WaxahachieNOW

MAGAZINE

MARCH 2020

Fun With FFA

Brooke Trull learns how to make a profit

A Classic Ride

Glen McPherson enjoys driving his 1964 Corvette Daytona Blue

Roadster

In the Kitchen With James Garcia

Also inside:

Scavenger Hunt

Featured Business:
Advanced Women's
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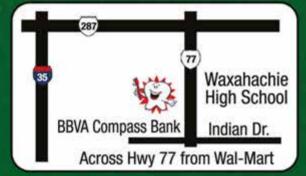
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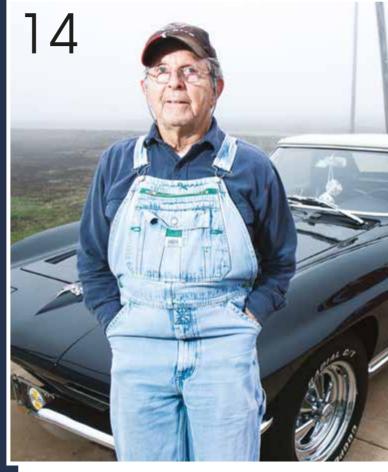
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ON THE COVER

FFA taught Brooke Trull many things in high school.

Photo by Kobbi R. Blair.

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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.

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EDITOR'S NOTE

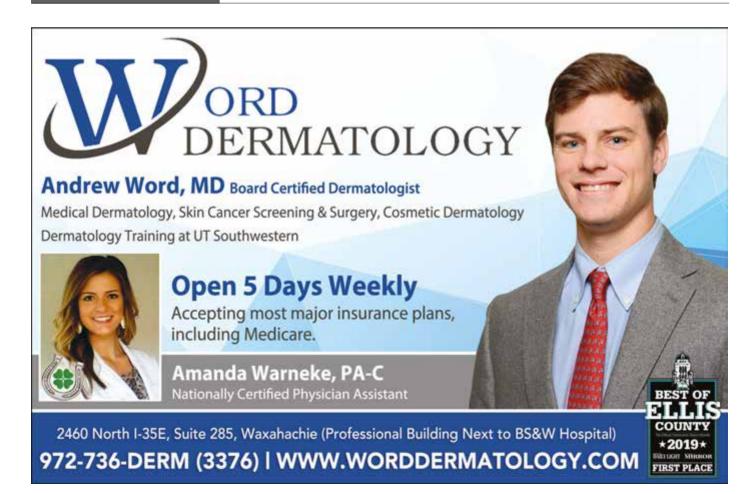
Goodbye, winter, Hello, spring!

March is such a happy and optimistic month. The birds seem to chirp a little louder, and the first buds of spring begin to appear everywhere. The delicate, pink flowers of the redbud trees seem to call my name, telling me that spring has sprung. After the redbuds are finished, I know it won't be long before the Bradford pear trees cover themselves in blankets of stark, white beauty. Whenever I am with a child during this time of year, I love to point out this spring tradition and help them be aware of the natural beauty of the season.

Not only are the plants celebrating, but the animals in the pastures will soon begin having their young. I enjoy watching the new calves and young colts hungrily nurse their mothers as I drive by the fields that are beginning their annual display of wildflowers. This time of year, when I drive up my driveway at night, scores of new bunnies quickly flee as my car headlights find and illuminate them. As the summer progresses, the bunnies become larger and fewer. I suspect the old owl, whom we sometimes get lucky enough to spy at night sitting on a nearby telephone pole, occasionally enjoys having a nice, rabbit dinner. Hey, owls have to eat, too!

This month, I hope everyone will make the time to stop and admire the beauty of nature. Reveling in God's glorious workmanship is a free treat we can all enjoy along with every other living creature.

Enjoy spring, my fellow Waxahachians!



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— By Susan Simmons

When Brooke Trull was in the eighth grade, representatives from FFA went to her school and explained the FFA program to the students. At the time, Brooke's plan was to continue playing soccer as her extracurricular activity during high school, but FFA sounded so interesting that she decided to try a second activity.

"I am so glad that I chose to get into FFA. It has made my high school experience so much more fun, and I have learned so much from it," Brooke said. "It has truly made me an all-around better person."

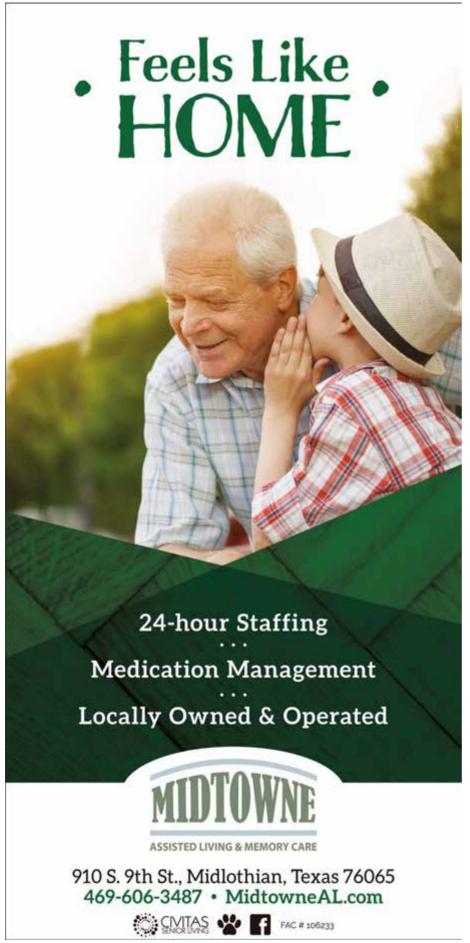
FFA is a national youth organization that prepares its members for leadership, business and technology related to agriculture. "There are all kinds of activities and competitions," Brooke explained. "There is a Farm Skills Team, where you build a project and then sell it for a profit. Our Farm Skills Team learned how to fuse polyethylene pipe. They heat up the pipe and fuse it to be used for waterlines. It is a form of welding. We also have a lot of kids who are building trailers right now, and then they will take them to a show and sell them for a profit."

The students invest their own money, and when they sell their project, they get to keep the profit or invest it in another project. For students who don't have the money to invest initially, if they go to an adviser and discuss the situation with them, they will help them get the money to do a project.

"There are scholarships available, and sometimes our booster club helps," Brooke said. "If any student wants to put in the work to be in FFA, they need to talk with an adviser, and they will help you be a part of FFA." The advisers are the four ag teachers, Brooks Humphrey, James Glenn, Kayla Hughes and Jacob Mullican. "They do shop classes, horticulture classes, livestock production, veterinarian medicine, just everything," Brooke shared enthusiastically.

"So many people think that it's just farmers or people who own animals that do FFA, but so many of our members live in the middle of the city and don't





deal with animals and are still a giant part of our organization. Our greenhouse just blows me away. You can control the temperature, the humidity. It's crazy how much technology is in the greenhouse. There are all kinds of horticultural competitions, such as floriculture, plant ID, landscaping and floral design," Brooke explained.

"Students can also learn to weld in ag and graduate with their welder's certificate. They can go straight out of high school and get a welding job, if that's what they want to do. You can also do livestock production or veterinarian medicine and already have a step up in the industry. Mr. Glen runs the veterinarian medicine class, and he taught us how to stitch and give shots!"

Brooke began in her freshman year showing rabbits but changed to steers her sophomore year and continues to show steers now, in her senior year. "FFA taught me how to take an average priced animal, feed it out, show it and make a profit. I learned proper animal care, and for show animals, that includes skin care and hair care. On show cattle, you want their hair to be nice and conditioned well. The Fort Worth Stock Show is a show where they value lots of hair on the animal," Brooke grinned. "Show animals must also be walked often and trained how to properly walk on a halter.

"I think one of the big reasons we are building our new agricultural facility is to get more people involved in showing steers in Waxahachie. Most of the students now show pigs or goats. We don't have a place large enough for kids to keep their steers at the school right





now," Brooke explained. "With the new ag facility, we will have nice, big steer pens, and we hope to get more people showing steers."

Brooke became part of the FAA officer team when she was a sophomore and has maintained her position throughout her high school career. She is now the first vice president of the WHS FFA Organization. "I think FFA has helped me grow in so many ways. It helped me get more comfortable talking in front of a group and has taught me about how to plan, because as an officer, we have to plan all the parties and games and the big end-of-year banquet," Brooke said.

"I have learned so much, and gotten involved in things that I never thought I would get involved in. I never imagined myself showing cows. I thought I was just going to play soccer in high school, and that's all I was going to do. Then I got involved in ag and showing and competitions, and I just fell in love with it. It's so much fun, and I have made so many friends," Brooke said passionately. "I love all my ag teachers. They are very helpful."

Brooke graduates this year and already has been accepted to Texas Tech, where she will study to be a veterinarian. She earned several awards through FFA that contributed to her high school résumé. She is now applying for agricultural scholarships through FFA to add to the scholarship she received from Texas Tech. She ranks ninth in her graduating class of 493 students.

Brooke's advice for a student thinking about joining FFA is, "Come in openminded. If you come in closed-minded and think, Oh, I could never do that, you will close yourself off from so many opportunities. If you are willing to give new things a try, there is a good chance you will find something you love and will have lots of fun doing it." NOW



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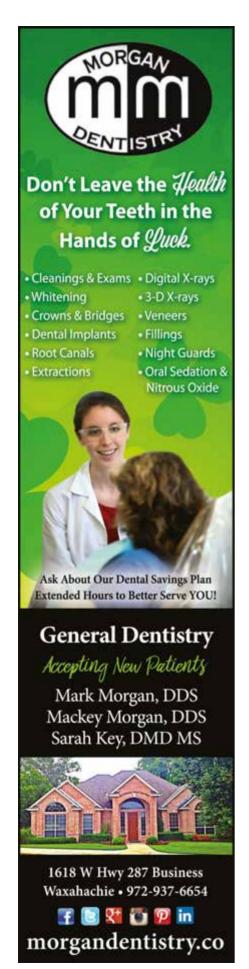
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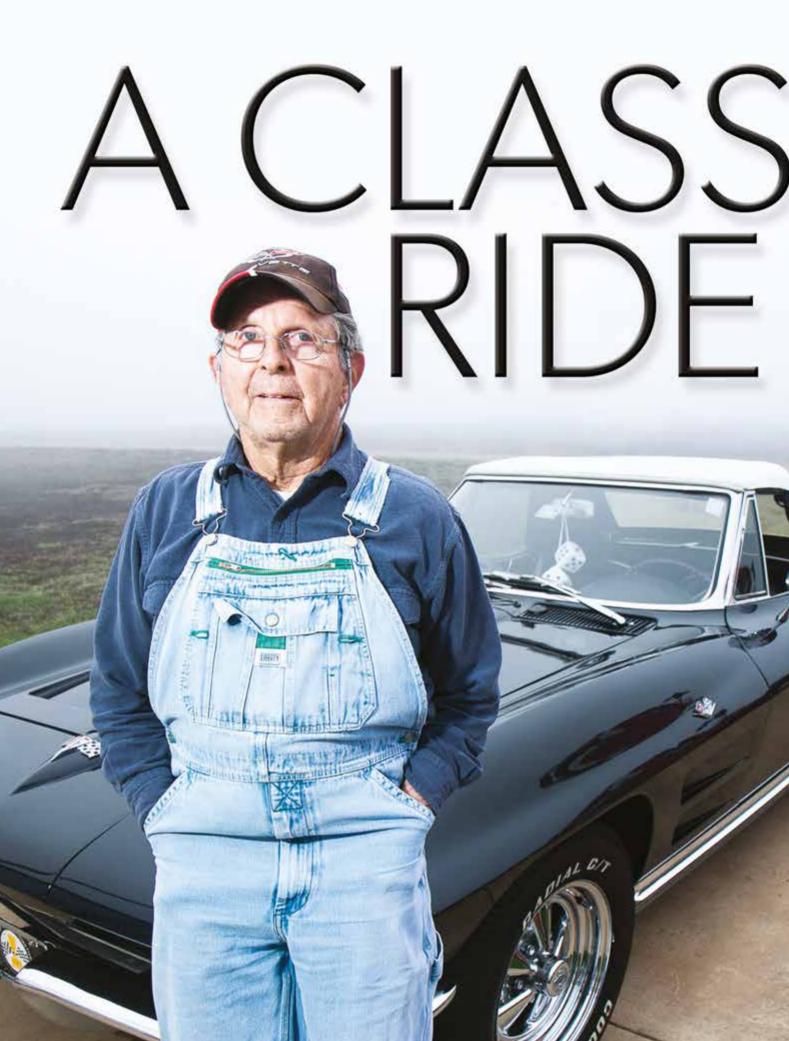
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— By Susan Simmons

Glen McPherson came to Waxahachie in 1948 when he was just 3 years old. His father got a job working at Southwestern Assemblies of God University in the woodworking shop. "Many people don't realize it, but for many years, SAGU made some of its income from manufacturing wooden furniture for churches," Glen explained. "My father managed the wood shop for 20 years. He was a wonderful woodworker. He was also a great mechanic. He always worked on our friends' and family's cars, along with those of most of our neighbors."

"When I was 13 years old, I went to work as a carhop at Claud's Café, which was located on Ferris Avenue in Waxahachie. I worked there for three years and saved enough money to buy my first car. I found my prize at a local junkyard, a 1949 Chevy, and paid \$90 for it. When I got home, my father took one look at it and said, 'Let's go to the garage. I am going to teach you how to work on cars," Glen remembered. "We were in the garage all night long.









He taught me how to break the entire car down and fix anything that needed fixing. I remember it was in the low 40s that night, and we were so busy working on that old car that we hardly even noticed," Glen laughed.

After 46 years in the aerospace industry, Glen retired, and it wasn't long until he and his brother decided to create an exotic, classic and muscle car business. It all began in 2008 when Glen's brother, Dale, surprised him with Glen's favorite car, a 1964 Corvette Daytona Blue Roadster, which he had located in an Ohio museum and had shipped to Glen's house on Christmas Eve. "I wish you could have seen what it took to get that car here without Glen knowing," Charlene, Glen's wife of 44 years, laughed. "Dale was so determined for it to be a Christmas surprise."

"It took me four years to do a complete frame-on restoration because it had sat for several years," Glen explained. "Now we buy cars that have already been restored, but then I have to tweak them," Glen said.

Charlene described that "tweaking" them means inspecting and correcting all the things that the sellers leave for the next buyer. "One of the cars we bought at an auction appeared leak-free. but after the first time Glen drove it, the clutch went out. Come to find out. the master cylinder had a thick sponge placed under it to soak up the fluid it was leaking!" Charlene exclaimed.

"Word of warning about auction cars — not all are bad, but have them thoroughly inspected prior to bidding,"

Winners must pick up prizes within

30 days of drawing.

Glen added. "Even then, things can appear better than they are. You don't know for certain until you receive the car." After Glen receives a car. he goes over it in much the same way as he did with his father in the garage all those years ago. "I must go through and check



all the moving parts on them before trying to sell or trade

"He just loves it," chimed in Charlene, "but it has blossomed into a little more work than we had planned, so they are beginning to slow down a little now."

To walk around Glen's shop, one would not realize he is slowing down. Exotic, classic and muscle cars are everywhere. The passion he holds for these cars is thrilling. His eyes truly light up when he discusses their beauty and history. "We recently acquired an outstanding collector out of Germany and had it shipped over. A 1935 Supercharged Auburn 851 SC Speedster Cabriolet with a rumble seat. A rumble seat was a seat that folded up and let people ride in the open air behind the regular passenger compartment. Rumble seats are shown in many movies of the 1920s and '30s era, such as The Great Gatsby. The last cars with rumble seats were built in the late 1930s.

"I could go on and on about my favorite cars in our collection, and about how much I like working with my youngest brother," Glen said. "But I must say, the truly best part of this entire experience is getting the chance to select which car to drive to breakfast on Saturday and Sunday mornings when I meet my friends at Cancun's Restaurant in Waxahachie!" NOW







Advanced Women's Healthcare of Waxahachie

By Rachel Smith

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According to renowned physician William Osler, "The good physician treats the disease; the great physician treats the patient who has the disease." Drs. Gregory Kroeger and Tracy Glass are dedicated to treating the women of Ellis County with the same holistic approach at their practice, Advanced Women's Healthcare of Waxahachie.

GREGORY P. KROEGER, MD

Due to the immense growth across Ellis County, these physicians were recruited by Baylor Scott & White Health System to help bring more advanced, state-of-the-art services to the women of our community. "It's not reasonable to expect women to continue to travel into the Metroplex for medical care and procedures that are easily available in their hometown." Dr. Kroeger said.

Dr. Glass agreed, "We bring 23 years of combined obstetrical and surgical expertise to our patients here. We offer minimally invasive surgical options, including da Vinci robotics, pelvic reconstruction and complex prolapse surgery that other physicians in this area are not currently offering. We are the only gynecologic office that offers the MonaLisa

Touch laser la treatment used to resolve vaginal dryness and postmenopausal atrophyl. This revolutionary laser provides an easy and painless solution for many women who have suffered from painful intercourse and are unable to take hormones." Advanced Women's Healthcare of Waxahachie also offers bioidentical hormone pellet therapy, which has been shown to relieve many chronic health conditions and improve quality of life. "We provide comprehensive care, from adolescence to menopause, without the hassle of big-city traffic."

Drs. Glass and Kroeger shared a successful and very reputable practice together in Abilene, Texas, as evidenced by the number of Abilene patients who still travel to see them for their health care. What's the secret to their success? "We genuinely care about our patients and the care they receive from us," Dr. Kroeger said. "We try to focus our work around our mission statement, taken from 1 Peter 4:10: 'As each one has received a special gift, employ it in serving one another."

"We have an amazing staff, and our patients let us know how much they appreciate them. We want our patients to feel comfortable during their visit, and we make every effort to listen to their concerns and answer all their questions. We work in a very intimate environment, and the more comfortable a patient feels with us, the more successful we can be at helping her." Dr. Glass said.

Looking ahead, both physicians are excited that Baylor Scott & White will soon be opening a Neonatal Intensive Care Unit that will allow an opportunity to offer an even higher level of care to obstetrical patients and their newborns. Their office is conveniently located off Highway 287 and Ovilla Road, in the Citizens National Bank building.

To learn more about Advanced Women's Healthcare of Waxahachie and the services they offer, visit their Facebook page or website. With its dedicated staff, a convenient location and cutting-edge services, Advanced Women's Healthcare of Waxahachie can help Ellis County women and mothers stay healthy for a lifetime. NOW







Around Town



Casey Barrentine and Victoria Barry enjoy meeting new customers at Last Call Boutique.

Zoomed In:Mary Pearce

By Susan Simmons

"As a child, I have fond memories of spending time at the library finding a special place to sit and stick my nose in a book," Mary shared. Those memories have made her job at Sims Library for the past 16 years very special. "I work in the children's department, and my favorite thing is helping a child, who maybe hasn't found the joy of reading, choose a book about something that appeals to them and showing them, you can be anyone or go anywhere you want in a book," she said.

Mary wishes everyone knew that the library has so much more to offer than just books. Computers, DVD rentals and electronics, such as Kindles, hot spots and ozobots are offered for check-out.



Kraig "Elvis" Parker entertains residents of Country Lane Senior Living with some of "The King's" biggest hits.



Emily and Joansen McDonald with newborn, Charlie, and their pet, Murphy, all enjoy a sunny day at the park.



Caitlin Richardson shows children at the STEAM Expo at WHS how to take a pulse.



WHS student, Julian Garza competes in the first ever Waxahachie Tennis Classic!



Don Simmons likes to grind his own coffee at H-E-B.



Randy Davidson and Pastor Cory Mullins man the food pantry on Wednesday nights at the Rockett Baptist Church.



A crowd gathers for the MLK parade in downton Waxahachie.

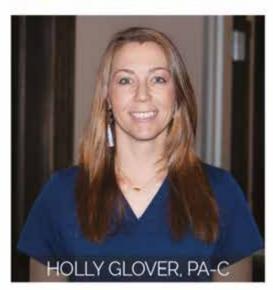






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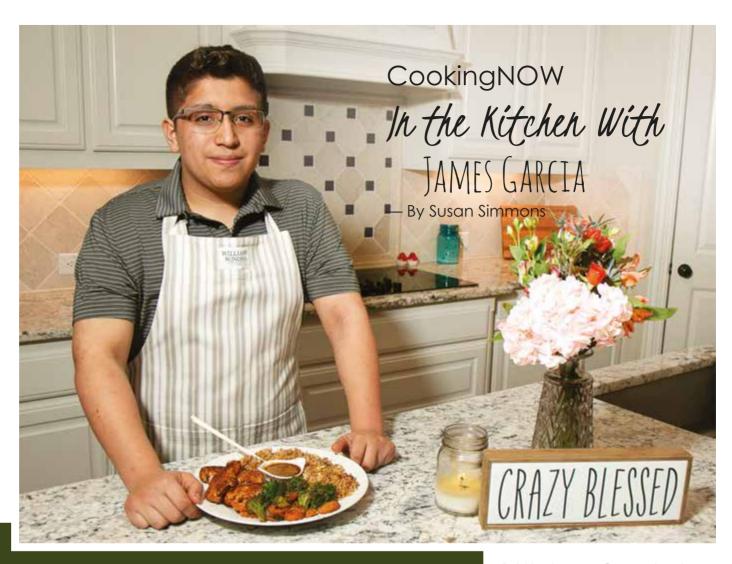
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James Garcia is a sophomore culinary student at Waxahachie High School. When he was 11 years old, he made spaghetti with his mother, and that experience spurred him on to explore cooking. "My family is my inspiration. Almost all of us are cooks, but so far, none have gone into the business. My dream is to have my own restaurant someday," James shared.

After high school, James plans to get his degree in management, while continuing to grow his culinary skills. "I love to cook because I like to see people smile when they taste my food. It lights up their faces," he said happily. "My dream is to be a successful chef!" Now

Mimi's Chicken Guiso

Chicken Broth:

1 whole chicken (divided use) 2 3/4 cups water

Guiso:

- 1/4 cup vegetable oil
- 1/2 tsp. Season-All
- 1/2 tsp. garlic salt
- 1/4 tsp. ground black pepper
- 2 cloves garlic, minced
- 1/3 cup flour

1 8-oz. can tomato sauce Chicken broth

- **1.** For broth: Remove the skin from the chicken. Place the chicken skin and the water in a large pot; boil for 8 minutes. Strain away skin; set aside broth.
- **2.** For guiso: Add oil to a skillet or wok that is heated to medium-high.
- **3.** Cut the chicken into pieces. Season chicken pieces with Season-All, garlic salt and ground black pepper. Brown chicken pieces on both sides.

- **4.** Add garlic on top. Cover; cook until chicken is almost done and has a little crust on it.
- **5.** Add flour to the oil in the bottom of the pan. Add a little more oil, if necessary, to get all of the flour incorporated into the oil. Stir until there are no lumps.
- **6.** Add tomato sauce; cook until well incorporated with flour mixture.
- **7.** Begin adding broth, stirring after each half cup, until the sauce is creamy and to your desired consistency.
- **8.** Stir. Cover; cook for 3 more minutes.

Original Recipe German Chocolate Cake

From the kitchen of Rose Menchaca.

- 2 cups sugar
- I cup shortening
- 4 egg yolks, beaten
- 1/2 tsp. salt
- I pkg. German sweet chocolate
- 1/2 cup boiling water
- 1 Tbsp. vanilla

- I tsp. baking soda
- 1 cup buttermilk
- $2 \frac{1}{2}$ cups sifted flour
- 4 egg whites, beaten stiff
- **1.** Cream sugar and shortening; add egg volks and salt.
- **2.** Dissolve chocolate in boiling water. Add chocolate and vanilla to the sugar mixture.
- **3.** Dissolve baking soda in buttermilk. Alternately add the flour and buttermilk, 1/3 at a time. Beat after each addition. Fold in egg whites.
- **4.** Pour batter into 3 8- or 9-inch round layer pans.
- **5.** Bake in a 350 F oven for at least 30 minutes, or until done.

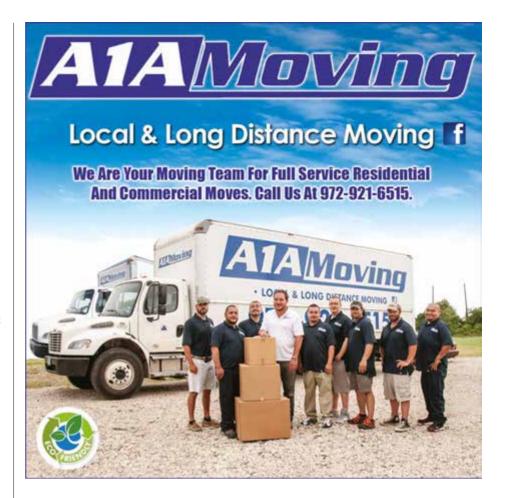
Herbed Baked Salmon

- 1 bottle H-E-B Sunflower Oil With Garlic & Herb Flavors
- 1 2-lb. fresh Alaskan salmon fillet
- I onion, thinly sliced
- I lemon, thinly sliced
- 2 Tbsp. Adams Reserve House All Purpose Rub
- 2 Tbsp. fresh dill weed, minced Brown or white rice, to taste Asparagus (optional) Carrots (optional) Mushrooms (optional) Fresh green beans (optional)
- **1.** Preheat oven to 450 F. Line a cookie sheet or jelly roll pan with foil.
- **2.** Pour half the bottle of oil into the foil-lined pan. Lay fresh salmon, skin side down, in the pan.
- **3.** Place onions and lemon slices on top of the salmon. Liberally drizzle with more oil; sprinkle house rub and fresh dill weed over top of salmon.
- **4.** Bake for 20 minutes, or until the salmon flakes with a fork.
- **5.** Serve over brown or white rice.
- **6.** Top with oven-roasted vegetables such as asparagus, carrots, mushrooms, onions or fresh green beans.

Tio Reni Guiso

Feeds 3-4 people.

4 lbs. beef stew meat 1/2 cup cilantro, chopped 1 medium onion, chopped 2 tsp. ground cumin 3 Roma tomatoes, diced Garlic powder, to taste Lemon pepper, to taste 2 tsp. meat tenderizer Juice of two limes 1 8-oz. can tomato sauce





- **1.** Boil the beef stew meat for at least 20 minutes.
- **2.** Add the cilantro, onion, ground cumin, Roma tomatoes, garlic powder, lemon pepper, meat tenderizer and lime juice. Let cook for 2 1/2 hours on low to medium temperature.
- **3.** Stir in tomato sauce; cook for another 30-40 minutes.

James Hibachi Chicken

- 1 1/2 sticks margarine or butter
- 3 large skinless chicken breasts, trimmed and cut into 1-inch cubes (May substitute with steak or shrimp.)
- 1/2 cup soy sauce
- 1 tsp. garlic powder
- 1/4 tsp. salt
- 2 tsp. sesame seeds
- 1. Heat pan to medium; melt butter.
- **2.** Add the chicken; cook until done with no pink remaining.
- **3.** Add soy sauce, garlic powder, salt and sesame seeds. Add more of each of these according to your taste preference. Enjoy!

James' Fried Rice

2 sticks margarine or butter 5 eggs



3 cups white jasmine rice, cooked 1/4 tsp. salt 1/4 tsp. pepper 1/2 cup soy sauce Garlic powder, to taste

Sesame seeds, to taste 3 green onion stems, sliced

- **I.** Melt butter on medium heat. Add eggs; scramble until fluffy.
- 2. Add rice, salt and pepper; mix well.
- **3.** When some of the rice is cooked and beginning to brown, add soy sauce.
- **4.** Add garlic powder and sesame seeds to taste. Remember, the garlic powder and

sesame seeds are the most important spices for fried rice.

5. When it starts smelling good and looks done, add the chives; sit back to enjoy!

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- Virginia Woolf







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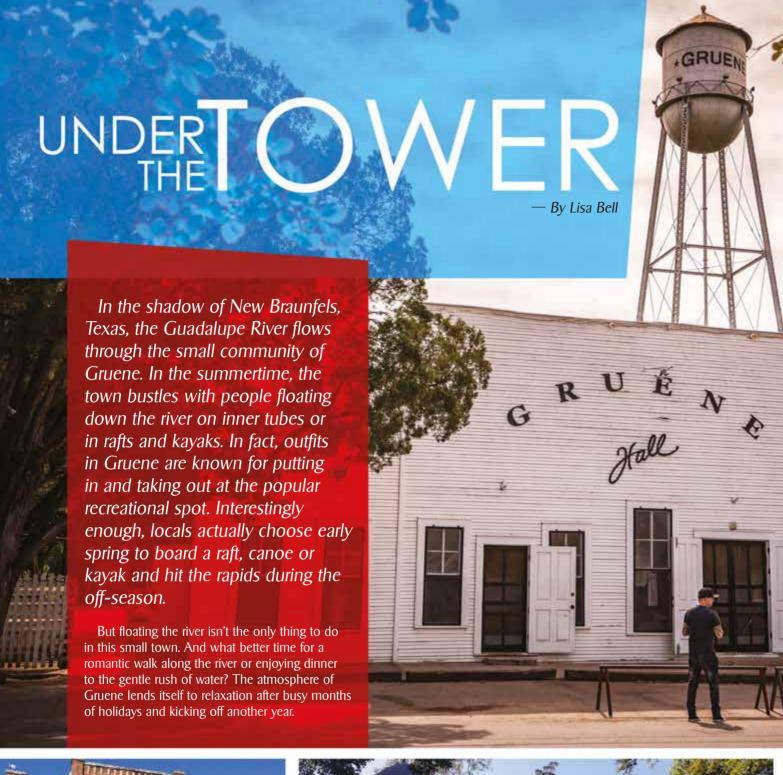
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In the heart of the community, the town square always has something going on. Even during the week, people visit the area for a lazy day of shopping the small stores or sitting beside the river. Many of the local restaurants overlook the Guadalupe. The best known, Gristmill, is the perfect spot to dine. It wasn't always a restaurant, which is what makes it such a notable place. In 1878, the new-fangled, water-wheel wonder appeared — the Gruene Cotton Gin. The community used it until 1922, when all of the wooden parts burned to the ground, leaving only the three-story brick boiler room. A small kitchen occupies a corner of that boiler room today, restored and in operation since 1977. When crowded, live music fills the courtyard, and servers take care of customers waiting for a table.

Speaking of music, Gruene also boasts the oldest continually operating and most famous dance hall in Texas. Gruene Hall, built by Henry D. Gruene in 1878, hosted some of the greatest stars before anyone knew their names. Photos line the walls of many artists who love the spot. It isn't unusual to see children learning to shoot pool or play in the open-air garden beside the hall. Whether you go to see a famous performer (check the schedule online) or listen to someone destined for greatness, don't skip this popular place in Gruene.

The historic square offers antiques, boutiques, an old-fashioned toy store, the old general store and much more. With wineries on the square, you can stop in and relax for a while, or sit under





big trees and watch people. With all the outdoor areas, children don't have to get bored, and in the middle of the square, you can take a walk down a nature trail.

Stop in The Barn and watch artisans Kyle and Angie White create beautiful pottery on-site. Spend a few minutes or a long time watching the potter at the wheel, spinning up amazing pieces of functional art. The license plates in the floors of many buildings repair holes, while preserving the original wood.

With an abundance of Airbnbs, finding lodging in Gruene is a snap. Many of them also overlook the river, giving visitors a chance to relax and simply sit back for a calm weekend or an entire week.

Should you run out of things to do in Gruene, New Braunfels is a few miles away. During the summer season, Schlitterbahn creates a perfect water playground. In the off-season, their resort makes a great base of operation for your trip to Gruene. Several parks also sit beside the river with grassy areas to play or lie back on a blanket, perhaps enjoying a nice picnic. Be alert for the most beautiful residents. Deer play in abundance, and people don't scare them much.

Filled with history, Gruene is a wonderful place to visit, but not everyone knows about this hidden treasure. Even the bridge across the river is a designated historical landmark. Although you can get there mostly by traveling on I-35, you might want to take backroads and check out some other wonderful sights in the Texas Hill Country. NOW

Editor's Note: To learn more, visit www.gruenetexas.com. Photos by Lisa Bell unless otherwise noted.









If the idea of getting back to the basics while bonding with your children, grandchildren or another favorite child appeals to you, building a simple birdhouse together may be a great place to start. From basic kits available at hobby stores to slightly more complicated plans from scratch, the difficulty of this project is up to each builder.

Stores such as Michaels and Hobby Lobby sell birdhouse kits including all the supplies you'll need to tackle this simple construction project. Michaels' most basic birdhouse is super budget friendly at just \$5.49 and includes a ready-made wood house for you to add to as you see fit or paint exactly as is. They even have styles that fit traditionally feminine or masculine interests, from floral themes to log cabins.

If you're feeling a bit more ambitious than ready-made, however, options abound online and in hardware stores. Lowe's offers the following guidelines for novice builders who want to introduce children to the basics of construction, assembly and painting.

SUPPLIES

I-in. x 6-in. x 6-ft. pine board (actual: 0.75-in. x 5.5-in. x 6-ft.)

1/2-in. poplar round dowel
Interior or exterior paint or stain
Wood glue
Painter's tape
150-grit sandpaper

TOOLS

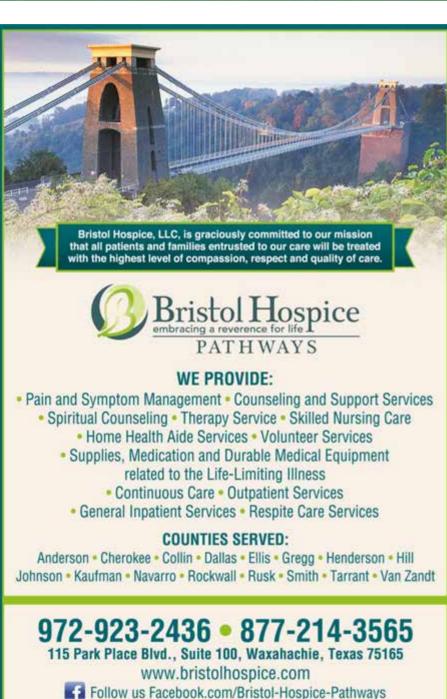
Miter saw Handsaw with miter box (optional) Drill with bits Clamps

Follow these simple steps to build your own birdhouse, turning over the parts you feel are age-appropriate to your child assistant:

STEP 1 – GETTING STARTED

If you have never constructed a birdhouse before, you can locate a cutting diagram online. One simple option is available at www. lowes.com/n/how-to/one-board-birdhouse.







Here you can see exactly how to cut each side of your birdhouse from your pine board, including front, back, two sides, the roof and base.

After marking dimensions and making your cuts, you might allow little hands to sand all parts smooth with sandpaper. In the meantime, you can cut a 2-inch perch from your 1/2-inch dowel rod.

STEP 2 - GLUING AND CLAMPING

Once sanding is complete, you are ready to drill a 1 1/2 inch opening and a 1/2-inch hole for your perch on the front face wood piece. Your construction partner can add glue to the perch and place it in the hole, then glue the two sides to the back panel with your help. Use clamps to hold the sides together while drying.

Once these pieces have dried, you are ready to glue, then clamp, the bottom and front to the back and side sections. While the glue on the bottom and front dries, glue together the two roof panels, securing them together with painter's tape until dry.

STEP 3 – ASSEMBLY AND COMPLETION

Applying glue to the top edges of the front and back, you are now ready to set your assembled roof to the walls. This part should be a thrill for your young construction partner, as it brings the birdhouse to life! Again, use

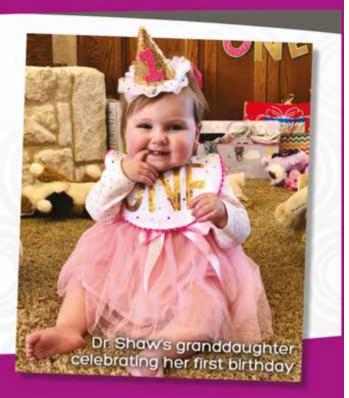
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painter's tape to hold the roof to the walls as the final round of gluing dries in place. It doesn't hurt to be generous with the tape to help keep your wood components from shifting during the drying process.

Once the glue dries, the real creative process can begin. Let your child decide if he or she prefers to paint or stain the birdhouse, then select the color he or she favors. Keep in mind whether the birdhouse will stay outside or inside, explaining to your child which paints/ stains are most suited for either location.

You might also want to paint or glue on additional decorative pieces to showcase your child's personality from flowers and fences to butterflies and insects — as you make the birdhouse one-of-a-kind. Lastly, consider having an "open house" to unveil the project to the rest of the family.

Cover the birdhouse with a cloth, then invite guests to hear how the project was completed step-by-step, from supplies to construction. Let your assistant explain as much as possible to help him/her recollect what they learned. Then they can remove the cloth to reveal the birdhouse you built together, a small monument to time spent with one another, lessons learned and skills for the future. NOW

Source: https://www.lowes.com/n/ how-to/one-board-birdhouse



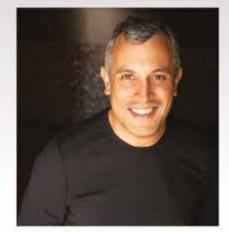


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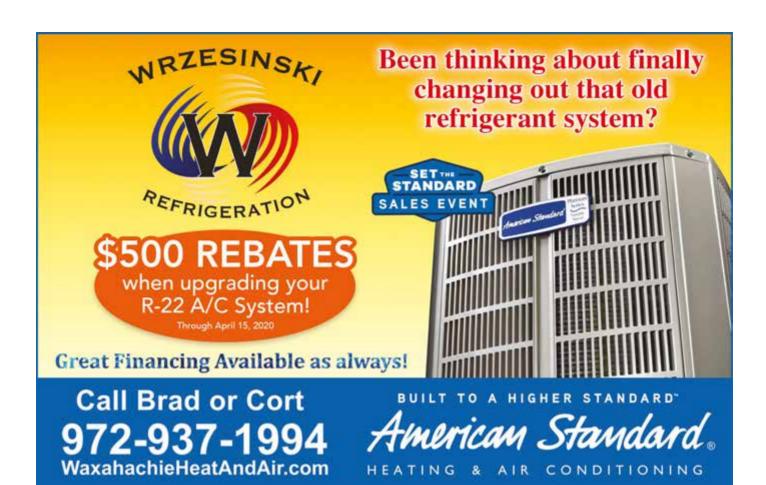
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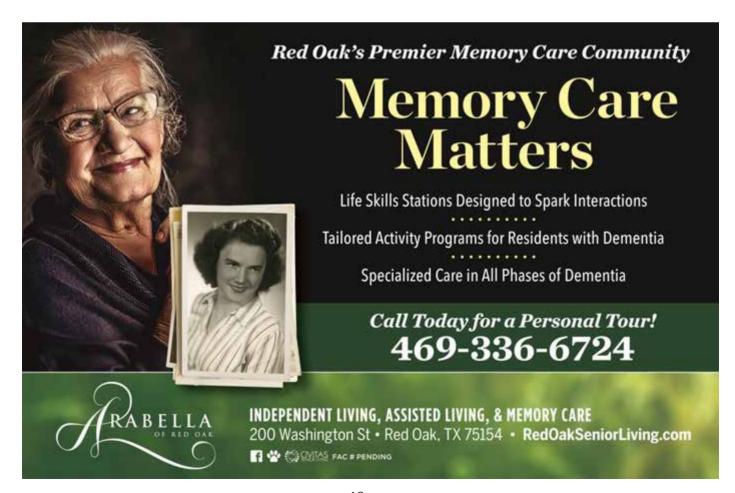


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TALES OF TEXAS

CRCUIOUS OURNEY - By Angel Morris

Did you know the first integrated circuit — the building block of modern technology — was invented way back in the 1950s? Indeed, on September 12, 1958, American engineer Jack Kilby was one of the inventors responsible for creating a system of interconnected transistors on a single microchip.

November 8, 1923, Jack St. Clair Kilby was born in Great Bend, Kansas. His father was an electrical engineer who ran Kansas Power Company. During Jack's childhood, an ice storm power outage required his father to call on amateur radio operators as a source of communications between the power company and customers who had lost power and phone service — and Jack's interest in electronics began.

Jack went on to serve as a U.S. Army electronics technician during World War II, then earned his bachelor's degree in electrical engineering at the University of Illinois in 1947. His first job out of college was for Globe Union, Inc., in Milwaukee, Wisconsin, where he designed mini electronic circuits, while also earning his master's degree from the state's university.

In 1952, Jack's employer had him study the latest product they had been licensed to manufacture, the transistor, and he began working on their use in hearing aids. This endeavor led Jack to realize he needed resources of a larger company to further pursue the miniaturization of circuits, and in 1958, he transferred to the Dallas-based Texas Instruments Incorporated.

In no time, Jack discovered that rather than connecting separate components, he could create a complete electronic assembly as one unit. In laymen's terms, his "monolithic idea" meant one semiconducting unit was overlaid with various impurities to replicate other electronic components (capacitors, resistors and transistors).

Manufactured from germanium, Jack's prototype was the size of a postage stamp! In February 1959, TI filed for a patent on this "miniaturized electronic circuit," and the first integrated circuit was born.





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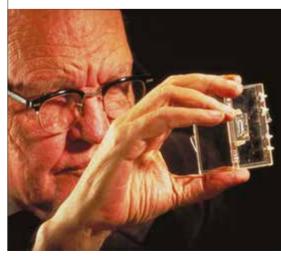
Just four short months later, another inventor filed a patent application for what was basically the same product but manufactured differently. Nevertheless, lack received credit for the concept of integrated technology and went on to be awarded more than 50 patents. largely related to integrated circuits, including the patent for the first ICpowered computer built by TI for use by the Air Force.

"... There were various efforts to solve the electronic miniaturization problem at the time I invented the integrated circuit," Jack reported to nobelprize.org. "Humankind eventually would have solved the matter, but I had the fortunate experience of being the first person with the right idea and the right resources available at the right time in history."

Other of lack's inventions include the semiconductor-based thermal printer in 1965, and in 1967, the first IC-based electronic calculator. The Pocketronic paved the way for later pocket calculators, and by 1972, the TI Datamath was an affordable pocket calculator for the masses.

In 1969, lack received the National Medal of Science. Around this time, he began pursuing independent research in solar power generation, and while he remained a semiconductor consultant part time, he was also an electrical engineering professor at Texas A&M University from 1978 to 1984.

In 1989, he received the Charles Stark Draper Prize "for innovative engineering achievement and its reduction to practice in ways that have contributed to human welfare and freedom." The National Medal of Technology was awarded him



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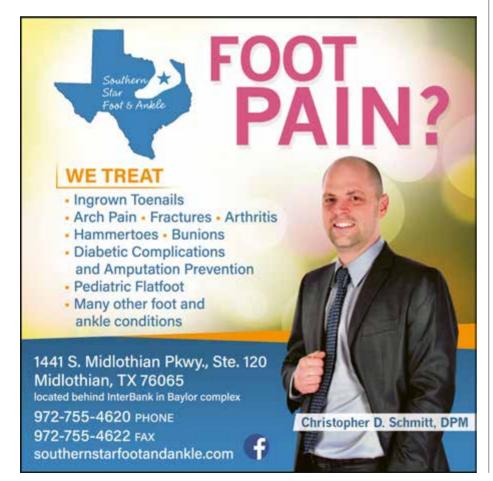
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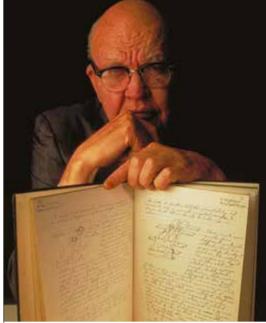
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in 1990, and in 1997 TI dubbed its new research and development building in Dallas the Kilby Center. Jack was also inducted into the National Inventors Hall of Fame, alongside people such as Thomas Edison, the Wright Brothers and Henry Ford.

Perhaps the highest recognition Jack received was the Nobel Prize in Physics in the year 2000. While the Royal Swedish Academy of Sciences normally recognizes theoretical physicists, Kilby was honored for his work as an applied scientist. lack told nobelprize.org, "Whether the research is applied or basic, we all 'stand upon the shoulders of giants,' as Isaac Newton said. I'm grateful to the innovative thinkers who came before me, and I admire the innovators who have followed."

lack went on to laude the electronics field and encouraged others to pursue it if they are interested. "... Opportunities that are ahead are at least as great as they were when I graduated from college," he said. "My advice is to get involved and get started."

lack retired from TI in the 1980s but maintained involvement with the company to a significant degree into the 2000s. He died June 20, 2005, in Dallas. "People often ask me what I'm proud of, and of course, the integrated circuit is at the top of the list," Jack said upon receipt of the Nobel Prize. "I'm also proud of my wonderful family." NOW

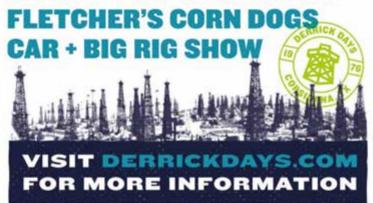
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Overuse Injuries in Children

Watch for Overuse Injuries

Today, many children and adolescents play more than one sport in the same season or compete on "travel" teams that practice daily and play in tournaments almost every weekend. All this activity can place excessive stress on young feet that aren't yet fully developed. Playing soccer and other sports that involve a lot of running on hard surfaces can lead to "overuse" injuries typified by stress or damage to growing bones, tendons and ligaments.

Never allow a child to play with pain

Despite impassioned protests and what coaches and teammates might say, never allow a child to play with pain. Foot pain isn't normal. If it lasts more than a few days and interferes with walking, seek medical attention. Playing with pain is risky. It can lead to chronic and painful foot and ankle conditions and future problems with the knees and lower back.

Common problems that can result from too much sports activity include:

- · Achilles tendonitis: The long tendon that connects the heel bone to the calf muscle becomes inflamed.
- · Calcaneal apophysitis: Repetitive stress and muscle strain in the growth

plate of the heel cause inflammation.

- · Plantar fasciitis: The band of tissue that runs along the bottom of the foot from the heel to the toes gets inflamed and causes heel pain.
- · Stress fractures: Repetitive pounding on foot and ankle bones causes hairline breaks.
- Tendo-Achilles bursitis: The fluid-filled sac between the Achilles tendon and the heel bone becomes inflamed.

Tips for Avoiding Overuse Injuries

- 1. Get the right shoes for the right sport. For example, basketball shoes have more ankle support for lateral movement than running shoes, which are better cushioned to stabilize the foot and withstand persistent stress on the track.
- 2. Don't let a child wear hand-me-down shoes, despite the attractive cost savings.
- 3. Before buying athletic footwear, be sure that shoes are well constructed and don't bend in the middle of the sole. Have them fitted professionally.
- 4. Don't allow the child to wear cleated shoes on surfaces other than playing fields. They put too much pressure on the sole of the foot.
- 5. Be sure the level of competition is within the child's ability and overall stamina.
- 6 Help overweight children lose excess pounds. Being too heavy puts excessive pressure on the feet.

Christopher Schmitt, DPM

Associate of the American College of Foot and Ankle Surgeons Southern Star Foot & Ankle







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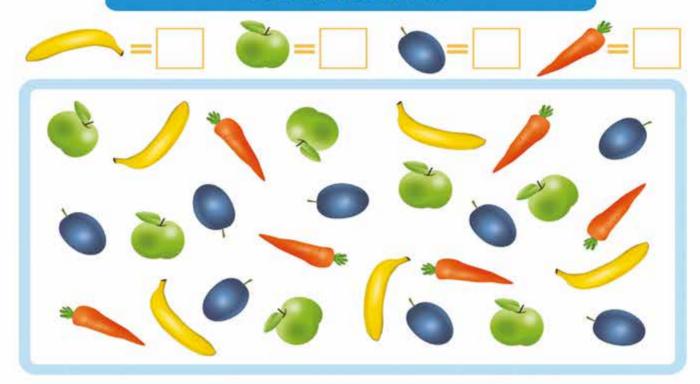


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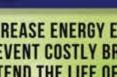














Crossword Puzzle

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36			1		37	\vdash	\vdash		T	T
38	1	+			39	1	1		+	+

Solutions on page 60

Crosswordsite.com Ltd

Across

- 1 For some time
- 7 Convert hide into leather
- 10 Stimulating drink
- 11 Harbor
- 12 Quaint love letter opener
- 13 Creep
- 14 Frothy concoctions
- 16 LA summer setting
- 19 Holy threesome
- 22 Get-well treatment
- 24 Salk's conquest
- 25 Type of show, such as Anne Hathaway's "Grounded"
- 27 Hill VIP
- 28 Same here!
- 29 Well-informed about
- 31 Alters formally
- 36 Niagara has a Maid of this
- 37 Tempestuous
- 38 Big Apple aria spot
- 39 Pull into

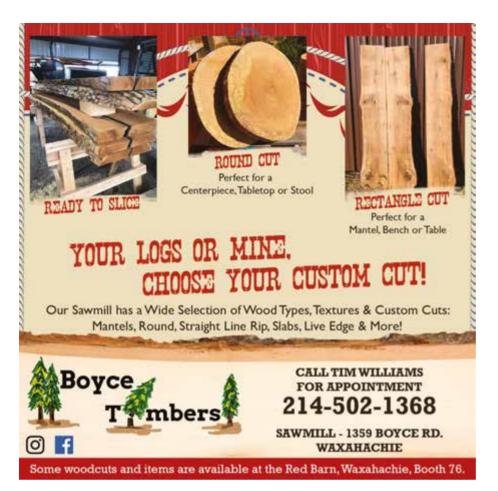
Down

- 1 Rocket interceptor
- 2 Sardonic
- 3 Suckered
- 4 Apply a cake's top layer
- 5 Tiniest amount
- 6 Mistake
- 7 Oft-removed throat tissues
- 8 Curve
- 9 Utmost
- 11 It has 88 keys when full-size
- 15 Old Dodge
- 16 In favor of
- 17 Lair
- 18 Beyond all others
- 20 Railroad cross-member
- 21 Way over there, poetically
- 23 Representative
- 26 Bellows
- 29 Now let me think ...
- 30 Chart variety
- 32 Self-esteem
- 33 Pinch
- 34 Material studied by Watson and Crick
- 35 USMC noncom

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Sudoku Puzzle

Easy								١	Mediu	m							
	1		6				8				2		9				
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6						3										5	7
7		3	4		2		5					9					
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				2	4		3		1			2			6		9
					1					,	1						5
2	6		7							6	7			8		4	
	3					9				4	8		1		9		

Solutions on page 60

Crosswordsite.com Ltd

For online versions, visit nowmagazines.com













All Month

Poston Gardens:

See hundreds of thousands of tulips. Benefits adults living with intellectual and developmental delays. 10:00 a.m.-6:00 p.m. rain or shine while the tulips are blooming. Ticket prices and schedule, visit https://postongardens.com.

Tuesdays This Month

Coding Camp for Tweens:

A new camp for tweens (ages 8-12), meeting each Tuesday in March, except for the 31st. Learn how to code in a fun and interactive way. Free, but must register in advance with Ms. Jen. 4:30-5:30 p.m., Sims Library, 515 W. Main St. (972) 937-2671.

3/2-3/3

Open Auditions:

Waxahachie Community Theatre will hold open auditions for *Dirty Rotten Scoundrels*. Actors ages 14-plus. Sign in: 6:30 p.m.; auditions begin: 7:00 p.m., University Church, 221 Solon Road. Contact the WCT Box Office at (972) 646-1050 or via email wct.texas@gmail.com for more information.

3/3

Relay For Life Team Meeting: 6:00 p.m., Comfort Suites Hotel Meeting Room, 131 RVG Plaza. Denise Owens, www.RelayForLife.org/EllisCoTX, (972) 742-3982.

3/9

Junk in the Trunk:

Free to come and shop. 9:00 a.m.-1:00 p.m., S. College St. and E. Franklin Street on the Courthouse Square.

Julie Webb, (214) 632-7473.

3/13, 3/20, 3/27

Preschool Story Time:

For ages 3-5. Features stories, social interaction, crafts, dance and more. Free. 11:00 a.m.-11:40 a.m., The Salvation Army, 620 Farley St.

3/14

Ellis County Spring Market:

All Ellis County Chambers are coming together to bring one big market this year. Over 200 vendors, a Taste of Ellis County, a Kids Zone, Safety Zone, Home and Garden, Food Trucks and Entertainment. 10:00 a.m.-3:00 p.m., Ellis County Expo Center. Melodie, (972) 617-0906.

Show N' Shine Car Show:

The Sweethearts & Orphans Car Show is back for its 21st season. Free admission. 10:00 a.m.-3:00 p.m., Downtown Waxahachie.

3/19

The Dallas Morning News 2019 Texan of the Year:

Mr. Max Glauben will be speaking about surviving the Majdanek Death Camp during WWII. Sponsored by First Presbyterian Church of Ennis, First Methodist Church in Ennis, St. Thomas Episcopal Church and several other churches in the area. Free admission; donations welcome. 6:30 p.m., First United Methodist Church, 300 N. Sherman St., Ennis.

3/20-3/21 & 3/27-3/28

Heaven's Front Porch:

Sponsored by Waxahachie's Old Fashioned Singing Project. A staged musical featuring southern congregational songs from the revivalist movement as sung in white-framed churches and tent revivals in the first half of the 20th century. Admission: \$15. Fridays: 7:00 p.m.; Saturdays: 2:00 p.m., Chautauqua Auditorium, 300 S. Grand Avenue.

3/22

Brown Bag & History at the Ellis County Museum:

Tina Bohlman of Art on the Square and founder of the annual Paint Historic Waxahachie will be the speaker. Noon-1:00 p.m., Ellis County Museum, 201 S. College St. (972) 937-0681.

3/23

Blue Star Mothers of America Bluebonnet

Chapter 13 Meeting:

7:00 p.m., St. Paul Church, 664 Ovilla Rd. www.bluestarmothers.org or bluebonnetBSM@gmail.com.

3/26

10th Annual Share the Love Gala:

Benefits CASA of Ellis County. 6:00-10:00 p.m., Waxahachie Civic Center, 2000 Civic Center Ln.

3/26-4/4

Ellis County Livestock Show & Rodeo:

PRCA Pro Rodeo performance 3/28 at 7:30 p.m., Ellis County Expo Center, 2300 U.S. Hwy. 287 N. For schedule of events and more information, visit www.ecyexpo.com.

3/28

Ellis County Master Gardeners Show:

Admission: Free if tickets are picked-up ahead of time at one of our sponsors; \$5 at the door. 9:00 a.m.-5:00 p.m., Waxahachie Civic Center, 2000 Civic Center Ln. For more information, visit ecmga.com.

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







Impact Communities

Impact Communities is a community coalition that is dedicated to reducing youth substance abuse.
201 Ferris Ave., Ste. G Waxahachie, TX 75165 (972) 937-1531

SWAGG

SWAGG is a family-oriented ministry that shares the love of God by offering serenity, wisdom, agility, grace and guidance to foster and homeless children. 1025 Ovilla Rd. Waxahachie, TX 75167 (972) 213-8212

Healing Hearts Center

The Healing Hearts Center provides shelter, counseling and crisis intervention to families experiencing domestic violence or sexual assault. 505 W. Marvin St. Waxahachie, TX 75165 (800) 828-7893

Waxahachie CARE Services

Waxahachie CARE Services is a food bank helping those in need in the Waxahachie area. 1208 Ferris Ave. Waxahachie, TX 75165 (972) 923-2273

Common Ground

A structured after-school and summer program, Common Ground works to benefit at-risk children. 604 E. Parks Ave. Waxahachie, TX 75165 (972) 923-2224





Crossword -Sudoku Solutions

A	2 W	3 H	١,	5 L	⁶ E			⁷ T	⁸ A	9 N
10 B	R	Α	С	Ε	R		11 _P	0	R	Т
¹² M	Υ	D	E	Α	R		13	N	С	Н
				14 S	0	15 D	Α	S		
16 _P	17 _D	¹⁸ T		19 _T	R	1	N	1	20 T	21 Y
²² R	Е	Н	²³ A	В		24 _P	0	L	1	0
250	N	Е	G	-1	26 R	L		27 S	Ε	N
		28 M	E	Т	0	0				
²⁹ U	30 _p	0	N		31 A	М	32 E	33 N	³⁴ D	35 S
36 M	1	S	T		37 R	Α	G	1	N	G
38 M	E	Т			39 S	Т	0	Р	Α	Т

Easy

3	1	5	6	2	9	7	4	8
4	8	2	3	7	5	6	1	9
6	7	9	1	4	8	5	3	2
7	9	3	4	1	6	2	8	5
8	2	4	5	3	7	9	6	1
1	5	6	9	8	2	4	7	3
9	4	7	8	5	3	1	2	6
2	6	8	7	9	1	3	5	4
5	3	1	2	6	4	8	9	7

Medium

4	5	2	8	9	7	3	1	6
7	1	3	4	5	6	8	9	2
8	9	6	1	2	3	4	5	7
6	3	4	9	7	1	5	2	8
					5			
1	7	5	2	8	4	6	3	9
3	2	1	6	4	9	7	8	5
9	6	7	5	3	8	2	4	1
_	4	_		_	_	_	_	_



Personalized weight loss surgery

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