an artist with an open door policy. While working on the fireman, many Fort Worth firemen and policemen came out several times to watch Jack breathe life into his work. “Over the years, I’ve found that most people have no concept about the process of creating a bronze sculpture, that’s why I don’t create my work behind closed doors,” he explained. “My studio door is always open!” **NOW**

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**Sports**  
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# Competitors With Class

— By Sandra McIntosh

Shanna Kindrick is the only original staff member left at Faith Family Academy, having come on board as campus coordinator to oversee the public education information management system (PEIMS) in December 1998. As other educators have come and gone, Shanna's main reason for staying is simple. "I love the kids," she said. "The administration at Faith Family puts the children first. If it benefits the kids, then they're going to do it, whatever 'it' may be."

When the idea of a charter school first came to mind, Shanna and her husband, Donny, were attending church with Gene Lewis, the CEO of Faith Family. Gene



with us," Shanna recalled. "He talked to us in length about what he wanted to accomplish."

After several meetings, Shanna was offered the position she still successfully

began to share his vision with the couple. "He shared his ideas

maintains today. When hired, she knew she was going to be much more than the individual in charge of attendance. From the very beginning, she and Donny knew they would play a huge part in the school's athletic program. For Shanna, the career change included the title "coach."

Shanna competed in basketball and softball while growing up in Kerens, Texas, so the sound of coach had a special ring to it. "I played softball on the summer city league because they



*Coach Shanna Kindrick, center, poses with just a few of the girls who helped make up the undefeated girls' fast-pitch team from last season.*



## Sports NOW

didn't have a girl's team at Kerens High School," she said. "I also played basketball from the time I was in junior high until I graduated in 1986."

That first year, Shanna worked at getting a girls' fast-pitch softball team



**"I love them all like they are my own children."**

in place. It was tough because at that time the Faith Family Academy was accredited for students ranging in grade level from kindergarten through the eighth grade. "We had 76 students that first year. I started with a very young team," Shanna explained. "Each year another grade level was added, until all grade levels [were] offered at one campus."

The growing pains have included an attendance roster that now includes 280 students, a second building to accommodate the larger numbers and the hope of a gymnasium in the near future. When asked, Shanna credits the growth to three things. "Parents want one campus where they can drop off all their children, regardless of age or grade level," Shanna said. "They want a smaller school atmosphere with teachers who hold degrees and state-mandated certifications, and they also want an established sports program."

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## Sports NOW

since the school's inception, with last year being the best year to date for the girls' fast-pitch softball team. "We played 11 games and won all 11 by the run rule," Shanna said. "It meant a great deal to the team. The girls worked really hard last year. The 11-0 season meant just as much to them as if they'd received district honors, a

**"It builds character and sportsmanship, while teaching them to think like a team."**

trophy and state recognition."

Now that the 2007-08 academic year is underway, Faith Family will be competing athletically under the University Interscholastic League (UIL) umbrella for the first time. This year, wins and losses will count in a much bigger way. "The experience of winning has definitely prepared them for the more competitive playing field," Shanna said, referring to what she feels will be games against other 1A school districts.

Shanna also said the sport of fast-pitch softball is so much more than throwing a fast ball, batting and running bases. "It builds character and sportsmanship, while teaching them to think like a team," Shanna said. "I teach them to play with class, while also keeping a good attitude. I only have two rules. I tell them before each game not to argue with the umpire and to have fun."

This good attitude is not only meant for fellow teammates, but for those the Lady Eagles go up against. As a coach, Shanna feels it is her responsibility to teach players the importance of having a humble attitude, even when they come away from the season undefeated. "Beating someone

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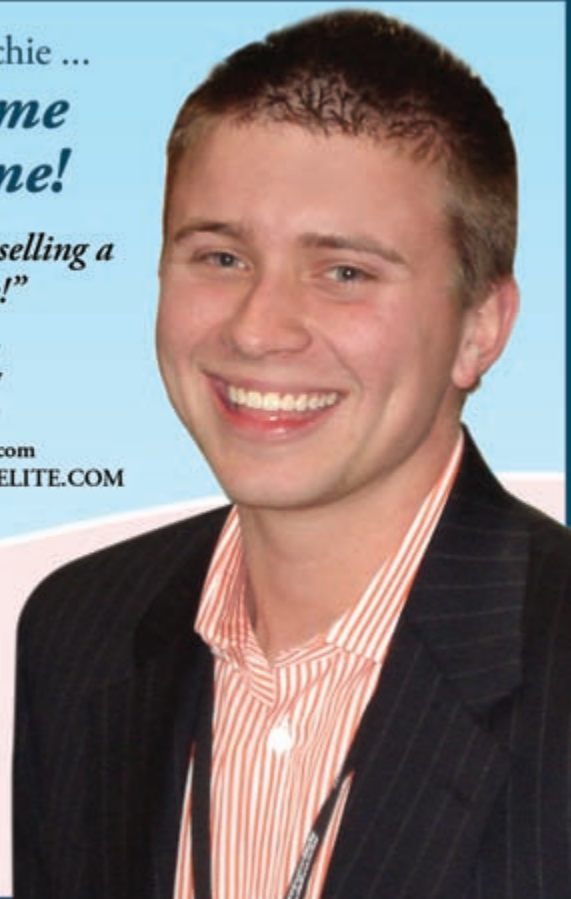
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in softball, or any game for that matter, doesn't mean running them into the ground," Shanna added. "We were on the losing side as little as two years ago ourselves. I don't allow them to be arrogant or bigheaded and I don't have



**"Softball helps them identify and find something they can be very proud of."**

a problem benching them if a bad attitude warrants pulling them from a game. Sometimes hard lessons have been learned on the field."

Practice for the upcoming season will not begin until the end of January, but Shanna is already setting goals for the team. "I want to teach them to be better players," Shanna said. "I want to help them build their confidence levels. I want them to learn all about school pride. Softball helps them identify and find something they can be very proud of."

Lauren McCoy, the lone senior from last year, is attending Navarro College in Corsicana. She is hoping to try out for their softball team in the fall.

Krista Perez has played for Shanna since she was a fifth-grader. She will be the team's starting pitcher again this year. "I love them all like they are my own children," Shanna said. "I left a good job to come here seven years ago. I'm not going anywhere. I'll retire from Faith Family Academy." **NOW**



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# Hometown Salon Offers More Than Style

— By Sandra McIntosh



Miss Annie's staff is here to serve you: (left to right) Jonathan Flores, Tina Garcia, Annie Garcia, Nancy Macias and Manuela Martin.

Miss Annie's Gift and Salon is more than a neighborhood beauty shop. In the three years it has been in Waxahachie, owner Annie Garcia has accomplished what she hoped to by opening a salon in her hometown. "My lady customers always comment on how cozy the shop is," Annie said. "That's what I wanted — an atmosphere that was homey and relaxed."

Annie, inspired by her late father, Pete Fira, has been in the hair business since 1969. She was in beauty school when she met and married John, her husband of 38 years. "I stopped going to beauty school to rear my family," Annie said, referring to her three grown children. "When the youngest went to school, I returned to beauty school. I guess I've been doing hair now for 22 years."

Styles have come and gone, only to return in popularity. Annie has seen it happen with many of her own longtime

customers who still like their hair done each week in an "updo," while many first time customers walk in looking for something new and original. "I really like cutting and styling the hair the most," she said, "but I also rat, back comb, perm and color."

"I like the styles today better," Annie said, regarding the blunt, natural cuts that are so popular with the teenagers and younger women. "I like to get away from the teasing."

Annie, Nancy Sanchez and Manuela Martin (two other stylists who have stations in the shop) have a diversified customer list. Men, women and children, both young and old, regularly frequent the shop. "Today's styles are easier for the customer to maintain. They don't use as much product," Annie said, as

she trimmed a customer's hair. "It's getting them used to new things."

To keep up with the new styles, Annie has spent many hours in continuing education classes. She laughed as she remembered going back to class to learn the proper way in which to use a flat iron. Continuing education classes have become mandatory for beauty operators and stylists, so they can learn the newest techniques and keep their license up-to-date.

Every two years, Annie spends at least 12 hours in the classroom. Four hours must be on sanitation, while the eight remaining hours are electives. "Sanitation classes are so important because you think you know, but you don't," Annie said, referring to the ever-changing rules and regulations





## Business NOW

associated with her trade. "Nowadays, we must have closed trash cans. Sanitation-type tablets from years ago have now been replaced with closed containers."

Everyone has memorable moments in business from which they gain valuable experience. One of Annie's happened to be the first time she did a "fade" on a male customer. "He asked



for a number 2," Annie said, referring to the finished length of the fade. "I started going and the clip fell off. He ended up getting a zero." Another experience taught Annie what not to do when she has a customer in the chair. "One lady wanted her long hair thinned out," Annie remembered. "I laid the thinning scissors down beside my cutting scissors. I thought I had picked the thinning scissors back up, that was until I cut down into the hair. I tell *all* my operators to have their hair cutting scissors far away from them when thinning someone's hair!"

Miss Annie's Gift and Salon has a new location at 1204A Ferris Avenue (just south of Sycamore, next to El Grande) where they are still dedicated to customer service. Business hours are Monday, Tuesday and Friday from 9 a.m. - 6 p.m., Thursday from 9 a.m. - 7 p.m. and Saturday from 9 a.m. - 4 p.m. To make an appointment, please call (972) 937-9744. Walk-ins are also welcome. "We're all about customer service," Annie said. "It's our bread and butter." **NOW**

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# Education NOW

*Co-founder and Development Director Elizabeth Thomas and Academy Administrator John Cullen believe both academics and character building are important aspects of education.*

## An Alternative

# in Education



**WAXAHACHIE**  
PREPARATORY ACADEMY  
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— By Ashley Carlino

Have you ever heard the term “university-model school” (UMS) and wondered what it meant? Well, it is not just a term used to describe your typical educational setting. This kind of school combines learning in a classroom atmosphere with homeschooling, and Waxahachie is fortunate to have such a campus right here in town.

Waxahachie Preparatory Academy was created with the UMS concept in mind. The academy, founded in 2001 by Chris and Elizabeth Thomas and Barry and Caryn Moore, is known as a “university-model school.” It mimics the schedule and promotes the self-discipline a university requires. “What an incredible option in education,” said co-founder

and development director, Elizabeth Thomas. “It’s one-on-one teaching with your children and the support of available school structure. It just doesn’t get any better than this.”

The first UMS school began in 1992 in what is known as the Grace Preparatory Academy (GPA) Project. The project was designed to experiment with educational theories regarding the influence of parental involvement and character development. The United States Department of Education was slow going because the idea opposes traditional school structure. Common belief was the application of such a model would have a significant impact on the drop-out rate.

The concept has now taken off. The original GPA Project has become the National Association of University-Model Schools. These schools can be found across the country. “I went to a conference in Dallas to research parental involvement. I saw a model in education I knew would make a difference,” Elizabeth said. The emphasis is essentially on parental involvement. Parents partner with the school in a practical way. “Unless you grab the heart of the parent, the influence on the child will be greatly minimized,” she noted.

“We fight to preserve the family. We are strengthening families,” she emphasized. “We are not in the rat race that most people are in.” With her own



## Education **NOW**

children, Hunter, 12, and Klarisa, 7, in a university-model school, she enjoys many hours of quality time with them, as well as with Chris, her husband of 20 years.

Elizabeth holds a bachelor's degree in Christian education and a master's degree in school administration. She has served as a board member and teacher for the academy, but now her focus is primarily on development. Elizabeth works to raise the funds necessary to help run the school. "We

**"We fight to preserve the family."**

are funded by the tuition of parents alone," she explained. "There is obviously a gap between tuition and what it takes to run a school."

One person has to take on the jobs of several, even though parents volunteer with events. The academy is located at Waxahachie Bible Church, but is not affiliated with, nor supported by, the church. The academy pays rent to use the space.

Several benefits have been created to alleviate some of the financial strains. Annual golf and walk tournaments, gala banquets, Valentine's dinners and auctions are just a few of the fundraising events, which have been implemented. Although these events are helpful, along with generous grants from Hilco and Vintage Bank, a deficit still exists. More money is needed to pay for land and facilities. The vision of the board is that within three years, the number of students will help to further bridge the financial gap.

In the first year, which included elementary students only, enrollment was 40. Secondary students were added during the second year, and now enrollment has increased to 160. There are currently 19 teachers, creating a ratio of 12 students per teacher. This year, John Cullen, academy administrator for



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## Education

### NOW

the past six years, said enrollment climbed enough to warrant a relocation of high school students to University Church.

A variety of curricula are used. Everything is taught from a biblical worldview. "Everything we do is reinforced by the Word of God. We have a curriculum that we have built on," Elizabeth said. "In the beginning, we didn't have to start from scratch. We fingerprinted Grace Preparatory Academy in Arlington. We started with their curriculum. We started off well."

Children at the academy receive an education of the highest standard. "In the spring, we will be accredited in full with CITA, the Commission on International Trans-Regional Accreditation. These are our standards," Elizabeth noted. "It forces us to polish things."

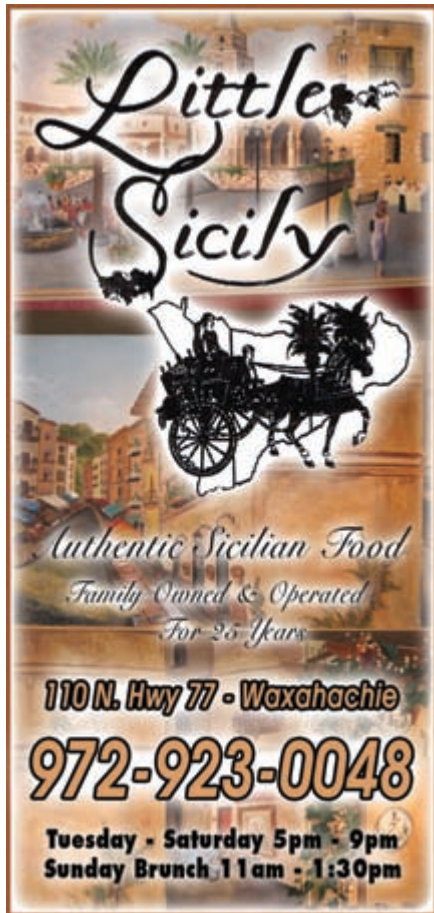
The academy teaches kindergarten through 12th grade. Four core classes are offered for each grade and include language arts, math, science and history. The school is also generous in elective courses that include Spanish, Latin, music, art, drama, computer, physical education and a variety of sports. Kindergarten through sixth grades are taught at the academy on Tuesdays and Thursdays, then at home on Mondays, Wednesdays and Fridays. Grades nine through 12 are taught at the academy on Mondays, Wednesdays and Fridays, and at home on Tuesdays and Thursdays. The percentage of secondary students who attend full time is higher than that of elementary students.

Even though the school has faced many challenges along the way, it is hugely successful. The academy not only offers a quality education, but also promotes strong family values and teaches Christian principles.

"Academics and character are a huge part of the school," Elizabeth said.

"We teach these things so the students can be great leaders, not only today, but especially for tomorrow." **NOW**





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## Around Town NOW



The Waxahachie Chamber of Commerce recently held a ribbon cutting, top left, at Star Nails. "The Band of the Nation's Capital" 257th Army Band, top right, performed during the Summer Concert Series 2007 at Chautauqua Auditorium. Lindsey Williams, Amarie Hester and Chase Williams, bottom left, passed out fans during the Summer Concert Series 2007. The fans helped the crowd in attendance stay cool. A ribbon cutting was held at Renfro Healthcare Center for the additional rehabilitation unit.

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## Around Town NOW



The Chamber of Commerce recently held several ribbon cuttings. Shown, clockwise from top left, are Ken Box of Edward Jones, B & B Fun Party Rentals, Two Hundred South Rogers Clothier, Waxahachie Recruiting Station and Sleep Inn Suites.

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— By Melinda Hines

## Look Who's Cooking

### IN THE KITCHEN WITH PAT SMITH

#### ZUCCHINI COINS

3 - 4 medium size zucchini, thinly sliced  
grated Parmesan cheese  
olive oil  
lemon juice

Spray cookie sheet with non-stick cooking spray. Brush zucchini slices lightly with olive oil and then dip in freshly grated Parmesan cheese. Bake cheese side up at 350 F about 20 minutes until brown. Sprinkle with fresh lemon juice and serve immediately.

#### TRIANGLES

3 cups Bisquick  
1 cup chopped onion  
1/2 cup Parmesan cheese  
2 Tbsp. parsley

1/2 tsp. oregano  
dash pepper  
1 tsp. garlic powder  
1/2 cup oil  
4 eggs, beaten

Heat oven to 350 F. Grease 13 x 9 pan. Mix all ingredients and spread in pan. Bake uncovered until golden brown, about 25 minutes. Cut into 2" squares and then cut again into triangle shape. Can be served warm or at room temperature. Great for picnics. Makes 4 dozen.

#### ZUCCHINI FRITTATA

2 Tbsp. olive oil  
one chopped onion  
1/4 cup chopped green pepper  
2 - 3 zucchini, thinly sliced  
one tomato, coarsely chopped

6 eggs, beaten  
salt and pepper to taste  
1/2 cup cheddar or mozzarella cheese

Heat oven to 350 F. Heat olive oil in black skillet over medium heat. Sauté onions, green peppers and zucchini until soft. Stir in chopped tomato. Mix eggs with salt and pepper and pour in skillet, stirring gently for about 2 minutes. Sprinkle with cheese and bake uncovered in hot oven about 20 minutes, until puffed and golden brown and the eggs are set. Be careful not to overcook. (Cover with foil if browning too quickly.) Let rest 5 minutes, cut into wedges and serve with salsa.

#### CHICKEN AND ZUCCHINI PASTA

3 Tbsp. olive oil  
2 garlic cloves, crushed  
one chopped onion

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## Who's Cooking **NOW**

2 - 3 zucchini, medium sliced  
1 lb. chicken breasts, cut in 2-inch cubes  
(or one pound peeled shrimp, deveined)  
1 6-oz. jar whole, small mushrooms with liquid  
1 26-oz. can tomato sauce  
pinch of oregano  
2 Tbsp. fresh parsley  
1/2 cup red wine (optional)  
salt and red pepper flakes to taste

Heat olive oil in a large frying pan and sauté the garlic, onions and the chicken about 5 minutes. Add zucchini and cook 5 minutes. Add the mushrooms with liquid, oregano, parsley, wine and tomato sauce. Simmer, covered, for 20 minutes. Add salt and red pepper flakes to taste. Serve over penne pasta with Parmesan cheese.

### INDIVIDUAL ZUCCHINI SOUFFLES

2 lbs. zucchini, grated  
1 cup grated cheddar cheese  
3 eggs, beaten  
1/3 cup milk  
1 cup sour cream  
1/4 cup minced onion  
1 3.5-oz. can chopped green chilies  
1 tsp. salt  
1/4 tsp. pepper  
1 small pkg. corn muffin mix  
Parmesan cheese

Heat oven to 400 F. Mix all ingredients together and pour in 6 - 8 individual greased baking ramekins. Sprinkle with Parmesan cheese. Bake uncovered for 45 minutes. Can also serve as appetizer or first course.

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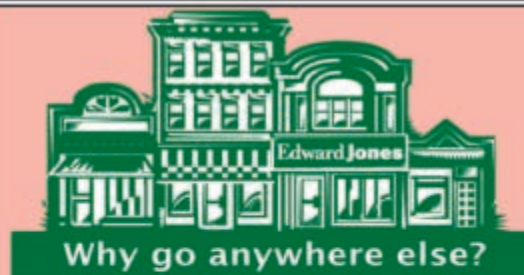
# Education

## the Key to a Bright Future

— By Gary Hayden

In today's competitive workforce environment, post-secondary education can serve as a springboard to better career opportunities. Whether from an accredited college or university or vocational school deemed eligible, the knowledge and skills acquired can pay lifelong dividends in terms of higher salaries and quality benefits. However, the cost of that higher education has increased dramatically through the years. One way to help prepare and to help offset some of the increased costs is to participate in a 529 plan.

A 529 plan is an investment plan for post-secondary education expenses. 529 plans help you save money faster because your investment grows tax free. You can start a 529 plan with an initial investment of \$250.00. The money can be utilized for a wide variety of college costs — tuition, fees, books and room and board — at any qualified



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## Finance NOW

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**"529 plans are a great way to save for children's or grandchildren's higher education."**

new skills. Investments in a 529 plan are subject to standard investment risks, and you should speak to your financial advisor to see if such a plan is right for you. **NOW**

*Gary Hayden is a financial consultant with offices in Corsicana and Ennis.*

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## Health NOW

# Diabetes: Millions Suffer From It and May Not Know It

Diabetes is a chronic disease affecting more than 20 million people in the United States. It is a condition that results from the body's inability to produce or properly regulate insulin, a vital hormone needed to convert sugar, starches and other food into energy.

Common symptoms of diabetes include an increased thirst, increased urination or change in appetite. Other frequent symptoms include fatigue, blurred vision, slow-healing infections and impotence in men. Diabetes can be caused by genetic and environmental factors, such as being overweight and inactive.

### There are three common types of diabetes:

**Type 1** - The pancreas fails to produce insulin. Roughly five to 10 percent of Americans with diabetes have Type 1.

**Type 2** - The body fails to properly use the insulin that it produces. Type 2 is the most common form of diabetes,

affecting adults and sometimes children.

**Gestational diabetes** - Four percent of all pregnant women or about 135,000 cases are diagnosed in the United States each year.

"All patients with diabetes or pre-diabetes should work with their physician to develop a healthy diet and exercise program, as well as discuss medication options," said Dr. Jeffrey Astbury, internal medicine physician on the medical staff at Baylor Medical Center at Waxahachie and the volunteer medical director of the Baylor Diabetes Center at BaylorWorx Fitness Center in Waxahachie. He teaches his patients that "learning about diabetes is essential in managing you blood sugar," recommending all diabetic patients attend a diabetes education program.

Over time, high blood sugar can damage the blood vessels, nerves and organs and, if left untreated, can eventually cause serious complications or death. Following is a list of some of the most common complications:

- Increased risk for heart disease, heart attack, heart failure and stroke. According to the American Diabetes Association, over 65 percent of people with diabetes die from heart disease or stroke.
- A diabetic's risk for a heart attack is as high as someone who has had a

previous heart attack.

- Increased risk for diabetic retinopathy, a condition linked to blood vessel problems in the eyes. Diabetes is a leading cause of preventable blindness; cataracts and glaucoma.

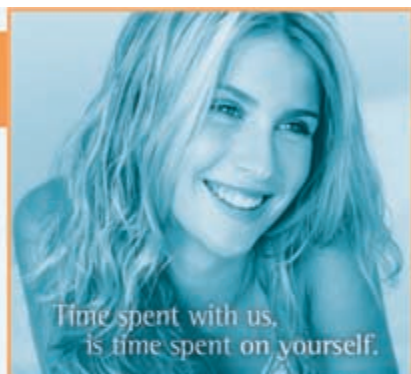
- Increased risk for peripheral neuropathy, a condition caused by reduced blood flow to the nerves. This condition, brought on by high blood sugar, can cause nerve pain, burning and numbness.

- Development of serious leg and foot infections due to poor blood circulation, lack of oxygen and nutrients to tissue and nerve damage.

- Diabetic nephropathy, or kidney damage can cause kidney failure.

### Risk factors for diabetes include:

- A parent, brother or sister with diabetes
  - Age greater than 45 years
  - Ethnicity (particularly African Americans, Native Americans, Asians, Pacific Islanders and Hispanic Americans)
  - Gestational diabetes or delivering a baby weighing more than nine pounds
  - High blood pressure
  - High blood levels of triglycerides (a type of fat molecule)
  - High blood cholesterol levels
- "While there is no cure for diabetes,



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## Health NOW

treatment usually involves medication, a healthy diet and exercise to control blood sugar and prevent symptoms and complications," Dr. Astbury explained. "But the good news is that complications are not unavoidable. With proper management of the disease, diabetes can be controlled."

If diabetes is left untreated, serious complications can develop. Some people can go for years without knowing they have diabetes, so if you are considered high-risk or begin to experience some of the symptoms mentioned above, do not wait — consult with your doctor right away. **WAXAHACHIE**

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

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## Divide *and* Conquer

— By Nancy Fenton

September is finally here, so can fall be just around the corner? It is time to think in terms of what you want your yard and beds to look like next year! Any of those big clumps of perennials (the ones that come back year after year) that did not bloom as well as you would have liked, or have outgrown their space, need to be attacked this month. A sharp spade will help get them out of the ground so you can ruthlessly hack them into two or more parts. Use several large pieces to fill the space back in, and then spread them around! Just remember to water them daily for a week after you make the move, and then let nature take its course.

Daisies, irises, daylilies and Turk's-cap lilies all respond well to division with added vigor and blooms the next year. If you just want to trim back some of your grasses and

bushes, now is the time to consider doing it. If you wait too long, the new growth stimulated by the trimming will not have time to harden off before the first freeze.

If you are planning to put new plants in the ground this fall, you might want to spend an evening with me in the Waxahachie adult sessions in September. I am talking about soils that will grow anything! Call the WISD administration at (972) 923-3641 for information and dates.

Wait awhile before putting that last bit of fertilizer on your yard. The most recent news from the gurus at

Texas A&M suggests waiting until the leaves start falling, which could be November around here. This late application will protect the yard and trees from freeze damage on still-growing plants. Our heavy clay soils really only need extra nitrogen, and that only in small amounts. When in doubt, get a soil analysis from Texas A&M. Call our local extension office at (972) 825-5175 or catch a Master Gardener at the Farmers' Market in Waxahachie on Saturdays to ask for information and forms. **NOW**



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

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# September 2007

## Community Calendar

### Every Monday

Guitar Pickers' Night from 6 - 8 p.m. at the Five Twelve Teahouse. Free and open to the public.

### Second and Fourth Mondays

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

### First and Third Tuesdays

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

### September 5

The Kiwanis Club Luncheon Meeting will be held from noon - 1 p.m. at Fire Mountain Grill in Waxahachie. Members and guests are welcome. For further information, contact Marilyn Benedict at (972) 351-3377.

### September 8

After Hours Improv Comedy Show will be held at the Texas Theater in downtown Waxahachie at 8 p.m. Tickets are \$10 for adults and \$6 for children 10 and under. Tickets may be purchased online at [www.AfterHoursImprov.com](http://www.AfterHoursImprov.com), by phone at (972) 937-9839 or at the box office. Reservations are recommended.

### September 11

Waxahachie Chamber of Commerce Business Leads Interchange Leads Group meets from 7:30 - 8:30 p.m. at Hastings Entertainment. Cost is \$1 per person.

Come prepared to give a 30-second "commercial" for your business. For more information, call (972) 937-2390.

### September 13

Waxahachie Chamber Networking Mixer will be held from 5 - 7 p.m. at Ark Country Store. The event is cosponsored by Vintage Bank and will include food, networking and door prizes. Free to all Waxahachie Chamber members. RSVP to (972) 937-2390 or e-mail [salfaro@waxahachiechamber.com](mailto:salfaro@waxahachiechamber.com).

### September 15

The Waxahachie Kiwanis Club will hold their 2nd annual "Family Event" from 6 - 10 p.m. at Getzandaner Park, located at 400 S. Grand. The event will include a talent show for children, a silent auction and much more. There is no admission charge. Money raised supports needy children and families, as well as other community service programs in Ellis County. For questions, information or to make donations, contact Marilyn Benedict at (972) 351-3377.

Waxahachie Cotton Fest on the courthouse square in historic downtown. Call for more information at (972) 937-2390.

### September 21

J.E. Wakeland Memorial Golf Tournament, sponsored by the Waxahachie Lions Club, will begin with lunch at 11:45 a.m. Shotgun starts at 1 p.m. Cost is \$100 per player. For more information, call Jeff Lincks at (972) 989-4739 or e-mail [jlincks@midlothianinsurance.com](mailto:jlincks@midlothianinsurance.com).

### September 22

Oktober Fest will be held at St. Joseph Catholic School. The family event will include a 5K run. For more information, call (972) 937-0956 or visit [www.oktoberfestwaxahachie.com](http://www.oktoberfestwaxahachie.com).

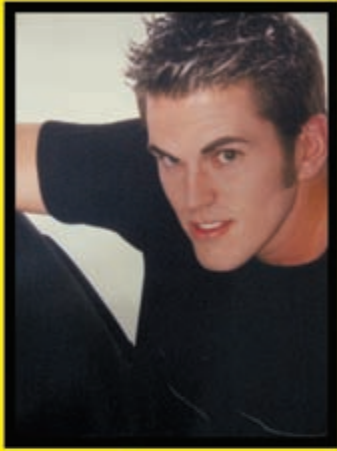
The Lights of Ennis fundraiser gala will be held at La Galleria.

### September 26

Ambassador Luncheon will begin at noon at the Waxahachie Chamber of Commerce Conference Center. Cost is \$10 per person. Open to all Waxahachie Chamber Ambassadors. Those interested in becoming Ambassadors may also attend.

### October 20

Vendor registration has begun for the Midlothian Chamber of Commerce's annual Fall Festival. This year's event will be held from 9 a.m. - 4 p.m. on George Hopper Road and will include arts and crafts, food, live entertainment and martial arts demonstrations. The Fall Festival will also be the location for several local events including the Chamber's 5K race - the Midlothian OctoberFAST Downhill Dash. Vendor booths, which are 12' x 12', are available for \$50 without electricity and \$100 with electricity and water for Chamber members and nonprofit organizations. Others may reserve a booth for \$60 without electricity and \$110 with electricity and water. For more information, call the Chamber at (972) 723-8600 or e-mail at [info@midlothianchamber.org](mailto:info@midlothianchamber.org).



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