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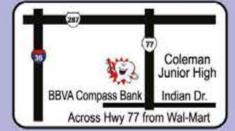
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ON THE COVER



Ken and Matt Authier and Tommie Worthy take service to another level.

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Adam Walker

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EDITOR'S NOTE

December ...

As someone with ADHD, I'm used to all the weird drug side effects. "May cause drowsiness." Look out! I'm gonna be wired for sound! "May cause jitters." Try to wake me for dinner. "May cause constipation." Whoa, Nelly!

What I'm discovering this year is all the "fun" ways ADHD interacts with grief. I already know about the joys of mixing ADHD with Seasonal Affective Disorder. My "winter blues" hit the first week of December this year. Some years it hits earlier, at Thanksgiving. Last year, I skipped this fun. Much more enjoyable. Mixing ADHD, depression and grief is ... exhausting, weird and confusing.

Christmas is normally one of the things that helps me through the winter. The bright lights, the pretty ornaments, the music, the giving and receiving. And the food. Little bits of joy to counteract the general feeling of blah. This year, that's kinda mixed into the grief part. This is the first Christmas without Mom. She loved Christmas. Decorating the tree caused reminiscence about ornaments I gave her, ones we bought together and ones with memories attached. There were a few tears while decorating.

My ADHD makes me good at masking. People often think I'm doing fine, all happy and cheerful, when I'm struggling just to put one foot in front of the other. Yes, I'm hyper. But I'm also depressed. If that sounds confusing from the outside. Try living it from the inside. If you're struggling this time of year, for whatever reason, reach out for help. Talk to people, and if they won't listen, talk to someone else.

The new year is coming, and then the days start getting longer. That sunshine helps.

Hold on. It passes.

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Lions Club is celebrating 100 years of service in Waxahachie in February of this year. The roots of this club go very deep. But they're still going strong and finding new ways to serve the community.

Tommie Worthy has a long history of serving with the Waxahachie Lions Club. "I joined in August of 1989. I was the second woman to join the Waxahachie club after it opened to women in 1987. But I had been involved long before that. The Avalon Lions Club was organized in 1954 and my husband joined. They organized the volunteer fire department and the Little League baseball team. I was what they called a 'partner in service,' which was the wives who helped with the service projects. So Lions Club was not new to me. I worked at Waxahachie Bank and Trust, what's now Comerica, so I knew a lot of people in the Waxahachie club.

"Not long after I joined, I became the secretary and treasurer. Working for a bank, I knew how to organize the club's finances. I've done those jobs many times over the years." Tommie is also a past president of the club. She served in that role in 2000.

Ken and Matt Authier are father and son Lions. "I've been a member of the Lions Club for 23 years," Ken recalled. "I transferred my membership here from Corsicana when I moved here. A lot of members of this club joined Lions before they moved to Waxahachie and transferred their membership. The Lions Club International is the largest service organization in the world. I joined because of a good friend and mentor, a man I knew at church. He was always telling me about what the Lions were doing and inviting me to the lunches. He'd been a member for 40 or 50 years. I realized that I have the 'service gene,' and I passed that on to Matt."







"I would join Dad for service projects, back when I was in high school," Matt remembered. "Now I bring my sons along. It's good to get involved in hands-on service projects. I also enjoy getting to have lunch with Dad at the meetings every week. I feel like civic service is almost mandatory for business owners. You can't just take from the community. You have to give back."

The Waxahachie Lions Club takes their motto We serve very seriously. "We're connected to just about every nonprofit and school in the area," Ken informed.

"We give to about 25 different local charities and other organizations on an annual basis," Matt added.

"We're able to help so many people," Tommie agreed. "Our main fundraiser is the Hachie 50 race. The club organizes and runs that event in March each year. The entry fees help fund all the work we do year-round like the eye clinic in November."

"We partnered with an eye doctor, who is a member, to give free eye exams to 75 students from WISD," Ken added. "Then we supplied them with free frames and lenses. Helen Keller challenged the Lions Club to make that part of our mission."

Another big project the Waxahachie club is committed to is helping Sleep in Heavenly Peace. "They're a Fort Worth group," Ken explained. "Their mission is to see that no child sleeps on the floor. We host a regional bed build at Lions Park. Matt brings his three kids. It's fun to see my grandkids building beds for other kids. That's coming up on March 22."





This Lions club has bought a van for a family with a special needs son, built houses with Habitat for Humanity, rings bells for Salvation Army and bought them a bus, purchases hearing aids, participated in the capital campaigns for the senior citizens center and the Salvation Army's building, helped with the green gazebo at Getzendaner park and the pocket park on the square as well as Lions Park. They also support the Lions Camp in Kerrville, which is a free adventure camp for kids with disabilities.

"We get together for fellowship at our lunches," Ken said. "We have a great time and act silly. But then we unite for service and to work. Businesses used to really encourage their employees to join service organizations and would give them time to come to the meetings and even pay their dues."

"Some still do," Matt added. "It's a fun, enjoyable place to find community and give back. Our last two presidents were under 40 years old. And two of our last three presidents were women. About 20-30 percent of our members are retired, and 34 percent of our members are women. We usually have about 20 members at our weekly meetings, but far more show up for the service projects."

"We've done something right for the last 100 years," Tommie opined. "We were chartered in February of 1925. I like planning events, so I'm involved in getting ready for our celebration February 1st. We've had good leadership — 98 good presidents and even more officers. I love being in Lions Club because we fill a need. It fills my heart to see people in need be blessed." NOW













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Even in the womb, humans are learning about the environment into which they are about to be thrust. Infant through kindergarten years are rapid periods of growth and learning, as older family members encourage and cheer on those first steps, first days of soccer and school. During childhood — until adulthood is achieved — school becomes routine and repetitious, full of assignments and rules, as teachers attempt to instill a love of learning while teaching students how to learn. Many students look forward to their graduation day when they can stop learning facts and new skills and "get started with life in a career and earn money."

However, what that recent high school graduate finds out quickly, whether choosing to attend college or go into the military or a career path, is that learning is just the beginning of building and sustaining a healthy career and personal life. By learning new things, new neural connections in one's brain are created. And what about that 50-year-old nontraditional college student reinventing himself or herself into a new career? Brain studies show the older student has the advantage over an 18-year-old because the older student's brain's frontal lobes are more developed, helping him or her to focus, and he or she can relate new learning to more extensive life experiences.

Midlife doesn't have to be a crisis. For many, it becomes a period of finding commonalities, rather than competing with others, and accepting changes in family life. One can retire and change careers or find a new hobby or regenerate an interest in a former hobby, which leads to making new friends. The following ideas can help one find passion rather than experiencing a "hardening of the attitudes":

- a. Travel to new places and learn a new language and new customs. Enjoy new sights, sounds and smells.
- b. Volunteer in an area which provides learning opportunities.
- c. Tutor/mentor a student.
- d. Attend a college/university or senior center's lifelong learning class.
- e. Exercise daily to regenerate the entire body yoga, tai chi, dancing, gym workouts, hiking, etc.
- f. Enjoy video games, card games, board games or puzzles.
- g. Learn to play a new musical instrument or join a choir.
- h. Become more interested in the world, socialize and find like-minded people with whom to have regular solve-the-world's-problems conversations.

i. Write a personal memoir or personal essays for family and friends.

j. At work, cross-train in positions to learn new skills.

Neuroscientist Marian Diamond, Ph.D., concluded, "... with proper stimulation and an enriched environment, the human brain can continue to develop at any age." Albert Einstein once predicted that devoting even just 15 minutes daily to learning something new would help a person become an expert in a year, so it's never too late to learn new skills.

The difference in learning during school days and later in life is that lifelong learning is an ongoing, voluntary and self-motivated style of learning, whether the skills or facts learned are for career or personal use, for wonderment of the world or for having to adapt to different physical needs during physical or occupational therapies. One has the choice to stagnate in place or grow and expand their capabilities and circles of acquaintances and friends of all generations. Brain studies have shown that when learning stops or slows, cognitive performance lessens because internal connections break down.

Learn that learning is fun, and through learning new things, one can reduce stress, gain confidence, improve mental health, have fun, socialize, set an example for children and teens, rediscover neglected hobbies or gain new ones, secure a better sense of well-being, beat boredom, fulfill a lifelong dream, overcome fears and gain happiness in sharing.

Socrates, who pursued studies in music and dance late in life, stated, "Wonder is the beginning of wisdom." May we all keep a childlike sense of wonderment, which will spur our brains to learn new skills, enable us to adapt to changing environments, open doors and give us a constantly renewed sense of purpose throughout our years. NOW

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Zoomed In: Suzy Keane

By Adam Walker

Suzy Keane is the chair of Habitat for Humanity's annual Festival of Trees fundraiser. "This is our biggest fundraiser for Ellis County Habitat for Humanity. I've been chairing this event since it started in 2013. I was on the Habitat board back then. When I resigned, I kept doing this. This is our 10th year. In our lowest year, this even brought in about \$24,000. In our best year, it was over \$43,000. There's no way one person could do all of this. There's a whole committee of people who help with this year after year, and they all love Christmas. They say I'm in charge because I'm bossy," she quipped. "I used to teach school — kindergarten through fifth grade — so I guess it's true."



Unite Ellis celebrates their ribbon cutting with four area Chambers of Commerce.

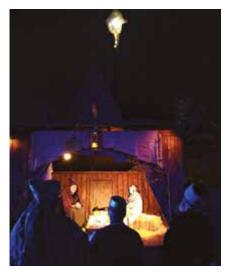
Around Town



Members of Trinity Church treat Nelson University students and guests to cookies and other goodies.



Pastor James Worley, Marcus Clay lames Johnson and Chris Malov hand out free Bibles for Lighthouse Baptist Church.



Waxahachie wise men revisit Bethlehem.



Waxahachie ISD employees break ground for the new Waxahachie Creek High School.



CrossFit Waxahachie is a great place to burn off holiday calories.



Waxahachie parents and children fill Railyard Park for the tree lighting and parade.



Lydia Browne and Tyson Prohaska, Lil' Wranglers at The Dance Center, show off their skills in the Christmas parade.



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BusinessNOW

Complete Health Medical Center

By Adam Walker

Complete Health Medical Center 905 Ferris Ave. Waxahachie, TX 75165 (972) 937-0086 New Patient Line: (469) 732-0880 (call or text) CompleteHealthMedicalCenter@gmail.com CompleteHealthMedicalCenter.com

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Complete Health Medical Center is focused on getting their patients healthy and keeping them that way. "We don't do cookiecutter medicine," COO Michelle Fain explained. "Treatment is tweaked for each and every patient. We are a patient and results driven practice."

Patient Care Manager Rachel Hoover agreed. "We meet twice daily, as a team, to discuss treatment options for our patients, so they get the best results. We want our patients to feel like family. We build relationships with them. It's important to know what's going on with them, to have that personal touch."

Michelle explained, "We practice integrated medicine. It's a little different from other medical practices because here the medical, chiropractic and rehab teams work hand in hand."

Complete Health Medical Center offers regenerative medicine to help with a number of conditions including joint pain. "If you have knee pain due to osteoarthritis or shoulder pain, or if you have pain in your spine due to degenerative disc disease, regenerative medicine can get amazing results. It is great for all joints and treats structure for structure. It's an alternative to surgery and a lifetime on

pain medication. We don't give pain meds. We focus on natural pathways to healing through nutraceuticals. Medical treatments are administered and supervised by Dr. Katrina Steele, DC, FNP-C," Michelle added. "She has practiced as a chiropractor for several years and wanted to offer her patients a natural and healthy alternative to medicine, so she went back to school for her Nurse Practitioners degree.

"We've had patients who haven't been able to move their neck in months or years, who after one week of treatment, now can!" Michelle added.

Another area of treatment they specialize in is bio-identical hormone replacement, BioTE. "The goal of hormone replacement is to revitalize things that you have lost over the years," Michelle explained. "Men and women both need testosterone. Having your hormones in balance helps you age healthier and live happier. If you have increased stress, that makes it even more important. Hormone therapy helps with insulin resistance as well." Hormone replacement therapy can help with increased energy, better mood, increased libido and overall improved health.

Neuropathy brings other patients to the team at Complete Health Medical Center. This condition is often caused by diabetes, but it can have many other causes. They take a non-pharmaceutical approach to treating this condition that includes nutrition, regenerative medicine, infrared and shockwave therapy. "Patients are getting amazing results with this neuropathy program and excitingly enough, much of it is covered by most insurance companies," Michelle informed.

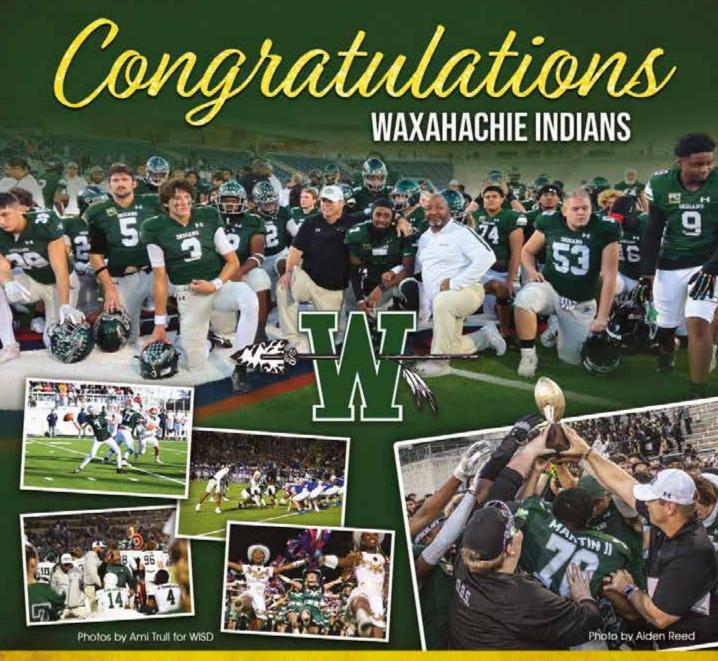
"We treat people who have been in auto accidents or experienced personal injury and work with many different attorneys. When you see what people have had to live with before they came here to see us, it's just heartbreaking," Michelle said. "We're patient and results driven."

The sign out front currently reads: Ellis County Back Institute. "It will be changed as soon as we can find someone to do it. Between labor shortages and supply chain issues, we haven't been able to get anyone to fix it yet!" Michelle explained.

They accept numerous forms of payment. "We accept most major medical insurance, Medicare (but not Medicaid or workman's comp), Care Credit, Smart Health Pay Card, cash, check and credit card," Michelle added. "If you don't take time to focus on wellness, you have to make time for illness!" NOW







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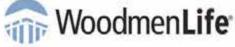
















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CookingNOW IN THE KITCHEN WITH BECKY WALKER

— By Adam Walker



Becky Walker, managing editor of NOW Magazines, has been cooking since she was a child. "The first meal I prepared all on my own was a birthday present for my mom when I was 9 or 10 years old. I grew up in Dallas, which influenced my love for Southern, Mexican and Italian foods.

"I have memories of sorting beans at the sink with Mom. She also taught me how to make Nannie's Salmon Croquettes. Nannie didn't use recipes, so we don't have many of her dishes.

"I like to adapt basic recipes, like the Mango Bread recipe I brought back from a missions trip to Jamaica," she said. "I used that to create both my Cherry Bread and my Blackberry Walnut Bread recipes."

Italian Roast Beef Sandwiches

- 1 5-lb. rump roast
- 1 tsp. salt
- I tsp. black pepper
- I tsp. dried oregano
- I tsp. dried basil
- 1 tsp. onion salt
- 1 tsp. dried parsley
- I tsp. garlic powder
- I bay leaf
- 1 .7-oz. pkg. dry Italian-style salad dressing mix
- 3 cups water

Mild pepperoncini peppers, to taste

- I green bell pepper, sliced
- I red bell pepper, sliced
- I medium white onion, sliced
- Hoagie rolls, toasted
- Provolone cheese, to taste
- **1.** Place the roast in a Crock-Pot.
- **2.** Mix all the spices and the water together; pour over the roast.
- **3.** Add the pepperoncini peppers; cook on high for 4-5 hours.
- **4.** Add the green and red bell peppers and the onions. Cook an additional 3-4 hours until done.
- **5.** Serve the meat, peppers and onions on toasted hoagie rolls topped with Provolone.

Nannie's Lima Beans

1 I-lb. bag large lima beansWater, to cover2-3 thick slices ham, chopped (or 3 or 4 slices of bacon)Salt, to tastePepper, to taste

- **1.** Sort and rinse the beans. Add them to a Crock-Pot. Add enough water to cover the beans by about 2 inches. (Add more water, as needed, while they cook to prevent them from going dry.)
- **2.** Add the ham or bacon, salt and pepper.
- **3.** Cook on the high setting for 4-6 hours, until the beans are soft. When there is about I hour of cooking time left, mash some of the beans against the side of the pot. This will help thicken up the juices.
- **4.** Serve over corn bread.

Nannie's Salmon Croquettes

1 14.75-oz. can Honey Boy Pink Salmon, boneless/skinless
1/4 small onion, chopped
1-2 eggs
Saltine crackers, to taste
Pepper, to taste
Oil for frying

1. Thoroughly drain the salmon. Add the salmon to a bowl; flake with a fork.

- **2.** Add the next 4 ingredients; stir to combine. The secret to keeping them from crumbling is having the right balance of eggs and crackers. Start with one egg. If it is too dry, add another egg. You want enough egg to make the mixture moist enough to form into patties, but not too wet. If it feels too wet, add a few more crackers.
- **3.** Add enough oil to a skillet to cover the bottom by about 1 inch. Fry the patties until golden on one side; flip and fry until golden on both sides.
- **4.** Remove the patties to a paper towellined plate to drain the excess grease. Serve with tartar sauce.

Blackberry Walnut Bread

16 oz. fresh blackberries

2 cups sugar (divided use)

2 cups flour

2 tsp. baking soda

2 tsp. cinnamon

1/2 tsp. salt

I cup vegetable oil

1 tsp. vanilla

3 eggs

1/2 cup walnut pieces, or to taste

- **1.** Rinse the blackberries. Add them to a small bowl with 1/2 cup sugar; mix carefully. Set aside
- **2.** In a large bowl, sift together the flour, remaining sugar, baking soda, cinnamon and salt.
- 3. Add the oil, vanilla and eggs; mix together.
- **4.** Mash the blackberries some with a fork; add them to the batter. Mix to combine.
- 5. Add the walnuts; mix to combine.
- **6.** Pour the batter into 2 well-greased loaf pans. Bake at 350 F for 50 minutes to 1 hour, or until a toothpick comes out clean.

Grandma Walker's Teacakes

3 eggs

1 cup sugar

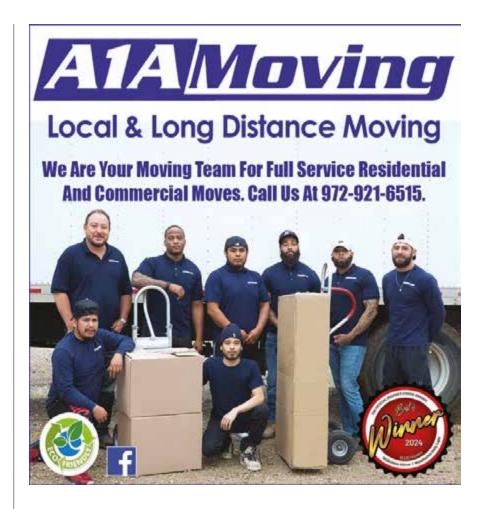
I cup butter, room temperature

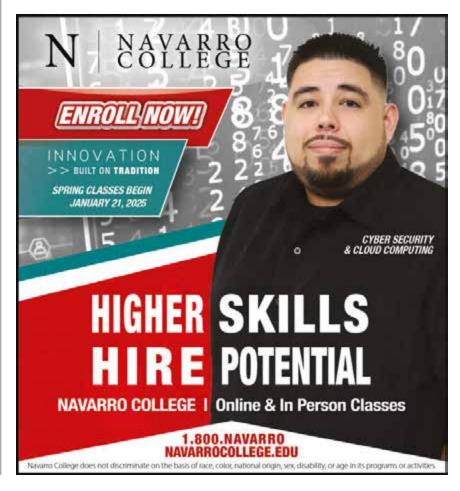
1 tsp. vanilla extract

Flour, enough to roll out (Start with 3 cups; add more as needed.)

- 2 tsp. baking powder
- **1.** Cream the eggs, sugar, butter and vanilla.
- 2. Sift together the flour and baking powder.
- **3.** Combine the wet and dry ingredients.
- 4. Roll thin. Cut out and bake at 400 F.













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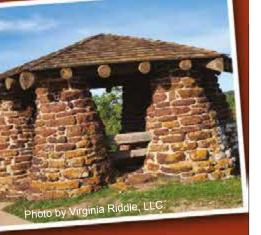
The news in 2011 was devastatingly sad with scenes of the tall pines of Bastrop State Park igniting one after another. Many of the loblolly pines of its Lost Pines Forest were destroyed, along with animal habitats and native wildlife, including the endangered species, the Houston toads. Yet today, the park is open, and new buildings blend with the beautiful buildings designed and built by The Civilian Conservation Corps in the 1930s, and a regrowth of pines and other trees stand about 6 feet tall.

Bordering the city of Bastrop, this state park offers CCC rustic cabins, tent and RV sites, a playground, swimming pool and picnic spots. Wander onto any of the eight trails through the pines, which were once part of a prehistoric

forest, in the footsteps of Zebulon Pike, who recorded his experiences in 1807. The paved loop around the park offers two scenic overlooks.

Long the home to the Tonkawa and Comanche tribes, Spanish explorers in 1691 started developing the El Camino Real de los Tejas from San Antonio to East Texas. The road, crossing the Colorado River at what would first become the city of Mina and then be renamed Bastrop, runs through Bastrop County. A fort, Puesta del Colorado, was built in 1805 to protect the road. The county, park and city of Bastrop are steeped in history and are named after empresario/land commissioner Felipe Enrique Neri Baron de Bastrop, a member of the Congress of Coahuila and Texas, who aided Moses Austin in securing the first contract with the Spanish government in 1821 for Anglo settlement.

Bastrop County pines and other hardwoods were an early industry for the area as Texas was being built, but due to the harvesting of the Lost Pines, two CCC companies were assigned the job of reforestation in Bastrop State Park and adjoining Buescher State Park from 1933-1939. Many of the roads, trails, lakes, bridges, furnishings and buildings such as the Refectory at Bastrop State Park, which was



declared a National Historic Landmark in 1997, were built in a style similar to the buildings at national parks. The Historic Golf Shelter, built by the Works Progress Administration, offers exhibits of golfing days gone by, and the old golf course can be explored on foot by walking the paved cart paths. Fish in the hand-dug Lake Mina.

Bracken ferns, an ancient plant with fossil records dating to 55 million years ago, are just part of the park's ecosystem. Ponds along the trails are host to the endangered Houston toads, which are shy creatures. Hikers might see a toad or two during spring mating season when only the males let out a chorus, which sounds like small, tinkling bells.

With its proximity to the city, this park has good cell service and makes it easy for campers to enjoy the art museum, historic buildings such as the old jail, dining and live music venues. A stroll along the Colorado River on the paved hike/bike trail is a must, especially at Christmas when the trail is fully lit with seasonal decorations.

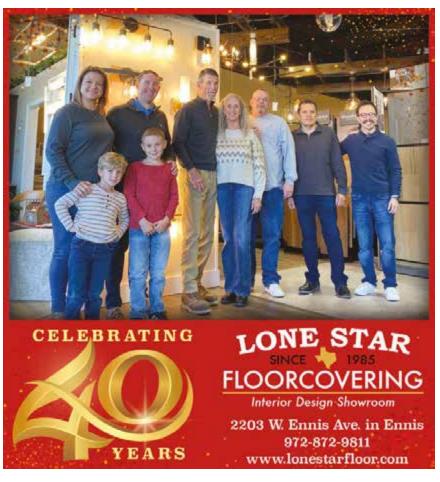
Bastrop State Park makes a great stay as campers explore other cities such as Austin or New Braunfels on day excursions or take a looped drive through the Hill Country during the spring bluebonnet season or to see the fall colors. Stop at some of the many famed barbecue restaurants located in small towns along the way for Texas barbecue with all the trimmings. The natural beauty of these rolling Texas hills and the history of the area make Bastrop State Park and its sister. Buescher State Park, must-sees for all ages. NOW

Sources:

I. texasstateparks.org.

2. co.bastrop.tx.us.

3. www.thc.texas.gov.



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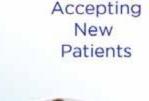


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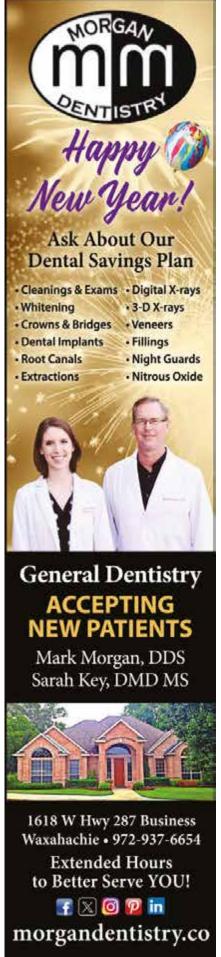












Crossword Puzzle

		1	2	3	4		5	6	7	8
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Crosswordsite.com Ltd

Across

- 1 Took a dip 5 "Trust --- "
- (Janet Jackson song)
- 9 They raise the pitch
- 11 Bok --, Chinese cabbage
- 12 Hill product
- 14 Condo, for example
- 15 'The Cannonball Run* star Reynolds
- 16 Ft. Collins setting
- 17 Track prelims
- 18 Without being stated
- 21 Title for a lady

Down

22 Popeye's verb

25 *... --- Cold ---

them all."

(Kipling)

26 Composer ---

immediately

behind another

Bartók

racecar

30 Oversupply

31 Whoopee!

32 "--- of the

33 10 Down

output

27 Drives

- is master of

of being

- 1 Mad guitarist played as one of twelve on
- 2 Formal legal document
- 3 Brown delivery firm
- 4 Ocean-height standard
- 5 Real
- 6 17th century
- European war 7 Cheers
- 8 Feminine half, D'Urbervilles" in Chinese thinking
 - 9 Urban renewal target
 - 10 Cackleberry makers
 - 13 Assist
 - 17 "She Done ---Wrong" (Mae West movie)

- 19 Gets a little one a little later in life
- 20 Metal containers
- 21 Toulouse thousand
- 23 Mrs. Alfred Hitchcock
- 24 Hot Lips worked at one
- 26 North Atlantic hazard
- 27 USMC noncom
- 28 French alternative to "cafe"
- 29 Bald patch patch?

Online versions and solutions available at www.nowmagazines.com. From our Homepage, click on the Crossword-Sudoku tab. Click on a puzzle. Click on the See All button to view solutions.





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Sudoku Puzzle

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Medium

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1/8

Waxahachie Young Professionals Coffee & Connect:

8:30-9:30 a.m. Contact the Chamber for more information: (972) 935-0539.

1/18

Waxahachie Cinema Showcase:

Doors open: 5:30 p.m.; start time: 6:00 p.m., The Texas

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1/27

Christian Women's lob Corps Classes:

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Literary Ladies:

Discuss books and make friends. Free. 3:00 p.m., Paper Leaves Bookstore, 510 Water St.

First Mondays

Senior Dance:

Everyone 50-plus is welcome for line dancing and square dancing. 5:45-9:00 p.m.,
Optimist Club,
219 N. Patrick St.

Fourth Mondays

Creative Quilters Guild of Ellis County:

Program by Robyn Gotch from Kits to Custom followed by group member show and tell. 6:00-8:30 p.m., Waxahachie Bible Church, 621 N. Grand Ave.

Third Wednesdays

Waxahachie Women's Connection Luncheon:

\$15. Reservations due each **Thursday before** the meeting. 11:30 a.m.-1:00 p.m., Waxahachie Country Club, 1920 W. Hwy. 287 Business. Dee Ann Ellis, (972) 921-6221.

Fridays

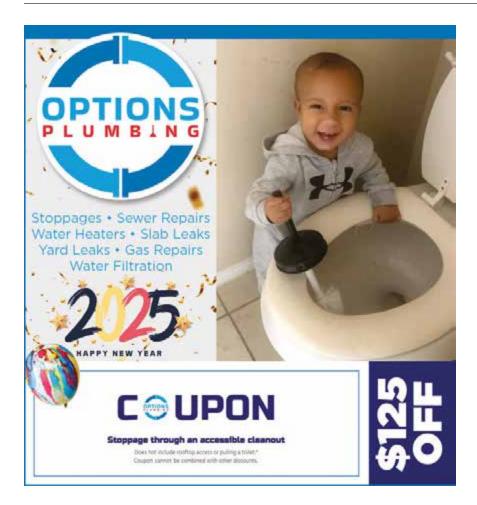
Adventures in Yarnia: Crochet and knitting club. 4:30-6:00 p.m., Sims Library.

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Submissions are welcome and published as space allows. Send

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your current event details to



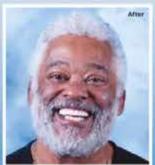




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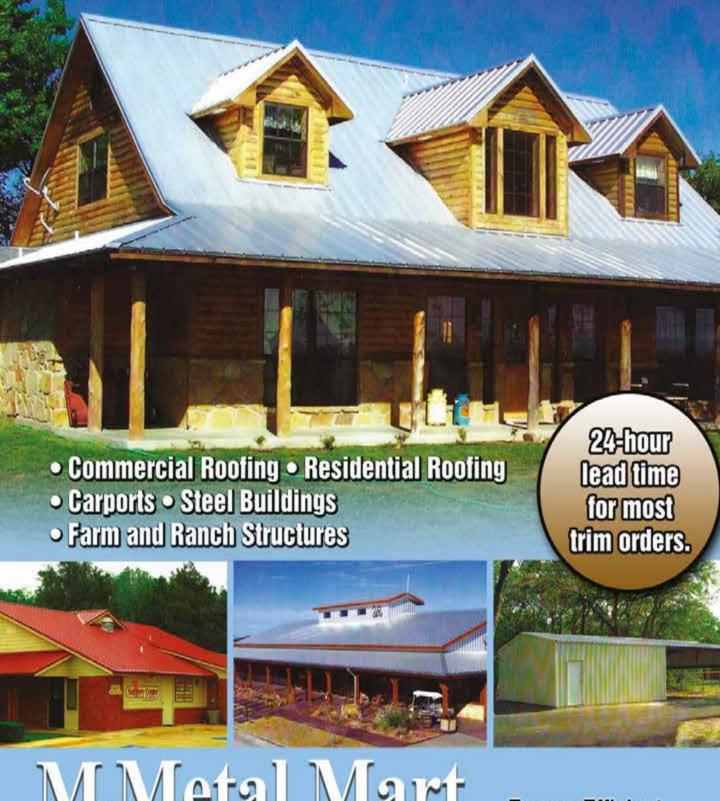


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