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SEPTEMBER 2012

If the Shoe Fits

Jerry Schwartz puts resourcefulness, stamina and courage to work every day

Something Old, Something New

At Home With Angel & Sonya Gonzales

Plus: Teamwork Makes
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Historically, it has been the Dart Foundation's preference to make grants in support of youth education programs (primarily science, technology, engineering and mathematics). Other areas of interest have included health and community services.





OUR GENERATION CARING FOR THEIRS

Mr. Melvin Glandon sustained a left hip fracture in July 2012. Surgery was performed at a hospital in Dallas where they recommended he transfer to the inpatient rehabilitation facility, but Mr. Glandon adamantly insisted he come to Pleasant Manor and work with Charlotte Pless, PT. Charlotte had successfully worked with his wife and close friends during their rehab stays. He participated in Physical and Occupational Therapy five days a week up to three hours each day. Prior to admission, he lived at home independently in Waxahachie but grew up in Palmer. Mr. Glandon is a military veteran who devoted his time honoring other veterans by flying them to the National Monument in Washington, DC through a nonprofit organization. His goal while at Pleasant Manor was to regain his strength and return home. Mr. Glandon overcame several challenges during his stay, such as labored breathing, where he was forced to use oxygen during rehab sessions. After 30 days of intense rehab and hard work, he was compliant with his hip precautions and applied energy conservation techniques with his daily routine. I am proud to announce that Mr. Glandon returned to his home, Independent with all Activities of Daily Living. He will also be utilizing a rolling walker (vs. a wheel chair) for mobility. He demonstrated significant gains in all functional areas allowing him to successfully return to the community. With the love and support of his daughters, faithful friends and family, Mr. Glandon was motivated and determined to reach his goals.



To all the staff at Pleasant Manor who have helped me through the rehabilitation process, you ALL put me on the road to Recovery! I sincerely hope to return as a visitor ... not a patient! To all the staff and residents that I have developed lasting friendships with, I send my love and gratitude and wish you all a speedy recovery and may God Bless you.

— Melvin Glandon

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On The Cover



Jerry Schwartz can learn a lot about a horse by reading the bottom of its hoof.

Photo by Amy Ramirez.

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Editor's Note

Hello Waxahachie!

If I pay close attention as I walk out my back door on any given Friday night in September, I'll be able to see the lights from Stuart B. Lumpkins Stadium and hear Indian fans cheering for their favorite team. Football mania and cooler temperatures are what September is all about. Labor Day is celebrated on the 3rd, while autumn is slated to begin on the 22nd. It can't come soon enough for me. The hot weather zaps my energy and makes staying focused nearly impossible. I say bring on the cooler temperatures, so the colder temps can follow.

Something brand new is taking place on September 7 and 8 — the Dale Hansen Football Classic. It, too, will be held at Lumpkins Stadium. The inaugural event is hosted by the Waxahachie ISD. I guarantee it's going to be a memorable two-day event — an event you won't want to miss.

Sandra

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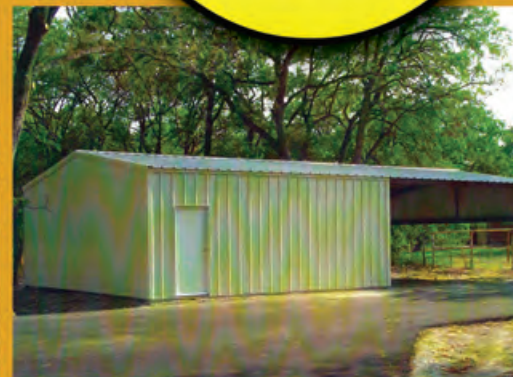
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If the Shoe Fits

— By Janice C. Johnson

Jerry Schwartz had cleaned and trimmed the horse's front right hoof and was nailing the shoe on. Holding the upside-down hoof between his knees, he deftly hammered three nails into the left side of the shoe left-handed, then switched hands to drive the other three in. This was the tricky part, and he tightened his grip. The blade-shaped nails came up through the hoof wall to the outside, their points almost touching the leather padding of Jerry's chaps.

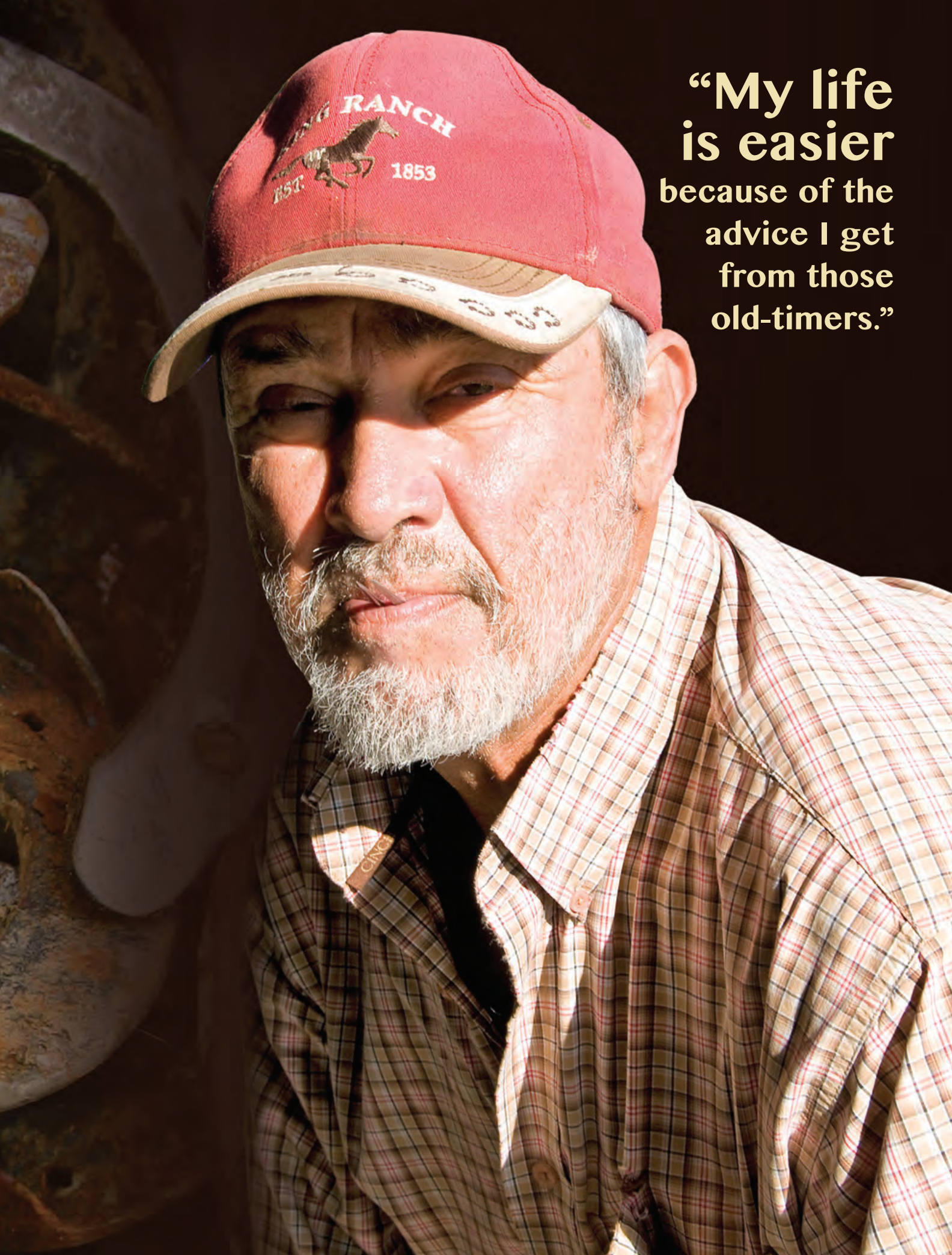
In a moment the shoe was secured. Jerry stepped back over the horse's leg with the hoof still in his hand. He was about to clip off the nail points when, without warning, the horse reared. Instinctively holding on, Jerry found his gloved hand nailed to the agitated horse's hoof.

He remembers the incident in detail, but it was all in a day's work for the second-generation blacksmith. "I've been kicked and stepped on, too, and broken bones in my arm and hand," he said with a shrug.


Even on an injury-free day, shoeing horses takes a lot of stamina. The main tasks sound simple enough, much like a pedicure: clean the foot, trim and file the nail, put on a protective shoe. But the blacksmith does all this while standing bent over. "Miss Manners would not approve of my posture," Jerry joked.

Meanwhile the horse, typically weighing 900-1,200 pounds, balances on its other three legs an inch from his shoulder. "You





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get horses that want to lean on you, or they'll shuffle around. It's kind of like being in a car wreck every day, getting pushed around like that."

Everything about blacksmithing challenges Jerry's stamina, right down to his heavy steel tools. At each stop they must be hauled out of the self-contained blacksmith shop hitched behind his red pickup. Both sides of the enclosed trailer are hinged at the top, opening up like a cowboy DeLorean. Jerry stows all his equipment inside, even a propane-powered forge. He usually shapes the



shoes cold, but sometimes uses the forge for more extensive hot shaping.

To custom shape the shoes, Jerry hammers them against a 110-pound portable anvil, mounted on a wheeled cart. The shock from the metal-on-metal blows has taken its toll. "I can't straighten my arms anymore," he said. "But since I got an anvil with an aluminum base that absorbs a lot of the vibration, it is much easier."

Another cart keeps his hand tools within reach. First, Jerry uses a pick to pry mud and stones from the hoof. Then, he uses "nippers," which are shaped like calipers. As he works the inch-wide blades around the hoof, the long handles offer enough leverage to easily trim a neat slice from the horse's thick, fibrous hoof wall. Jerry also uses a sharp knife to remove dead layers from the "frog," the central spongy part of the foot.

Next, he takes a coarse file and smooths the bottom surface of the hoof. The angle of the hoof is important, since it affects the ligaments in the leg. He has a hoof protractor to measure it, and knows how to adjust the angle to relieve pressure. "It's not rocket science," he said. After he hammers and clips the shoeing nails, he bends down the remaining cut ends with a crimper to hold the shoe in place.

Jerry got his professional training 20 years ago, when he took the Oklahoma State Horseshoeing School's six-week course. The program covered the basics, providing both classroom and hands-on learning. "But there's no way, in six weeks,



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“You get horses that want to lean on you, or they’ll shuffle around. It’s kind of like being in a car wreck every day, getting pushed around like that.”

they can prepare you for everything you’ll see out there,” Jerry said. “It’s a learning experience every day.”

Jerry has to rely on that experience when horses with gait or lameness problems need corrective shoeing. This calls for some detective work and resourcefulness. “They can’t tell me what they need. I have to just read the bottom of the foot,” he explained. “There are two or three ways to treat every problem, and I have to figure out which will work best for that particular horse.”

Fortunately, Jerry inherited resourcefulness from his grandfather, George Schwartz. George was also a blacksmith. “I never got to meet him; he died when my dad was young. My dad didn’t learn much about horseshoeing, but he



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told me stories about his father," Jerry said.

In one of his favorite stories, George had to shoe a bunch of cantankerous mules. He could do nothing with them until he rigged a sling to hoist them up one by one. Once their feet were up off the ground, the mules froze. Thanks to their stiffened legs, shoeing proceeded without incident.

Now a third generation is blacksmithing. Jerry began teaching his skills to his son, David, a Greenville firefighter. David later went to the same Oklahoma school as his dad and now does horseshoeing part-time, between shifts.

Jerry also learns tricks from older horsemen. "My life is easier because of the advice I get from those old-timers. I may not use it that day, but I file it in my memory bank."

One thing he has learned is although he faithfully wears chaps and gloves, a blacksmith's best protection from injury is good reflexes. "I hold onto the hoof by the toe. That way I have the missile in hand," he grinned. If the horse does pull its hoof out of Jerry's grip, the movement gives him time to get out of the way. "You're actually in more danger from the front feet than from the back," he added, "because horses can't see their back feet. When they kick someone behind them ... well, they're more lucky than accurate."

In his worst accident, several years ago, a horse reared and fell on him. "I was all alone out there. It was an hour before I could get up and drive myself to the hospital," he recalled.

But Jerry welcomes the challenges. "The tougher it is, the better I like it," he said. He takes ornery horses no one else wants to shoe. "My goal is to have them liking it within six months."

He acknowledged that his line of work is not for everyone. Clearly dangerous, it can also get lonesome. But horseshoeing fits Jerry. He enjoys solitude, his flexible schedule and the company of horses. "Even when I'm hurt, I never wake up in the morning hating what I do. Besides, I can tell the horses any story I want, and they'll believe me — and they won't repeat it!"

Summing up his art, he said, "A good day of horseshoeing is not getting kicked, bit or crapped on." **NOW**

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TEAMWORK MAKES THE

Dream Work

— By Dianne Reaux



Carly Hess is clear about her biggest accomplishment. "Last year, we beat the Red Oak Lady Hawks varsity volleyball team in a district meet. Red Oak's varsity team had not lost a district game in 21 years, and we finally beat them, and that was our biggest accomplishment." Carly personally acknowledges her teammates, which gives clear insight into her character, revealing the heart of a true team player.

Being a team player isn't second nature to Carly, it is primary. "I've played team sports since I was in elementary school," she said. "I played soccer, basketball and softball. But volleyball has been my favorite. I started playing in third grade because both of my older sisters, Kristi and Corene, played. During that time, I played on little league teams and at the YMCA."

Carly, a senior at Waxahachie High School, is a member of the National Honor Society and serves on student

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council. She was also a standout member of the Lady Indians varsity volleyball team. They had a tremendously successful 2011-12 season with a regular season record of 42 wins and 5 losses, reaching regional semifinals for the third straight year. When the eight seniors on the team graduated, Carly was the only returning senior member of the Lady



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Indians varsity volleyball team. Sandy Faussett, Waxahachie High School's athletic director and head volleyball coach, said it this way. "Carly is an athlete who has truly reached her potential through her determination and work ethic, and she provides outstanding leadership through example."

Standing at 6 feet 1 inch, Carly is an imposing figure on the volleyball court. She plays outside, right side and middle positions, and height is only one of the reasons she is such a tremendous asset to the team. The volleyball season starts well before the beginning of the school year. There are open gym practices during the summer, team tryouts, and regular season volleyball matches actually start two weeks before the school year begins.

Once school starts, Carly and her teammates spend several hours each week during the school season practicing, performing drills and scrimmaging. But her dedication doesn't end when the school's volleyball season ends, because



she immediately begins practicing and playing on club teams. Club teams are locally organized volleyball teams, which push players to excel at their game. Players often compete on the national level at tournaments held all over the country. These tournaments are an ideal opportunity for standout volleyball players to showcase their skills in front of collegiate coaches who are scouting for talented players.

Tournaments are often family affairs, extending well beyond the immediate Hess family. Cindy and Brett are die-hard volleyball fans and enthusiastic supporters of their daughter's passion for the sport. "We become close to the girls [on the team], and they become ours, too,"



Cindy warmly stated. "We sometimes take some of the girls with us to tournaments if their parents can't come. While we are in cities like Kansas City, Houston and San Antonio, all of the families go and eat breakfast, lunch and dinner. We all



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become very close. It's almost like being at summer camp together in that you hate to see the season end because some of your favorite players and parents may not be with the group anymore."

Carly hasn't been the only successful athlete in the Hess family. Cindy swam competitively from a young age all the way to college. She swam for The University of Texas at El Paso and still



competes in racquetball today. Brett was an exceedingly well-rounded high school athlete in Colorado playing football as both linebacker and nose guard on a state championship-winning team. He was one of the pitchers on the district-winning baseball team ranked third in the state. He won an athletic scholarship to Bethany College where he played football. The team at Bethany was ranked first in the nation in the NAIA (National Association of Intercollegiate Athletics) for three years. The team won 29 consecutive regular season games which was, at one point, the longest winning streak of all levels in the nation. Carly seems to be following in the athletic footsteps of both her parents.

Although Carly has a busy schedule, she enjoys spending time on the lake boating with her family and hanging out with her friends. Many of those friendships were formed on the volleyball court. "It's one of the reasons I enjoy playing volleyball," Carly admitted. "It's where I've made most of my best friends."

Carly also has a passion for helping others. Serving the community is important to her, and one of the many ways she has done this is through her affiliation with The Waxahachie Symphony Association Belles & Beaus Program.

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The organization's Web page shares its goal as "being designed for junior and senior students interested in developing an appreciation of the arts, community service and social and life skills."

As a member of the WHS Student Council she and others have helped to facilitate the Special Olympics' track and field events that are held at her school each April. The event combines two elements that are particularly close to Carly's heart — athletics and children — and she sees both in her future plans. "I

**"CARLY PERSONALLY
ACKNOWLEDGES
HER TEAMMATES.
... BEING A TEAM
PLAYER ISN'T SECOND
NATURE TO CARLY,
IT IS PRIMARY."**

would like to win a volleyball scholarship and study speech therapy to help children who have problems speaking."

Carly laughed as she shared what motivates her, "Winning!" Her commitment to both her studies and volleyball keep this student/athlete very busy, and the pace can become hectic. But another motivator for her and her teammates has been their favorite Bible scripture: "I can do all things through Christ who strengthens me." It has become somewhat of the team's mantra, regularly adorning team spirit volleyballs that are thrown out into the crowd before each game.

Legendary basketball coach Phil Jackson was quoted as saying, "The strength of the team is each individual member ... the strength of each member is the team." Carly has demonstrated this philosophy in her commitment to being a team player. Because of this, Carly will be the co-captain of the Lady Indians varsity volleyball team this year. Her dedication and preparation have brought her to her final season of high school volleyball, and it will surely be an unforgettable year for her and her teammates. **NOW**

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Something Old, Something New

By Randy Bigham

When Angel Gonzales, a well-known local builder, decided on an Edwardian-era house to live in, there was no question it was the right choice. For Angel's wife, Sonya, there was also never any doubt. "Some people ask us 'Why not live in one of Angel's custom homes?'" she said. "We could, of course, but Angel loves this old house, and so do I." There's much to love in the 98-year-old structure

with its quaint, yellow façade and modern landscaping with a tile sidewalk and driveway. This seamless fusion of old and new has produced one of Waxahachie's most attractive period homes. Even a recent renovation, in which a second story, as well as a swimming pool and patio were added, has not diluted the charm of yesteryear pervading this jewel of a residence.





AT HOME WITH *Angel and Sonya Gonzales*



For Angel, owner of AGC Custom Homes and AGC Concrete, the initial allure of the house was not its historic appeal but the simple fact that it was located near family members. "My mother lives five minutes away," Angel pointed out. "And other relatives are nearby, so I thought it would be nice to be basically just down the street." Built in 1914, the house was originally white with blue trim, but Angel opted for a tan color when he bought the house six years ago. "Then we really fell in love with

yellow," Sonya explained. "And just last summer we painted it the yellow that it is now."

The interior renovation of the home has been a gradual process, dating to 2006 when Angel hired a decorator to purchase and assemble design elements. But Sonya's artistic abilities have since held full sway, and the house today reflects her own considerable taste. "Not much is left of the early work that was done," Sonya admitted. "But you can still see the designer's touch in a handful of



items, but most will soon be replaced." The lady of the house is modest about her talent for interior decorating, but admitted she is often complimented by family and friends on her creativity and flair for style.

Although there are both traditional and kitschy features, the overall look of the house is a modified western style. It's a far cry from the 1970s flavor the house had when Angel first bought it. "There was green carpet, so we had to get rid of that," Sonya laughed. "And the kitchen cabinets were an orange color." The old home's hardwood floors were restored throughout, and in the areas recently added, the floors were matched



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Mike Gleason, Dispenser
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to the original wood. The living room is cozy with leather-upholstered seating, a roll-top desk and a faux mantelpiece that looks like the real thing. "The original fireplace was removed long ago," Sonya said. "But the one we put in serves our purposes." A fun flash of personality is captured in a vintage slot machine set near the entrance to the kitchen. "It's very heavy, and Angel almost shot me when I bought that!" Sonya confessed.

Angel also laughed. "I told her, 'Don't bring anything else in unless you take something out!'"

In the kitchen, the once-aborrent cabinets are now stained a warm brown to match the rest of the furniture in the room. The table, bought from The Studio in Waxahachie, the chairs and a hutch are all modern, but give a nod toward the vintage feel in keeping with a house nearly a century old. "The table and everything were raw so we stained them to look antique, and it turned out well," Sonya said. Old, green Formica countertops are no more, replaced by elegantly neutral, speckled granite, and there's a wine rack, also beautifully stained. "We aren't big wine drinkers," Sonya noted. "So it's stocked with water and sodas, although there are a few bottles left over from our wedding."

Opening off a corridor, painted beige with white wood trim, are two bedrooms and a bath. In the first, the color scheme is lavender, teal and black, seen in the bedcover, drapes and in the marble edging of a blonde wood armoire and bed. An example of Sonya's stylish eye is a beautiful mirror she painted and decorated to match the room. "It was just a plain gold mirror, but I wanted to bring out the colors to match the bedspread," she said.

The other first-floor bedroom, initially the master bedroom, once served as a makeshift office before a separate facility was built in the rear of the property. It is decorated in black, burgundy and white. The bathroom is a triumph of the western theme Angel and Sonya like, right down to the hand-textured walls resembling an old, weathered building. Nearby, stairs lead to the new annex comprised of a master bedroom and bath. The bed and other furnishings are in rich, dark wood with leather inserts, and the bathroom repeats the western look



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of the one downstairs. "We are still in the process of decorating," Sonya clarified. "But it's coming together all right."

Outside, beyond the garage, that was also part of the renovation, stretches a backyard verandah, which may well be the true gem of the house. Part garden, part swimming pool with a full-fledged outdoor kitchen and bar, the area serves the couple well as the ideal place to entertain friends and family. The landscaping around the pool and patio is artistically arranged, and the trickling of a fountain lends charm to this oasis hidden behind a tall fence.

A mural, painted on one side of the house, underscores the fact. A western scene emulating the saloon in the classic TV show, *Gunsmoke*, was designed by Julie Ann Campbell of The Painted Lady. "It even has Miss Kitty," Sonya pointed out. "We love it. We think Julie did an excellent job." A group of neon beer signs, hung around the bar, also give a feeling of camaraderie and good times. Angel and Sonya's office is a free-standing structure located at the



back of the half-acre property, and it echoes the Texas style of the main house and patio. There's even a pair of chaps in a display case made by a friend.

The couple is busy as ever with their work, but when the opportunity for rest and recreation comes around, they are happy to enjoy the downtime in their old-meets-new home and backyard. "We're so glad we decided to stay here," Sonya said. "We are in the business of new houses, but for us nothing can compare to our own."

Angel agreed. "This house is where I want to be. I'm not going anywhere else." **NOW**

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Let the Revitalization Begin

— By Sandra Strong

The Waxahachie Chamber of Commerce is currently in the process of helping change the climate of the community. They, along with the city of Waxahachie, Baylor Medical Center, Waxahachie Downtown Merchants Association, Convention & Visitors Bureau, Navarro College, Southwestern Assemblies of God University, Waxahachie Independent School District, Workforce Solutions



of North Central Texas, Small Business Development Center, Waxahachie Higher Education Task Force and the Plan Implementation Team are accomplishing this through the Economic Development Strategic Plan. "Everyone involved has to be on the same page," said Debra Wakeland, President and CEO of the Waxahachie Chamber. "We are seeing results in all areas of development because everyone is on the same page with the same goals in mind."

The plan was set into motion once a project steering committee of many community individuals was formed. Their concerns, thoughts and ideas aided in the plan's development. The vision reads, "Waxahachie is an emerging destination for high-skill jobs and new investment in the Metroplex."

"Once we had our vision statement," Debra said, "we worked as a team to come up with six key ways in which we were going to achieve the vision." The six keys include improving the city's image on I-35, promoting economic diversification, becoming a destination for higher education and healthcare services, serving as an alternative to northern Metroplex cities for higher level investment and jobs and preserving and enhancing the community's authentic quality.

Although it seems pretty simple on paper, in reality it took teamwork, clear-cut planning and specific task forces. The six specific task force areas are: healthcare, education, land development, economic development, marketing and image and downtown revitalization. Specific individuals on the steering committee were put at the helm of each of these areas, with Debra and the Chamber taking on the revitalization of the downtown area. "I couldn't do this alone," Debra quickly admitted. "I have 30 individuals who care deeply for the community and its downtown area helping accomplish our goals."



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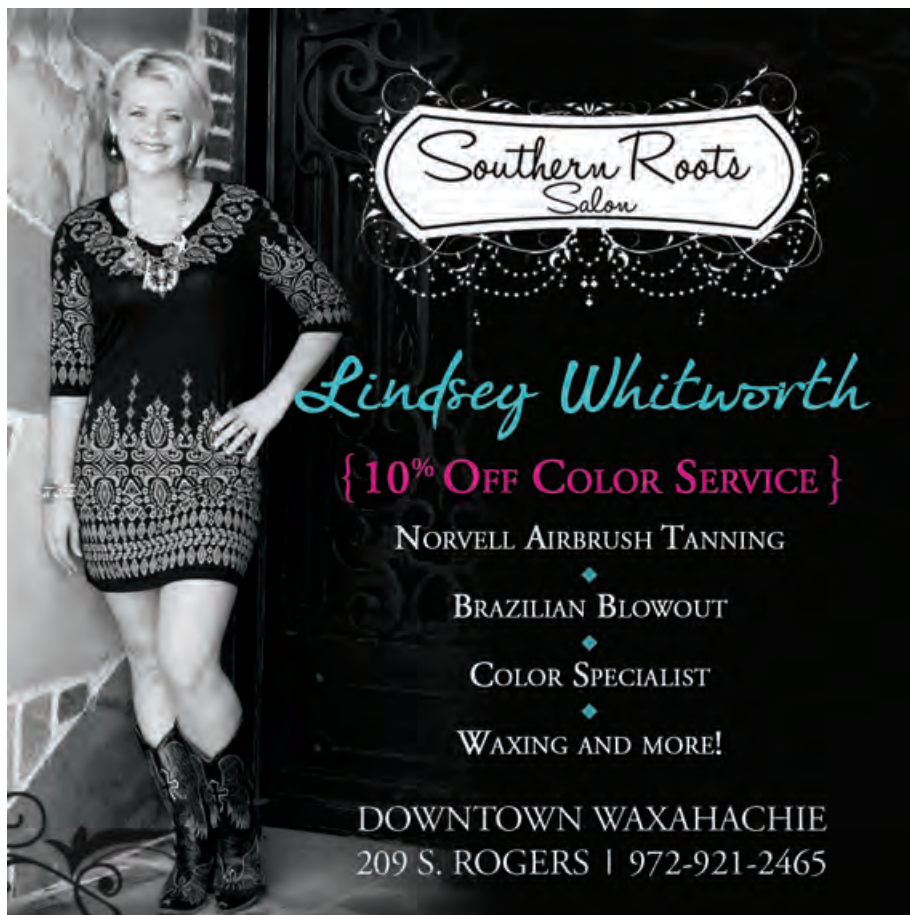
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Debra wasted no time getting started. Her drive, determination, boundless energy and love for community had her hitting the ground running. The first order of business was to set goals for the Downtown Revitalization Task Force. The first goal is to tie the downtown area into a portal to the city. The next goal is to attract local, areawide residents and tourists to the downtown area. The final goal on the list is to develop a plan of action that will attract new retail, restaurants, education and government locals, as well as commercial businesses. "Downtown Waxahachie has to offer the areas of interest that will steer people to it," Debra explained. "So many new ideas have come to mind."

One such idea that looks to be in Waxahachie's future would be quaint lighting somewhere between that of Sundance Square in Fort Worth and the Christmas lights of Marshall, Texas. Debra's desire is to see moonlighting on the courthouse lawn incorporated into revitalizing the downtown area. "I believe we could give Marshall a run for their money — tourist traffic," Debra stated. "I'd love for downtown Waxahachie to be referred to as our Sundance Square. We have already been acknowledged as the Highland Park of Ellis County." The task force is also working on bringing Wi-Fi to the city. IT Consultant has already secured the hardware for hot spots in the downtown area. The testing of these devices will be running by the fall. These will give sight wireless coverage from the



We are seeing results in all areas of development because everyone is on the same page with the same goals in mind.

four corners of the square. Several new anchor tenants are in the works, too.

Debra explained the 380/TIRZ/ Neighborhood Empowerment Zone partnership has tools already in place. "We will consider reducing, abating or deferring fees to encourage new businesses to locate downtown," Debra said. "I believe these tools are the key to changing the face of downtown."

Working with movie scouts has become almost a weekly occurrence for the Waxahachie Chamber. "The scouts enjoy showcasing Waxahachie to producers and executives, it's an easy sell," Debra stated. The Chamber's video is also linked to the Web, thus bringing the gingerbread community to the world, literally. The Bob Phillips' Texas Country Reporter Festival has grown each year, bringing in not only revenue, but

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thousands of visitors to the downtown area. The Chamber is hopeful that this year's event, to be held in late October, will be partnered with a rather large 3A marching band competition at Lumpkins Stadium hosted by the WISD. In relation to revenue, does this extra event worry those at the Chamber? "Certainly not," Debra said with conviction. "With the new parking garage downtown, we no longer need to shuttle people to and from the stadium parking lot. I say fill the stadium up — the more the merrier!"

A couple of new items on the horizon for Waxahachie include the inaugural Dale Hansen Football Classic to be held September 7 and 8. WISD, in conjunction with the city and the Chamber, will host the event that will feature three exhibition games — one on Friday night and back-to-back games on Saturday. Everyone involved in this new venture is excited to be working with Dale and honoring him for being an ambassador for the community he calls home.

Debra has also been working closely with the United Way of West Ellis County as they recently finalized a new event to be held September 6 at

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Mid-Way Regional Airport. "We are going to host a reception to kick-off their annual fundraising campaign," Debra Debra explained. "It's something I'd like to see the Chamber do annually — an event with Midlothian."

The Chamber hosts its own fundraisers, too. There's the Gingerbread Classic Golf tournament, the Home & Family Lifestyles Show and the annual Auction, the largest fundraising event of the three. In 2009, Debra remembers how the dip in the economy affected the Chamber. "We lost well over 100 members that year," she said, "but 2012 has seen us not only make up that loss, but increase our membership, putting us in the top 20 Chambers in the Metropolis."

Waxahachie is made up of resilient individuals who have a love for their community. They're diligent in preserving the heritage and architecture of the downtown commercial buildings, gingerbread homes and its recognized Ellis County Courthouse. Although the city continues to struggle as a commercial destination, Debra has a positive outlook on its future. "The goal of the Downtown Revitalization Task Force is to tie the downtown area into a portal to the city, attract local, areawide residents and tourists to downtown and develop a plan of action that attracts new retail, restaurants, education, government and commercial businesses. Enticing new Chamber members and serving the current 750 members is Debra's personal objective. A successful downtown area, bustling in business is a win-win for the Waxahachie Chamber. Debra is sure to keep the new ideas, events and services coming. **NOW**



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Strumming Through Life

By Randy Bigham

Locals are familiar with Dr. Del Walters, the Harley-Davidson-riding veterinarian who runs the Brookside Animal Hospital. But they may not know everything about this colorful leader in pet health care who also devotes his free time to raising money for the Ellis County SPCA. For Del, music is the medium through which he expresses his artistry and his dedication to helping animals.



A guitarist for local bands, including the Trail Blazers, Del has strummed his way into the heart of the animal welfare community, donating funds from concerts and other events toward the valiant work being accomplished to save and shelter dogs and cats across the county. "I live a simple life," Del said. "I love what I do and have no desire to do anything else. Giving back to help in an area that needs it is the easiest thing, so it's a no-brainer."

After work, Del might head home to his farm in Milford, but as often as not, he hitches his trailer full of music equipment and meets band members to perform at church and civic occasions

I like building guitars, rebuilding them, trading them and just collecting them.

here in town or at other Ellis County venues. Del is more than a gifted musician — he's a connoisseur of the guitar. Proficient at playing both bass and steel, he loves all guitars and their history. "I like building guitars, rebuilding them, trading them and just collecting them,"

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he confessed. "It's a serious interest. I probably have about 25 guitars."

Among his crop are rare Taylors, Telecasters, Gibsons and other major makes and brands. "I have about five Telecasters, some of which were crafted in Japan," Del said. "I have an old

I love what I do and have no desire to do anything else. Giving back to help in an area that needs it is the easiest thing, so it's a no-brainer.

'63 Pink Paisley reissue and a Chet Atkins SST — one of only 500 made." But the model he likes best has more than collector value. "My favorite was given to me by my father - a 1969 ES-335 Gibson."

For gigs in and out of town, these and other musical accoutrement are loaded regularly into his trailer from his home studio or the one he maintains at his office. "The band likes to rehearse at the office in off-hours," he said. "And I do, too. It's a great location." And a historic one: Brookside, established in 1955 by Dr. Jack Kelly, is the oldest

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animal hospital in continuous operation in North Texas. Del and his musician friends, who include Sonny Morris, Robert Stedman, Donnie Todd, Kevin Kosoris, Sam Dyer, Brad Daniels and Joy Parish, play a number of popular entertainment destinations.



Del has appeared at The Texas Theater in Waxahachie, the Ellis County Opry, the Bristol Opry, the Italy Opry and the Wylie Opry. The band has also played for private parties and occasions in Waxahachie at Pleasant Manor, the Cowboy Church and the First United Methodist Church. Del's "better half," Lonna Westeman, also an accomplished musician, frequently joins the guys on the

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road and manages bookings and publicity. "All proceeds go to community charities or for a benefit," Del pointed out. "And that usually means the SPCA. We want to shout their praises any chance we get."

Del, Lonna and their friends perform blues, jazz, classic rock and gospel — but mainly country. "We have enjoyed some of the perks of being in the business," Del admitted. "But we never forget what really matters. It's not about us." Del considers himself privileged to have a group of friends who share his desire to help others. "We enjoy giving back to the community," he said. "I'm lucky to be surrounded by some of the most caring people you can ever hope to know." Assisted by many along the way, Del believes in returning the favor by reaching out to others. "For instance, I got free lessons in guitar from people who cared enough to help me, so I've done the same. It's the little things like that that are really big things."

His desire to help others is a carryover from his profession as a veterinarian. "I guess people expect vets to like animals, and they should," Del said. "But they also need to like people, because that's a big part of the equation. If you don't care for people, you probably won't care about pets!"

Del has always loved animals, stemming from his days as a boy on the Kansas ranch where he was reared. "I lost my mother at 17. That may have made me more sensitive to people and animals," Del observed. "One of my first



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pets was an unlikely character — a 1,400 pound steer. So I started big, I guess!” Del also loves the current menagerie he looks after at home in Milford with Lonna. “We’ve got five dogs, all Yorkshire terriers, and a Persian cat,” he bragged. “And they’re our family.”

The motorcycle-riding doctor looks forward to many more years of serving the needs of animal owners in Waxahachie, and has no intention of letting up on his musical interests or his passion for guitar playing and collecting. “The guys and I are always ready to go,” he said. “We love doing what we do, and donating proceeds from our concerts to the Ellis County SPCA just makes it that much better.” Del holds deep gratitude to the public for their support of that organization over the years and hopes the generosity will continue. “We really need people to support the Ellis County SPCA,” he urged. “It’s a fine agency operated by people who really care about animals.” As to collecting guitars, that will always be a hobby he’ll find pleasure in, “It’s just fun.”

Bolstered by like-minded individuals, Del leads a charmed existence. “On top of everything else, I have the best partner I could ask for in life,” he smiled. “Lonna is everything to me, and we take nothing for granted. We have a blessed life together, and it just doesn’t get any better than that.” **NOW**

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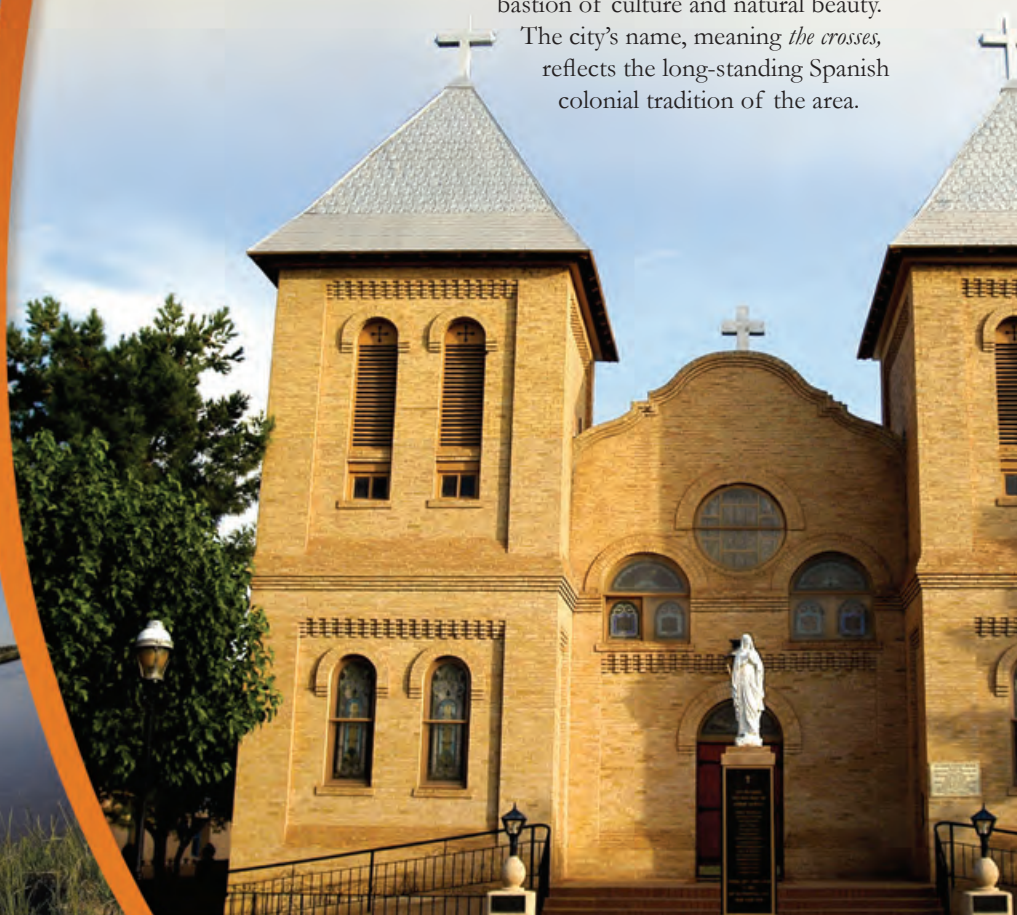
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The Las Cruces area also boasts other nearby world-class attractions. Hatch, the chile capital of the world and Spaceport America, the world's first commercial spaceport are both located within an hour of Las Cruces. As for the city of Las Cruces itself, a temperate to warm climate of more than 355 days of sunshine per year allows for celebrations

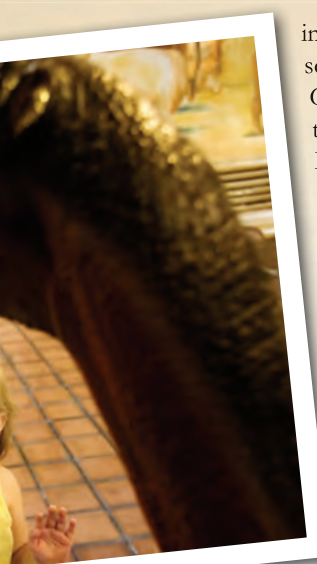


and cultural fests year-round. Las Cruces is home to The Whole Enchilada Fiesta, a three-day extravaganza in September including food, dancing, a carnival, a car show and the making of the world's largest flat enchilada. Celebrations for Día de Los Muertos, Cinco de Mayo and other events are always a draw.

The city also has an impressive museum scene. Branigan Cultural Center, the Las Cruces Museum of Art, Railroad Museum and Museum of Natural History allow visitors to learn about the city's rich history and culture. Private local galleries provide unique opportunities for collectors and art

enthusiasts. A favorite among visitors is The New Mexico Farm and Ranch Heritage Museum, where stationary exhibits, live demonstrations, live animals and a full-scale outdoor livery recreate the experiences of Southwestern farmers and ranchers. An on-site blacksmith, animal care demonstrations, pony rides, equipment demonstrations and more bring the museum to life.

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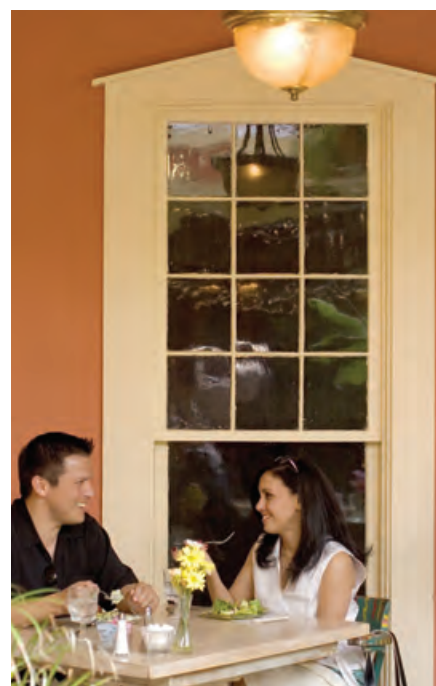
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State University, one of the state's major colleges. The university has an anthropological museum, geological collection and multiple art galleries open to the public. Theatrical productions as well as literary readings, book signings and talks are provided year-round.

Although the city undoubtedly has a rich history and old-time feel in places, it has no shortage of dining, shopping and entertainment opportunities. Southern New Mexico is a prime producer of many goods, primarily pistachios, pecans, chile and wine. Las Cruces and Mesilla are home to more than eight unique wineries with more choices available within a short drive. From St Claire's exquisite tasting room and bistro to the Rio Grande Vineyard's functioning winery tour, southern New Mexico has something to offer for wine connoisseurs and novices alike.

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trendy coffee shops such as the Milagro Coffee and Spirit Winds Coffee Bar are great for breakfast and lunch. Other dining options run the gamut from middle-eastern and Thai food to Italian, Chinese and familiar diner fare.

Las Cruces and Mesilla offer unique shopping opportunities for all budgets. In the Mesilla Plaza, shoppers can find unique clothing, art, furniture, artisan jewelry and other sundries. Visit Nambé on the Plaza, an exclusive retailer selling designer dinnerware, gifts and decor. The Mesilla Valley Mall provides more traditional shopping with familiar stores such as Dillard's, JCPenney, Bath & Body Works, Chico's and more. Plenty of familiar retailers are located around the city to meet whatever shopping needs you may have.

Las Cruces is accessible via I-10 and I-25. For more information about visiting Las Cruces and the surrounding area, go to www.staysunny.org. **NOW**

By Stephanie J. Montoya. Photos by Ben Chrisman. Courtesy of Las Cruces Convention & Visitors Bureau.

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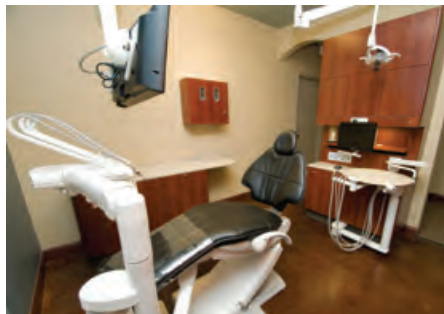
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From Start to Finish

New technologies have streamlined dental care.

— By Sandra Strong

Waxahachie Family Dentistry offers comfort, care and concern for patients who are in need of the wide range of dental services they provide. Whether it's cosmetic dentistry, implants, wisdom teeth extraction, sedation dentistry or dentures, too name only a few of their many services, you can be sure to feel right at home from start to finish.

Years ago, dentistry was mastered mostly by feel and experience. Dentistry today has become much easier for the doctors and patients due to technological advances. Partners Dr. Scott Clinton and Dr. Bobby Haney fully understand how the newest technology has made an impact in their office. "Our patients are the proof," Dr. Clinton smiled. "Technology really has made what we do at Waxahachie Family Dentistry easier. Less time at the dentist's office means more time spent elsewhere."

Dr. Clinton and Dr. Haney, along with their full-time staff of 14, believe in promoting these new advances so as to make the trip to the dentist as stress free as possible. The CEREC (Chairside Economical Restoration of Esthetic Ceramics) machine is a dental restoration process that allows dentists to restore a tooth in a single patient sitting, rather than in the multiple patient visits it took beforehand. "We've had this machine for a little over a year now," Dr. Clinton explained. "We didn't realize just how much of an ordeal it was for patients to come back a second time to complete the work on a crown. That second appointment took time away from work and family. That is no longer the case."

Cone Beam Computed Tomography (CBCT) is another grand example of how technology is making the trip to the dentist's

Business **NOW**

office much more relaxed. CBCT allows one X-ray to show the tooth in three dimensions, making it great for implants. "We used to have to take so many X-rays to see the nerves and such. Now, one X-ray allows us to see the whole picture," Dr. Clinton stated. "CBCT is also great for root canals, because we're able to see inside the tooth to the canals to make for a faster, more efficient root canal."

Technology has also made detecting cavities so much simpler with the DIAGNOdent. The machine shines a laser inside the suspect tooth to see if there is a cavity. "Patient evaluations become less invasive with the DIAGNOdent," Dr. Clinton shared. "The once, time-consuming pre-dental work is foregone."

Digital X-rays mean one fifth the exposure for the patient in comparison to the older, traditional method. Results from digital X-rays are immediate. No

**"Making
patients feel
comfortable,
no matter
the procedure."**

longer is there a lengthy wait for films to develop. The same goes for intravenous (IV) sedation. Waxahachie Family Dentistry has one dental suite designed for patients who need IV sedation. "We use IV sedation for major-type treatments," Dr. Clinton said. "A good example would be the extraction of wisdom teeth."

Waxahachie Family Dentistry prides itself in making patients feel comfortable, no matter the procedure. Staff members greet patients with a smile and a real concern for how they are doing. They know just how to make the anxious patient feel more at ease. The waiting area offers the comforts of home with its "living room" feel. Superior customer service when combined with the newest technologies makes for a positive dental experience from start to finish. **NOW**



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Haley Davis helps her parents at the Downtown Farmers Market.

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Are You on the Road to Financial Freedom? Time for a Financial Check-up!

— By Aaron Penny

If you have any type of debt, income or savings, this is the time to sit down and review how you spent your money over the past year. It's also the perfect time to evaluate the current rates you are paying on mortgages, auto loans and even your checking account to ensure each is the best for you.

Evaluate your debt.

If you're in debt, go through all of your statements, write down everything you owe and the interest rate you're paying on each loan or credit card. Bring that information to one of your lending professionals to see if they can help you consolidate your debt. They can often reduce your monthly payments and help you pay off your debt faster.

- Pay close attention to your current rates. How's the interest rate on your mortgage or auto loan? Even a small dip in rates can make a big difference over the life of your loan. If you are thinking about refinancing, there are resources such as GoBankingRates.com that allow you to search for the best rates in your market.

- Obtain a free copy of your credit report and review it. Visit AnnualCreditReport.com.

- Financial institutions often offer complimentary financial education and counseling services, such as a Balance Financial Fitness Program, which can help you get your finances in order, pay down debt and reach your financial goals.

Do you have a monthly budget?

You should if you have an income. Figure out how much of

your income goes to bills and monthly essentials and how much you spend on luxuries. You may find out you have more money to put in savings for a rainy day or for retirement.

- Many financial institutions offer complimentary money management tools such as FinanceWorks or Mint.com. These programs easily allow you to track spending and manage all of your financial accounts in one place, so you can easily budget and gain control over your spending.

Do you have a retirement plan?

How are you doing on your retirement funds? Are you contributing the maximum to your 401(k) plan? This is one of the best tax-reducing strategies available. The earlier you start saving, the better off you'll be. You'd be amazed at how fast your savings can grow when you start with as little as \$10 or \$20 per paycheck. If you consolidate your debt into smaller monthly payments, you could put the difference in a savings account or even better, a savings account that pays you interest.

- Get honest about your finances this year and seek the help you need to make your new goals. Ask a friend or a reputable financial institution in your neighborhood for financial advisor recommendations. **NOW**

Aaron Penny is the branch manager at the Neighborhood Credit Union in Waxahachie.

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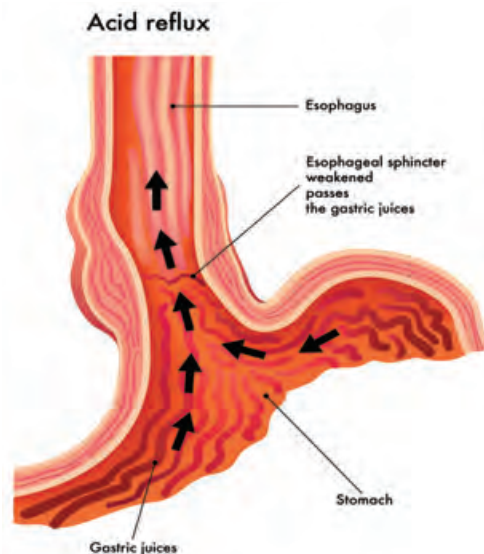
— By Betty Tryon, BSN

As you lie down in bed hoping for a good night's sleep, that dreaded, familiar pain assaults you once again. Like an erupting volcano, the lava-like flow of stomach acid fills your esophagus, creeps into your throat and steals another peaceful night. If you have acid reflux, the symptoms sound all too familiar. The esophagus is the tube that connects the back of the throat to the stomach. With acid reflux disease, stomach acid manages to flow back into the esophagus, setting the scene for pain and an assortment of complications.

At the lower end of the esophagus there is a circular set of muscles called the lower esophageal sphincter. Normally, when you swallow, the sphincter opens to allow the content into the stomach. It will then constrict and close to prevent a backwash of acid from the stomach into the esophagus. If the sphincter is faulty, there will be a leakage of acid. With acid reflux, the first symptom you will notice is a burning pain in the chest called heartburn. The pain can be so intense it interferes with sleep, and some people fear they may be suffering from angina or having a heart attack. Heartburn may become more pronounced when lying down or bending over. Certain foods such as onions, tomatoes, chocolate, dairy products, spicy food and citrus can cause heartburn.

Another symptom experienced is regurgitation of the stomach's contents into the throat. It has a sour or bitter taste and constant regurgitation into the mouth can cause erosion of the teeth. Unrelenting hiccups, burping and nausea can also occur. If you have these symptoms more than twice a week for several weeks, you should probably consult your health care provider. Your doctor may want to run tests to rule out other conditions that can cause the same symptoms.

Relief from acid reflux may be as simple as watching what you eat. Avoid those foods notorious for heartburn. Placing blocks



underneath the head of the bed to elevate the body may alleviate those attacks at night. The most common medication chosen for this condition is an antacid. However, antacids have a limited effect. For longer lasting relief, your doctor may recommend over-the-counter medications such as H2 blockers. These medications sell under the names of Tagamet, Pepcid, Axid AR and Zantac. Another group of medications used to treat persistent symptoms are proton pump inhibitors. They are found under the names of NEXIUM, Prilosec and Prevacid to name a few. If medications do not work, more invasive procedures may be necessary. Acid reflux can be treated with trial and patience. **NOW**

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

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Time to Take Another Look

— By Nancy Fenton

Fall is coming, and it's time to see if there are things that need to be done outside before the winter sets in. You don't need to do everything today, but having a list to work from is a great idea. My list includes some 30-year-old shrubs that need to come out, as well as a general cleaning and fertilizing of my 10-year-old beds.

Some plants can be thinned, shared, or you can find another place for the plants without damaging them. The standard rule of thumb for gardeners is if it blooms in the spring, it can be divided or moved in the fall. Most of my spring blooming bulbs are ready to be divided up this year. I buy only bulbs specifically for the southern part of the United States. Remember the change in the zones this year? Since we are now Zone 8, most varieties of narcissus and daffodils will not come back year after year. I'm for more bloom and less effort, so I limit my purchases to the Southern types. White Flower Farm is a good source that labels its bulbs accurately.

Fall is also a good time to learn more about gardening. The Ellis County Master Gardeners will have a new class in October. Call right away, because interviews will begin in

early September, and the class size is limited. In addition to 64 hours of class work held 8:30 to 4:30 each Tuesday and Thursday in October, 75 hours of volunteer service completed in a year is required to be fully certified. The cost of \$200 includes all materials, books, lunches and Texas A&M fees. My husband says my experience with the Master Gardeners has been like taking a master's degree in horticulture.

Once you are there, lots of opportunities will be available to further your knowledge. Texas A&M develops and refines new courses for Master Gardeners on a regular basis. Some available to Master Gardeners are Earthkind, propagation, greenhouse maintenance and Oak Wilt. Make your plans and come join us. For more information, call the AgriLife office at (972) 825-5175. **NOW**

Nancy Fenton is a Master Gardener.

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FRIDAY, OCTOBER. 5TH
6 - 10 PM

- Fall Fashion Show
- Vintage Photobooth
- Gifts & Drawings
- Margaritas & Food
- Glam Girl Winner

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September 1 – October 1, 2012.
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Before



After



Turquoise Haven



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Davie Kujawa 972-937-0337
www.turquoisehaven.com
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Calendar

SEPTEMBER 2012

Saturdays Through October 20

Waxahachie Downtown Farmers Market: 8:00 a.m.-1:00 p.m., historic downtown Waxahachie. Call (972) 937-7330, ext. 198.

September 5

Gypsy Soule Trunk Show: 6:00-8:00 p.m., Boyce Feed & Grain, 441 South College Street. Call (972) 937-1541 or (972) 937-4260.

September 6

Southwest Children's Chorus Fall Auditions: For children age 7-14. For information or to schedule an audition: (214) 649-3231 or e-mail info@childrenschorus.org. For details, visit www.swchildrenschorus.org.

Reception Sponsored by the United Way of West Ellis County and hosted by the Midlothian and Waxahachie Chambers of Commerce: 4:00-6:00 p.m., Mid-Way Regional Airport, 131 Airport Drive, Midlothian.

September 7 and 8

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

September 13

Meals-on-Wheels 25th Annual Golf Benefit: 7:30 a.m.-1:30 p.m., Cleburne Golf Links. Tee times: 7:30

a.m. and 1:30 p.m. Event benefits Meals-on-Wheels of Johnson and Ellis Counties. For information, visit <http://servingthechildrenofyesterday.org>.

September 14 and 15

PCSP Ranch Rodeo: 7:30-10:00 p.m., Parker County Sheriff's Posse Arena, 2251 Mineral Wells Highway. Saturday schedule: www.parkercountysheriffsposse.com/pages/Ranch-Rodeo.htm.

September 22

Oktoberfest: 10:00 a.m.-8:00 p.m., Waxahachie Civic Center. Call (972) 207-2380.

Chautauqua Assembly: 7:00 p.m., Chautauqua Preservation Society, 303 South Grand Street. Call (214) 616-7326.

September 24-December 10

Lighthouse for Learning Community Education: 6:00-8:00 p.m. Catalog and registration at the WISD Administration Building, 411 North Gibson Street. Call (972) 923-4631.

September 28-October 27

Waxahachie SCREAMS Halloween Theme Park: 7:30 p.m.-1:30 a.m., 2511 FM 66, Waxahachie. Call (972) 938-3247.

September 29

The Green Garden Club Garden Tea Tour: 9:00 a.m.-

4:00 p.m. Guests will enjoy five beautiful gardens and a complimentary progressive tea throughout the tour. The event will feature three chefs and an artist from the Ellis County Art Association will be painting en plein air at each location. Tickets are \$50 per person, and are available online at www.greengardenclub.org. Proceeds benefit Green Garden Club, an organic garden club in Ellis County. Call Carolyn Mixon at (214) 914-6030.

October 13

4th Annual Ride of Champions: 3:00 p.m., Campfire Creek Therapeutic Riding Center, 767 Bethel Road. Call (972) 937-7265.

October 19

Third Annual Kickin' for a Cause Fundraiser: 7:00 p.m.-12 midnight, Western Kountry Klub, corner of Highway 287 and Lakeview Road in Midlothian. Proceeds from the event hosted by Mack and Dyan Cook benefit the fight against breast cancer. Bill Davidson call (214) 205-1798.

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

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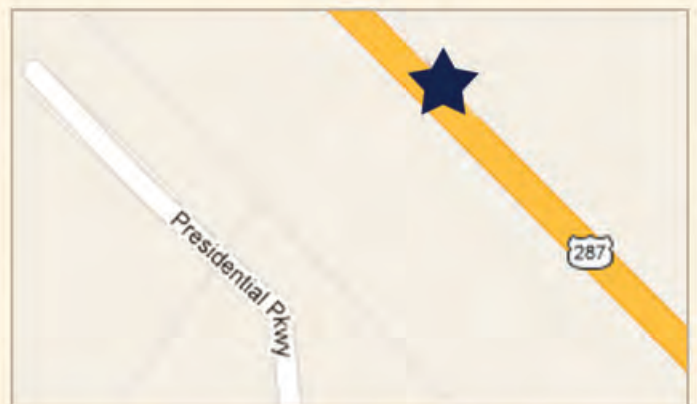
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In The Kitchen With Amy Elliott

— *By Sandra Strong*

Since her father was a fighter pilot in the Air Force, Amy Elliott spent most of her growing up years in Europe. Because of her time in Germany, Amy has a fondness for German cuisine. But, she also has a fondness for baking. “I absolutely love to bake,” she admitted. “Dessert is my vice. That’s where I allow myself a little guilt.”

Amy received her first two cookbooks for Christmas when she was 8. She later inherited her great-grandmother’s special recipe for raisin cookies. The recipe came with strict instructions. “She told me not to share it with anyone,” Amy confessed. “The recipe is probably 130 years old. I treasure it because she wrote it down for me. Her handwritten recipe is kept safely in my recipe box.” **NOW**

Mini Quiches

Makes into 2 dozen individual quiches or 1 8-inch quiche.

Pastry:

8 Tbsp. margarine
1/2 cup flour
1/4 tsp. salt
3 Tbsp. water

Filling:

3/4 cup shrimp, ham or crumbled bacon
1/4 cup green onion, chopped
1 cup cheese, grated (can use fat-free)

1/2 cup mayonnaise (can use fat-free)
2 eggs
1/3 cup milk
1/2 tsp. salt
1/4 tsp. dill

1. For pastry: Work margarine into flour to make coarse crumbs. Add salt and water; mix to form a smooth ball. Roll out dough. Cut into circles large enough to line muffin tins.
2. For filling: Line muffin tins with pastry. Fill each with meat, onion and cheese.
3. Beat mayonnaise, eggs, milk, salt and dill together; pour over other ingredients.

4. Bake at 400 F for 15-20 minutes, or make 1 large quiche in 8-inch pie plate and bake at 375 F for 30 minutes.

Mexican Dip

2 4-oz. cans black olives, chopped
2 7-oz. cans jalapeño peppers, chopped, seeds removed
1 can mushrooms, chopped
10 green onions, chopped
2 tomatoes, chopped
3 1/2 Tbsp. wine vinegar
6 Tbsp. salad or olive oil

1. Stir all ingredients, except oil, together or throw everything in a food processor. Refrigerate 24 hours.
2. Allow dip to come to room temperature before adding the oil.

Tex-Mex Tortilla Appetizers

1 8-oz. pkg. cream cheese, softened (can use fat free)
1 4-oz. can green chiles, drained and chopped
2 green onions, minced
1/4 tsp. garlic salt
12 6-inch flour tortillas (can use whole wheat)
Salsa

1. Combine first 4 ingredients. Spread 1 Tbsp. filling on each tortilla and roll in jelly-roll fashion.
2. Place seam-side down on baking sheet, cover and chill 2 hours.
3. Slice each tortilla into 4 pieces (may need to secure with toothpicks). Serve with salsa.

Broccoli Salad

3 large crowns broccoli, cut into small pieces
1 lb. bacon, cooked and crumbled
1 white onion, minced
1/4 cup sunflower seeds
1 bag cheddar cheese, shredded (can use fat-free)
1 12-oz. jar cole slaw or reduced-fat Ranch dressing

1. Toss all ingredients until coated with dressing.

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

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