

Waxahachie **NOW**

M A G A Z I N E

JANUARY 2016



The Role of a Lifetime

Kaiden Maines is
building a foundation
for the future

A Cowgirl's Dream

At Home With
Lesley Lawson

In the Arms of a Shawl

Taming Nature

Nutrition With a Twist

Your Healthy Smile

Dining Deals

In the Kitchen With Valerie Hoerber



V-Care Health Services

.....Live Life Pain Free

WE OFFER A MULTITUDE OF SERVICES - WE SPECIALIZE IN:

STOP SUFFERING FROM _____
Back Pain, Neck Pain, Joint Pains
Including Shoulders, Elbows, Hips,
Knees and/or Ankles



We have a great solution for you

- FDA approved natural medications with **NO SIDE EFFECTS**
- Treatment is very safe and effective with **NO surgery required**
- Treatments are covered by most insurances including Medicare

NEUROPATHY

Do you suffer from:

- **Neuropathy**
- **Diabetic Neuropathy**
- **Numbness and tingling**
- **Pins and needles**
- **Painful hands and feet**

Come learn about a safe, new, advanced treatment for **NEUROPATHY!**



RELIEF AT THE SPEED OF LIGHT!

Lose Weight Now
Ask Us How

Lose up to **30 POUNDS** in 30 Days



Introducing Our New

Medical Weight-Loss Program

- Safe and Effective
- Affordable
- Physician Supervised
- Rapid Weight Loss
- Sustainable Results
- Special Focus on Problem Areas

Ask about our introductory offer!

We Accept almost all Major Medical Insurance Including Medicare

GET INSTANT RELIEF FROM HEADACHES

MEDICAL BREAKTHROUGH IN THE TREATMENT OF HEADACHES AND MIGRAINES

Do you suffer from:

- Pounding, throbbing pain that affects your entire head?
- Sensitivity to light, noise or odors?
- Constant band-like pain around your head?
- Pain that lasts from 30 minutes to several days?
- Pain on one side of your head?

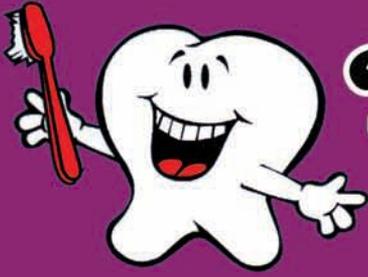
Try Our New Headache Treatment

- Very Safe and Effective
- Immediate Results
- FDA Approved Medicines
- Insurance Covered Treatment



CALL NOW FOR FREE CONSULTATION
214.550.0680

University Plaza, 401 N. Hwy 77 Suite #1
Waxahachie, TX 75165
Visit us at www.vcarehealth.org



Start every day off with a GREAT smile **Family Smiles**

General Dentistry for Adults & Children
(972) 351-9110



HAPPY NEW YEAR!

iHablamos Español!

- Games & movies
- Laughing gas
- TVs in every room
- Kid-friendly environment

\$59 **Dental Checkup**

NEW PATIENTS ONLY
(Regular price \$150)

Come meet our experienced professional staff today & get your dental checkup! Simple cleaning • Necessary X-rays
Excludes deep cleanings. Offer applies only in the absence of gum disease. Expires 1/31/16

\$20 **Toothache Visit**

NEW PATIENTS ONLY
(Regular price \$100)

Includes necessary X-rays, exam and doctor consultation

Not valid with any other offers. Expires 1/31/16

For Patients with No Insurance

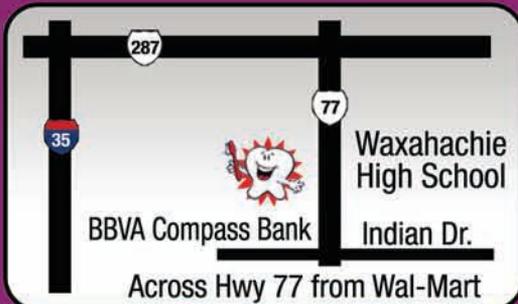
Full-mouth deep cleaning \$275
Simple cleaning \$75
Most extractions \$150

Excludes wisdom teeth. Expires 1/31/16

\$150

Limited exam & X-ray with a single extraction
(Regular price \$300)

Excludes wisdom teeth. Expires 1/31/16



**1011 N. Hwy. 77, Ste. 105
Waxahachie, TX 75165**

**Mon-Fri 10 a.m.-6 p.m.
Sat 9 a.m.-2 p.m.**

Dr. Amandeep Basrai DDS & Associates

Payment Plan Available

**Accepting Medicaid
& CHIP, All PPO Insurances,
Walk-ins &
Same-day Emergencies**

Afraid of the dentist?

Come relax with oral sedation and nitrous.

Come meet Dr. Martin and the rest of the caring Fearless team.



Mention this ad and get
FREE WHITENING FOR LIFE
when you become a patient at
Fearless Dental. **FREE** trays and then
FREE whitening gel at every cleaning.

Dr. Martin does white fillings, crowns, bridges, veneers, implants, implant dentures, root canals, extractions, Invisalign. He sees children. Our hygienist, Melinda, does deep cleanings and laser gum treatments, if gum disease is present. Years of dental needs can be completed quickly and with very few appointments all in our office.

Same-day treatment available.
No-interest financing W.A.C. for up to 2 years.

Convenient Hours: 8am-6pm M-Th F 8am-1pm

In network with these major PPO plans:
Aetna, Delta, Cigna, Metlife, Guardian,
United Healthcare, Blue Cross Blue Shield of Texas,
Humana, Principal, Ameritas, Dental Select, UCCI.

www.FearlessDental.com

972-617-3322 · 101 Austin Boulevard · Suite 100 · Red Oak, TX 75154

Snap on Denture

Lower only with 2
implants **\$6,995**

\$292

/month

*No interest
for 24 months



Upper or lower with
4 implants **\$8,995**

\$375

/month

*No interest
for 24 months

*With Valid Care Credit

Call our office for more details and to schedule your complimentary snap on consultation.

Publisher, Connie Poirier
General Manager, Rick Hensley

EDITORIAL

Managing Editor, Becky Walker
Waxahachie Editor, Sandra Strong
Editorial Assistant, Rachel Smith
Writers, Stephanie Marchbanks
Adam Rope . Christopher Schmitt
Melissa Swedoski
Editors/Proofreaders, Pat Anthony

GRAPHICS AND DESIGN

Creative Director, Chris McCalla
Artists, Kristin Bato . Morgan Christensen
Martha Macias . Brande Morgan
Shannon Pfaff . Anthony Sarmienta

PHOTOGRAPHY

Photography Director, Jill Rose
Photography Coordinator, Amy Ramirez

ADVERTISING

Advertising Representatives,
Bryan Frye . Carolyn Mixon
Cherise Burnett . Joyce Sebesta
Teresa Banks . Linda Dean-Miley
Mark Fox . Cedrick Logan
Melissa McCoy . Cleta Nicholson
Lori O'Connell . John Powell
Steve Randle . Linda Roberson
Shelby Veldman

Billing Manager, Angela Mixon

ON THE COVER



*Kaiden Lynn Maines
is ready to master
her next big role.*

Photo by Amy Ramirez.

CONTENTS

January 2016 • Volume 13, Issue 1



8 The Role of a Lifetime

This WHS theater student shares her unique talent.

18 In the Arms of a Shawl

A gift of a knitted embrace sends compassion nationwide.

28 A Cowgirl's Dream

At Home With Lesley Lawson.

36 Taming Nature

Charles Schuler has a passion for the Hachie Trail.

44 Nutrition With a Twist

Specific guidelines help when making decisions about overall health.



18

52 BusinessNOW

54 Around TownNOW

56 FinanceNOW

57 HealthNOW

60 CookingNOW

WaxahachieNOW is a NOW Magazines, L.L.C. publication. Copyright © 2016. All rights reserved. *WaxahachieNOW* is published monthly and individually mailed free of charge to homes and businesses in the Waxahachie ZIP codes.

Subscriptions are available at the rate of \$35 per year or \$3.50 per issue. Subscriptions should be sent to: NOW Magazines, P.O. Box 1071, Waxahachie, TX 75168. For advertising rates or editorial correspondence, call (972) 937-8447 or visit www.nowmagazines.com.



Editor's Note

Happy New Year!

I made a lifestyle choice several months ago that changed my life in many ways. The items in my pantry no longer include canned goods, chips and Little Debbie cakes. My refrigerator is void of cheese, sodas and bread. The cookie jar has been replaced with a NutriBullet and containers of flavored protein drinks. As I downsized, the number of clothing items in my closet also downsized. Shopping for a new wardrobe isn't a bad thing, but it would be much nicer if I had a money tree growing in the backyard!

With my newfound health, I've decided to set a goal for the coming year. I plan to start *and* finish my first 5K. I think I can accomplish this feat if I put my mind and feet to it. And it won't matter where I place as I cross the finish line with a smile on my face because I will have accomplished what once was the impossible. I hope the goals you set for the coming year bring you great satisfaction, too!

Sandra

Sandra Strong
WaxahachieNOW Editor
sandra.strong@nowmagazines.com
(972) 765-3530

Happy New Year!

Personal Lines Managers
Dixie Smith & Dustie Jones

Your Full-Service
Independent Insurance Agency

ecia
ellis county insurance agency

103 Executive Court, Suite 3, Waxahachie

Give us a call at
972-938-2801
www.eciaonline.com



Seth Atkins, DDS
General Dentistry

New Smile for a New Year!

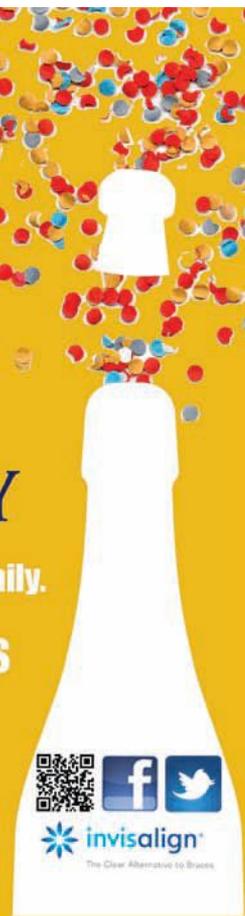
ELLIS COUNTY FAMILY DENTISTRY

Providing healthy, beautiful smiles for your entire family.

We accept most insurance plans, all major credit cards
and financing through Care Credit.

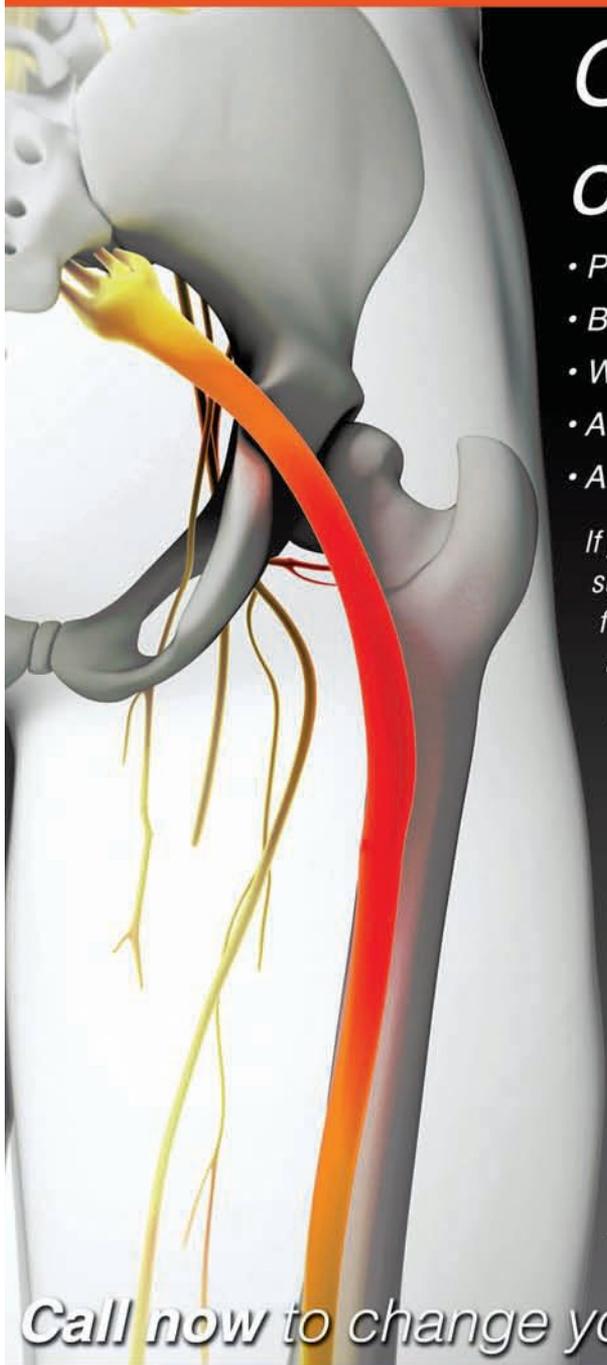
Visit our new website at
www.elliscountydentist.com

972.937.8433
1408 W. Jefferson, Waxahachie



WE SPECIALIZE IN SCIATICA

Treatment Covered by Most Major Health Insurance Plans - Including Medicare



Common symptoms of *sciatica* include:

- Pain in the buttocks or leg that is worse when sitting
- Burning or tingling down the leg
- Weakness, numbness or difficulty moving the leg or foot
- A constant pain on one side of the buttocks
- A shooting pain that makes it difficult to stand up

If you are experiencing any of these problems, you may be suffering from sciatica. Sciatica affects everything you do, from work to play and ultimately your quality of life. If you are tired of taking drugs that only mask the problem, or you are facing surgery, we invite you to come in and find relief. We want you to know that there is hope. You can get rid of your sciatica pain and get your life back. We have helped hundreds of people just like you.

We are so confident that we can help you eliminate your pain that we are offering a free consultation to see if treatment can help you. There is no obligation, and the only thing you have to lose is your pain.

Call now to live pain free without drugs or surgery.

- **Dr. Natasha Maza, D.C.**
- **Dr. Michael K. Shrader, M.D.** Medical Director
- **April Morgan** Family Nurse Practitioner

Call now to change your life. You can live pain-free.

SPACE IS LIMITED



HOMETOWN PHYSICAL MEDICINE
607 Ferris Ave. • Waxahachie
972-923-1003

CALL TODAY TO
SCHEDULE YOUR

FREE CONSULTATION.
www.hometownchirotx.com

2200 W. Ennis Ave. • Suite A. • Ennis
972-875-8600

Disclaimer: Due to Federal Law some exclusions may apply.

M Metal Mart

THE RIGHT MATERIALS FOR THE RIGHT PRICE!

HARDWARE & ACCESSORIES

STEEL ROOFING



Residential & Commercial

METAL BUILDINGS



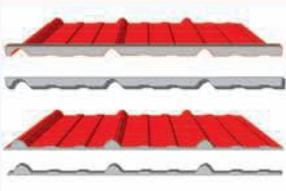
Pre-fabricated & Weld-up Buildings

ROLL-UP DOORS



& Walk Doors

PANEL CLOSURES



Universal & Vent Closures

PANELS



MAX-RIB

"R"-PANEL

CARPORTS



CUSTOM TRIM



Fabricated on-site

TOOLS



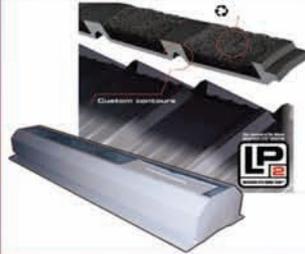
Blades & Hex Drivers

SKY LIGHTS



Polycarbonate Skylight Panels

RIDGE VENTS



RECEIVER CHANNEL



Square Tubing

INSULATION



Vinyl Back & Reflective

THE SOUTHWEST LEADER

CHECK OUT OUR ALL-NEW WEBSITE AT:

METALMARTS.COM

7200 NORTH IH-35 E. • WAXAHACHIE
972-576-0606 • 800-677-2503

HAPPY NEW YEAR FROM



Bear Creek Beverage & Spirits



Baileys
\$21.99 750ml



MVP Vodka
\$22.99 750ml



Hatfield & McCoy Whiskey
\$34.99 750ml



Ozone Vodka
\$9.99 750ml



Luc Belaire Brut
Product of France
\$28.99 750ml



Luc Belaire Rose
Product of France
\$28.99 750ml



Forty Creek Whisky
Gift Set
\$21.99 750ml



Soul Brothers Moonshine Tastings:
4PM-8PM • Jan. 2nd, 15th, 23rd, 30th



Soul Brothers Moon Shine
Apple and Cognac
\$15.99 750ml

972-217-1118
shawn@bearcreekbeverage.com

1350 East Bear Creek Road
Glenn Heights, TX 75154

Prices subject to change.



The Role of a Lifetime

— By Melissa Swedoski

When Waxahachie High School senior Kaiden Maines recalled the night she won Best Actress in the 2015 State UIL One-Act Play competition, the words flowed from her as though she were reciting lines from her latest script. Channeling her phenomenal creative energy has put the budding thespian on track to a career on Broadway, but her roots run deep in her hometown. As she stands ready to take on the next big role in her life, she knows that her success and memories shared with friends and mentors will last a lifetime.

Reflecting on the night of the state performance, Kaiden recalled one memory vividly — dinner. The team had endured a 6:00 a.m. meeting for all eight 5A teams, with rehearsal at 3:00 p.m. When it was almost time to head to the University of Texas campus, WHS Theater Director Andy Reynolds asked if there was anything on the team members' minds. "We wanted to eat," Kaiden recalled with a laugh. "It's my favorite memory of the trip. In full makeup and costumes, we loaded the vans and went to McDonald's for dinner!"





Kaiden in the play *Epic Proportions*.

Auditions for the one-act play came after Kaiden had completed her run as Adelaide in the winter production of *Guys and Dolls*. Andy had chosen *Anatomies*, a dark comedy that included the role of Mary, who was a young, beautiful prostitute, for the one-act play competition. The part of Mary is the one Kaiden pursued. “I wanted to play her differently than the stereotypical lady of the night,” she explained. “I wanted to give her grit and purpose, and I won the role.”

All cast members had their lines memorized by first rehearsal, and Kaiden said it made all the difference. “From the get-go, it was a different feel than the past years,” she said. “We needed to go to state. The seniors really wanted it, and the whole team wanted it for them. We were always doing everything for the good of the team. That’s why we went so far. We were a complete ensemble.”

Advancing through zone, district, bi-district, area and region, the team was told repeatedly they had something special. When they finished warm-up before state performance, Andy told them he knew it, too. Waxahachie was last to perform, taking the stage at 10:00 p.m. in front of 1,500 people,

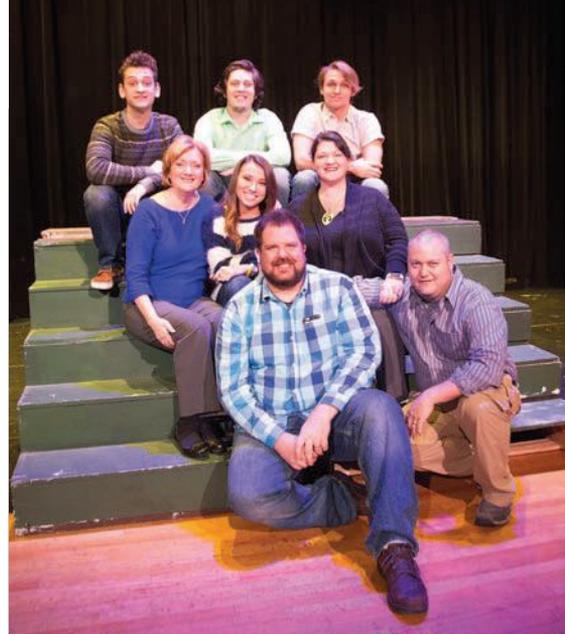


Kaiden as Miss Adelaide in *Guys and Dolls*.



Something New & Unique
Authentic Bull Head Skull
 enhanced with
Genuine Turquoise.

Open Mon-Sat: 9-5:30
 3671 Hwy. 77 N. • Suite 200
 Next Door to The Greenery
 Waxahachie • 972-617-7740

“I can’t.”
 (before)

“Let’s go!”
 (after)

Robotic and One Day Joint Replacements

Baylor Scott & White Medical Center – Waxahachie offers robotic joint resurfacing, hip replacement and partial knee replacement. The use of the robot helps preserve as much of your natural joint as possible during resurfacing. If a joint replacement is required, the robot can provide an accurate implant fit.

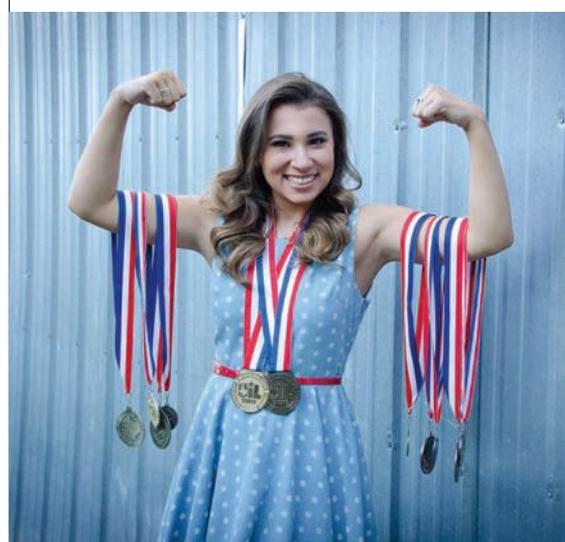
For others, a One Day Joint Replacement Discharge may be the best solution to treat joint pain. The one-day difference includes pre-surgical education, innovative anesthesia and immediate physical therapy following surgery. These differences safely get you back in the comfort of your home within 24 hours after surgery.

Talk to an orthopedic specialist to determine the best way for you to walk away from chronic knee or hip pain. Call **1.800.4BAYLOR** or visit BaylorHealth.com/WaxOrtho.



Physicians provide clinical services as members of the medical staff at one of Baylor Scott & White Health's subsidiary, community or affiliated medical centers and do not provide clinical services as employees or agents of these medical centers, Baylor Health Care System, Scott & White Healthcare or Baylor Scott & White Health. ©2015 Baylor Scott & White Health BSWHCW_01_2015_FBC

FOLLOW US ON:    
 Username: BaylorHealth



including all the other 5A teams. “I think state was our best show,” Kaiden said. “The crowd was amazing — it fueled our energy. Our final scene ended, and the crowd went crazy. We got a standing ovation, and we were almost in tears. We knew what we had done. We had given a state-champion-worthy show.” Individual awards hadn’t even crossed Kaiden’s mind. Everyone was waiting to see which team won.

As the cast awards were called, Kaiden said it crossed her mind that she might receive honorable mention, like two of her cast mates, with another named to All-Star Cast. As Best Actor was announced, Kaiden still didn’t allow herself to think she would win it. In that split second, “It was more of a *Could I?* thought,” she smiled in recollection. As her name was called, she found it “the most surreal moment, feeling complete shock. It was so sweet because it was so unexpected,” she shared. After receiving

her medal onstage, she passed by Andy and her other director, Ryan Mullican, and her junior high director, Charity Mullican, giving out hugs to everyone. The team results were announced, as Waxahachie won first runner up at 1:07 a.m., the first time in history that a WHS team had placed at state.

Calling it her favorite high school memory, Kaiden praised the WHS theater department and its leaders. "I spent from fourth grade on waiting for what seemed to be the absolute highest you could get — WHS theater," she said.

Andy noted that the department's success over the last 14 years was due to the WISD administration's support for the fine arts. "From the very first day I was hired, in June 2002, WISD has had complete faith in me and allowed me to build this department my way," Andy explained. In fact, Superintendent Dr. Jeremy Glenn traveled to Austin the night before state to take the team out for a steak dinner, as he had promised. Andy also pointed to the addition of Ryan Mullican nine years ago. "Our success as a department can always be traced back to the fantastic relationship I have with Ryan," Andy said. "We make a good team." He noted the abundance of "super talented kids" in the district, including Kaiden, whom he met when she was in fourth grade.



Kaiden poses with Charity Mullican, her junior high director.

Build Your Story With Us



~ The Womack Story



Explore 3D Space

jhoustonshomes.com/3Dtours



"The Embrey"

12 NEW 3D Models Online
 Tour our homes without leaving yours...
 Begin exploring the many ways to design
Your Home. Your Way
 Tour "The Embrey" at
 Autumn Run
 401 Autumn Run Drive
 Midlothian, TX 76065



JOHN HOUSTON
 CUSTOM HOMES

YOUR HOME. YOUR WAY

866.699.6054



JOHNHOUSTONCUSTOMHOMES.COM



Create the Ultimate Party Pic!

- Customized Logos, Backdrops & Props
- 4-image Photo Cards • Digital Uploads
- Enlargement Prints, Calendars, Hardcover Books & More
- Illuminating Color Changing Photo Pod

Make your party stand out & even more special with Ultimate Party Pic!

Whatever your event or celebration, Ultimate Party Pics has you covered!

f 469-297-0126 • www.ultimatepartypics.com • lets_talk@ultimatepartypics.com



Kaiden as an Indian from *Peter Pan* next to Andy Reynolds, theater director.



JOHN DEERE



Weekender Package

- 23 Horsepower tractor
- 4WD with hydrostatic transmission
- Front end loader
- 4-Ft rotary cutter
- 4-Ft box blade
- Add a 16-ft premium pipe top trailer for \$32/per month

\$182 per month¹



3038 Package

- 3038E tractor
- JD 305 loader
- 5-ft Frontier cutter
- Box blade

\$277 per month¹



5085E Cab + Free Loader

- PowerTech Diesel Engine
- 4WD
- Climate-controlled cab
- PowerReverser™ transmission

\$51,000 Cash²



XUV GATORS

0% for 48 months³



WACO
1601 LaSalle
254-756-5467

HILLSBORO
1520 Abbott Ave.
254-582-2572

CLEBURNE
3319 North Main
817-641-7861

ENNIS
4839 N. I-45
972-878-9691

www.BrazosValleyEq.com

¹Offer ends January 30, 2016 subject to approved installment credit with John Deere Financial. Some restrictions apply. Taxes and delivery may affect final sales price and payment. Payment based on a 10% down payment on a 72 month installment contract at 0% with John Deere Financial.
²Offer ends January 30, 2016. Prices and model availability may vary by dealer. Some restrictions apply; other special rates and terms may be available, so see your dealer for details and other financing options. Available at participating dealers. ³Residency restrictions apply. Offer ends January 30, 2016



Kaiden portrays Wednesday Addams.

Kaiden's first introduction to WHS theater was *Peter Pan*, playing an Indian, chosen by Andy at an audition. She did summer productions at Ellis County Children's Theater with Gail Harrell, who is now Kaiden's vocal coach. In fifth grade, she was chosen to play the Munchkin Coroner in the WHS production of *The Wizard of Oz*, calling it her "big break with the high school kids." In sixth grade, she was an Oompa Loompa in the department's rendition of *Willy Wonka*, and in seventh grade, she began one-act play at Finley Junior High.

Andy said it has been gratifying to see Kaiden blossom into a talented young woman.

Now a senior, Kaiden has appeared in the fall production, *Epic Proportions*, and will play the Lady of the Lake in the winter musical, *Spamalot*. She plans

STAY ON TARGET

Don't miss the mark for the New Year.



Guns

Ammo

Parts

Uppers

Lowers

Holsters

Training

**FFL
Transfers**

SHOOTERS EDGE

SEGUNS.COM

1037 W HWY 287 Bypass, Suite A, Waxahachie
972-938-2800

Owned by Texas Families for Texas Families

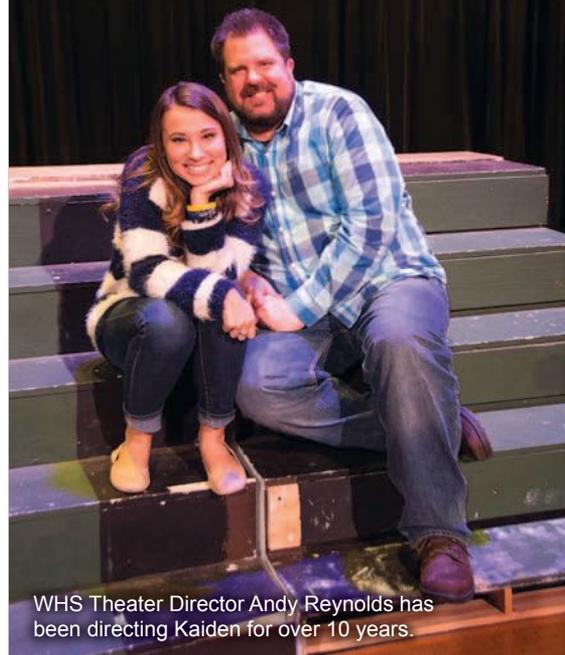


Happy New Year!
Wednesday Special
FREE APPETIZER
 with purchase of meal.
 Limit one per table. Expires 1/31/16.

www.catfishplantation.com

814 Water Street • Waxahachie • 972-937-9468
 Wed.-Fri. 5-9 p.m. • Sat. 11 a.m.-9 p.m. • Sun. 11 a.m.-8 p.m.

JOIN US ON facebook



WHS Theater Director Andy Reynolds has been directing Kaiden for over 10 years.



Board Certified Pediatric Dentists
Jon Ousley, DDS, MSD & Associates

- Kid-Friendly Atmosphere
- Balloons, Stickers, Prizes
- Wii Games & Movies
- Hospital & In-Office Sedation Available
- Most Insurances Accepted




972.351.9700 972.875.5437
 1710 W. 287 Bus., Suite 140 Waxahachie, TX
 711 S. Clay St., Ennis, TX

Schedule Online Now
JustForKidsDental.com



f t YouTube p b i



Kaiden with her fellow actors, Troy Atteberry, Blake Saucedo and Calvin Rehonic.

to audition for the one-act play and the spring production and will begin applying and auditioning for dramatic academies, conservatories and colleges.

Last summer, she spent two weeks at The American Academy of Dramatic Arts in New York City. With students from all over the world, she found she had the foundation she needed. "What I learned at WHS really paved the way for me," she said.

"Kaiden has challenged me," Andy noted, "and I have challenged her for over 10 years. Kaiden will do this for a living for the rest of her life. She is a unique talent that rarely comes along in a teacher's career."

She does plan on performing, with her eyes set on Broadway, but there's more. "I want to direct at the collegiate level," she said. "I've been inspired by all my directors. They've shaped me into what I am, and I want to do that for other kids." **NOW**

FIGHT CANCER

Texas Oncology brings cancer-fighting technology and expertise to your community, so you can have easy access to leading-edge cancer treatment. Our services include medical oncology, breast surgical oncology and radiation oncology, with free shuttle service to Texas Oncology–Methodist Charlton Cancer Center. We also provide access to national clinical trials and genetic counseling. With Texas Oncology, you can fight cancer close to home with your support network by your side.

TEXAS ONCOLOGY–WAXAHACHIE
1305 W. Jefferson Street, Suite 160
Waxahachie, TX 75165 • 972-923-7130

To schedule an appointment, call 972-709-2580.



Mammo Amare, M.D.



Srinivasu Moparty, M.D.



Douglas Orr, M.D.

TEXAS ONCOLOGY

More breakthroughs. More victories.®

1-888-864-4226 • www.TexasOncology.com

**HIGHER
STANDARDS
GREATER
HOPE**

For leading-edge technology and the highest level of breast cancer expertise, visit Texas Breast Specialists, part of the Texas Oncology network. We offer comprehensive breast care, including diagnostics, surgical services and medical and radiation oncology. With compassion and understanding, our physicians partner with you to help you understand your options and develop the best possible treatment plan for you. For more information or to schedule an appointment, please call **214-943-8605** or visit www.TexasBreastSpecialists.com.

**TEXAS BREAST SPECIALISTS –
METHODIST CHARLTON CANCER CENTER**
3555 W. Wheatland Road
Dallas, TX 75237

**TEXAS BREAST SPECIALISTS –
METHODIST DALLAS CANCER CENTER**
221 W. Colorado Blvd., Pavilion II, Suite 532
Dallas, TX 75208

**TEXAS BREAST
SPECIALISTS**

Higher Standards • Greater Hope

Make this Year
The Year
To Switch to a Bank
Where You Matter

2016

If you want better banking that gives you superior technology, responsiveness, and respect, switch to CNB of Texas. It's nice to have a bank where You Matter.



**Citizens
National Bank
Of Texas** MEMBER FDIC
Your Bank Since 1868

Bank *m*Powered

972-938-4300 1-877-938-4300
www.cnboftexas.com

OVER
1,000
 DIFFERENT
 TYPES OF
AMMUNITION,
 IN-STOCK,
 FROM
.17 MACH 2 TO
.50 BROWNING
MACHINE GUN &
EVERYTHING
IN BETWEEN
LIKE
.35 WHELEN



**SWFA SS 1-4x24
 Tactical 30mm
 Riflescope**
\$399.00
 SS14X24IR



**Vortex 10x42 Crossfire
 Binoculars**
\$179.95
 VORCF4302



**Bobro BUIS Lowrider
 Sight Set**
\$174.95
 BOBB46000003SS



Atlas Precision Bipod
\$219.95
 BT10



**ELF 3-Gun Curved
 Trigger**
\$269.95
 ELFT3GUNC



**Flatline Ops Angle
 Cosine Indicator**
\$199.95
 FLAACI



Gerber Covert Knife
\$92.95
 GER057B5



**Havalon Piranta-Edge
 Knife**
\$34.95
 HAV XTC60EDGE



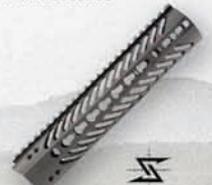
**Hornady Custom
 Pistol Ammo .44-40
 205gr Cowboy 20rd**
\$16.95
 HDR9075



**Birchwood Casey
 Shoot-N-C 1" Repair
 Pastes/Targets**
\$4.95
 BIR34115



**YETI 10 oz. Rambler
 Lowball**
\$24.99
 RAM10



**Seekins Precision
 MCSR KeyMod Rail
 System**
\$193.95
 SEESPMCSRVS210



**Sig Sauer 7x25
 Kilo2000 Laser
 Rangefinder**
\$499.95
 SIGSOK16701



**Aero Precision Ultra-
 light 30mm One Piece
 Scope Mount**
\$79.95
 AP210200



**SWFA SS-TAC 30mm
 Bubble Level with 1"
 Inserts**
\$39.95
 SSSOML



**MGM Switchview
 Throwlever**
\$59.95
 SWVLVXII



**Leupold 12-40x60
 Mark 4 Tactical
 Spotter**
\$1,439.95
 LEU6S145

ORDER NOW AT
SWFA.COM
1.972.SCOPE IT

(1-972-726-7348)

OR
 COME SEE US AT

**5840 E. US HWY 287
 MIDLOTHIAN, TX**

**SEE WHAT
 YOU'VE BEEN
 MISSING®**



Like us on
 Facebook



IN THE ARMS

SHAWLS



OF A SHAWL

— By Stephanie Marchbanks

Nothing warms like a hug — unless it's a shawl, lovingly crocheted and prayed over. And that's exactly the business of the Prayer Shawl Ministry of First Christian Church of Waxahachie. The ladies there create and deliver such warming embraces to needy and grateful recipients nationwide. The whole ministry was church member Kim McMillan's idea. In the fall of 2011, after reading about a similar ministry in another area, she thought, We need to do something for other people. Inspired and motivated, she rolled up her sleeves and got some women together to crochet after Bible study each Monday. And that was just the beginning.

ENNIS PUBLIC THEATRE

Shelley Aubrey, Artistic Director
PRESENTS

Blithe Spirit

by Noel Coward
January 29 - February 14

Crimes of the Heart

by Beth Henley
March 18 - April 3 (No Show March 27)

Doublewide, Texas

by Jessie Jones, Nicholas Hope & Jamie Wooten
May 6 - May 22

Secrets Every Smart Traveler Should Know

by Douglas Bernstein
July 29 - August 14

Murder By the Book

by Duncan Greenwood & Robert King
September 23 - October 9

Nuncrackers

by Dan Goggin
December 2 - December 18



ENNIS PUBLIC THEATRE



Beauty and the Beast Jr.

Music by Alan Menken, Lyrics by Howard Ashman & Tim Rice,
Book by Linda Woolverton
June 24 - July 3

WHAT'S NEW IN 2016

All members of EPT get a **BIG** chocolate chip cookie when you come to the show!

Season ticket holders enjoy preferred seating!

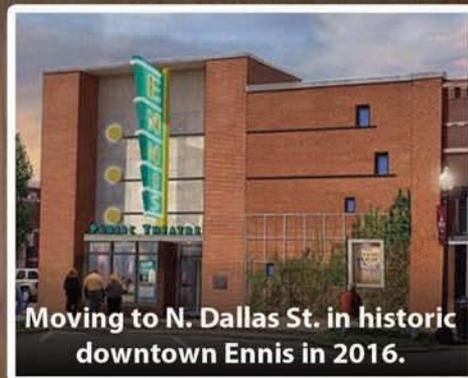
SEASON TICKETS

7 SHOWS FOR THE PRICE OF 6

Adult Package \$90

Seniors & Students \$72

Flex tickets you can use anytime.



Moving to N. Dallas St. in historic downtown Ennis in 2016.

Buy Your Season Tickets Now & Save!

2705 N. Kaufman St., Ennis

972-878-7529 • www.ennispublictheatre.com

HAPPY NEW YEAR 2016



500 Oldham Street
 Landmark Strickland Sawyer House located in the heart of Waxahachie's historic district which has been lovingly preserved to reflect the integrity of its age and quality. Wrap around porch, lush landscaping, swimming pool and Guest Quarters. See media for additional details.
Waxahachie • 4/3/17



107 Parks Branch Road
 Lovely home in family-friendly neighborhood that has many new updates! This home features new wood laminate floors, new paint, new blinds, new tile in bathrooms and a new fence! You will love the open concept! Outside is an extended patio and storage shed.
Red Oak • 3/2/2



1220 W Marvin Avenue
 Beautiful curb appeal with lush landscaping and expansive porch on corner lot. Kitchen has granite countertops, breakfast bar, gas stove and walk-in pantry. Two bedrooms are upstairs with walk-in closets, window seats and very spacious Jack and Jill bath. Master has access to large patio.
Waxahachie • 4/3/2

Making it easy to buy, sell & live!
 Call today for a free market analysis of your home in today's market!



WWW.JHOUSTONREALTY.COM

Multi-million Dollar Producers
MICHELLE OZYMY Broker/Owner
 (214) 534-8758
 michelleozymy@jhoustonrealty.com
ALAN SIMONTON Realtor®
 (214) 534-7696
 asimonton@jhoustonrealty.com

Osteoarthritis Pain of the HIP OR KNEE?

IS YOUR DOCTOR RECOMMENDING SURGERY AS YOUR NEXT STEP? IF SO, YOU MAY WANT TO CONSIDER THE OVISTA RESEARCH STUDY.

We are studying an investigational medication to find out if it is safe and effective at reducing chronic hip or knee pain caused by osteoarthritis (OA).

TO QUALIFY YOU MUST BE:

- At least 18 years old
- Diagnosed with OA of the hip and/or knee
- Planning to have joint replacement surgery

QUALIFIED PARTICIPANTS WILL RECEIVE:

- All study medications
- Study-related visits
- Study-related tests at no cost

Compensation may be provided for time and travel.

For more information:
CALL CLINPOINT TRIALS AT (972) 937-1640



To date, the ladies have made and donated nearly 200 shawls. Each spring, church members pack the wooly wraps for their yearly mission trip and distribute them to the disadvantaged. In Joplin, Missouri, after a tornado ravaged the area, they disbursed 64 shawls. The group passed out 24 shawls on two different trips to Good Samaritan Ministries in Los Fresnos, Texas. This outreach helps people who are crossing the border legally and are escaping terrible oppression. They also donated a number of shawls as gifts to be placed under the Christmas tree at the Juliette Fowler Home for the elderly in Dallas. But the specific niche group for the shawls is people being treated for cancer.

"People get really cold when they get treatment," Kim explained. "And a shawl is like God's arms around you."

And God is certainly consulted in the matter. The entire congregation, led by Senior Pastor Marcia Hagee, prays over the shawls, and not in just a cursory manner. "We spread all of the shawls out across the front of the church," Marcia noted. "All the children come, and they usually touch a shawl somewhere. And everybody links and is either touching a shawl or connected to someone who is."

Member Jane Acker thought the group's story should be told. In fact, she jumped into the ministry opportunity from the very beginning, with no hesitation. "It struck me as a worthy thing to do," Jane observed. "The ministry touches so many families and so many lives."

A cancer patient herself, Jane once witnessed a man receiving treatment who



was so chilled he was literally shivering. The sight jolted her, and motivated her to tailor her service to cancer sufferers, in particular. “Knowing firsthand how cold you get during treatment, the idea was really special to me,” Jane recalled. From that point forward, Jane took shawls with her to the oncology department where she was having follow-up visits for chronic lymphocytic leukemia, diagnosed in 2006.

The cancer connection honors yet another prayer shawl ministry member: Mickey Campbell. Mickey, also a malignancy victim, crocheted and passed out shawls at University of Texas Southwestern Medical center when she went for treatments. Mickey passed away in November 2014, a week before Thanksgiving.

But despite challenges such as the illness of group members, the effort continues strong. A dedicated but small group of women meet each Monday morning at 9:00 a.m. at the church to study the Bible and crochet or knit. According to Pastor Marcia, participants get as many benefits from the process as those on the receiving end. “The ladies sit and work, and knowing they are doing something for others releases something in them,” Pastor Marcia indicated. “They talk more freely when occupied, and they are doing something for someone who needs healing.” Pastor Marcia may not create shawls herself, but she supports the efforts. “I just cheer them on,” she said, smiling.

Members agree they are blessed themselves as they work for others. Ministry member Marcia (pronounced

Jerry's Tires & Wheels

(972) 935-0304 • 1509 W. Hwy. 287 Bus.
Just west of Grand Avenue in Waxahachie
Mon-Fri 8 a.m. - 5:30 p.m. • Sat 8 a.m. - 2 p.m.



Now Offering
BRAKE SERVICES

Our Tire Prices INCLUDE Tax, Mounting & Balance.
Does theirs?
Most sizes are in stock!



Serving Ellis County for 38 years!

Dartco of Texas ...
Extraordinary People - One Extraordinary Company



Wishing You a Happy New Year from



▲ The Industry Standard of Excellence
972-937-7270 • 850 Solon Road, Waxahachie

For employment opportunities, visit. www.dart.jobs



Dart Container is an equal opportunity employer and will consider all candidates for employment without regard to race, color, religion, sex, national origin, age, marital status, disability status, protected veteran status or any other characteristic protected by law.



CAN I PLEASE GO CAMPING?

RENDEL RV

Family. Friends. Fun.



EXIT 242, I-45N • RENDELRV.COM • 903.326.4080



Methodist

FAMILY HEALTH CENTERS

Where life shines bright.SM



Christopher Broadway, MD
Brent Baker, MMS, PA-C

Now Accepting New Patients

Convenient hours • Same-day appointments available
Most insurance plans accepted • Pediatric patients accepted
Flu shots and immunizations

Schedule an appointment today at 972-937-1210.

Hours: Monday through Friday 8 a.m. to 5 p.m.

Location: 1410 W. Jefferson St. | Waxahachie, TX 75165

For more information, please visit
MethodistHealthSystem.org/Waxahachie.

Methodist Family Health Center – Waxahachie is owned and operated by MedHealth and staffed by independently practicing physicians who are employees of MedHealth. The physicians and staff who provide services at this site are not employees or agents of Methodist Health System or any of its affiliated hospitals.



“mar-see’-ah”) Gunn talks of her deep enjoyment in being involved. Marcia got to give a shawl she created to an aunt whose son died. “I have been surprised at how touched the recipients are,” she admitted.

And as the work proceeds, the stories continue about people overwhelmed with appreciation at receiving a shawl. Pastor Marcia took one to her mother when she was terminally ill with cancer. “Mom said that it was warmer than just the shawl, because she felt the arms of our congregation around her,” Pastor Marcia mused.

Jane sent a shawl to a friend who lost a kidney to cancer, and she also mailed one to her daughter, who passed it along to a young doctor who has cancer himself. “He was really touched by that,” Jane reflected.

Stories roll out like the ripples in a pond. Jane told a friend in La Grange, Texas, about the prayer shawl ministry. Her pal was so taken with the idea that she started a similar enterprise at the First United Methodist Church there. “The need is so great,” Jane said, “that people are calling the church, asking for more shawls.”

And Pastor Marcia sees the ministry’s enduring power. “People may come and go from their churches, but wherever they travel or journey, the prayer shawl ministry is something they can take with them,” she pointed out.

Knitting and crocheting are skills to take and to pass on to a new generation. Jane taught her granddaughter, Rachael, to crochet on visits, in hopes that the longtime technique would not be forgotten. “I wanted it to be something



Durable, Hard-working, and Dependable Performance
#1 Selling Tractor in the World
 Simple. Easy. Value.



5 YEAR
 WARRANTY

1538 HST - \$329/mo*
 Shuttle - \$316/mo*
 36.7hp, 4WD, 4-cylinder, with Loader.

Get \$1,000 off when you add two Mahindra implements.**

\$200 Rebate**
 Customer loyalty.
\$200 Rebate**
 Military/First Responders.
\$200 Rebate**
 Teachers.

** Restrictions Apply

2200 West Highway 287 Business
 Waxahachie, TX 75167
 972-937-0101

Mahindra
 Rise.

* \$0 down, 0% interest for 84 months with approved credit. Program restrictions may apply. See dealer for details.

REDOAK
 AREA
 CHAMBER OF COMMERCE
Presenting Sponsor



Saturday, April 2, 2016
 10:00 am to 3:00 pm
 Red Oak High School

FREE ADMISSION

w/one can good benefitting the North Ellis County Outreach Center

- Lots of Freebies
- Door Prizes
- Taste local treats

CONTACT: Shelley Martinez at 972-617-0906 or admin@redoakareachamber.org to reserve your space.
 Visit online at redoakareachamber.org

NORTH ELLIS COUNTY

Business & Community Expo



Platinum Sponsors



Gold Sponsors



RICHARDSON
AUTO GLASS

CRACKED WINDSHIELD?

\$150*
 Windshields Installed
 In shop only.
 Plus, shop fees and sales tax.
 Please call for appointment.
 -LIFETIME WARRANTY-
Inventory Special!

SAVE
\$50 - \$150*
 Off Your Deductible on a
 Windshield Replacement
 Valid with participating
 insurance companies only.
 Present at time of estimate.

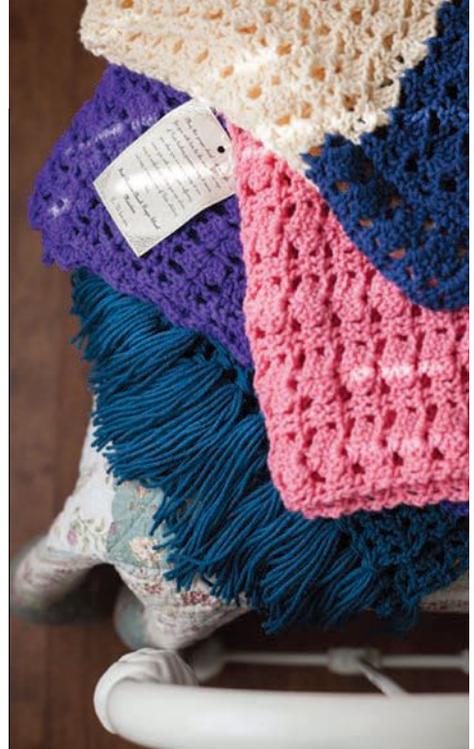
Free Estimates

*Not valid with other discounts, coupons or offers.
 Applies in most cases. Offers expire 1/31/16.

Burleson Waxahachie
 200 Centre Dr. 150 W. Butcher Rd.
 817-295-2278 972-923-0402
www.richardsonautoglass.com

- Lifetime Nationwide Warranty
- Insurance Claims Welcome
- Fast, Same-Day Service
- American Owned and Operated

Mobile Service Available



Odd Fellow & Rebekah Nursing & Rehabilitation



*I.O.O.F.
 of Texas*

"I came to IOOF to recover from death, this is the only place I would go! The therapist pushed me to the top but, didn't roll me over!"
 - Leonard Sellers

When Rehabilitation becomes your priority, whether short term or long term, allow our Rehabilitation Team to work with your physician to develop a plan to help you achieve your goals. Our Skilled Nursing Facility & Rehabilitation Center is committed to continuity of care.

- Luxurious Private & Semi-private Suites
- Physical, Occupational & Speech Therapy
 - Pain Management
- Post-acute Hospitalization Care

Call or come by for a **personalized tour!**



Quality Living • Quality Care

A Heritage of Caring • Since 1905

2300 S. Oak Grove Rd., Ennis, Texas 75119
 (Metro) 972.878.8666 • 972.875.8643

that I taught her," Jane reasoned. "I think handwork is important, because it's personal. Something like that can bridge the generations."

As for open arms, additional members are welcome at the prayer shawl ministry. Potential participants do not have to be crafty, and they don't have to participate in both sections of the meeting. They can do either the Bible study or the shawl creating part of the meeting, with no study involved. Daughters of some of the members visit on occasion, and the ladies would enjoy seeing more new faces.

The shawls themselves are beautiful works of art in a variety of colors. Some are fringed, and some are not. All are soft to the skin. There is even a lap shawl design, for those who want the equivalent of a lap pet's warmth. And as a final touch, loving hands tie a tiny pewter charm, usually in the shape of a cross, to the shawl with a neat bow.

A prayer card attached to each shawl attests to the worship sprinkled liberally over the fleecy stoles. It reads: "May this prayer shawl that we made for you with love be the mantle and sign of God's healing presence. May it warm you when you are weary, may it surround you with ease in your suffering, may it comfort you when you are alone, and may it remind you of God's abiding love." The card is signed: First Christian Church Prayer Shawl Ministries with a final salutation saying, "P.S. We love you." And these ladies really do love those who receive the shawls — they really do. **NOW**

Residential • Commercial • Industrial • Motor Fuel



FACT: When you exchange your 20 lb. tank at a retailer, you only get 15 lbs. of propane.

We fill your 20 lb. tank to a full 20 lbs. of propane!

That's 20% MORE for less! Refilled while you wait!

101 S. Hwy 77 Just south of Downtown

972.937.1951

Mon.-Fri. 7am-5pm Sat. 7am-Noon

\$12 for 20 lbs. (standard BBQ grill tank) or \$4 OFF larger bottles

With coupon. One refill per coupon. Expires 1/31/16



Let Us Help You Improve Your Health and Smile

- ▶ Cosmetic Dentistry
- ▶ Implants
- ▶ Wisdom Tooth Extraction
- ▶ Sedation Dentistry
- ▶ 3-D X-ray Imaging
- ▶ Invisalign
- ▶ Dentures
- ▶ Dental Sleep Medicine
- ▶ Digital X-rays
- ▶ State-of-the-art facilities
- ▶ Soft tissue laser treatment

We offer 1 appointment crowns.

125 Park Place Blvd. Waxahachie

Schedule your appointment online at www.WaxFamDent.com

Hours:
Monday-Friday 8 AM-5 PM



Waxahachie Family Dentistry
and Dental Sleep Medicine, LLP

Scott Clinton, DDS | Nick J. Acosta, DDS

972-347-0895





AVEDA
THE ART AND SCIENCE OF PURE FLORAL AND PLANT ESSENCES

Start the New Year Off Right
With Impressions Salon's Team
Renewing You From Head to Toe!

Impressions Salon Etc.

**\$10 OFF
Cut & Color**

New client only

one coupon per customer, per month Exp 1.31.16

- Cut & color specialist • Bridal parties • Special event hair
- Manicures / pedicures • Skin care specialist
- Massage & Makeup

Hair, skin & make-up products, bags, jewelry & accessories

26 years experience

202 Suite B N. I-35 • Northbound Service Rd.
between Ovilla & Red Oak Rds
Red Oak • 972-617-6300 • Open at 8am Tues Thru Sat



SMOKE FREE
ELLIS COUNTY
A PROGRAM OF IMPACT WAXAHACHIE

**An Initiative
of Smokefree
Ellis County -
100%
Drug Free**



WWW.DPRI.COM

Consistently providing you with honesty, integrity and professionalism.

80+ HOMES SOLD IN 2015 OVER 17 MILLION DOLLARS WORTH OF REAL ESTATE SOLD!



612 GREEN MEADOWS, OVILLA - \$484,900

This custom one-owner home has all the upgrades you've ever wanted at a price that can't be beat! This home is perfect for entertaining all your guests and family! There are 4 over-sized bedrooms with en-suite full baths. Upstairs features a huge game room and media room! This house features a 4-car garage and there's also covered parking for a 40-ft RV with full hookups. There's also a shop and pool! This home has it all, don't miss out!



6211 PLAINVIEW, MIDLOTHIAN - \$399,900

NEW CONSTRUCTION in the sought-after McAlpin Manor of Midlothian!!! This gorgeous AGC Custom Home has many upgraded features including hardwood floors throughout the entry, office, living and kitchen and a 21x14 covered outdoor patio with fireplace! The floor plan features 4 bedrooms, a study, media room, dining room and large breakfast area! The kitchen features an over-sized breakfast area, granite counter tops, SS appliances, double oven, and breakfast bar. Don't miss out!!!



THE OLIVER TEAM
Chris & Holly Oliver

3711 OVILLA ROAD,
OVILLA, TX 75154
DIRECT: 972-921-5797

RE/MAX
ARBORS

www.facebook.com/theoliverteam | coliver@remax.net | hollyoliver@remax.net

972-515-8111

HAPPY NEW YEAR FROM

SPIRITS DEPOT

EXTENSIVE SELECTION OF LIQUOR, BEER AND WINE

Get ready for the **BIG GAME!**

<p>Macallan 12-yr. Scotch \$119.99 Save \$30 1.75 L</p>	<p>Woodford Reserve \$29.99 750 ML</p>	<p>Tito's Vodka \$27.99 1.75 L</p>	<p>Bacardi silver/gold \$21.99 1.75 L</p>	<p>Lovel Bros. Whiskey CLOSE-OUT PRICE \$9.99</p>	<p>Baileys Vanilla CLOSE-OUT PRICE \$7.99 750 ML</p>
<p>Smirnoff \$19.99 1.75 L</p>	<p>Viniq \$19.99 750 ML</p>	<p>Cinco Texas Vodka \$19.99 750 ML</p>	<p>Tres Agave Tequila silver/reposado \$19.99</p>	<p>Ethereal Boutique Gin CLOSE-OUT PRICE \$9.99 750 ML</p>	

SHOP OUR WINE SELECTION IN OUR FINE WINE ROOM
Prices valid through 12/31/15. Limited quantities. All prices exclude sales tax.

972-274-1080
1551 S. BECKLEY RD. (135) · GLENN HEIGHTS, TX 75154
From the south, take Parkerville exit and loop around
From the north, take Bear Creek Road, Exit #412.
Additional parking in back.
Prices subject to change.



A Cowgirl's Dream

— By Sandra Strong



At Home With
Lesley Lawson

When the ranch in Luling, Texas, sold the very day Lesley Lawson listed it with her Realtor, that's the day she knew beyond a doubt that her new home would be in Waxahachie. "Prior to the sale of the ranch, I had looked at two identical spec homes on a Sunday afternoon," Lesley said. "When I looked out at the backyard of the second home, I instantly fell in love with the privacy it afforded." Since the home was not yet complete, Lesley was able to put her personal touch into the type of stone used, the paint colors and flooring

choices prior to moving on July 24, 2014, just six months after the purchase. "I picked everything but the interior doors," she added. "They are plain doors, but I kept them."

Moving from Luling was no small feat. It took Lesley 14 roundtrips, four hours one way with good traffic and a large horse trailer, to transport her belongings to her new home. "I did have a little help with the heavier items," she admitted.

Lesley shares the Spanish/Texas inspired, four-bedroom, two-bath home with an office and a closed-in back porch area with her



A Glass Slipper Event



5th Annual Daddy Daughter Dance

Thursday, February 11th, 2016 • 6-9 p.m.

Tickets are \$15 each and go on sale January 4 and must be purchased in advance at the Civic Center. Cash or check only.

Call 469-309-4040 for more information • www.waxahachieciviccenter.org

**Dream it. Wish it. Lose it.
Make 2016 an unforgettable year!**



**You Can Lose 4" to
14" in an Hour!
Offer Allows You To
Experience for
FREE...**



Before

After

We are so Confident that You'll Lose 4" to 14" in an Hour, that We are Willing to Prove it to You!

Come in For A...

FREE Body Contouring Package

Call Today for Details and to See if You Qualify at

(469) 732-0880

Offer expires when slots are all booked so act fast!

**Project You Weight-Loss &
Wellness Center**



four-legged family members — one dog, Wrangler, and three cats, Socks, Bubba and Cinderella. Wrangler finds his comfort in the separated, enclosed back porch, while the cats take their leisurely naps in the screened-in greenhouse/sunroom. “They think they are in cat heaven,” she said with a smile. Her pets bring her great joy, as well as companionship.

The home is definitely a cowgirl’s dream. And the fact that she loves antiques and anything Western has only added to the overall rustic elegance she has so successfully been able to accomplish, not only in furnishings, but also in the details. “My sister and I enjoy

shopping for antiques,” Lesley reiterated. “We had an outing in Athens that soon led to a Goodwill Store in Mabank. I bought a red lantern to match one I already had and a unique picture of an old map that I hung in my office.” Southwestern style abounds in every single aspect of Lesley’s home, from the furnishings and wall art to the tabletop decor and reading material.

Once Lesley had all her belongings in one place, she continued to make the home and its surroundings hers. One gentleman who lives in Lockhart, Texas, has built many of the larger pieces in the home, while Richard Wingo, a local builder from Midlothian, built her fence, a

storage shed and the porches that run the length of the back of the home, as well as the unique screen doors and greenhouse/sunroom. “I told him about my ranch house in Luling,” Lesley said, referring to the second builder, “and he constructed the smaller replica cabin in back to match.” The cabin is used for storage and as a unique place for the grandchildren to play when they come to visit. “It’s not the man cave,” Lesley said with a grin, “it’s the she shed!”

The garage is where many of her inspirations come to fruition. They include several large pieces of furniture that Lesley has refurbished using a turquoise

Low Cost Vet Clinic
 Every 4th Saturday from 1:00 – 2:30 p.m.
 Services provided by Dr. Todd Mac & Arkansas Browning Animal Clinic.

Subscribe to our low volume e-newsletter to keep current on events and have access to special subscriber only discounts!
 Visit www.arkcountrystore.com

ARK COUNTRY STORE

209 S. Hwy 77 • Waxahachie • 972-937-8860
 Mon-Friday 8:00am to 6:00pm • Saturday 8:00am to 5:00pm

Friends Place Adult Day Services

Specialized Alzheimer's Daytime Care & Programs

An affordable adult activity center designed to keep individuals active and engaged in a compassionate, supportive and safe environment.

Specialized program designed to help members:

- Maintain their independence
- Stay physically and cognitively active
- Maintain social skills
- Improve quality of life

We Provide Transportation
 Call today for a tour.
 972.274.2484
www.Friendsplaceads.com
 1232 W. Belt Line Rd., DeSoto, TX

Ask about our Veterans program.



“When I looked out at the backyard of the second home, I instantly fell in LOVE with the privacy it afforded.”



Family Practice Since 1996

Accepting New Patients!

Experts in Creating
Beautiful
Smiles!



DENTIST
Main Street
Dental Arts, PC
BRACES

Quiet, private atmosphere!

Most insurance accepted
even if we are not on your list

Personal general & cosmetic dentistry & orthodontics

FREE
Bleaching
with Cleaning
Please present coupon.

Craig V. Smith, DDS

516 W. MAIN STREET • WAXAHACHIE

Located across from Sims Library

972-937-1841

Weekend and evening appointments available

Senior Living

Bella Vita

380 Solon Rd., Waxahachie, TX 75165
 972.923.7772 • Fax: 972.937.7773
 bellavita@anterra.com
 www.BellaVita.Anterra.com



a glance at our features & amenities

- 1 & 2 Bedroom Apartments
- Gated Community
- Attached Garages on all First Floor Units
- Elevators to 2nd Floor Units
- Beautiful Pool and Gas Grills
- Clubhouse and Planned Monthly Activities
- 24-hour Fitness Center
- Pets Welcome* (restrictions apply)
- 1/3 Mile Walking Path Around Property

... and much more!

**Bring this ad in for a
 WAIVED APPLICATION FEE!**

 **972-923-7772**
 Call to schedule a tour today!




scraping method and a set of shutters she hopes to complete in the near future to use as room dividers.

Richard also designed the bridge out front and the display shelves above the large windows in the living room and kitchen. The next big project on Lesley's wish list is a pool. "Even though Richard has never built a pool," she confessed, "I trust him to build mine, if I decide to build one!" One day, Lesley would also like to do something artistic on the curved archway between the living room and kitchen. She's thinking of barn wood slats with a collage of the horses and cows she had while living on the ranch.

The Calla Lily pottery she has displayed throughout the home was predominately purchased from 1993-1995 when she was living in Mexico. She's added many Western-influenced pieces that use horseshoes in the details, such as the horseshoe barstools and the hat/coat rack at the front entry to make for a dramatic merge between two distinctive styles, forming one that suits Lesley perfectly.

Her favorite place to be is on the couch in the living room where she relaxes, reads and reminisces, as she flips through a basket filled with photographic memories. Lesley finds great satisfaction in what she's been able to create for herself in such a short time. There is a unique story connected to each piece Lesley has collected over the years. Most of the furniture is from Mexico. The turquoise scraped furniture in the dining room was done by Lesley. Her love of Texas, Mexico and anything Western is apparent in the smaller details, such as the Texas bathroom with a horseshoe shelf, the hallway shelf with mirror and wrought iron detailing, the Texas star hanging on the wall in the guest bedroom and the cowgirl and cowboy that surround the upper section of the back door. One of her recent groupings in the living room features artwork her niece, Jeannie "DaiZ" Undercuffer, painted.

happy new year

2016

K CPA **McDONNELL RICHARDSON CPA, PC**
 Certified Public Accountants



Principal Office:
 714 Ferris Avenue
 Waxahachie, TX
 (972) 923-2881
 www.kj-cpa.com

TAX FILINGS | BOOKKEEPING | PROPERTY TAX CONSULTING | TAX DISPUTE RESOLUTION

They include several framed postcards and a painting of the Bevo, the famous bull from The University of Texas at Austin who passed away the same day Lesley arranged and hung the grouping. It's these simple touches that made a house a home fit for the cowgirl Lesley represents.

The master bedroom is home to red scraped furniture that Lesley purchased. The bench and two chairs, engraved with the Calla Lily pattern, allow for a comfortable reading and/or relaxing area. The Texas flag quilt and matching pillow



find their place atop the bed, alongside a "moo" cow she found on one of her shopping trips that she couldn't leave behind. The cowboy and cowgirl bath towels and the framed print of a cowboy bathing in the wilderness as his horse looks on completes Lesley's slice of cowgirl heaven.

Moving from a 29-acre ranch in the country to a 1-acre lot on the outskirts of an ever-growing city would be a big change for anyone, but Lesley knows without a doubt that she is in the right place. "This is home to me," she admitted. "Grandkids are so much more important to me than a 29-acre ranch."

After all the moving around Lesley has done in life, she finally feels right at home in Waxahachie. She's now just minutes from her grandchildren, who live in Midlothian. She's a few miles away from Farley Street Baptist Church, her new church home where she attends with her son and his family. The antique shops offer a smorgasbord of fun, while Campfire Creek Therapeutic Riding Center offers her quality volunteering time with horses and individuals. Lesley has a big heart for what she believes in, spanning from religion and politics to the way she chooses to decorate the world around her. She truly is a modern cowgirl living her cowgirl dream. **NOW**

We can help! **Urology care close to home.**

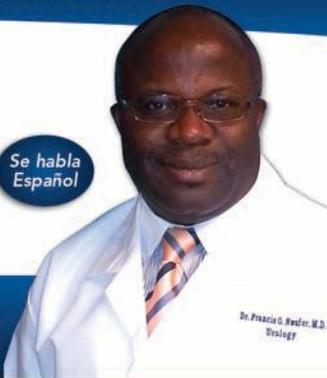
Dr. Francis Nwafor M.D.
Board Certified Urology

- Over-active Bladder
- Urinary Incontinence
- Urinary Tract Infection
- Kidney Stones
- Vasectomy

- Erectile Dysfunction
- Enlarged Prostate
- Low Testosterone

18 years experience
Accepting new patients

Se habla Español



Dr. Francis N. Nwafor, M.D.
Urology

8067 West Virginia Dr. 802 W. Lampasas
Dallas, TX 75237 Ennis, TX 75119
Across from Methodist Hospital (866) 872-7131



OXFORD
@
CROSSROADS CENTRE

Happy New Year!







Apartment Amenities:

- Beautiful Sparkling Pool
- 24-hour Emergency Maintenance
- Business Center
- Large Walk-in Closets
- Free Basic Cable
- Private Patios/Balconies
- 24-hour Fitness Facility
- Full-size Washer & Dryer in Every Unit
- Clubhouse
- Designer Wood Cabinets

972-937-9290

411 Alliance Blvd | Waxahachie, Texas 75165
Near the intersection of I-35 and US 287

Visit us at www.oxfordcrossroadscenter.com

IT'S TAX TIME!
DON'T LEAVE MONEY
ON THE TABLE!

Quality Financial & Tax Services

\$25 DISCOUNT
ON TAX RETURN PREPARATION

\$25 DISCOUNT
WHEN YOU REFER A FRIEND



RL SCHWAB CPA PLLC
Accounting & Tax Services

Formerly MJ Hantsche, CPA, PLLC

972-937-9800

WWW.RLSCHWAB.COM

600 N. Hwy. 77 • Ste. B • Waxahachie, TX
(Inside Cliff's Check Cashing)

Call today!

Aesthetic & Implant DENTISTRY

Wishing you a fantastic 2016!



FREE WHITENING
with any cosmetic
dental procedure

Offer Expires 2/29/16

Davis W. Morgan, DDS
Phillip I. Johnson, DDS



Call today to schedule
(972) 723-5544

WWW.DFWSMILEDESIGN.COM

Difficult Decisions?

Pre-planned funeral arrangements can help reduce that burden on you and your loved ones in your time of need. We offer a minimum \$200 discount on any pre-arranged, traditional funerals.

- Burial
- Pre-planning
- Aftercare
- Online Memorials



Waxahachie Funeral Home

Celebrating life and cherishing memories with dignity and integrity.

972-923-1595 | 1201 W. Hwy. 287 Bypass | Waxahachie
www.waxahachiefuneralhome.com



*If they were any fresher,
they'd be swimmin'!*

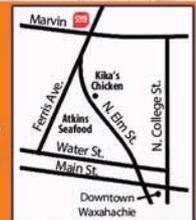
**Fresh fish, shrimp,
crab, oysters & more!**

- Gumbo-to-go • Crab cakes • Etouffe
- Large Selection of Gourmet
Specialty Seasonings!**

From our boats to your table!

300 Ferris Ave.
Right behind
Kika's Chicken
Waxahachie
214-463-5490

Visit us on FACEBOOK



\$10 OFF

Any purchase of \$50 or more

Must present coupon. Expires 1/31/16



**Eat, Sleep, Play
Indoor Soccer!**

** Bubble Ball * Birthday Parties*

Leagues Now Forming:

- Adult Coed & over 30
- Men's & Women's 18+
- Youth Winter 2 Season Begins 1/23/16

(972) 885-7768

**3637 N. Highway 77 • Waxahachie
www.IndoorSoccerSpot.com**



*Law Office Pug. Not An Actor.



**DEBT BRINGING
YOU DOWN? INJURED?**

**Confidential Legal Assistance
Free Consultation**

**LAW OFFICE OF
VICKI MCCARTHY**
*Helping Individuals
& Small Businesses for over 25 Years*

DEBT RELIEF

- Eliminate or Pay Debt Back at 0%
- Stop Foreclosures • Refinance Vehicles

PERSONAL INJURY ASSISTANCE

- Auto Accidents • Construction Site Accidents • Death Claims

CALL US TODAY 972.296.9971

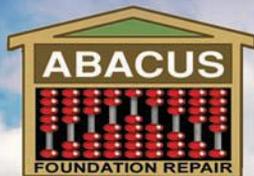
Visit our new office now conveniently located to serve Ellis & Surrounding Counties at:

**114 South 5th Street
Midlothian, TX 76065**

Need Foundation Repairs

Cracked Walls?

Doors Won't Close?



Previous Awards
2013, 2011 — 2006



**\$500 OFF
any foundation
repair**

*(Good on day of estimate.
Not good in conjunction
with other offers.)*

- Slab Foundation Repairs
- Pier and Beam Repairs
- Drainage Systems • Root Barriers
- Elevation Surveys

abacusfoundationrepair.com

866-406-9007



A1A Moving

- Portable Storage Containers • Boat & RV Storage
- Local & Long Distance Moving **f**

**We Are Your Moving Team For Full Service Residential
And Commercial Moves. Call Us At 972-921-6515.**



TAMING NATURE

— By Melissa Swedoski

Charles Schuler loves the thrill of mountain biking and has the bumps and bruises to prove it. Mountain biking allows him to see nature in its raw finery, even if it means getting a torn bicep when distracted by owl watching. What he really loves is the challenge of the sport, and to facilitate that, he has worked for two years to craft the Hachie Trail, which winds through miles of dense vegetation along the creek side and private property that has been transformed by Charles and a determined group of volunteers, bringing an outdoor experience to Waxabachie unlike any other.





Before Charles and his wife, Stacey, opted to move to their new hometown in 2008, he was in San Diego, California, where he frequently took 20- to 30-mile rides over true mountains. "I hated it for the first several months because the San Diego area is nothing but hills," he chuckled. "Once you get used to it, you get to look around and see all the beauty around you, instead of focusing on the pain in your legs." Once he moved to Waxahachie, he found he had to use the trails created by other well-known Off Road Cycling organizations, and while the trails were fantastic, they were also long distances away and congested. After almost four years, Charles decided he needed a change.

"I finally called John Smith, the city's Parks and Recreation manager, and met him at Getzendaner Park," Charles recalled. "I told him my vision for a mountain bike trail in Waxahachie, and he said he couldn't do it." Ultimately, Charles started clearing the trails on the opposite side of the creek alone, but soon found the poison ivy and oak were tougher foes than he anticipated. In December 2013, when his employer's plant went on annual shutdown, he got a

deeper journeys
ladies conference

MARCH 5, 2016 - 9:00 A.M.
THE AVENUE CHURCH - WAXAHACHIE, TX
TICKETS - THEAVENUECHURCH.COM

JEN HATMAKER

LAURA STORY

JAN SILVIOUS



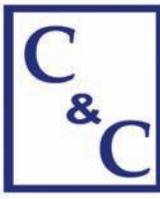
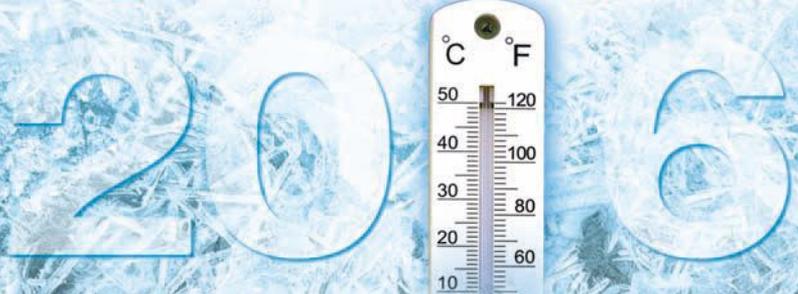
LLI
CONSTRUCTION INC.
OUTDOOR LIVING EXPERTS

Patios • Cedar Arbors
Fireplaces • Fire Pits
Covered Patios
Outdoor Kitchens
Paver/Flagstone

682-232-6030

Locally Owned
Quality Workmanship
References Available on Request

DON'T GET CAUGHT COLD IN THE COLD!



REFRIGERATION
LENNOX
 AIR CONDITIONING • HEATING
972-938-0033
 Sales and Service Since 1969

Family-owned business servicing the Ellis County area for more than 40 years.

1400 FERRIS AVE.
WAXAHACHIE

lennoxdealer.com/ccrefrigeration

TACLAA00405TCA

NEW YEAR
 Special
SYSTEM
CHECK-UP

Only
\$58

With coupon. Expires 2/28/16



YELDELL, WILSON, WOOD & REEVE, P.C.
 CERTIFIED PUBLIC ACCOUNTANTS
972-878-2611 YWCOCPA.COM

405 Sycamore St.,
 Waxahachie, TX 75165
 611 S. Clay St.,
 Ennis, TX 75119



Accounting Services ■ Auditing ■ Bookkeeping ■ Tax Planning ■ Tax Preparation



OUR WAXAHACHIE OFFICE IS NOW OPEN!

HAPPY
 New
 Year!



TRAYLOR
 MOTOR HOMES, INC.

Pleasure-Way
AUGUSTA-RV

Now Selling Propane



Specializing in the sale of motor homes and towables.
 Over 27 years' experience in RV sales, service, parts and propane.



1216 N. I-45, Exit 260 • Palmer • 972.291.2067
 Toll-Free 800.966.2053 • www.traylormotorhomes.com
 Monday - Friday 9:00 a.m. - 5:30 p.m.



Boy Scouts show their support of the mountain bike trail.

wagon, gas can, weed eater, saws and his bulldog, Allie, and secretly got to work, hoping to show John what it could be. After finishing a short section in early January, Charles called and met with John to have him go walk the trail with him. "When John said he really liked it, I again asked permission to build a trail. John's reply was simple, 'OK, build a trail.'"

From that moment forward, Charles began cutting through dense vegetation, enormous dead trees and vines to create the terrain mountain bike enthusiasts love. He also undertook an equally challenging endeavor for a shy guy: organizing the Waxahachie Mountain Bike Club. "In January, I started the bike club page on Facebook," he recalled, "and then I just stopped and spoke to people when I saw them on the concrete trail as they passed by, and by August of 2014, the volunteer total grew to eight."

In fact, the team was soon down to the last three-quarters of a mile and was determined to help Charles complete





the trail on the anniversary day of when he started it. This was accomplished in one day, on December 23, 2014. "There was a big group," Charles said. "I got emotional. I was so proud!"

The first leg ended at Lion's Park for a 4-mile trail, but Charles wanted more. He started talking to private property owners near the trail and found a few who agreed to let him use their land. The additions increased the trail to 8 miles one way, most of which is beginner level, with some intermediate sections added to help attract riders from other areas. "The biggest difference between runners or road bike riders is that we have to build our own infrastructure," Charles explained. "It's been really labor intensive." He noted that in some spots, the WMBC members had to construct bridges to span 18-feet over washed-out areas, with some being cut 8-feet deep. This had a positive, dramatic effect on the flow of the trail.

The experience strengthened the club, meeting for bike maintenance classes and holding a weekly group ride Saturdays at 9:00 a.m. "There are no fees, and it's open to everyone," he said. "The point is to get people on a bike." If you had a bad day, when you get on a bike and ride the trails, you forget all about it." The trail is also used by runners and hikers, other bikers, and even horseback riders. The volunteers created numerous spots on the trail to make it more challenging, including Beaver's Ridge and areas leading down into gullies and back up to the ridge. Then there's Cardiac, a half-mile stretch that goes up and down constantly, working the heart, lungs and legs.

Community volunteers joined the WMBC, with three Boy Scout troops performing Eagle Scout projects, adding

Salon 5150h
309 South Jackson
Waxahachie
(214) 642-8613

f /5150h

Lindsey Shinpaugh 214.642.8613	Jessica Hargett 214.949.2633	Summer Shadburn 214.809.9409	Chelsea Gonzales 214.202.2656

ALL EYE & OPTICAL CARE

New Patients Welcome

- Eyeglass & Contact Lens Prescriptions
- Glaucoma Treatment
- Diabetic Eye Care
- Cataract Surgery

Already have a Rx?

We gladly accept outside prescriptions!
Come browse our selection of eyewear from budget packages to designer names.

We offer Competitive Pricing!

Dr. Raj Rugwani
Board-Certified Ophthalmologist

972-937-4433
800 N. Hwy 77 Ste 100
Waxahachie • Next to HEB
AllEyeCare.com
AllOpticalCare.com

f

Red Oak Drug
 & The Prescription Shop

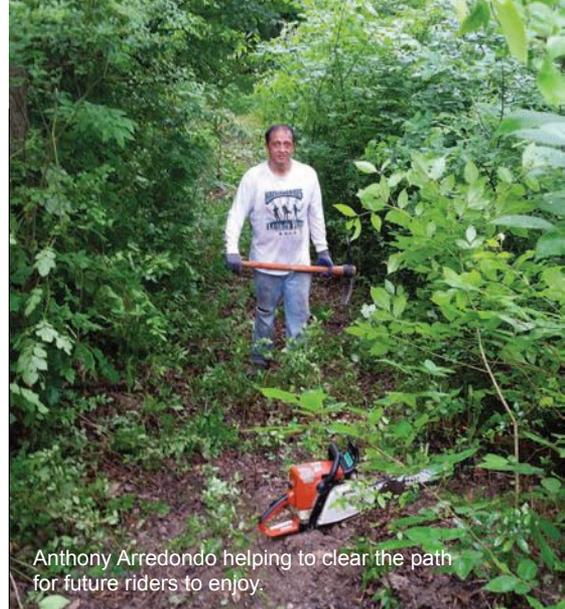
Need a Lift?

Red Oak Drug and The Prescription shop can help.

RED OAK DRUG
 106 E. Ovilla Rd., Suite 2
 Red Oak, TX 75154
 P. 972-617-2222 F. 972-617-6020

THE PRESCRIPTION SHOP
 120 S. Grand Ave.
 Waxahachie, TX 75165
 P. 972-938-2642 F. 972-937-5681

WWW.REDOAKDRUG.COM



Anthony Arredondo helping to clear the path for future riders to enjoy.

signage and trail markers. In addition, there are safety markers, “so EMS can easily find a rider if they get injured,” Charles said. Charles also added that, “paramount to the construction of the Hachie Trail has been the volunteerism efforts and work ethic of Anthony Arredondo, DaWayne Elkins and Bob Shelton.” Charles also stated there were numerous other volunteers, and without the help of everyone, there would be no trail. Additional volunteers included: Tim Law, Scott Kimberling, Stephen Conner, James Garabay, Trigg A. Even, Bill Harvey, John and Michelle Jenkins, Brad Taylor, Jon Peeler, Olivia Michelle, Russell Williams and Brandy Reed Mayo. “I have to make it known that Bob Shelton’s father, who is now 90 years old and a decorated World War II veteran, put the rest of us to shame,” Charles said.

Happy New Year from
C & M
 CONCRETE STAINING AND OVERLAY

DOING MORE, WITH LESS

- Concrete Countertops • Stained Floors
- Shower/Tub Renovations • Patios • Pool Decks
- Interior Floors • Walkways • Driveways

FREE ESTIMATES
Call Now! 972.217.9880

Local References, Insured, Guaranteed www.concreteandmore.com



Mountain biking is a year-round sport for those who brave the elements, Charles said, and winter is a great time to ride. “It’s more scenic,” he explained. “You can see the drop-offs and the creek much better.” He noted that mountain bikers are respectful of the land and “want to maintain it and make it better.

Free Yourself
From Pain!

- Headaches & Migraines
- Back & Neck Pain
- Shingles
- Shoulder, Knee Pain, Leg & Arm Pain

Relief Starts Today!

Adam G. Arredondo, M.D.
 Pain Management

128 Hwy. 77 North • Waxahachie | 521 N. Beaton St. • Corsicana
 972-938-7319 | 903-872-4777
www.txapmi.com • texaspaindoctors@gmail.com

**Building RELATIONSHIPS
& portfolios is what we do!**

**The POPE
FINANCIAL GROUP
of
RAYMOND JAMES®**



Donald R. Pope, CFP®, WMS
Senior Vice President, Investments

Jonathan A. Pope, AAMS®, WMS
First Vice President, Investments

222 E. Wheatland Rd.
Duncanville, TX 75116
www.PopeFinancialGroup.com
972.780.0533 • 888.230.1558

©2013 Raymond James & Associates, Inc., member New York Stock Exchange/SIPC.
Raymond James is a registered trademark of Raymond James Financial, Inc.

It's **TIME** for a **NEW** smile!
MORGAN DENTISTRY

Accepting New Patients

Mark Morgan, DDS
Mackey Morgan, DDS

Chungmi Jo, DDS
General Dentistry

- Cleanings & Exams
- Crowns & Bridges
- Digital X-rays
- 3-D X-rays
- Veneers
- Root Canals
- Night Guards
- Extractions
- Fillings
- Dental Implants
- Whitening
- Oral Sedation
& Nitrous Oxide



Best Dentist*
in Ellis County 2015

*As voted by Waxahachie Daily Light readers.

1618 W Hwy 287 Business • Waxahachie, TX • 469-773-4073

morgandentistry.co



**Heath Mobile
Veterinary
Services**

*Offering at-home &
on-farm vet care
for large &
small animals*

Dr. Susan
Heath

469-734-7978

THE PIKE TEAM

Home Remodeling Specialist • Kitchen & Bathroom Remodels
Exterior & Interior Painting



To see our work visit
www.thepiketeam.com

WE DO IT ALL!

Angie's list.

Reviews you can trust.

Call 817-715-6871 for your next project!



January Only!

DOUBLE Host Rewards

Host a Qualifying Party to Earn **DOUBLE** the **FREE** & **½ Price Scentsy!**

Book Your Party Now, My Calendar is filling up Fast!



Need Cash?

Start Earning

Call Debi to start Your Scentsy Business!



BACK BY POPULAR DEMAND

OLDIES, BUT GOODIES, RETURN FOR

JANUARY ONLY!

SIMPLY IRRESISTIBLE | CHERRY VANILLA | MY HOME | 17 MORE!

Debi Mangan

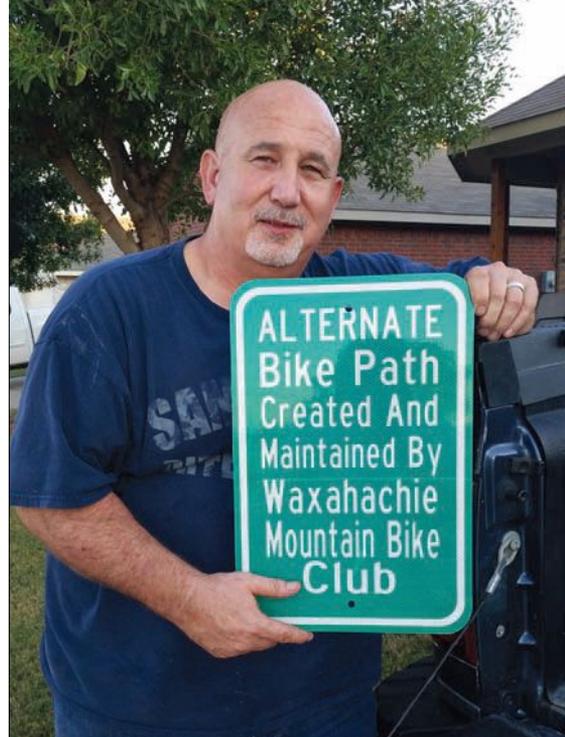
SuperStar Director & Founding Member

www.eFlameless.com

debimangan@sbcglobal.net

(972) 937-1440 Office • (903) 258-3513 Cell

Scentsy
INDEPENDENT
CONSULTANT



We want to make it useful for everybody and have a good time doing it.” He added there is only one section of the trail on private property that is for mountain bikers only, meaning “no foot traffic.”

On the WMBC Facebook page, members ask questions, share tips and find riding partners for the trail. Club members are happy to share their knowledge. “People won’t run off and leave you,” Charles said. “If the faster riders get too far ahead, they will either slow down or stop. No rider gets left behind.” The Hachie Trail, although mostly finished, will always have new detours and/or additions added to make it more interesting. “When I first started the trail it was a selfish thing, because I wanted a place to ride,” Charles reflected. “But it has grown into this huge communal thing. I’ve met and worked alongside some really great people, and it’s just a labor of love. We want to put Waxahachie on the map for having great off-road trails. It’s there if you want it. Just come out and get it!” **NOW**

Some things just get better with age!

Great things happened in 1939! The first televised Major League Baseball Game between Cincinnati Reds & Brooklyn Dodgers aired, the first air conditioned car, the 1939 Packard, went on show and **Wolverton Service Company** opened!

Since 1939

Wolverton Air
AIR CONDITIONING & HEATING
(972) 923-COOL (2665)



704 Solon Road • Waxahachie, TX 75165 • #TACLA132E

SARDIS
Tires & Wheels

Happy 2016 from Sardis Tires!

We Will Match Or Beat Any Price On Tires ... Guaranteed

631 Sardis Road • 972-937-4177
www.sardistiresandwheels.com
(just off 287 between Waxahachie & Midlothian in Sardis)



Partnering with horses to make a difference in the lives of children and adults.

501c3 Organization



Campfire Creek
Therapeutic Riding Center
www.campfirecreek.org

767 Bethel Road, Waxahachie
For more information or to make a donation call **972-937-7265**

Now accepting
NEW PATIENTS
in Midlothian!



Christopher D. Schmitt, DPM
Associate, American College of Foot and Ankle Surgeons



1441 S. Midlothian Pkwy., Ste. 120
Midlothian, TX 76065
located behind InterBank in Baylor complex
972-755-4620 PHONE • 972-755-4622 FAX
southernstarfootandankle.com 

NEW! Now Offering Boarding!

Happy New Year!

2016



Pet Lovers

BOARDING & IN-HOME PET SERVICE

30-Minute Stay • Overnight stay
from scales, feathers, to fur (even livestock)

Contact Samantha at Pet Lovers
in Ennis. (469) 766-8954
brock.petlovers@gmail.com

CHECK US OUT ON FACEBOOK!
[FACEBOOK.COM/BROCK.PETLOVERS](https://www.facebook.com/brock.petlovers) 

THE VACUUM SHOP

SALES • SERVICE • SUPPLIES • NEW & USED VACUUMS Since 1976

Vacuum Cleaner Tune-up
\$29.95

Check electrical, motor & wiring
Test brush roll and suction
Clean inside and out - Replace bag & belt
Present Coupon, Expires 1/31/16

400 W. Jefferson, Waxahachie • (972) 937-3900
www.vacuumshoponline.com
Monday -Friday 8:30 to 5:00 • Saturday 9:00 to Noon

Quality Never Goes Out of Style

TILE | WOOD | CARPET



MOHAWK

Carpet Outlets of Texas Inc.
274 Ovilla Road • Red Oak • 75154
Hours: Mon-Fri 10-6, Sat 10-3

Call for a FREE Estimate | 972-617-7847 | CARPETOUTLETS.NET



Nutrition With a Twist

— By Melissa Swedoski

The beginning of a new year spurs most to contemplate a lifestyle change, usually involving weight loss or gain, health conditioning and exercise habits. Consider for a moment that physical activity is only a small portion of achieving those goals. Nutrition — what you feed your body — is of paramount importance, regardless of the endgame.

Body Building

In order to slim your frame and gain muscle mass, it's crucial to eat clean, which means discarding most processed foods on the market. It's also important to increase daily calorie intake slowly, so the added food doesn't settle on the midsection.¹





• **What to Eat:** Avoid fried foods, butter and refined foods, such as snack foods and fast food. Turn to fish, fowl, lean red meat, eggs, low-fat dairy, potatoes, yams, brown rice, whole-wheat bread, oatmeal and fruit. These foods are nutrient-dense, packed with vitamins, minerals and/or fiber.² Choose leaner cuts of steak and remove the skin from turkey and chicken. Grill or broil meats instead of serving them battered and fried.

• **When to Eat:** Mass-building is best supported by five to eight meals a day. Eat breakfast, lunch and dinner, then add high-protein snacks to keep your body on track. The extra meals have to become part of a daily routine, whether at school or work.

• **How Much to Eat:** For pre-workout, consume a whole-food meal and a liquid meal. The whole-food meal should provide a 1-2 ratio of protein to carbohydrates, with about 40 grams of protein from beef, chicken or fish and 80 grams from slow-digesting carbs like sweet potatoes, brown rice or oatmeal. The shake should contain 20 grams of whey protein and 40 grams of carbs. For after workout repair, consume 20-40 grams of whey protein and 40-100 grams of carbs, such as white bread or a baked potato. An hour later, eat a regular meal.³



WEED CONTROL PROGRAM

- Pre-emergent Broadleaf Weed Control
- Post-emergent Grassy Weed Control
- Custom Blended Fertilizer

Also Available:

- Fire Ant Control • Grub Worm Treatment • Lawn Aeration

20% OFF



2016 PROGRAM PRICE WHEN THIS AD IS MENTIONED DURING ESTIMATE REQUEST

NEW CUSTOMERS ONLY EXPIRES 2/28/16

Like us on



972-938-2956 • www.turf-scape.co
info@turf-scape.co

Licensed by Texas Department of Agriculture, TDA#0513565
State of Texas Licensed Irrigator 21842



Licensed and Insured



Services We Offer

- Roof Replacement
- Gutter Replacement
- Painting • Fence Replacement
- Electrical • Fire Restoration

507 E. Fairmeadows Dr., Duncanville • info@CrownRoofingDFW.com • www.CrownRoofingDFW.com

ATTENTION HOMEOWNERS FREE ROOF INSPECTIONS

Insurance Claim Assistance

Ask About Our Roofing Specials

Upgrade from a 3-tab roof to a 30 year shingle

Upgrade a 30 year shingle with a High Profile or Ridge Vent

These Specials Won't Last Forever

Main: 972-298-ROOF (7663)

Dallas: 972-290-0366

Duncanville's Award Winning Senior Living

Champions Cove

1600 South Main St.
Duncanville, TX 75137
(Highway 67 at Main Street)

972.298.5545

*Must tour before February 29, 2016.



Bring in this ad for a waived community fee.* (\$500 value)

ELLIS COUNTY

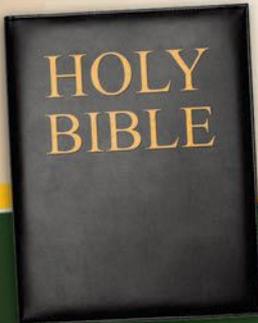
outdoorsman Church

We encourage all men, women and families who enjoy God's creation to be part of our congregation and join with other like-minded believers who desire to become effective witnesses and disciples of Christ.



Pastor Don Lott and Brenda Lott

Sunday NIGHT School - 6:00 p.m. - Bible Study



January 10th & 17th - Why is The Bible infallible if it's written by fallible humans?
Teacher, Pastor Don Lott

January 24th & 31st - Has Jesus deceived millions upon millions of people or ... is He The Son of God?
Teacher, Kurt Strickland, Liberty University

Sunday Service 10:30 a.m.

4370 Joe Wilson Rd. · Midlothian, TX 76065

www.outdoorsmancog.com Prayer Requests - 972-679-6781



Marathon Challenge

Endurance runners have a unique set of needs, as gastrointestinal issues rule during long runs.⁴ As you determine how much your stomach can take over 15-plus miles, you will also train it to handle more calories and fluid.



• **What to Eat:** Avoid empty calories. Focus on foods with the most nutrients per calorie, including whole grains and starches (brown rice, quinoa, sweet potatoes, oatmeal, barley, millet, rye, amaranth), lean proteins (fish, eggs, beans, Greek yogurt), healthy fats (avocados, nuts and olive oil), and unlimited fruits and vegetables.⁵

• **When to Eat:** For pre-workout, consume a light, energizing meal or snack one to two hours before a training run.⁶ Vegetable juice 30 minutes before a workout is an acceptable substitute. The rest of the day, eat small meals every three to four hours to maintain energy levels.⁷

• **How Much to Eat:** When it comes to "carbo-loading," the amount a runner

 **Welsh VETERINARY CLINIC**

Happy New Year!

www.welshvetclinic.com
4470 E. Hwy 287, Midlothian
972-775-7570



CAMPUZANO
mexican food

Voted Best Mexican Restaurant in Best Southwest

Celebrate New Years with a Campuzano's Margarita!

\$5.00 off
\$20.00 purchase

Coupon only good from NOW Magazine! NO Copies accepted. Expires 1/31/16



108 N. 8th Street Midlothian, TX 972-723-2634	2167 N. Highway 77 Waxahachie, TX 972-938-0047	213 W. Beltline Cedar Hill, TX 972-291-1053	2618 Oak Lawn Ave. Dallas, TX 214-526-0100
---	--	---	--



needs depends on how much training he/she does. For example, a 30-45 minute training routine will require 3-4 g/kg in a daily diet.⁸ Keep a healthy balance and listen to your body. If you feel hungry, increase proteins and fuel as needed.

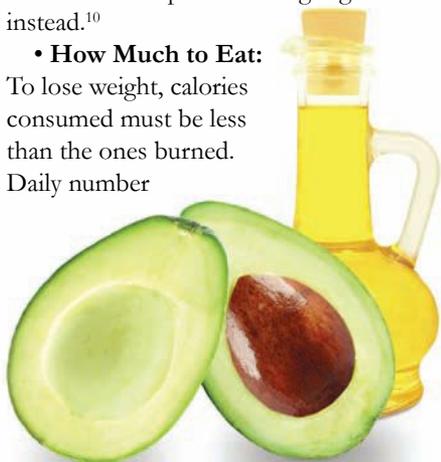
Losing Weight

Internet searches for “how to lose weight” are in the hundreds of thousands every month, resulting in good, bad and conflicting information. Sustainable weight loss is about healthy changes and losing body fat, which requires fewer overall calories and total exercise of at least 60 minutes, three to four times per week.

• **What to eat:** Nutrient-rich foods, such as vegetables, lean proteins and healthy fats in moderation are best. Half of your plate should be covered in fruits and vegetables — one-quarter with whole grains and the rest with lean proteins, such as meat, fish or eggs. Healthy fats like avocado or olive oil can be condiments or toppings.⁹

• **When to eat:** To make dieting easier, eat five to six small meals each day. Avoid thinking that skipping meals will result in faster weight loss because the body will adjust, leading to permanent metabolic alterations that promote weight gain instead.¹⁰

• **How Much to Eat:** To lose weight, calories consumed must be less than the ones burned. Daily number



2015 NICHE RANKINGS

Ranked as one of the Top Ten Private High Schools in Texas



CANTERBURY

EPISCOPAL SCHOOL

- Differentiated, accelerated learning
- True college prep curriculum
Pre-K 4 - 12th grade
- Faith-based, family-centered community
- Diverse extra-curricular opportunities
- Championship athletics

Schedule a Tour Today
or Attend an Open House:

Jan. 24, 2016 2-4 pm
Apr. 17, 2016 2-4 pm



Ready To Succeed?
Come Join Our Leaders!

Canterbury Alumni Include:

Rhodes Scholar

Fulbright Scholar

NCAA Div I scholarship athlete

Address: 1708 N Westmoreland Road, DeSoto TX 75115 Phone: 469-759-2606

Website: www.TheCanterburySchool.org Email: Admissions@TheCanterburySchool.org

SALE on Fences and Patio Covers








Wallace Lott General Contractor LLC is
ready to serve all your contracting needs.

We do things right, and do what we say.

Residential & Commercial

Roof Repairs - Got leaks? We can fix them.

Roofing • Remodeling

Bathroom • Kitchens

Replacement Windows

Painting • Cedar Patio Covers

Fences • Outdoor Kitchens

Hometown Trusted Builder

- ★ 40 years experience
- ★ Fully insured/bondable
- ★ Insurance negotiation
- specialist for property claims
- ★ Licensed insurance adjuster



\$500

New Year
Special

with this ad



972.679.6781




New Year, New House!

2016

Call 972-878-5866 or visit us on the web
www.esbmortgage.com

ESB MORTGAGE COMPANY 815 W. Ennis Avenue
 Ennis, TX 75119



of calories needed varies based on age, height, sex, weight and activity levels. An active person could drop daily intake to 1,400-1,500 calories and lose weight. Those who are obese or have metabolic issues may need to be closer to 1,200.¹¹

Gaining Weight

Even though being lean is usually healthy, being underweight can lead to fragile bones, hair loss, anemia and even a weakened immune system. The healthy path to putting on a few pounds is paved with small changes.¹²

- **What to Eat:** Use nutrient-rich foods including whole-grain breads, pastas and cereals; fruits and vegetables; dairy products; lean protein; and nuts and seeds. Add in smoothies made with milk and fresh or frozen juice.

- **When to Eat:** Eating when you're underweight can mean feeling full faster, so eat five to six smaller meals during the day rather than the traditional three. Add in a bedtime snack and occasional treats.

Tan Or Hyde

Sunless Tanning & Country Chic Boutique

20% OFF Expires 1/31/16
 ANY TANNING PACKAGE

10% OFF Expires 1/31/16
 ANY RUSTIC ACCESSORY OR HOME DECOR ITEM

Get it right the first time! Come see us at Tan Or Hyde for all of your sunless tanning needs. A certified Norvell spray tech will ensure your beach bronze glow with no orange streaky mess.
 972-576-5900 · 213 S. State Hwy. 342, #301, Red Oak, TX 75154

Enjoy Your Outdoor Living Space

CUSTOMIZED ESPECIALLY FOR YOU

- CEDAR PERGOLAS • PAVILIONS • GAZEBOS
- OUTDOOR KITCHENS • GUTTERS
- STAMPED & STAINED CONCRETE

817-793-4322

Unlimited Outdoor Living

FAMILY OWNED & OPERATED SINCE 1980

TIRE TOWN

300 WATER ST., WAXAHACHIE

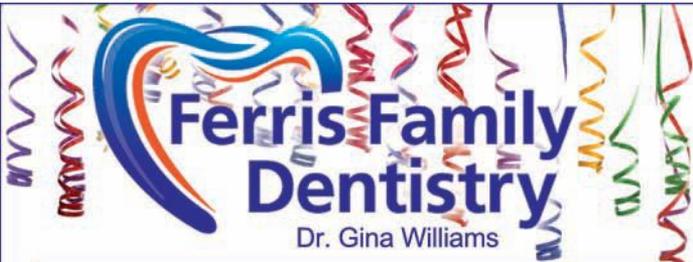
HAPPY NEW YEAR!

Tire Sales and Repair

Come see why we've been in business over 33 years!

972.937.1100 www.tiretownwaxa.com





DENTAL EXCELLENCE
COMPASSIONATE CARE

\$79 New Patient Special

**Start the New Year Off Right
with a Healthy Smile!**



**We Wish You a
Happy & Healthy New Year!**

CareCredit Patient Payment Plans MasterCard VISA DISCOVER www.FerrisDentist.com

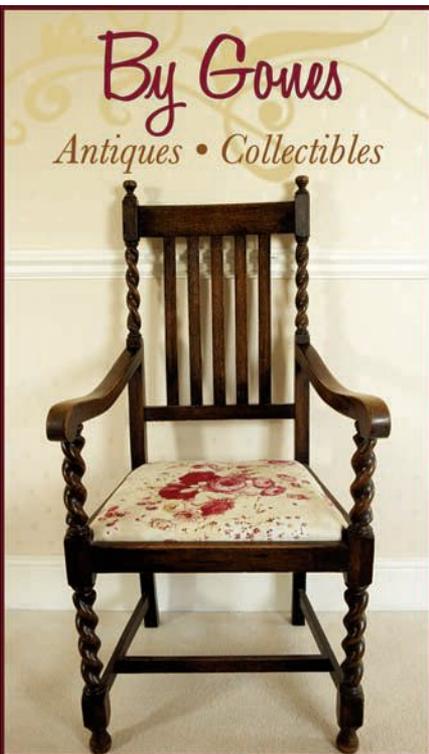
Accept Most PPO Insurance

Care Credit

Se Habla Español

Call Today! 972-544-2123

454 FM 664 • Ferris • next to Subway



AVON

106 S. Dallas St. • Ennis
214-236-8462
Sharon Fisher ~ Owner

At Animal Hospital of Ovilla, we know your pets are part of your family... so we treat them like they're part of ours.



972-617-9996
3357 Ovilla Road in Ovilla
www.OvillaVet.com
7am-6:30pm Monday-Friday

Everything from wellness and preventative care to advanced diagnostics and surgery... on every pet from cats and dogs to reptiles and birds



Open Enrollment is right around the corner.
Are you ready?

Confused about health coverage? I am here to help with the right coverage that will meet your needs & budget. Call or email anytime.

Don't stay confused. Call or email me for a face-to-face appointment. We will go over your options for coverage together. I want you to know the agent that is working for you, your family or small business.



Health & Life Insurance Agent
Marvin L. Brooks
 (972)-921-0354
 marvin.brooks@ushadvisors.com
 www.ushagent.com/marvinbrooks

Insurance underwritten by
 Freedom Life Insurance Company of America
 National Foundation Life Insurance Company

*Not all products are available in all states.
 Exclusions and limitations apply.
 #ADMB0915

**Flexible, Affordable,
 Customizable Insurance Coverage**
24-hour Coverage, On & Off the Job!

Supplemental Coverages for
 Critical Illness Insurance* •
 Excess Medical Accident Insurance* •
 Short-term Accident Disability Income Insurance* •
 Dental PPO Insurance* •
 Premier Vision Insurance* •



• **How Much to Eat:** Odds are, eating large portions will not be appealing, so with each mini-meal, add some nut or seed toppings, cheese or a piece of fruit. Consider snacks if mini-meals don't appeal, including trail mix, protein bars or drinks and crackers with hummus or peanut butter.¹³

Regardless of what your health goals may be, always consult with your doctor before making changes in your diet. This is especially important for anyone with high blood pressure, heart conditions and/or diabetes. **NOW**

Sources

- 1, 3. www.bodybuilding.com/fun/24-laws-of-eating-for-muscle.html.
2. www.muscleandfitness.com/nutrition/gain-mass/start-smart.
- 4, 5. www.shape.com/blogs/ready-set-race/my-marathon-training-diet.
6. www.womenshealthmag.com/food/olympian-diet.
7. www.livestrong.com/article/370581-marathon-training-diet-plan/.
8. www.runningcompetitor.com/2013/11/nutrition/the-new-rules-of-marathon-nutrition_67841/3.
- 9, 11. www.livestrong.com/article/109109-quick-lose-pounds-month/.
10. www.bodybuilding.com/fun/how-to-lose-weight.html.
12. www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/expert-answers/underweight/faq-20058429.
13. www.familydoctor.org/familydoctor/en/prevention-wellness/food-nutrition/healthy-food-choices/healthy-ways-to-gain-weight-if-youre-underweight.html.



WITH THE NEW YEAR STOP SMOKING AND SWITCH TO VAPING
"A HEALTHIER ALTERNATIVE"

TASTER BAR
 PREMIUM JUICES INCLUDING CYCLOPS & SUICIDE BUNNY PLUS MANY MORE TO CHOOSE FROM!

WIDE SELECTION OF MODS & ATOMIZERS

NEW YEAR'S SPECIAL
 MENTION THIS AD FOR
15% OFF ENTIRE PURCHASE

214-230-2916 BESPINVAPORS.COM 233 E. OVILLA RD., RED OAK



SPECIAL DISCOUNTS For Ellis County Customers

MIDLOTHIAN GARAGE DOORS
Local and Affordable

Full Service, Repair, & Replacement of Garage Doors & Openers. MIDLOTHIAN OWNED AND OPERATED

817.819.3909 CALL TODAY!

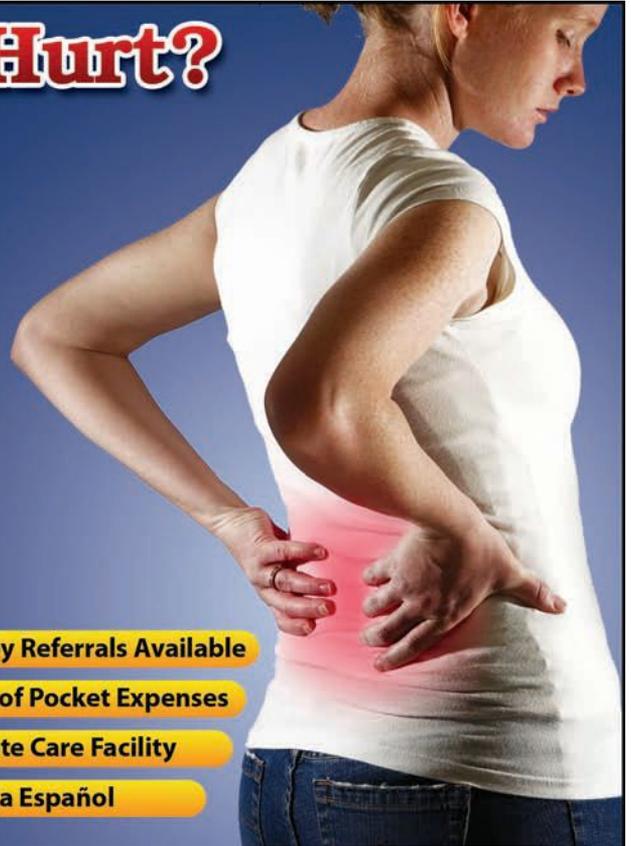
WWW.MIDLOTHIANGARAGEDOORS.NET

Auto Accidents - Hurt?

FREE Consultation



Need Help - **CALL US NOW**
 Ellis County Back Institute
 972-937-0086



- Attorney Referrals Available
- No Out of Pocket Expenses
- Complete Care Facility
- Se Habla Español

905 Ferris Avenue, Ste. A, Waxahachie, TX 75165 • www.elliscountybackinstitute.com

Wishing you a
HAPPY NEW YEAR
 FROM OUR FAMILY TO YOURS!
 Have a safe, prosperous and healthy New Year.



NOW
 MAGAZINES
 Bringing the best of the community home

BURLESON • CORSICANA • ENNIS • GRANBURY • MANSFIELD • MIDLOTHIAN
 NORTH ELLIS COUNTY • SOUTHWEST • WAXAHACHIE • WEATHERFORD

**HAMIL,
 HARRISON**
 & Co., LLC

**HAPPY
 NEW YEAR
 2016**



- Full service HVAC company
- Authorized Trane® dealer
- Quality heating, cooling, HVAC equipment installations and repairs

972-875-5747 • 805 W. Hwy 34



Since 1955 Hamil, Harrison & Co. LLC. has been serving customers in Ennis, Texas and the surrounding areas.

TACLA35040C



Main Street Dental Arts, PC

Craig V. Smith, DDS
516 W. Main St.
Waxahachie, TX 75165
Located across from Sims Library.
(972) 937-1841
www.craigsmithdds.com
Facebook: Main Street Dental Arts

Hours:

Wednesday-Saturday: 9:00 a.m.-5:00 p.m.
Weekend and evening appointments
are available.
Accepting new patients.
Most insurance accepted.



Dr. Craig Smith and his wife, Deborah, have made Main Street Dental Arts a place where patients enjoy coming for all their dental needs.

YOUR HEALTHY SMILE

Keeping teeth for a lifetime is life-changing for so many.

— By Sandra Strong

The offices at Main Street Dental Arts lend to comfort and beauty for the eyes, as well as the smile. The artwork displayed is quite unique — the caliber you could see in a gallery anywhere in the world. “We offer the feeling of old-fashioned dentistry,” Dr. Craig Smith said, as his wife and business partner, Deborah, nodded in agreement. “Our focus at Main Street Dental Arts is personal, general and cosmetic dentistry.” The overall goal is to create beautiful smiles, one mouth at a time.

Craig was born in Tehran. Nine years later, just five months prior to the Revolution, the family returned to Texas. Craig’s decision to practice dentistry was inspired by his father, an oil drilling manager, and the family dentist, Jack A. Wilson (aka JAW). It didn’t hurt that his great-grandfather was a pharmacist

and his grandfather was a physician. “Dad was good with his hands, and Dr. Wilson always looked like he was having fun,” Craig explained. “I was impressed with both of them, and I knew I wanted to do something with my life that I enjoyed and where I found fulfillment.”

Craig and Deborah met while they were both attending college at Austin College in Sherman, Texas. They courted for a time and married on Valentine’s Day 1995. “We eloped at the courthouse in San Antonio,” Deborah shared. “He had patients he had to get back to. It was a great start to a great life!”

After working in other dental practices for several years, the couple decided to take a leap of faith into private practice. After looking at 30 different locations throughout Texas, Craig and

Business **NOW**

Deborah planted roots in Ellis County in the spring of 1996. "The selling point was the nature and community feeling we found here in Waxahachie," Craig said.

"You spend half your life at work," Deborah added. "So why not make work a place you really enjoy coming to each day?"

Main Street Dental Arts has been at its present location since day one, and Craig and Deborah have happily worked side-by-side from day one, too. In making their offices conducive to customer service that's second to none, Craig and Deborah seemed to have thought of everything a patient could need in order to relax. Each of the four patient rooms offers a flat screen TV, while three of the rooms look directly out to the Zen garden the couple created not only for patients but for themselves as well. "When you look out on the garden, it soothes you," Deborah said. "It's a nice environment that's proved to be calming for many of our patients."

**THE OVERALL GOAL IS
TO CREATE BEAUTIFUL
SMILES, ONE MOUTH
AT A TIME.**

General dentistry, from teeth cleaning to fillings, is mastered on a daily basis at Main Street Dental Arts. Bioclear, a minimally invasive and cost effective treatment that reveals a healthy and youthful smile, is becoming a more often asked for procedure. Craig is only one of two dentists in Texas who are trained and certified to offer the teeth whitening, smile-brightening Bioclear procedure.

The personal relationships Craig and Deborah continue to establish mean a great deal to them. "We treat one patient at a time, getting to know them on a personal level," the couple said simultaneously. "We treat each patient exactly the way we like to be treated." **NOW**

Happy New Year

2013
2014
2015
2016

Jeff L. Sorrels
Internet Sales Manager
Mobile: 214.532.2350

Chuck FAIRBANKS
CHEVROLET
DeSOTO, TEXAS
OFFICE: 972.223.7611
I-35 South at Pleasant Run Exit (629 N. I-35 • DeSoto)
JSORRELS@CHUCKFAIRBANKSCHEVY.COM

**Bristol Hospice
PATHWAYS LLC**
EMBRACING A REVERENCE FOR LIFE®

WE PROVIDE:

- Pain and Symptom Management
- Counseling and Support Services
- Spiritual Counseling • Therapy Service
- Skilled Nursing Care • Home Health Aide Services
- Volunteer Services
- Supplies, Medication and Durable Medical Equipment related to the Life-Limiting Illness
- Continuous Care • Outpatient Services
- General Inpatient Services • Respite Care Services

972-923-2436
115 Park Place Blvd., Suite 100
Waxahachie, Texas 75165
www.bristolhospice.com



Judy Walker enjoys the Christmas lights at SAGU with her granddaughters, Sienna and Skylar Walker.



Santa Claus makes his appearance at the annual Christmas Parade.



Tommy Jones offers fresh produce at the Waxahachie Farmers Market.



Whitney Krupala with Right at Home helps seniors find in-home care and assistance.



Mayor Kevin Strength reads the proclamation stating October 30 as Beverly Worthington Day during the Beverly's Bees event in Chapman Park.



Gena Glover helps Mary Saltis design a unique scrapbook page at the Crafty Scrapper.



One of many chefs at Osuba Japanese Restaurant cooks for the lunch crowd.



Several NOW Magazine advertising representatives enjoy their annual Christmas party with smiles and merriment.



Jennifer Dacy's donation, *May the Force Be With You*, was a crowd favorite at the Habitat for Humanity Festival of Trees.

Dining DEALS



Toshio's
Taste of Japan

The area's only Authentic Japanese Restaurant.

Call today to reserve our Banquet room for your special event!

Full Bar • Fine Wine
Rare Bourbon • Rare Scotch
11 Beers On Tap

100 N College St
in the Historic
Rogers Hotel
Waxahachie
972.923.4425

\$6 OFF
Purchase of \$30 or more
Not valid with other offers. Code:WAX Expires 1.31.16

Happy Hour 5-7 Monday - Thursday
Open Sundays



Authentic German Food

Klopfers Haus
BAR & GERMAN CUISINE



Happy New Year!

Merry Toppins  *Fill it Top it Weigh it Enjoy it*

practically perfect in every way!

Gift Cards Available.

Buy one, Get one 25% OFF
Expires 1/31/2016

972-923-1500 • MerryToppins.net • 791 N Hwy 77 • Ste 501E, Waxahachie • Next to Fuzzy's Tacos



Niños
MEXICAN RESTAURANT
A Waxahachie Tradition, Est. 1982
972.923.3442

Tuesday All-U-Can Eat Dinner Plates **\$8.99**

Friday Fajitas
(Beef or Chicken) with Rice and Beans
\$7.50 (4oz.) | **\$9.50** (8oz.)

\$5 OFF With \$20 Purchase
Offer good thru 1.31.16
May not be combined with any other offers.

401 N. Hwy. 77, Suite 2, University Plaza, Waxahachie

Need More Business?

Advertise your restaurant here.

For information, call:
972.937.8447

NOW MAGAZINES
Bringing the best of the community home.



Back Porch Coffee House & Madeline's Bakery

Now Serving Lunch!

Come on in!
Our enclosed porch is warm & toasty.

Mon-Fri: 8 a.m.-7 p.m. & Sat: 8 a.m.-8 p.m.
500 Cantrell St., Waxahachie
(972) 351-8930

CALL US FOR ALL YOUR CATERING NEEDS



HAPPY NEW YEAR!

Pick up your Tamales for your New Year and Football Watching Gatherings!

Dallas Tortilla & Tamale Factory
Since 1950
Red Oak, TX • 972.576.1171

Tips for Retirement Investing



Saving for retirement is a huge financial responsibility, and it does not end when you collect the last paycheck from your employer. You will need to make sure your retirement investing plan meets your changing needs in the future.

The money you've saved will need to last awhile. According to a September 24, 2012, report (PDF), the National Center for Health Statistics reports that a 65-year-old man is expected to live another 17.3 years, to just over age 82. A 65-year-old woman is expected to live another 20.0 years, to age 85.

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

Investment Funds

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

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

Educate Yourself

Because investing is a lifelong pursuit, you'll want to learn as much as you can so that you can adapt your investments to your changing life needs. Whether you are currently retired or just hope to be some day, your investments will need your care and attention. **NOW**

Securities issued by State Farm VP Management Corp. For more information, call 1-800-447-4930. Securities are not FDIC insured, are not bank guaranteed and are subject to investment risk, including possible loss of principal. Neither State Farm nor its agents provide investment, tax or legal advice.

Adam Rope is a State Farm agent based in Waxahachie.

VOTED BEST INSURANCE AGENT IN ELLIS COUNTY – 2014 & 2015

**Ride with
the #1 car
insurer in
Texas.**



Adam Rope, Agent
#gotrope

1314 West Highway 287 Bypass
Waxahachie, TX 75165
Bus: 972-938-3232
Adam@AdamRope.com
Se habla español

With competitive rates and personal service, it's no wonder more drivers trust State Farm®.

**Like a good neighbor,
State Farm is there.®**
CALL FOR A QUOTE 24/7.



1001142.1

State Farm Mutual Automobile Insurance Company
State Farm Indemnity Company
Bloomington, IL



Enjoy Pregnancy Without Foot Pain

“Oh, my aching feet!” is a phrase you hear often from pregnant women. But, are sore feet a symptom they must just deal with during pregnancy? The answer is, “No.” There are many remedies available to help alleviate foot pain.

Women often experience foot pain during pregnancy because of increased weight, foot instability and swelling. In the last four years, I’ve seen an increase in pregnant women with foot pain because more women than ever before are active, even running marathons, during their pregnancies. I recommend the following guidelines to help reduce foot pain during pregnancy:

- **Painful, Swollen Feet.** Pregnant women often experience throbbing, swollen feet due to excess fluid build up (edema) in the feet from the weight and position of the baby. To reduce swelling, put feet up whenever possible, stretch legs frequently, wear wide comfortable shoes and don’t cross your legs when sitting.

- **Arch Pain.** Pain in the arch can be due to both arch fatigue or over pronation (or the flattening of the arch). Over pronation causes extreme stress to the ligament (the plantar fascia) that holds up the arch of the foot. The best way to prevent arch pain is to stretch daily in the morning and before and after any exercise, don’t go barefoot and wear supportive low-heeled shoes.

- **Ingrown Toenails.** Excessive stress from tightly fitting shoes causes painful ingrown toenails. Give your feet a break. Wear wider shoes during the last trimester of pregnancy to avoid ingrown toenails. If you do experience an ingrown toenail, avoid attempting “bathroom surgery.” Repeated cutting of the nail can cause the condition to worsen over time. It is best to seek treatment with a foot and ankle surgeon.

It is also not uncommon for women to experience a change in their foot size during pregnancy. A permanent growth in a women’s foot, up to half a size, can occur from the release of the same hormone, relaxin, that allows the pelvis to open to deliver the baby. It makes the ligaments in your feet more flexible, causing feet to spread wider and longer.

Pregnancy and pending motherhood should be a joy. If foot pain persists, your foot and ankle surgeon can provide relief with conservative treatments, such as: physical therapy, foot orthotics, supportive shoes and minor toenail procedures. **NOW**

Christopher Schmitt, DPM
 Member of the American College of Foot and Ankle Surgeons
 Southern Star Foot & Ankle
 (972) 755-4620



RING IN THE NEW YEAR WITH A BEAUTIFUL SMILE!

\$200 OFF!
Braces or Invisalign

Must start by January 31

Promo Code: GO MO



Laura Morgan, D.D.S.

Your Smile Specialist

Orthodontics Children & Adults

FREE CONSULTATION

Call us today
972-268-6065

104 Professional Place
 WAXAHACHIE
 www.morganortho.com



Protecting Our Four-legged Friends

— By Rachel Smith

The unending search to find homes for unwanted or abandoned animals breaks the hearts of pet lovers. Most people have a tender spot toward animals, but as much as they love pets, many cannot afford them, or aren't capable of owning them. Humane societies euthanize animals on a regular basis due to the overwhelming number of animals that run away from home or are left by their owners each year. Pet overpopulation occurs on a large scale, and the costs for pet care can skyrocket when unplanned litters arrive. A female dog, with her offspring, potentially produces hundreds more puppies within seven years. A female cat, with her offspring, potentially produces thousands more kittens within seven years.¹ However, there is a solution to the chaos.

Many people overlook the benefits of spaying or neutering their pets, which can reduce overcrowding in homes with animals. Some pet owners view spaying and neutering negatively, yet this procedure can enhance your pet's behavior and lifespan.

According to Spay USA, there are numerous advantages to having this procedure done:

"Benefits of Spaying (females):"

- No heat cycles, therefore males will not be attracted.
- Less desire to roam.
- Risk of mammary gland tumors, ovarian and/or uterine cancer is reduced or eliminated, especially if done before the first heat cycle.
- Reduces number of unwanted cats/kittens/dogs/puppies.
- Helps dogs and cats live longer, healthier lives.

"Benefits of Neutering (males):"

- Reduces or eliminates risk of spraying and marking.
- Less desire to roam, therefore less likely to be injured in fights or auto accidents.
- Risk of testicular cancer is eliminated, and decreases incidence of prostate disease.
- Reduces number of unwanted cats/kittens/dogs/puppies.

- Decreases aggressive behavior, including dog bites.
- Helps dogs and cats live longer, healthier lives.”²

One reason people refrain from spaying or neutering their animals is out of fear that they will lose them during surgery. However, this procedure is very routine and humane. Spaying and neutering keep the pets out of danger from severe issues that are liable to pop up in their later years. Veterinarians say spaying or neutering pets up to their eighth week prevents various reproductive cancers, such as prostate or breast cancer. Males, if neutered, are less aggressive toward other animals and people. If spayed or neutered, a cat will have less of a need to spray. The cost for an animal to have this procedure is significantly less than the cost to fix the damages caused by misbehavior and supporting a litter of kittens or puppies, plus the extra expenses required to find homes for them. Yes, spaying and neutering may be an unworthy expense in the eyes of some, but it can provide positive changes to a pet's life.

If you are considering adopting a pet, it is important to remember that each animal has unique needs depending on its environment. Costs for a pet can be extensive if a future owner is not careful. It is important to fully understand the breed of dog or cat you plan to adopt, and what its strengths and weaknesses may be. Take the necessary effort to research what is needed to support them. Some animals attract fleas, require more attention or may not be suitable for the living space an adopter has. Making sure to meet their exercise and food intake needs is also imperative. Visit your local veterinarian for more information on how to go about properly caring for your pet or planning for your next one. **NOW**

Sources:

1. <http://www.snapus.org/spay-neuter-facts/overpopulation-facts.html>.
2. <http://www.spayusa.org/benefits.php>.



Through January 6

WISD winter break continues.

January 5, 19

Ellis County HEALS support group meeting: 6:30 p.m., 408 Water St. The group hopes to connect with survivors of suicide loss in Ellis County, while giving them a safe place to share their struggle and pain. For more information, email elliscountyheals@gmail.com or follow them on Facebook.

January 12

National Active and Retired Federal Employees Association Chapter 1191 monthly meeting: 11:00 a.m.-1:00 p.m., Cancun's Ameri-Mex Restaurant, 1585 N. Hwy 77. The event also includes a guest speaker. For membership information, call (214) 850-4783.

January 14

Joining Band informational meeting: 7:00-8:00 p.m., Fine Arts Museum, WHS. This meeting is for all current fifth grade students and their parents who are interested in joining the band.

January 18

WISD holiday.

January 22

Region 20 Band Concert: 6:30-9:00 p.m., Duncanville High School.

January 23

Annual 5K Run for Their Lives Round-up for Children: 8:00 a.m., registration; 9:00 a.m., race begins, Getzenderan Park, 400 S. Grand Ave. \$30 per person; groups of four or more are \$25 per person. Proceeds help support the Texas Baptist Home for Children adoptions. For more information and to register, visit www.tbhc.org or email cbarber@tbhc.org for sponsorship opportunities.

January 28 — 31

Spamalot the Musical: 7:00 p.m., **Jan. 28, 29, 30**; 2:00 p.m., **Jan. 31**, Fine Arts Museum, WHS. \$7 for students, staff and senior citizens. \$10 for general admission.

January 29

TX Life Investors' Celebration benefiting FirstLook: 7:00 p.m., Waxahachie Civic Center. For more information on becoming an underwriter, email donna@txlifeinvestors.org. To register for the event, visit

www.txlifeinvestors.org or call FirstLook at (972) 938-7900.

February 4

WHS Band Midwinter Concert: 7:00-8:30 p.m., Fine Arts Center, WHS.

February 5

DEAR (Drop Everything and Read) Day: 8:45 and 10:15. Contact Melissa Cobb at mcobb@wisd.org or (972) 923-4631 to reserve your place to read!

February 6

Jazz Café Dinner & Dance: 6:30-10:30 p.m., Waxahachie Civic Center. For more information or to purchase tickets, visit www.spiritofwaxahachie.com.

February 15

WISD holiday.

February 27

Baylor University Jazz Band: 7:00 p.m., SAGU Hagee Center. Back by popular demand, the group will team up with the WHS Jazz Band for a few encore pieces.

Ongoing:

Mondays

English as a Second Language class: 6:30-8:00 p.m., Sims Library. Learn English or come to brush up on your English-speaking skills. Free to the public.

Celebrate Recovery: 7:00-9:00 p.m., The Avenue Church, 1761 Hwy 77. For more information, call (972) 937-5301.

Celebrate Recovery: 7:00 p.m., Cowboy Church of Ellis County, 2374 Hwy. 287 Bypass W. For more information, call (972) 935-9801.

First Mondays

Friends of Sims Library meeting: 10:00-11:00 a.m., library meeting room, 515 W. Main St. Newcomers are always welcome.

First and Fourth Mondays

Avenue Moms: 10:00 a.m.-noon, The Avenue Church, 1761 N. Hwy. 77. Register online at www.events.theavenuechurch.com or call the church office at (972) 937-5301 for more information.

Third Mondays

Ellis County Aggie Moms meeting: 7:00 p.m., Waxahachie First United Methodist Church,

505 W. Marvin. For more information, visit www.elliscountyaggiemoms.org.

Fourth Mondays

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

Mondays and Thursdays

Fitness Revolution: 6:30 p.m., Salvation Army, 620 Farley St. Work out to fun aerobics choreographed to upbeat Christian and wholesome music. \$15 per month. Call (214) 477-1164 for more information.

Tuesdays

Story Time at Sims Library: 10:00-10:40 a.m., children 3 and older. Program features themed book readings, songs, puppets and crafts that teach children early literacy skills in preparation for kindergarten. E-mail children@simslib.org for more information.

GriefShare meetings: 6:30 p.m., Cowboy Church of Ellis County in the sanctuary Youth Inc. room. For more information, call (972) 935-9801 or visit www.cowboychurchofelliscounty.org.

Second Tuesdays

Ellis County Veterans Networking Group: 6:30 p.m., Ryan's Steakhouse, Waxahachie. Come join the group for dinner and listen to what the guest speaker for the evening has to share. For more information, call Mike Lamb at (214) 763-0378.

Thursdays

Genealogy Research Assistance: 2:00-4:00 p.m. The Genealogy and Reference Department will be offering the tools needed to search for your ancestors. Attendees will be able to exchange information, share creative solutions, generate resources and solve these mysteries.

Junior Master Gardeners Club: 3:45-4:45 p.m., Sims Library. Club is for children ages 5-12. If you have an interest in gardening, come for gardening related activities and help maintain the Sims Library garden.

Fridays

Business Networking International meeting: 8:00-9:30 a.m., LaQuinta, 311 Stadium Dr. For more information, call (469) 222-9160.

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



In the Kitchen With Valerie Hoerber

— By *Sandra Strong*

Valerie Hoerber's parents realized her cooking ability when, at age 7, Valerie cooked rice for the first time. "My father would have me smell herbs to learn their differences and uses," she shared. "He also exposed me to many cheeses, wines and beers." Helping her father in the kitchen, whether it was pancakes or a full-course dinner, was something she loved to do.

Those early lessons are the foundation Valerie took into adulthood as she enjoys preparing Italian and Middle Eastern cuisine today. "Middle Eastern has lots of vegetables and lean meats," Valerie explained. "Italian is my comfort food." The most memorable disaster she's had in the kitchen is when she allowed eggs to boil dry. "They explode, and you have egg shrapnel all over the kitchen. What a mess!" **NOW**

Bruschetta

- 10 slices ciabatta bread
- 1/2 cup olive oil
- 2 tomatoes
- 1 clove garlic
- 1/4 cup fresh basil, chopped
- 1 tsp. balsamic reduction
- 4 Tbsp. Pecorino Romano

1. Slice bread and brush with oil. Toast on grill over charcoal or broil in the oven. When toasted, remove and set aside.
2. Chop tomatoes. Add garlic, basil and reduction; stir until mixed completely.
3. Place mixture on top of bread slices. Sprinkle with Romano. Bake at 350 F for about 5-7 minutes before serving.

Pasta Ali Olia

- 1 13-oz. box angel hair whole wheat pasta
- 3/4 cup olive oil
- 8 cloves fresh garlic, finely chopped
- 1 cup Pecorino Romano
- 3/4 cup fresh curly parsley, chopped
- Salt, to taste
- Black pepper, freshly crushed, to taste
- 2 pinches red pepper flakes

1. Boil pasta and then strain. Add all other ingredients, mixing well. Best if made several hours in advance, or even a day in advance. The extra time allows the dish to be nice and garlicky.

Herb Cheese Stuffed Chicken Marsala

- 2 Tbsp. butter
- 2 cloves garlic
- 8 oz. Portabella mushrooms, sliced
- 1 8-oz. jar mushroom gravy
- 1 cup CRIBARI Marsala wine
- 3 cups Italian breadcrumbs
- 4 eggs
- 1 cup milk
- 3 chicken breasts
- 9 Tbsp. palm oil
- 4 oz. Boursin herb cheese
- 20 leaves fresh basil

1. Sauté butter, garlic and mushrooms in a large pot. Once cooked, add gravy and wine. Let simmer for 30 minutes, at least, on low heat.
2. Set breadcrumbs out in a big bowl. Whisk eggs and milk in another bowl. Take chicken, cover with Saran wrap and a towel. Hit with a meat mallet until fairly flat.
3. Cut chicken into thirds. Dip each piece in the egg/milk mixture. Dredge in the breadcrumbs; place them on a cookie sheet.
4. Once all chicken is breaded, put 4 Tbsp. of palm oil in a pan. Heat up and then add the breaded chicken. Sear both sides and place back on the cookie sheet. Add more oil if needed until all chicken has been cooked.
5. Place cookie sheet in a 350 F oven; bake for 30 minutes. Once done, take the cheese from the refrigerator and allow it to soften. Lay a piece of chicken down on the serving plate; top with cheese. Add another piece of chicken and then smother in mushroom sauce. Top with basil and serve.

Chocolate Irish Cream Fluff Pie

- 4 Hershey's candy bars, plain milk chocolate
- 1 8-oz. container Cool Whip
- 1/8 cup Bailey's Irish Cream
- Chocolate pie crust
- Hershey's Chocolate Syrup

1. Melt candy bars in a double boiler. Once melted, fold into the container of Cool Whip. Add Irish cream.
2. Pour mixture into the pie crust. Put pie in the freezer. When ready to serve, drizzle chocolate syrup on top.

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

NOBODY in the World Sells More Real Estate Than RE/MAX.



RE/MAX REALTY GROUP (972) 935-0095

103 Executive Court, Suite 2 • Waxahachie, TX 75165

OUR TEAM



Donna Byers
Cell: 254.715.2406



Mary Davidson
Cell: 972.935.3991



Melissa Jones
Cell: 972.351.6270



Hablamos Español
The Ramirez Team
Frank: 972.670.6635
Maggie: 972.896.9362



The Majors Team
John: 972.921.8215
Leslie: 972.921.6880



The Stevens Team
Tiffany: 214.463.9551
Brian: 214.463.9555



Donna David & Jamey Cosper
Donna: 972.523.4664
Jamey: 972.268.5493



The Blaine Group
Bob: 972.935.3239
Mary Jo: 972.935.3240



Heather Michaels
Cell: 254.715.2409



Steve Miller
Cell: 214.718.2854



Kim Jansonius
Ofc: 972.515.8111



Ginny Jilbert
Cell: 214.802.2023



Shannon Beddingfield
Cell: 214.808.2720



Each office is independently
owned & operated.



130 Springfield, Waxahachie

Awesome home on over 1.5 acres. Fully fenced lot in the county. 4/3/study equipped for wheelchair access and has tons of great features. All doors and hallways are wider than standard. Very large rooms and wonderful neighborhood. 4th bedroom with handicap amenities has its own entrance, perfect for Mother-in-law suite! Stainless refrigerator, washer and dryer to remain with home. **\$224,900**



121 Denali Way, Waxahachie

Beautiful new construction in Summit Estates. Fabulous floor plan with split bedrooms, 3-car garage, outdoor fireplace and covered patio. Master suite has access to huge utility room. Oversized fourth bedroom can be used as a game room. Gorgeous finish-out with granite, stainless steel and attention to detail. **\$357,125**



1200 Williamsburg, Ennis

Beautiful charming home that offers lots of space for any size of family. From hardwood floors, cute kitchen, covered patio looking into the big backyard with pool, this is the perfect house that you are looking for. 4 bdms, 2.5 bth, 2 living rms, 2 din.ms and 2-car, oversized garage with work bench. Better call now for a showing before this dream house is gone! **\$172,900**



5055 Carlton Pkwy., Waxahachie

Beautiful, 2,887-sq.-ft. home sits on full acre with awesome landscaped pool/hot tub area and pavilion for parties. This 4/2 welcomes you with an arched rotunda entry, formal living/dining, new wood floors and stone fireplace in main living, vaulted ceilings, granite, stainless and a bonus room upstairs.

www.elliscountyrealtygroup.com

TWO Additional Locations to Serve YOU.

RE/MAX Bluebonnet Country
206 S. Clay St. Ennis, TX 75119
(972) 878-2200 • www.remabx3027.remamtexas.com

RE/MAX Arbors
3711 Ovilla Rd., Ovilla, TX 75154
(972) 515-8111 • www.remamaxarbors.com

VOTED BEST MORTGAGE COMPANY IN ELLIS COUNTY 2013, 2014 & 2015



Your GATEWAY to HOMETOWN Service and Expertise:
The Waxahachie office has over **100 COMBINED YEARS** of experience in the mortgage industry. So, whether you are purchasing a new home, considering refinancing or even seeking access to your home's equity, we have the right solution to meet nearly any mortgage need.

WE PROMISE:

- Community-first Approach
- Local Underwriting
- Reliable Closings & Services for a Lifetime

**CONSTRUCTION LOANS
NOW AVAILABLE**



Jeff Schmidt
Regional Manager
817.681.7897



Tom Ker
Senior Loan Officer
972.365.7022



Nick Hester
Senior Loan Officer
469.855.9262



Terry Wooten
Senior Loan Officer
214.949.9285



Lance Wallace
Loan Officer
903.571.9869

www.TheSchmidtGrp.com | 972.937.2200 | 1332 W. Hwy. 287 Bypass, Suite 1, Waxahachie



HAPPY NEW YEAR 2016 FROM

WAXAHACHIE AUTOPLEX



DODGE



Jeep

RAM

*Waxahachie Autoplex welcomes
you to stop by and experience the
NEW NISSANS!*



Innovation that excites

**BUY A NEW OR PREOWNED VEHICLE AND RECEIVE
A COMPLIMENTARY 2-YEAR MAINTENANCE PLAN.**

\$17.99

oil change with tire rotation 27 point inspection.
Either bring this ad or snap a picture and show us!
Call for appointment.

SERVING ELLIS COUNTY AND SURROUNDING AREAS
WWW.WAXAUTOPLEX.COM

888-405-5606
SALES: Mon-Sat 9-8 SERVICE: Mon-Fri 7-6 • Sat 8-4 • Sun 8-2