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# WaxahachieNOW

M A G A Z I N E

September 2010

## Long Journey Small Wings

### ALSO INSIDE:

Dads at the Door

Longing for Simpler Times

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Field of  
**Dreams**

At Home With  
Mike and Bonney  
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
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# Contents

September 2010  
Volume 7, Issue 9



Local fathers and grandfathers, who volunteer with Dads at the Door, greet students at Northside Elementary as they arrive for school.

## 8 Long Journey, Small Wings

## 16 Story Time

At Home With Mike and Bonney Ramsey

## 26 Around TownNOW

## 28 ArtsNOW

Longing for Simpler Times

## 34 SportsNOW

Field of Dreams

## 38 BusinessNOW

Family Helping Family

## 40 EducationNOW

Dads at the Door

## 42 Who's CookingNOW

## 44 HealthNOW

## 46 FinanceNOW

## 48 OutdoorsNOW

## 50 What's HappeningNOW



## On the Cover

One of Aaron Ashbrook's model planes is ready for take-off.

Photo by Terri Ozymy.



## Editor's Note

### *Awesome Autumn!*

Even though temperatures are still very warm, I know that autumn is lurking right around the corner. I know, because like my grandma used to say, "I feel it in my bones."

Fall, without fail, is my favorite time of year. Everything is in a period of transition. Landscapes are changing from shades of green to a mixture of golden brown, soft yellow and rustic orange. Light-weight sweaters have taken the place of swimsuits. The evening sport of choice is now one that includes shoulder pads, helmets and a "pig skin."

Autumn begins on September 23, but life for my youngest son will begin just two days later as he and his bride exchange wedding vows in an evening ceremony at Waxahachie Creek Park. I believe he has waited his whole life for this one moment in time.

It is simply September, awesome autumn, and I just love it!

Sandra Strong  
WaxahachieNOW Editor



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# LONG JOURNEY, SMALL WINGS

— By Adam Walker

*A freshly mown strip through a field of wildflowers — thistles, Indian blankets, black-eyed Susans and milkweed — serves Aaron Ashbrook and his pals as both a driveway and an airstrip in a small field south of Waxahachie wedged between a cornfield and a real airstrip for prop planes. Aaron's passion is planes, the radio controlled (RC) variety. "These planes will do whatever the big ones will do and more!" Aaron claimed. "I fly a little bit of everything." Everything? you ask. Model planes are all alike, aren't they? Just wait until you see Aaron and his fellow enthusiasts begin unpacking their machines.*



Aaron's pride and joy is his 14-foot biplane. When he announced, "It weighs 85 pounds, so you know what that means?" One of his flying buddies from the Waxahachie Sky Blazers Club was quick to put in, "It makes a bigger hole in the ground!" After the laughter died down Aaron continued, "No, it has to be inspected every year by the AMA [Academy of Model Aeronautics], but they changed the standards three times this year." While Aaron continued the 30-minute process of removing his







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**314 Lakewood Drive**

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**218 Stampede Street**

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**300 Briggs Street**

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**102 Canyon Court**

Great home perfectly situated on a quiet cu-de-sac street in Settler's Glen on one of the biggest lots in the neighborhood. Home features travertine tile, engineered hardwoods and freeze capot. Open floor plan. Call Chris Oliver at 972-921-6797.



**2862 Old Boyce Road**

Scenic farmhouse on almost 20 acres with pond. Rolling acreage is fenced and cross fenced and adaptable for horses, cattle and goats. Home features two living rooms and original hard wood floors. Capot, storage building and storm shelter. Call Leslie and John at 972-921-6880.



**6601 Orange Blossom Drive**

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**102 Chautauque Drive**

This beautiful 3 bedroom, 2.5 bath home in Spring Creek has undergone some fantastic upgrades including vinyl and wood floors, paint, texture and new vanities and fixtures in master bath. Call Chris Oliver at 972-921-6797.



**2690 John T Lane**

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**1017 Bells Chapel Road**

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monster biplane from its custom-made trailer, in which the fuselage fits like a hand in a glove, and assembling the parts, the "hangar flying" (chatter about the hobby) continued unabated. These guys take their hobby seriously, but spend plenty of time joking around.

"I've been building planes since before I could walk," Aaron said. "I grew up when airplanes were a novelty. I remember living in Fort Worth and seeing the B-36s fly overhead. One of those would have scared Hitler to death, if he'd seen one, but they went into production after World War II was over."

This same attention to historical accuracy pervades the hobby. Aaron is proud of the fact that he has matched the paint job on his World War I era DH.4 de Havilland biplane to one of the same models which sits in the Smithsonian. "The DH.4 was British designed," he explained, "but American built because the Brits didn't have the resources to build them." He can quickly tell you the specifications of both the original plane and of his model. And

---

**"Some guys like to build the planes, but not to fly them, or fly them, but not build them. I like to do it all."**

---

he knows and admits when his models depart from their original specifications. Sometimes, he just cannot find wire the exact thickness to be to scale, but he tries to be as faithful as possible, building his biplane from spruce wood, dope (a plasticized lacquer) and fabric, just like the originals. He finds his materials in surprising places — 100-pound fishing line, model train tracks, sink drains and a 3-pound chunk of lead to bring the weight up.

"In this plane, the pilot sat up front under the wings and the gunner was in back," Aaron explained. "The gas tank was between the two. But that didn't really matter because in World War I they flew without parachutes, so you either burned or jumped to your death. That's why a lot of the pilots also carried a



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pistol.” Perhaps that grim reality is why, while having a scale model with realistic pilot, Aaron departs from realism when it comes to his gunner — Snoopy in his Red Baron getup.

The giant 14-foot biplane is by no means the only plane Aaron has built. “I can’t tell you how many I’ve built in my lifetime, but I have another kit at home right now for a 100-inch wingspan, twin engine P-61 Black Widow, which was made specifically to be a night fighter. I just don’t have a place to build it right now.” Aaron has lost planes, too, but that does not stop him. “If you’re afraid to crash, it takes the fun out of it. I don’t crash on purpose, but it happens.” Sometimes the planes go down in the cornfield. “If you crash in the cornfield it’s hard to find your plane,” Aaron confessed. “You can be two feet from the plane and not see it!” But that is all part of the fun. After all, “If you play golf you can’t be afraid to lose golf balls, or you’ll never learn to play.

“Some guys like to build the planes,








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Debra Wright-Bowers, M.D. has joined Baylor Family Medical Center at Ellis County - Waxahachie.

Dr. Wright-Bowers received her medical degree from the University of Texas Southwestern Medical School at Dallas and completed her pediatric internship and residency at the University of Texas Health Science Center at Houston with Children's Memorial Hermann Hospital and Lyndon B. Johnson General Hospital. Dr. Wright-Bowers treats infants and children up to the age of 18 and has a special interest in preventative medicine. She is welcoming new patients and accepts most insurance plans.

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but not to fly them, or fly them, but not build them. I like to do it all." Aaron said that at gatherings of RC enthusiasts some of the builders just come to display their work. "When I go to fly-ins out of state, sometimes there will be 50 airplanes there, and maybe 35 of them never fly." But Aaron likes to fly. A smaller biplane, which he built before the 14-foot monster, has been with him to many of the fly-ins. "The 8-footer has been to eight states for rallies."

In the old days, everyone built from kits or from scratch like Aaron does, but today there are other options. "Now some guys go with ARFs — almost ready to fly — or RTFs — ready to fly. With RTFs, all you have to do is charge the battery and/or fill the gas tank, and you're ready to go."

There are also many different categories of models — everything from big birds, the kind Aaron builds, to the pennyweights. "Those planes weigh less than a penny. They spray something like hairspray on water and that film is what they use for the skin of the plane," Aaron explained. "They only fly indoors with the A/C turned off because those planes are so light they can't handle the air currents." Those planes are the total opposite of Aaron's specialty. "I can build big, and I can build strong. But I can't build light."

Today's RC planes have many different kinds of engines. "Some of them are electric and run on batteries. Some use glow fuel; that's castor oil and nitro, priced at a hefty \$15 a gallon. Some are gas. Some are pure jets," Aaron informed. "Then there are the helicopters. They're either gas or electric."

The Waxahachie Sky Blazers are looking for more people like themselves. "We meet at 7:30 p.m. on the third Tuesday of every month at the Waxahachie Parks and Recreation building," Aaron said. "We have trainers in the club to help beginners. It's a lot of fun, but we don't recommend flying alone. It can be dangerous." And besides, if you were flying by yourself, you would miss out on all the "hangar flying!" Aaron quotes Lindbergh, who actually flew over Waxahachie September 27, 1927, "If I get 10 years of flying before I die, it's worth it." With 30 years of RC flying under his belt, for Aaron it has been worth it three times over. **NOW**



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AT HOME WITH  
MIKE AND BONNEY RAMSEY

# STORY TIME

— By Sandra Strong

*It is always story time at the home of Mike and Bonney Ramsey. Whether Bonney is speaking in detail about her many collectibles or Mike is commenting on Bonney's busy schedule, everything that pertains to the home has its own story to tell. And the stories stem all the way back to the time prior to their move to Waxahachie. "We kept visiting Ellis County," Bonney remembered. "On our way to the farm one Christmas, we drove by and spotted a small For Sale sign that was very low to the ground, almost hidden by the grass." After jotting the phone number down, they made a call and met the lot's owner the very next day.*



"We not only ended up with this lot, but we also purchased the second lot behind this one," Mike added. That was in 1975.

Construction on the couple's custom-built home did not begin until late 1977. The Ramseys moved into their new two-story, traditional style home on April 1, 1978. Almost one year later, they bought another lot adjacent to the two they already had, giving them nearly a full acre where their seven grandchildren, also known as the family's "Magnificent 7," and their dog, Hope, can roam, run and play. "The grandsons get a lot of enjoyment out of that third lot. It was a



good investment," Bonney stated. "There's enough room for football, baseball or whatever games they want to play." The lot also allows for the extra parking needed when Mike and Bonney host a party for one of the many organizations they are tied to or when the couple's two daughters and their families gather for the holidays.

One of the couple's cutest stories that cannot go untold is about Hope, their rescued Rhodesian Ridgeback. The dogs at the rescue facility in Kilgore were allowed out to greet prospective owners three at a time. When Hope made her appearance, she raced straight for Mike. "She laid her head in my lap. That's all it took," Mike said as Bonney added, "We didn't get a dog that day. She chose us." Mike could not resist sharing the history of the breed while Hope yawned

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and took her place on a small couch in the great room that she has claimed as her own. "These dogs originated in Africa. They were used to hunt lions. We haven't had lions since she arrived," Mike laughed.

The couple celebrated 43 years of marriage in June, after first celebrating their 33rd year in their home on Main Street. So many things have changed over the years. "When we first moved here," Mike said, "I think there were only three places to eat, and Ferris Avenue was only two lanes of asphalt. Now it's like a super highway."

Things within and around the home have also been

transformed over the years. In 1978, the hardwood floors throughout the downstairs area were added, lending even more warmth in the great room when paired with the birch paneling that is original to the home and the rose-patterned wall paper in the formal dining area that Bonney loves. China that once belonged to Bonney's mother is now displayed in the dining room. The pattern looks as if it could have been hand-painted to match the wall paper exactly.

The entryway offers guests an experience in rare artwork with brass rubbings from England, created by Mike's cousin, Ethel Nicholson, when she lived in London. "What was once a

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popular, expensive form of art,” Bonney said, “is now prohibited.” Brass rubbings were done using 24-carat wallpaper-like material that was rubbed on the brass imprint found on top of coffins. “It was a popular practice,” Mike explained. “The rubbings tell a story about the person in the coffin and the technique is similar to rubbing a coin under notebook paper with a pencil.” Two other framed rubbings are hung by the digital baby grand piano made in Japan that is also placed in the great room. As Bonney plays one of the

many gifts from Mike, she has a wonderful view of the beautifully landscaped backyard, the “tree house” guest quarters and swimming pool.

Before going out the back door into the relaxing oasis Mike and Bonney have created, visitors must first hear a few tales about Bonney’s many collectibles. It is easy to see her love for antique mirrored plateaus, antique cake plates and bells in every shape and size. The mirrored plateaus, several of which are displayed on the walnut Renaissance buffet from Hungary that dates back to

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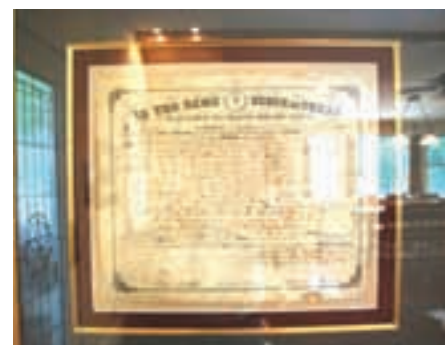
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the 1880s, are made of beveled mirrors set in ornate footed silver plate frames. "My favorite plateaus are the ones that have the 'ribbon cut' on the edge of the bevel," Bonney said, further explaining that she collects them on her many trips, as well as from antique shops close to home. The cake plate that jump-started her impressive collection was a gift from Mike's mother. "I already had one plate," Bonney said. "Her gift was my second." Bonney's bell collection is displayed in a curio cabinet on one wall in the great room. "I collect bells because I'm a ding-a-ling," she laughed. But in reality, the bell collection, which numbers close to 50 today, started about the same time she began playing the handbells at their church, Central Presbyterian. Bonney also adores her cut crystal. She just



"loves, loves, loves, it."



Everything in the home really does have a story of its own to tell: the train that circles the room Mike uses as his home office; a copy of the last letter from the Alamo handwritten by



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William B. Travis that hangs in the “tree house”; Mike’s collection of LGB brand G-scale trains from Germany; and the ornate mirror over the mantle that once belonged to Mike’s great-aunt and uncle. The list just goes on and on.

The couple readily admitted to “living” in every square inch of their home, but they equally love spending as much time out back as possible. “Two years ago, we took the back fence that separated the two properties down,” Bonney said. “We opened it up and finally realized the back property.” They needed more immediate backyard room for Hope, and this one change made all the difference.

Bonney still feels the same way she did 33 years ago when she called Mike at work. “We’d been here about two weeks,” Bonney explained. “I called Mike at his office and told him we’d come home. We still love everything about our home. The location is probably what we love the most.” The location is certainly great, but if the walls could talk, how many more wonderful stories could they tell? **WOW**



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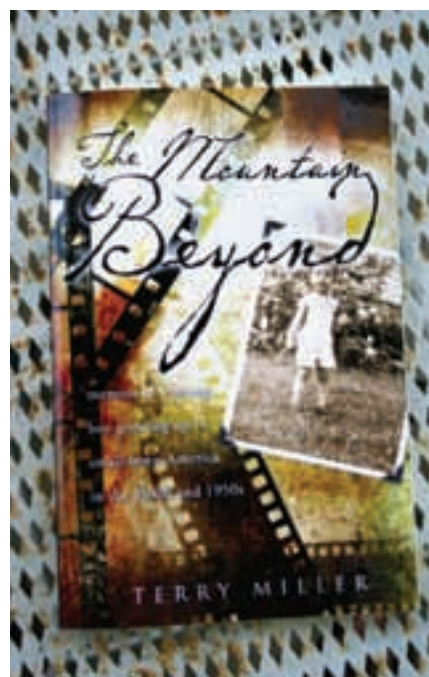
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# Longing for Simpler Times

— By Alana Williamson

Speaker and author Terry Miller invites readers to explore simpler times in his book, *The Mountain Beyond*. He shares both his struggles and accomplishments as the youngest of three children growing up in a small town in Maryland in the 1940s and 1950s. “I decided I had a story to tell,” he explained. “And because of my dysfunctional family background, I could help others overcome tough times in their life.”

Terry gets his passion for writing from his father, H.Q. Miller Jr., a journalist, poet and artist whose work included illustrations for *The Shadow* comic book series. In fact, Terry included several of his father’s poems and an illustration in

*The Mountain Beyond*. Local artist, Kent Brewer, used photographs of various locations from Terry’s childhood to create illustrations in a woodcut style Terry’s father often used.

Terry began writing as a member of his high school newspaper staff and continued writing over the years, mostly in trade journals while working in the banking industry. Terry also found ways to incorporate writing into his personal life. When he traveled for business, his wife placed love letters in his suitcase, and he left letters for her in their home. Terry also wrote a letter to each of his grandchildren from every city he visited. He told them where he was and what

he was doing, in addition to interesting information about each city. “It was one way of leaving a legacy for my family,” Terry added.

After he retired, Terry’s family and friends encouraged him to publish his life experiences. As an anniversary gift, Terry’s wife gave him a trip to a ranch in Glen Rose so he could focus on his writing. “I wrote day and night,” he said of this experience. He also returned to his hometown to do research for the next phase of the writing process. There, he visited with his older sister and aunt, who filled in gaps with information he could not remember.

After three years of writing, researching





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and editing, Terry finally completed his memoirs and was pleased that he took on the challenge. He hopes his book will be an inspiration to readers as they strive to overcome obstacles in their lives.

Terry came up with the title, *The Mountain Beyond*, from his frequent hikes as a teenager in the nearby Catoctin Mountains, home to the Camp David Presidential Retreat. "I went to the mountains often," he said. "It was a peaceful escape. The trees and rocks were obstacles I had to overcome, but just like in life, victory is experienced when you get to the top."

Terry credits the advice from a local writers group, "Write-On," with helping him in the editing and publishing process.

---

**"I guess when  
you're honest in  
your approach, you  
can't go wrong."**



---

Knowing that editing can be the most difficult part of the process for authors, Terry welcomed their comments. "The edits didn't interfere with my writing style, which I appreciated," he said.

Terry has already received numerous positive reviews of his book. He was surprised to learn a number of young adults found his book helpful to them. "I touched a group of folks I never thought I would reach," he said. "I guess when you're honest in your approach, you can't go wrong." Honesty is a virtue Terry feels very strongly about. He shares with readers details from difficult times in his childhood, including his parents' divorce and the nervous breakdown he suffered as a high school senior. "They were hard times, but they were also growing times," he explained.

He also includes his spiritual journey, which enabled him to overcome his many obstacles because of his personal relationship with Christ. He highlights the lessons he learned along the way with original and famous quotes under



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the heading “Ponders” that appears throughout the book.

Terry’s memoirs conclude with his enlistment in the United States Air Force at the age of 18. He relocated to Duncanville while in the military and remained in the area until he moved to Waxahachie more than a decade ago. He spends his time enjoying life on the five acres he shares with his wife, Rhonda, and on ministry work as director of pastoral care at Waxahachie



**He hopes his book will be an inspiration to readers as they strive to overcome obstacles in their lives.**

Bible Church. Terry is also working on a sequel to *The Mountain Beyond*, which relates the inspirational journey he has experienced dealing with his own life-threatening illnesses.

He credits technology as being the major difference between his childhood and that of his grandchildren. One of the reasons Terry wrote his memoirs was to share with others how simple life used to be. “The written word is being lost because of technology. For example, an e-mail can be deleted, whereas a handwritten note or letter can last for generations” he said.

In addition to writing, Terry enjoys reading inspirational books and biographies. “I like reading about real people. You don’t really know someone, until you read their story,” he said. Terry hopes *The Mountain Beyond* not only offers a glimpse into his own life, but provides readers with hope in their lives as well. **NOW**



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# FIELD OF DREAMS

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— By Cari LaCroix

About 20 years ago in a village in Cornwall County, England, a small boy's career was unknowingly beginning. Antony Penna followed along as he watched his father play soccer and cricket. "From when I was 9 years old to 13, I would come home after school and go down to the park and play soccer, rugby and cricket until dark," he said. As Antony grew older, his skills developed, advancing him through high school, college and club levels. "At that time, sports didn't conflict. On Saturday I'd play soccer and on Sunday, rugby."

In England, students complete high school earlier than in the United States, which allowed Antony to begin his coaching career as a young teenager. "There was an old coach named Billy who stepped down. I took over coaching his U11 team. So at 16 years old, in 1993, I was coaching soccer and playing rugby." Unfortunately, an injury occurred while playing rugby which took him off that team, but Antony has been forming and coaching countless successful teams full-time since.

In England, Antony earned many awards as a player and a coach, but perhaps the most memorable was in 1997. He was the sole recipient of the Queen's Bronze Medal in Britain for Most Promising Youngster. At the age of 24, in 2001, he started his own soccer club called the Storm Futbol Club in Cornwall, England. A new opportunity then presented itself, and he moved to the United States to begin coaching for Challenger Sports British Soccer Camps in America. For Challenger, he directed well over 100 soccer camps in more than 30 states, though mainly in the Dallas and Fort Worth areas. In 2004, he established the Kernow Storm Futbol Club in Ennis, then relocated it to Waxahachie in 2008. It is this club that has brought Antony's childhood dreams to life in many local players.

Kernow Storm Futbol Club employs several coaches and assistant coaches, who currently manage and train eight teams. These teams change each year as the youth grow older and are able to advance to the next division. They currently include boys U9, U10, U11, U15, U16 and U17. Girls teams include U10 and U17.

A huge benefit of this club, Antony believes, "is that parents don't have to drive to Dallas anymore." However, it is obvious





## Sports **NOW**

parents and players alike recognize the value in his club and the training and opportunities provided through it. While many are local, Antony explained, many others do drive quite a distance. "One kid travels two hours from Tyler. Others travel from Waco, Fort Worth, Hurst, Grand Prairie, Mansfield, Arlington, Red Oak, Corsicana, Maypearl, Palmer — we have a lot from the Tri-County area as well."

Antony hopes to continue growing and to offer coaching to more people. "We want to give kids opportunities to do what they want to do. If we give them the tools and the opportunities, they can choose. They can see that there are other things in life."

The club motto is "to create an environment for the development of select

**"We want to give kids opportunities to do what they want to do."**



and elite soccer players." The teams, Antony explained, "are competitive; they want to play professionally. It's every kid's dream, but it's [the select player's] desire." Players are committing to practicing twice a week for one-and-a-half hours. They may play anywhere from 18 to 24 classic league games each season, or when competing in tournaments, as many as 39 games.

One team Antony described is Kernow Storm's "most decorated," having won the most awards. This U15 boys team is the longest serving team in the club, starting as U10 players. In 2009, they were at the State Games

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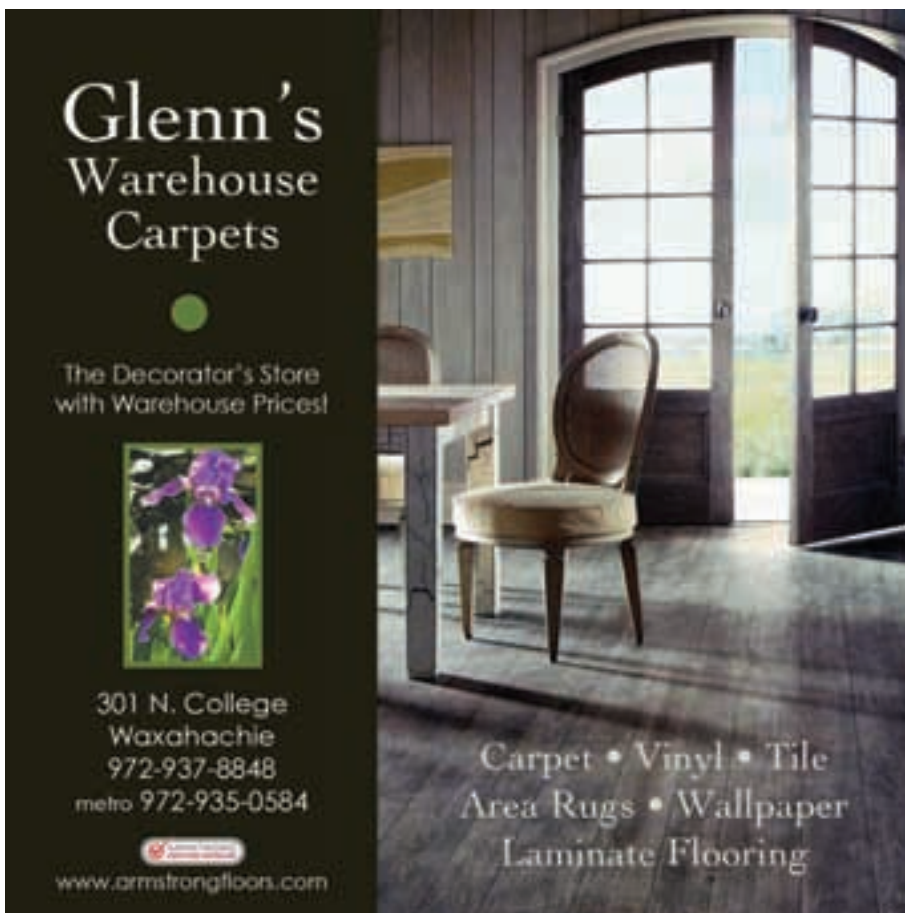
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in America and they were named the National Champions at these games in Colorado Springs.


The boys traveled with Antony this past spring to England on a strict budget of \$1,500 each. Fundraisers were held to offset the costs. They played seven games in five days, but it was not all work and no play. They also had once-in-a-lifetime opportunities, complete with what Antony called “a tour-and-a-half! I am proud of my country’s history, so I showed them everything. I took them to where I was born and grew up, in Redruth, Cornwall.” They toured through other villages as well. And in London, where they spent three days, they saw a professional soccer game and a couple of charity games in Cornwall. “They walked everywhere, just as the locals do,” Antony explained. They also saw the changing of the guard at Buckingham Palace and attended a service at Westminster Abbey. Antony reflected, “It was amazing to take them from Texas, which is really pretty new, to London, which has so much history.”

Antony’s hopes for all the players, he said, are to “get better in soccer, develop into better people, have good morals, join society and be good citizens.” Faith is a strong principle on which the club is built. This faith has produced endurance in players that goes beyond a single practice or game. It is the kind that helps his players set their sights on the future, knowing their goals and, of course, their dreams. **NOW**



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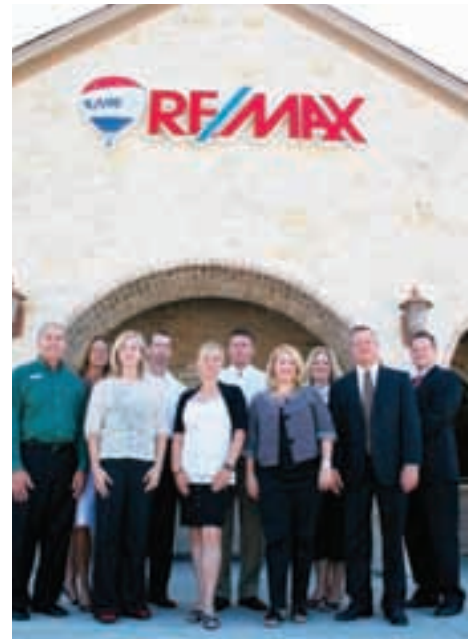
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# Family Helping Family

*RE/MAX: Our family helping your family. — By Sandra Strong*

John and Leslie Majors grew up in Waxahachie and were always good friends through high school and after. Twelve years ago this month they married and life has been good. So good, in fact, they were able to open their own business — RE/MAX Realty Group, an independently owned franchise — in December 2007. “We both gained our experience in the real estate business while working for another local real estate company,” John said, as Leslie nodded her head in agreement.

“However, when we were introduced to the RE/MAX® system, we both quickly realized that the community could benefit from a local RE/MAX office,” she added.

The couple admitted they thoroughly enjoy the privately owned concept the RE/MAX system offers. “It’s a very

non-corporate atmosphere — one that has an entrepreneurial feel,” John stated. Offerings at RE/MAX Realty Group include residential, land and commercial properties.

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What makes RE/MAX one of the top industry leaders in buying and selling property? According to RISMedia 2010 Power Broker Survey, RE/MAX agents closed an average of 49 percent more

**From left:**

Owners John and Leslie Majors; Realtors in the local RE/MAX family; Award of Excellence plaque displayed in the office.

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transactions than agents from the second most productive company. That fact, in and of itself, says a lot about the company as a whole. But what makes this local franchise so successful? "We have some of the best agents in Ellis County, and the support we get from RE/MAX of Texas is amazing," Leslie explained. "RE/MAX stands apart because of the branding, advertising, training and technology available to all its agents."

The success that the Majors have enjoyed since opening was realized in 2009 when RE/MAX of Texas honored them as the Rookie Franchise of the Year for 2008. "Out of 30 new franchises," John smiled, "they chose us. The award was based on our productivity for that year." In 2009, when the yearly totals for Ellis County were tallied, they were number two overall in gross volume sold in Ellis County, and this year stands to be even better.

John and Leslie also agree their company is only as strong as the Realtors in the RE/MAX family. "Our success really is due to our wonderful agents," Leslie said. "Our focus has always been on full-time agents who are here to extend full-time care to our customers." RE/MAX Realty Group is a Monday through Friday business, with scheduled appointments on the weekends. "As independent contractors, agents have the freedom to make their own hours," John said, "so we close the office on weekends by design. We all need time to spend with our families."

John and Leslie realized if they did not open a local RE/MAX office, someone else would. Even with the down/struggling economy, the couple decided to venture out into owning a business of their own. "Waxahachie is the largest city in the county, and we didn't have a RE/MAX office. We felt it was time and we were able to do it financially, so we took the plunge," Leslie explained. "It was a great opportunity we just couldn't pass up."

"The economy is now on the up-climb," John added. "We feel we've definitely been through the toughest of times. Now the business at hand continues to be all about our family helping your family." **NOW**

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# DADS at the DOOR — *By Sandra Strong*



It has been said when two or more individuals have the same idea, it is an idea that is probably meant to be. Northside Elementary School's "Dads at the Door" program was one such idea. "I was in a meeting and heard the name [Dads at the Door] in passing," volunteer dad Chris Bearden explained. "I heard of a similar program in Houston, and it just clicked. I thought it would be a wonderful way to provide positive male role models."

After the idea came to mind, Chris decided to present the idea to Debbie Gish, the campus principal. He was excited to learn that Debbie was having a similar idea. "Talking to her about Dads at the Door was an easy thing to do," Chris said. "Debbie had already decided that she and the assistant principal, Jeff Robinson, were going to begin greeting students at the door. It was providential; a God-thing."

The program is currently in its third year at Northside. It not only offers an avenue where every student entering

the school is greeted with a smile and a handshake, but it also allows dads the chance to volunteer on campus — a rite of passage that for years has been reserved for moms. The program started small, with a schedule and e-mails, and has grown into a running roster of no fewer than 20 men whom Chris trusts to be on campus. Daily, they greet the students as they arrive by car, on foot or by bus. During the program's first year, the volunteers were able to work the schedule out amongst themselves. "Most of the time," Chris explained, "I'll

get a call the night before if one of our regulars is not going to be able to be at their designated post the following day."

At least one "dad" is stationed at the front door with Debbie, while the other doors are manned by at least two male volunteers. Chris is proud to admit that he is in attendance almost every day, and his father-in-law, Parker Lowrance, is a committed greeter on Fridays. "The first one that gets to school gets the front door," Parker said with a smile. "I'm usually always the first one there on my day." Parker arrives earlier than his 7:15 a.m. start time for a second reason, too. "Kids



"It gives a dad the chance to volunteer in a place that has been predominately geared toward moms."

are already milling around outside before the doors open," he explained. "The adult supervision can't hurt."

The program is somewhat of a Bearden/Lowrance family affair. Bonnie, Chris' wife, teaches second grade at Northside and, until last year, all three of the Bearden girls, Eliza, Emmeline and Ellinor, attended Northside. Emmeline, now a fourth-grader, still gets up early so she can walk to school, rain or shine, with her dad. "I think it's nice to have someone there at the door to greet you," she said. "I also like the time I get to spend with my dad." Chris admitted this year has been a little different since the oldest, Eliza, is now in the sixth grade at Clift Middle School.

The benefits of the program have proven to be many. Having a good group of guys also provides more male volunteers on field days. Now it is commonplace to see one dad "flipping hotdogs" while another dad is helping hand out the winning ribbons. Dads are





## Education **NOW**

also seen helping with school projects. "It gives a dad the chance to volunteer in a place that has been predominately geared toward moms," Chris said, as Parker agreed.

"I think it's wonderful," Parker added. "Dads who aren't volunteering are missing something. It's a real blessing."

Bonnie has also seen major transformations take place with many of the students. "At the start of the year, the students' heads are bowed; they are insecure," she confessed. "By the end of the school year, they are confident and



self-assured. They have learned what a proper handshake feels like, thanks to the dads at the doors." Parker's memories have left an indelible impression that, when talked about, brings tears to his eyes. "Some of them have to be taught the proper way to shake a hand," he said with emotion in his voice, "while others patiently await their turn."

As a dad, a man and a gentleman, Chris feels it is so important for all children, especially the boys, to have positive male role models; role models who set an example that is easy for them to follow. "We need to let the children know we value them," Chris said, "not just as students, but as individuals. The human connection, eye contact and social graces are things they can carry into adulthood."

Chris has plans to "kick it up a notch." "I'd like to see more dads involved, so Northside is starting a chivalry club for boys," he said. "We'd like to see special speakers come in and talk to the boys; encourage positive manly traits such as strength of character and integrity."

As Bonnie looks at her husband and her father, those present can see her deep sense of pride. "I'm so thankful my daughters have such wonderful examples to follow," she said. "They set the bar high." **NOW**

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## In The Kitchen With Marsha Crenshaw

— By Faith Browning

Marsha Crenshaw grew up inspired in life and in cooking by both her father and mother. "I was incredibly blessed to have two parents who loved to create," she expressed. "The Crenshaw family has also been an inspiration. My mother-in-law is a fabulous cook!"

For the last 20-plus years, Marsha has been a pastor's wife and has been very involved in ministering, training

and teaching women how to study the Bible. She has traveled to other countries such as Egypt and Belarus to work and train women in ministry. Today, she puts her seven grandchildren at the top of her "to-do list." I never really knew my grandparents," she explained. "I want to play a vital role in the life of my grandchildren, so I spend much time with them." **NOW**



### CAJUN FRIED CHICKEN SALAD

*This is my family and friends' favorite and most requested dish — always!*

#### Canola oil for frying

3/4 cup milk

2 eggs

6 boneless, skinless chicken breasts, cut into fourths

#### FLOUR MIXTURE:

2 cups all-purpose flour

1 Tbsp. garlic powder

1 Tbsp. black pepper

1/2 Tbsp. white pepper

1-2 tsp. cayenne pepper, depending on desired heat

1 1/2 Tbsp. dried thyme

1 tsp. salt

#### SALAD:

6-8 cups mixed salad greens

12 oz. blue cheese, crumbled

1 lb. bacon, fried and crumbled

1 jar sliced pickled beets

3-4 boiled eggs, sliced

Honey mustard dressing

1. Pour about 3 inches of oil in a deep saucepan and heat to 375 F.
2. Combine milk and eggs.
3. Combine flour mixture.
4. Dredge chicken in flour mixture, then in milk and egg mixture, then back in flour mixture.
5. Fry until crispy and golden brown. Drain and keep warm.
6. Arrange greens on 6 plates and top with chicken cut into bite-size pieces, cheese, bacon, pickled beets and eggs.
7. Drizzle generously with honey mustard dressing. Serves 6 as a main course.

### HONEY MUSTARD DRESSING

1 1/3 cups sugar

2 tsp. dry mustard

2 tsp. paprika

2 tsp. celery seed

1/2 tsp. salt

2 tsp. grated onion

2/3 cup cider vinegar

2/3 cup honey

2 cups canola oil

1. In a food processor or blender, combine all ingredients, except oil; mix well.
2. Slowly drizzle in the oil, blending until dressing emulsifies. Makes 4 cups and can be stored in the refrigerator for a month.

### TEQUILA LIME CHICKEN

6 boneless, skinless chicken breasts

1 bottle Lawry's® (or store brand) Tequila

Lime Marinade

Canola oil for frying

12 corn tortillas, cut into strips

6 slices Monterey Jack cheese

1 jar Tostitos® Creamy Southwestern Ranch dip

1 lime

1. Marinate chicken for 30 minutes.
2. Fry tortilla strips in hot oil until crispy, drain.
3. Grill chicken on gas or charcoal grill. Before removing from grill, add sliced cheese and allow to melt.
4. Heat dip in microwave and spoon generously onto each plate. Top with tortilla strips and chicken; squeeze lime over each. Serve with Spanish rice and black beans. Serves 6.

### SHRIMP DIP

1 pt. mayonnaise

4 Tbsp. sweet pickle relish

2 tsp. paprika

2-oz. blue cheese

1 1/2 Tbsp. garlic powder

2 Tbsp. horseradish

2 Tbsp. Tony Chachere's® Original Creole Seasoning (I use light.)

1 8-oz. pkg. cream cheese

1 bunch green onions, chopped

1 jar chopped pimiento

1 1/2 lbs. large shrimp; cooked, peeled and cut in half.

1. Mix first 7 ingredients.

2. Mash in cream cheese and mix well.

3. Add onions, pimientos and shrimp; mix well. Serve with crackers.

### ALABAMA HAM AND CHEESE AND GRITS PIE

*From the Crenshaw Seven-Generation Cookbook.*

1 cup ham, chopped

1 cup shredded cheese (Swiss or cheddar)

1/2 cup onion, chopped

1 9-inch pie shell

1 13-oz. can evaporated milk

3 eggs

1 cup cooked grits

1 Tbsp. parsley, chopped

1/2 tsp. salt

1/3 tsp. dry mustard

1/8 tsp. cayenne pepper

1. Sprinkle ham, cheese and onion over bottom of pie shell.
2. Beat remaining ingredients; pour into pie shell.
3. Bake at 375 F for 45-50 minutes. Let stand 10 minutes before serving.

### ONION CASSEROLE

*This recipe is the most-requested for pot lucks and one of my mother's favorites.*

3 lg. onions, sliced and ringed

1 lg. bag Lay's® Potato Chips, crushed

2 cups grated cheddar cheese

2 cans cream of mushroom soup

1 cup milk

Cayenne pepper, to taste

1. Butter a 9 x13-inch baking dish.
2. Layer 1/2 onion rings, 1/2 crushed chips and 1/2 cheese; repeat layers.
3. Combine soup and milk; pour soup mixture over onions, using fork to allow mixture to seep down into onions.
4. Sprinkle lightly with cayenne pepper.
5. Bake at 350 F for one hour, uncovered.

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# Hormones and Health:

## WHAT'S THE CONNECTION?

— By *Nancy Wiese, D.O.*

### Why is everyone talking about hormones lately?

All you need to do is open a magazine designed for women and you'll know hormones are a hot topic of conversation. It helps that celebrities like Oprah, Suzanne Somers and Robin McGraw have written about the disruption of menopause and the wonders of natural hormone replacement. Hormone replacement therapy can make a world of difference for women experiencing the vast range of symptoms associated with menopause. But what about the role of hormones beyond menopause?

### Why are hormones important for the health of women and men?

Hormones are chemical messengers that influence an amazing number of body functions including metabolism, appetite, sleep, mood, sexual response, gastrointestinal function, bone health and more. The hormone story goes way beyond estrogen and progesterone for

women, and testosterone for men. Our hormones are affecting us moment-by-moment and we are affecting our hormones by the way we sleep, eat, think, feel, exercise, digest food and cope with stress.

### Do you know your hormonal status?

Knowing your hormonal status can be the key to finding a solution to a difficult health problem such as:

- **Weight gain**
- **Chronic fatigue**
- **Memory loss**
- **Osteoporosis**
- **Depression/anxiety**
- **Premenstrual syndrome**
- **Low sex drive**
- **Impotence**
- **Muscle aches/pains**
- **Hair loss**
- **Dry skin**
- **Rapid aging**

Routine blood tests done at your

annual physical exam, such as a chemistry panel or complete blood count, are useful, but are not a representation of how your hormones are functioning. Specialized testing of the blood, saliva and/or urine is available to give a complete picture of your hormonal status. The results of this testing can be used to create a path for recovery and vibrant health. For some, the path to recovery is hormone replacement. For most, it's a combination of hormone balancing plus a nutrient-dense diet, effective exercise, sleep hygiene, improved digestion, identification and reduction of causes of inflammation and managing stress.

### Where do I find help?

One of the most important decisions you will make regarding your health is choosing a physician partner for your health journey. Choose one who respects your intelligence, your health goals and your time, and is as interested and knowledgeable about the pursuit of wellness as he/she is about treating illness.

Every function of your mind and body is influenced by your hormones. What could be more important than that? **NOW**

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# Perception Is Not Reality

— By Adam Rope

**When it comes to American families and financial planning, perception is not reality. Although they are overwhelmingly optimistic about their financial future, their financial planning habits paint quite a different picture, according to a recent study commissioned by State Farm Life Insurance Companies and conducted by KRC Research.**

The study reports that although 82 percent of Americans are optimistic about their financial futures, American families in reality are not adequately saving or protecting their finances. From saving habits and financial goals to life insurance coverage and retirement saving tools, American families have room to grow when it comes to protecting their financial futures. Americans cannot just “hope for the best”; they must take a critical look at where they are financially and lay out a clear roadmap that guides them to their hopes and dreams.

Key highlights from the study show the gap between perception and reality:



## Saving habits

**Perception:** Most Americans (82 percent) are optimistic about their financial futures.

**Reality:** Nearly four in 10, more than 77 million Americans, say that they live paycheck to paycheck and are not able to put money into savings.

## Life Insurance

**Perception:** More than seven in 10 Americans are confident that they have enough life insurance.

**Reality:** Only 12 percent of Americans report having the industry recommended coverage of seven or more times the family’s annual income.

## Retirement Savings

**Perception:** The majority of Americans (58 percent) are not worried about outliving their retirement savings.

**Reality:** Many Americans are not utilizing a full range of retirement tools. Social Security is the most prominent source of retirement income over other retirement savings tools, with a fifth of Americans reporting that it is their only or main source of retirement income.

The sooner you start planning for your future, the better off you’ll be. Small investments made early can make a big difference in your financial health later in life. Don’t put off planning for your future. **NOW**

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

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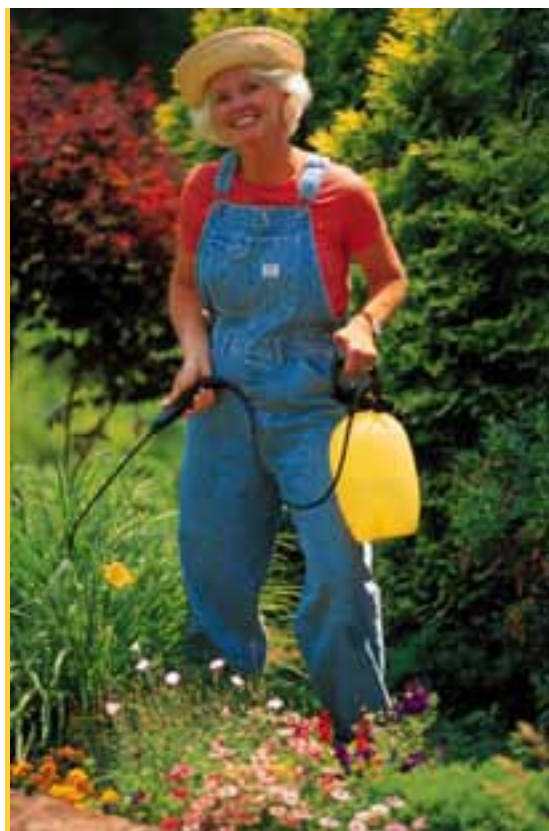
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# THE TIME IS NEAR!

— By Nancy Fenton

September is here, and it is time to think about fall fertilizers for lawns. Sometime around the end of September, the evening temperatures cool down to 50 degrees or below. That is the time to get out the spreader! Another great indicator that it is time to fertilize your lawn is when you do not need to mow for two weeks or so. It is important to fertilize the lawn in the fall to prolong fall color and increase winter hardiness. Also proper fertilizer helps maintain a dense turf that resists winter weeds.

Our alkaline soils have lots of their own phosphorous, so Texas A&M suggests fall fertilizers should be high in nitrogen (the first number) and very low in phosphorous (the last or third number). Usually the amount to be applied is one pound of nitrogen per 1,000 square feet of lawn. Most bags of fertilizer will tell you how much the bag will cover. Organic or chemical makes no difference as long as the numbers are the same.

Watering the lawn is the icing on the cake because it activates the fertilizer. Spray and soak will give you the best results, with the fertilizer going to the roots rather than running into our streams and lakes. This consists of several short periods of watering (the lawn, of course, not the street or drive) relatively close together, so the water soaks into the ground, rather than one long period when it runs off.

If you have more questions about lawns, call the Texas AgriLife Extension at (972) 825-5175. **NOW**

*Nancy Fenton is a Master Gardener.*

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seventh-12th grade at 5:30 p.m., the  
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call (972) 937-9839 or visit  
www.AfterHoursImprov.com.

Waxahachie Sunset Lions Club: 6:00 p.m.,  
The Dish in the Rogers Hotel in downtown  
Waxahachie. Questions may be answered by  
contacting Laura Hargrove at (817) 673-0356  
or by attending a meeting.

### Every Wednesday

GriefShare Recovery Seminar and Support  
Group meeting: 6:15 p.m., Palmer Christian  
Child Care and Day School, 510 S. Dallas  
Street, Palmer. For more information, call  
Vivian Saladino at (214) 802-2256 or e-mail  
griefshare@fbcpalmer.com.

### Every Thursday

Celebrate Recovery meeting: 7:00 p.m., 408  
Water Street, Waxahachie. The purpose of  
this group is to help people live free from  
addiction, compulsive or dysfunctional  
behavior. For more information, contact  
Brandon Jones at (214) 949-5725 or  
Brandon@thefrontiercommunity.org.

### Every Saturday

Downtown Farmers Market: 8:00 a.m.-1:00 p.m.

### Third Monday

Ellis County Aggie Moms: 7:00 p.m.,  
Waxahachie First United Methodist Church,  
505 W. Marvin, Waxahachie. Visit  
www.elliscountyyaggiemoms.org for more  
information.

### Third Tuesday

Skyblazers of Waxahachie R/C Club: 7:30  
p.m., Parks and Recreation Building in  
downtown Waxahachie.

### Third Wednesday

The Ellis County Christian Women's  
Connection, affiliated with Stonecroft  
Ministries, monthly luncheon: 11:30 a.m.-1:00  
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1920 W. Hwy. 287 at I-35 East (Exit 401B).  
The cost is \$13, inclusive. Contact Kay at  
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or Margaret at (972) 937-1016 or pmestepp@  
yahoo.com no later than Friday, September 10.

### Fourth Monday

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



## Happening **NOW**

Grand Avenue. The September program is "Brown Bag."

### September 3

After Hours Improv: SAGU Variety Show: 8:00 p.m., the Historic Rogers Hotel, 100 N. College Street. Adults: \$10; \$5 for children, unless otherwise noted. Featuring live music and comedy from Galoskowsky. For more information, call (972) 937-9839 or visit [www.AfterHoursImprov.com](http://www.AfterHoursImprov.com).

### September 4

Teacher's Day: Celebrate a teacher today!

Fight for Faith Wrestling Benefit: 7:00 p.m., Palmer Assembly of God Church. For more information, contact Paul Ingram at (817) 637-5372.

### September 7 and 14

Waxahachie's Got Talent: 6:00 p.m., Texas Theater, 110 W. Main Street, Waxahachie (on the square across from the courthouse).

### September 11-12

Trade Days of Waxahachie: Saturday: 9:00 a.m.-5:00 p.m. Sunday: 9:00 a.m.-4:00 p.m., Ellis County Expo Center, 2300 W. U.S. Hwy. 287, Waxahachie. Free parking and admission. For more information, visit [www.tradedaysofwaxahachie.com](http://www.tradedaysofwaxahachie.com) or call Les Clemons at (972) 617-8156, James Scott at (214) 202-1788 or Jean Davis at (972) 816-3644.

### September 17

After Hours Improv: Improv Comedy: 8:00 p.m., the Historic Rogers Hotel, 100 N. College Street. Adults: \$10; \$5 for children, unless otherwise noted. Benefits Portion for Orphans. For more information, call (972) 937-9839 or visit [www.AfterHoursImprov.com](http://www.AfterHoursImprov.com).

### September 18

Oktoberfest: 10:00 a.m.-8:00 p.m., Ellis County Expo Center, 2300 W. U.S. 287 Bypass, Waxahachie. Free admission and parking. The event includes children's activities, food, Biergarten, vendor booths, Texas Hold'em tournament, karaoke tournament, raffle prizes, silent auction, live auction, live and deejay entertainment and an Elvis impersonator. For more information, call (972) 207-2380.

Antique Alley Texas and 25 Miles of Sales: 9:00 a.m., 300 Criner Street, Grandview, TX. Downtown Grandview will be filled with vendors, festival foods, quilts, antiques and more. For more information, contact Nita Redmon at (817) 240-4948.

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## Happening **NOW**

The Mark Gorman Band: 8:00 p.m., Texas Theater, 110 W. Main Street, Waxahachie (on the square across from the courthouse). Tickets: \$10.

Ellis County Art Association presents the beginning of its 2010-2011 gallery season with "Fall Gracefully," an art opening featuring new, original works created during the spring and summer of 2010. Wine and cheese reception: 7:00-9:00 p.m., Anderson Gallery, located on the lower level of the Ellis County Art Association art center, 501 W. Main Street, Waxahachie. This free exhibition features artistic gifts, collage, fabric art, miniatures, mosaics, paintings, photography and sculpture. For more information, contact the ECAA at (972) 937-3414 or e-mail [ecaa@sbcglobal.net](mailto:ecaa@sbcglobal.net).

### September 23

3rd Annual Friends of NRA Banquet and Auction: 5:30 p.m., Waxahachie Civic Center, 2000 Civic Center Lane, Waxahachie. This is a charitable fundraiser for the promotion of the shooting sports through grants to qualified organizations for worthwhile projects such as youth education, firearm training and safety, range development and conservation efforts. For more information, call (214) 949-0033.

### September 25

PitPops: Doors open: 7:00 p.m. Performance begins: 8:00 p.m., Ellis County Expo Center. Jodie Dean will serve as the Master of Ceremonies. This event celebrates the 10th anniversary of Habitat for Humanity of Ellis County. Admission is \$25, includes loaded baked potato.

NAACP 27th Annual Freedom Fund Banquet: 7:00 p.m., Waxahachie Civic Center, 2000 Civic Center Lane, Waxahachie. Adults: \$30.00; \$15 for youth 13 years and under. Please call (972) 937-3737 for additional information.

### September 28

Waxahachie Senior Center Dance: 7:00-9:30 p.m., Waxahachie Senior Center, 122 Park Hills Drive.

### October 2

Waxahachie Annual Chamber Auction: 6:00-10:00 p.m., Waxahachie Civic Center, 2000 Civic Center Lane, Waxahachie. Theme: "No Place Like Waxahachie." Event includes dinner, refreshments and admission to the silent and live auction. To reserve your seat, e-mail [kmaxwell@waxahachiechamber.com](mailto:kmaxwell@waxahachiechamber.com) or call (972) 937-2390.



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### Menu

homemade pizzas • sandwiches • sliders  
appetizers • soft serve ice cream  
and a select variety of American fare all cooked to  
order and brought to your theatre.

Beer & Wine for our over-21-year-old customers.  
Free self-serve refills on soft drinks  
Tray tables available at each theatre seat

# CINERGY CINEMAS



3501 Corsicana Crossing • Corsicana  
903-874-film (3456)

*On Line  
Ticketing!*

[www.cinergycinemas.com](http://www.cinergycinemas.com)







## “Baylor put my sleep problems to rest.”

“I thought everyone fell asleep in boring meetings,” says Audra Faustino. But when a colleague suggested that she find out why, Audra decided to do a sleep study at Baylor. She was diagnosed with narcolepsy. “I’ve always fallen asleep very easily. Part of me thought that I wasn’t trying hard enough. Now I know there’s a reason for that,” she says. Today, after understanding and being treated for her sleep disorder, Audra says, “The whole world has changed. Now I know what it’s like to be awake like everyone else.”

For a physician referral or for more information about sleep services at Baylor Waxahachie, call 1.800.4BAYLOR or visit us online at [BaylorHealth.com](http://BaylorHealth.com).

1405 West Jefferson, Waxahachie, Texas 75165

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