

WaxahachieNOW

M A G A Z I N E

MARCH 2021

Teaching for the Future

Melissa Abadie works
to empower WISD's
STEM education

In the Kitchen With
Krista Courtney

Also inside:

Scavenger Hunt

Crossword/Sudoku

Featured Business:

goMO! Morgan Orthodontics

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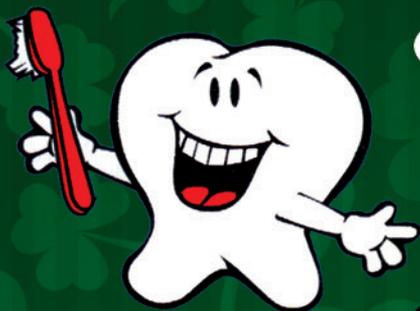
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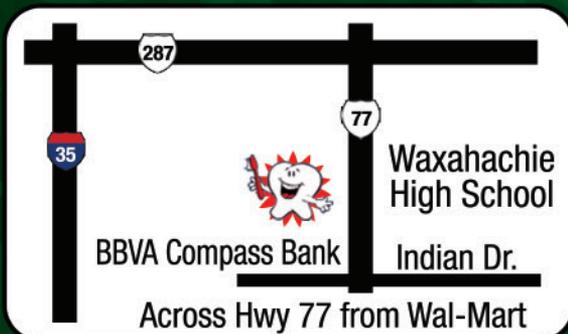
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CONTENTS

8 TEACHING FOR THE FUTURE

WISD works toward being a Nationally Recognized District of STEM Excellence.

16 BUSINESSNOW

goMO! Morgan Orthodontics

20 AROUND TOWNNOW

24 COOKINGNOW

Krista Courtney

34 HEALTHNOW



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Melissa Abadie enjoys working with the WISD dream team!

Photo by
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EDITOR'S NOTE



Susan

Susan Simmons
WaxahachieNOW Editor
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(972) 921-0665

Hello, Spring!

It is just a few days until spring break! Families everywhere get to alter their regular routine and make time to celebrate the return of warm weather and blooming plants. I think it is such a wonderful idea to celebrate this important change of season with students being out of school. It emphasizes to our young people the significance of nature beginning anew, and it reminds the rest of us to slow down, pay attention and revel in this special seasonal rejuvenation.

Camping was always one of my favorite ways to spend spring break when my children were young. The cool weather was just right for sleeping outside all snuggled up in a warm sleeping bag. Having a campfire and going on nighttime hikes through the woods with everybody bearing his or her own flashlight were always part of our spring break activities.

At this point in life, my camping days are behind me, but God has filled the void with grandchildren. This year, I have a grandson who is turning 5. Just the perfect age to spend the day in an unhurried hike around the woodlands and watching him make his many discoveries. Taking a picnic and eating together, as I point out all the ways that Mother Nature is awakening from her yearly snooze, will surely be moments for us both to treasure.

I also have granddaughters who are almost grown. This year, I want to take them to see the azalea gardens in Tyler. I have never been, but I have always wanted to see them. Azaleas are a challenge here in our area, but I want to convince my granddaughters that at least a small area of azaleas are worth every minute one spends nurturing them.

Have a wonderful March, my fellow Waxahachians!

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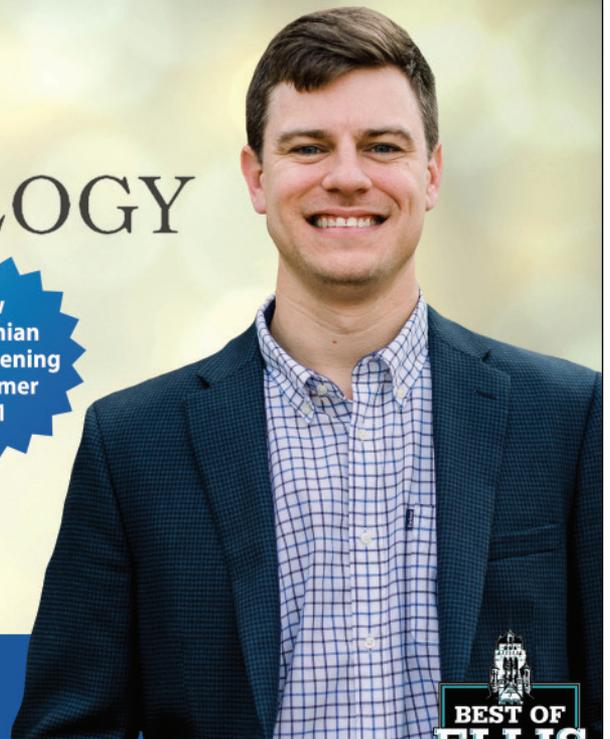


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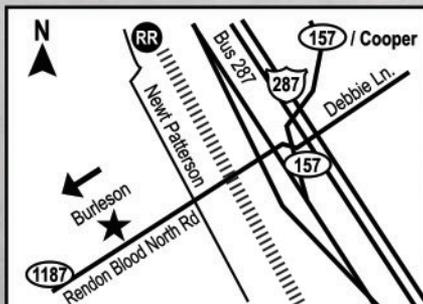
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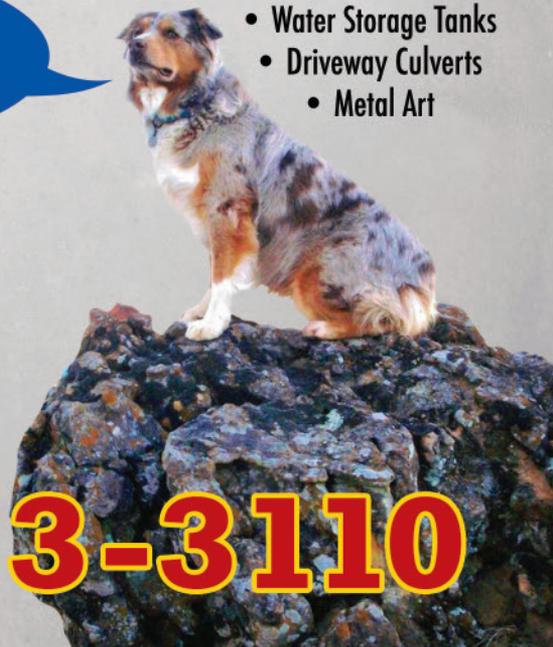
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T EACHING FOR THE FUTURE

— By Susan Simmons

Becoming an educator has always been a strong and clear calling for Melissa Abadie. “My mom tells stories about when I was a young child, and I always had a baby or two under my arm. At any time, I could be found playing school,” Melissa said with a smile. “Mom claims that she knew my career path before I even started elementary school!”

Throughout Melissa’s education, she continued to be amazed by what teachers stood for and how they encouraged her and her classmates to be the best they could be. “I can remember hanging on to every word my teachers said as I sat in classrooms at Belt Line Elementary in DeSoto, soaking up all their greatness! I would go home and role play the entire day with my dolls. In middle school, Mrs. Sponik taught me so much about life and the importance of slowing down to enjoy things. I still know the words to the songs that she used to engage us and connect music to content. At East Junior High, it was

Coach Johnson and Coach DeBorde who influenced me the most. They poured into not only my education and my development as an athlete, but they also invested in me as a person. At Texas A&M University, the great influence of many professors shaped me to be the educator I am today.”

In 2012, Melissa joined WISD as a Gifted and Talented specialist. Today, after 22 years in education, she leads the Advanced Academics and STEM Education teams for the Waxahachie ISD Curriculum and Instruction Department. Melissa has won multiple awards, ranging from several Teacher of the Year Awards to being the recipient of the 21st Century Community Learning Centers Grant Recipient for \$700,000.

In 2018, Melissa was chosen to lead the mission to provide WISD with an elementary school dedicated to STEAM education. STEAM education refers to a model of education that structures the traditional academic subjects of science, technology, engineering, arts and mathematics into a framework for teaching an integrative curriculum. “STEAM education is about creating classrooms that foster and benefit from creativity, that encourage innovation, that engage students in hands-on activities, that empower students to solve real-world problems and inspire students to reimagine how they see themselves. It is also about developing a growth mindset. STEAM education is about producing makers. Makers dream big, take risks, explore options, imagine new possibilities, show courage, express creativity and embrace challenges. STEAM education is about seeing a problem and being hungry to find a solution,” Melissa explained.

Melissa’s first priority for the project was to find dedicated and prepared educators who welcomed on-going professional development to ensure research-based, best-teaching practices. By the time they opened the doors of Wilemon STEAM Elementary in the fall of 2019, these fine teachers were well on their way with professional learning. At the end of the first year, each teacher on





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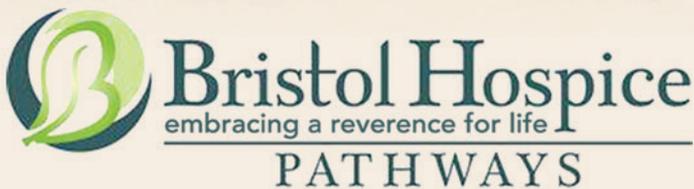
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the campus had completed more than 100 hours of professional development, outside of their school day. “The Wilemon team demonstrated a living example of what it means to be lifelong learners. This founding team jumped into the first year as a campus with their plate completely full as they participated in a competency-based, academic coach-led online learning platform and produced a portfolio of work that demonstrates mastery across 15 STEAM teacher actions,” Melissa said. “My heart continues to explode with pride as I watch Wilemon teachers discover ways to offer students the very best learning opportunities possible.” In one year, Wilemon accomplished a campus level National Certification for STEAM Excellence.

Last year, WISD dreamed even bigger and formed the District STEM Leadership team that is blazing the trail for STEM education across the entire district. “We are working toward earning the distinction of being a Nationally Recognized District of STEAM Excellence by the end of the 2023-2024 school year,” Melissa said. “At that time, we will have four elementary campuses and four secondary campuses that will have earned National Certificates for STEAM Excellence and over 250 WISD staff members who will have earned a National Certificate of STEAM Teaching. The Texas Education Agency will also begin recognizing districts and campuses throughout the state for their efforts with the Texas STEAM Framework beginning in the 2023-2024 school year. All WISD campuses and students will be influenced from the work of the District STEAM Leadership team, as we work to ensure there is equity for all students in STEAM education.”

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Melissa is confident that the scope of benefits students receive from STEM education are much greater than the basics of the Engineering Design Process, STEM lessons, creative challenges and Project Based Learning. “The benefits reach beyond the STEM journals and notebooks, further than the conversations between kids and parents and even the lesson plans for each day. STEM education is about changing classrooms, so students are driving the ship of learning and teachers are becoming meticulous facilitators who provide ‘just in time teaching’ when needed,” she said. “STEM education is about self-confidence. It is about teamwork. It is about perseverance. It is also about trust. It is about celebrating others’ accomplishments before your own. It is also about *failing*, and learning that FAIL most often stands for First Attempt In Learning.”

Enthusiasm and love of education radiate from Melissa Abadie — both in her words and in her actions. “My role of leading the Advanced Academics and STEM Education teams in Waxahachie ISD fulfills my daily dose of happiness in many ways. I am proud to work with a dream team that supports teachers and makes a difference in the lives of students across our district. Waxahachie ISD is committed to creating innovative opportunities for our students, and I am honored to be a member of the WISD Curriculum Team, where I am encouraged to dream big,” she said. Education is the life blood of a community’s future. Great school districts are the foundation of great communities. Our Waxahachie community is lucky to have people like Melissa Abadie who dreams big, inspires others, embraces the challenges and *makes things happen.* **NOW**

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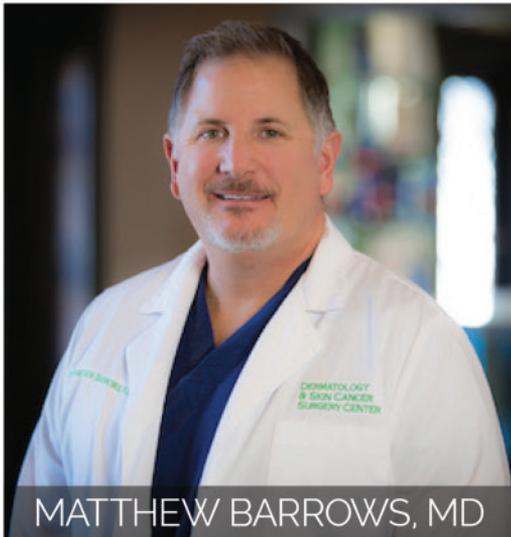
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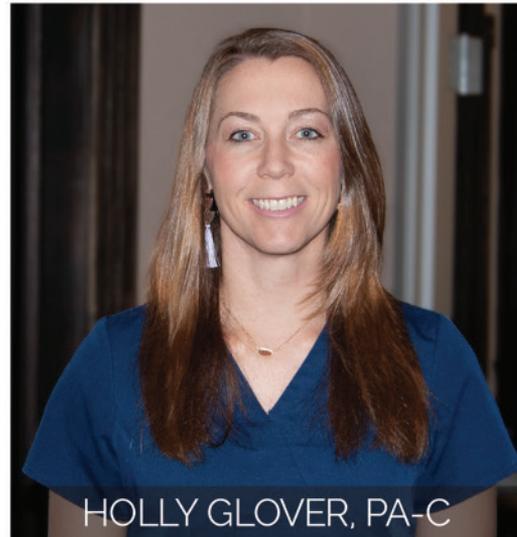
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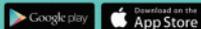
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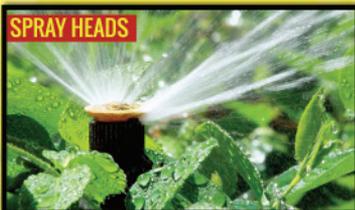
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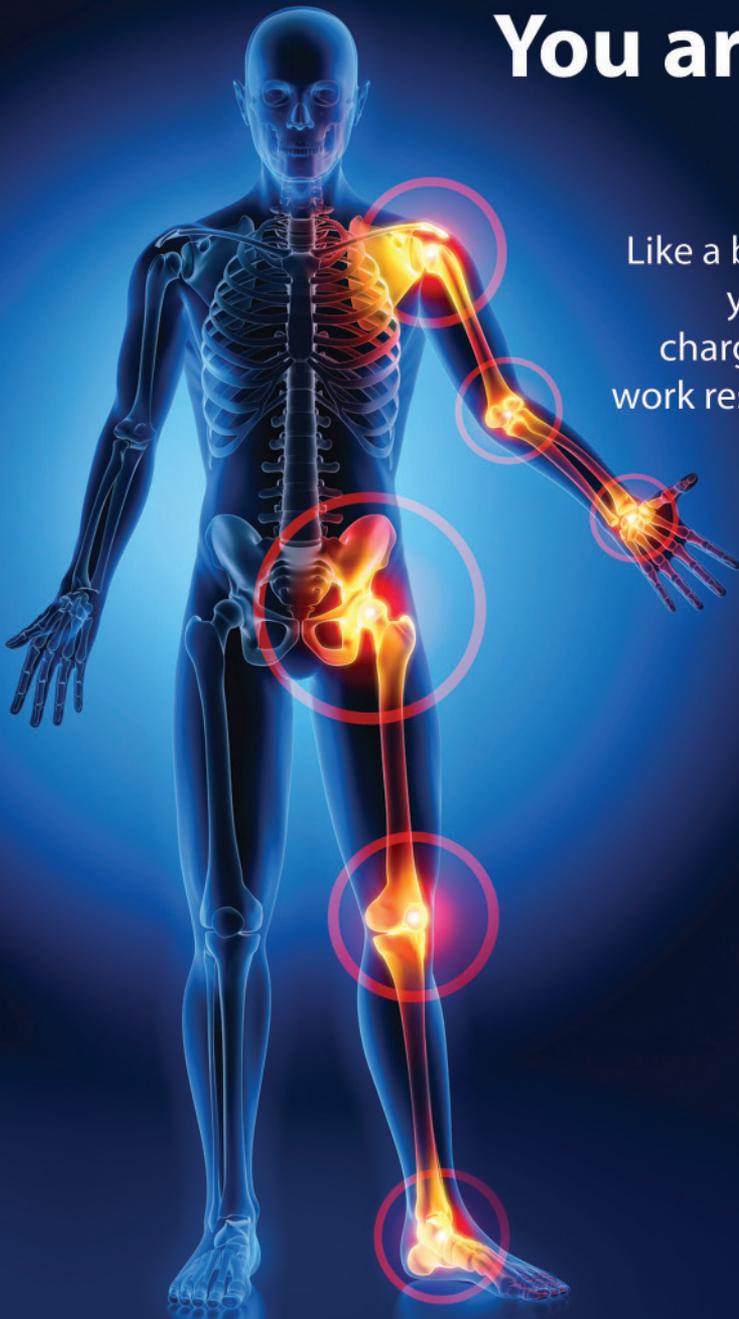
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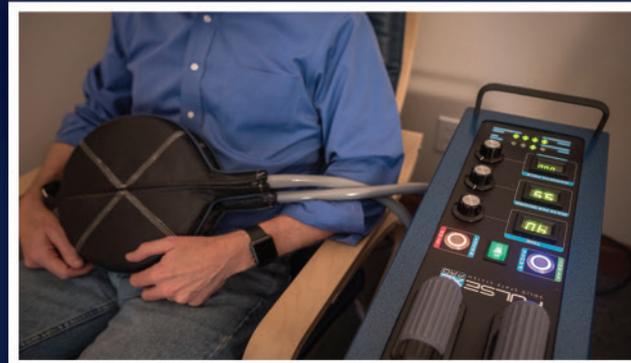
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create confident smiles via traditional braces, clear braces or Invisalign.” Morgan Orthodontics has an amazing team of highly trained doctors, scheduling specialists, dental assistants and marketing masters. “Our phenomenal team loves getting to know our patients, and we truly feel like family as we provide excellent customer service throughout our patients’ smile journeys,” Dr. Morgan shared.

Morgan Orthodontics has continued to grow, as they add beautiful smiles to Ellis County. Since 2018, their team has added two doctors and several additional teammates. Last year, in 2020, the practice added more parking space as well as extra office space to better serve their patients.

During the COVID-19 pandemic, “Health and safety remain our top priorities, as we create beautiful smiles that will soon be unmasked for the world to see,” Dr. Morgan said. “We follow strict protocols, as we continue to see and treat our orthodontic family during these trying times.”

Dr. Laura Morgan grew up in Lubbock, Texas. Embarrassed by her smile as a child, she is thankful for braces that

straightened her teeth and exposed her to the career of creating confident smiles for others. She attended West Texas State University, playing basketball and earning her bachelor's degree in biology before attending San Antonio Dental School followed by the Medical College of Virginia Orthodontics Program. Dr. Morgan moved to Waxahachie in 1998 after marrying Waxahachie native, Dr. Mark Morgan. "We have raised three children here in Waxahachie. We truly love this community, which has provided abundant opportunities and friendships," she shared.

Dr. Rebecca Trieu joined Morgan Orthodontics in 2018. She obtained her Bachelor of Science degree in biology and business administration from the University of Texas at Dallas, her doctorate degree from Texas A&M Baylor College of Dentistry and Master of Science in orthodontics from the University of Oklahoma Health Sciences Center. "Dr. Trieu loves sharing the smile journey with our patients," Dr. Morgan said. "She feels it is a privilege to see the transformation, as they progress through treatment, not only in their smile, but also in how their self-esteem and confidence grow.

"Dr. Macie Mills joined our team in 2020," Dr. Morgan said. Completing two phases of orthodontics as a child, Dr. Mills feels that orthodontics is about much more than just straightening teeth. She feels that a beautiful, healthy smile can truly change a life. "Dr. Mills loves meeting our patients and helping them create the smile they have always dreamed of having," Dr. Morgan said. Dr. Mills obtained her Bachelor of Science in nutrition at Texas Tech, doctorate degree from Texas A&M Baylor College of Dentistry and Master of Science in orthodontics from the University of Colorado Anschutz Medical Center.

"Morgan Orthodontics' goMO branding stands for giving others more opportunities because everyone knows that teeth and smiles are viewed by all we meet," Dr. Morgan said. If you or someone you know is thinking about improving their smile, Dr. Morgan and the team at Morgan Orthodontics looks forward to meeting you and building your new confident smile! **NOW**




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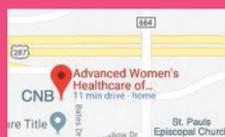
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Zoomed In: Leah McMillan Kelso

By Susan Simmons

Spending time on her farm is one of Leah McMillan Kelso's favorite things to do. Between her three horses, her many chickens and her two big dogs, Leah can always find a project to enjoy. "I have taught music for 20 years at WISD, and I love my job so much," Leah shared. "But this year has been especially tough, and I am so grateful to have my animals to help me relax." Leah treats her horses like her babies, and they eagerly follow her around like she is their mother. One is a gorgeous retired racehorse, which she rescued from a slaughter house. "He made a lot of people a lot of money. It's now his turn to simply enjoy a comfortable life!"



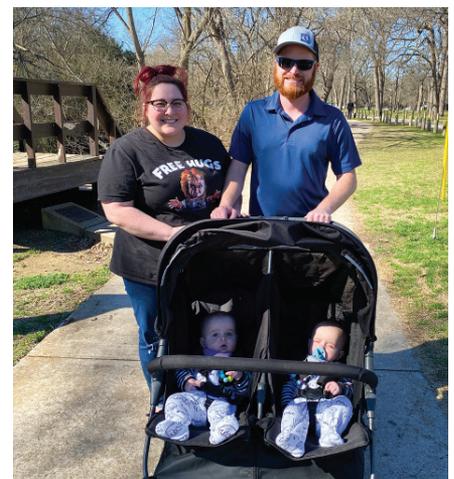
Nick and Lacey Box share a beautiful day with lunch in the park.



Bilo McClung and Sabine Stress babysit their canine friend, Sundae.



Garrett Richmond enjoys loading straw on cool, spring days.



Twins, Kamden and Kayden, take a stroll with their parents, Eric and Ivy Wilson.



Bryan Dougherty takes his doggie daughter, Pippa, out for a walk in the sunshine.



Vianai Dominguez spends the afternoon strolling on the square.



Mary Carmen and Martin Aguilar enjoy eating outside at Taco Suave.

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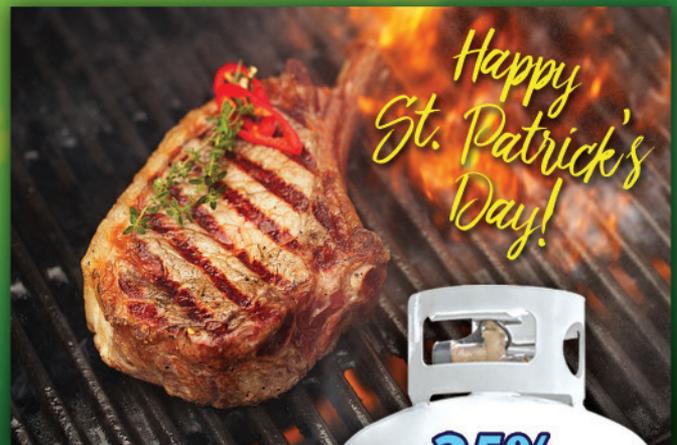
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CookingNOW
In the Kitchen With
 KRISTA COURTNEY
 — By Susan Simmons

It was her grandpa who inspired Krista Courtney's love of cooking. "He liked to watch Justin Wilson cook on PBS. Sometimes, after the show, he would run to the store to buy the ingredients, and then cook the dish for us when he got home. I don't remember a bad meal," Krista shared. It was no surprise when she chose culinary school and food as her life's work.

Krista enjoys cooking for her family as a way to show her love. "When they walk into the kitchen and smell their favorite food that they know I made just for them — that's love," Krista smiled. "And I love that look when they take a bite out of something I made and that *mmm ...* spreads all over their faces." **NOW**

Seafood Gumbo

Roux:

1/2 cup high heat oil, such as canola, corn or vegetable
1/2 cup all-purpose flour

Gumbo:

1 medium onion, diced
2 bell peppers, diced (I use red and orange.)
3 stalks celery, diced

6 cloves garlic, minced
8 oz. andouille sausage, sliced (I use Tofurky.)
3 bay leaves
2 Tbsp. Cajun seasoning
2 Tbsp. TABASCO sauce, more or less to taste
1 Tbsp. cayenne (optional)
4 cups low-sodium chicken broth
1 14.5-oz. can stewed tomatoes and juices, roughly diced
1 1/2 lbs. raw shrimp

Salt, to taste
Black pepper, to taste
2 tsp. gumbo filé

1. For roux: Heat the oil in a large, Dutch oven over medium-high heat. Whisk in the flour until combined and smooth. Switch to a wooden spoon, and continuously stir for 15-22 minutes, or until the roux darkens to just past a deep peanut butter color. Do not let the roux burn!

2. For gumbo: Once the roux reaches that deep, rich brown color, stir in the onions, bell peppers and celery. Continue to cook, stirring as needed, so the vegetables don't stick, about 8-10 minutes, or until the vegetables soften.

3. Add the garlic, andouille sausage and bay leaves. Continue to cook for an additional 1-2 minutes, until the garlic is nice and fragrant.

4. Add the Cajun seasoning, TABASCO Sauce, cayenne, chicken broth and stewed tomatoes; bring to a high simmer before lowering the heat to medium-low. Cover, simmer for 15-20 minutes.

5. Add the shrimp. Give it a stir; allow to continue to simmer for an additional 10-15 minutes, or until the shrimp is opaque and the vegetables have softened. Taste and season with salt and pepper as desired. Add the gumbo file; stir. Remove the bay leaves before serving. Serve warm with white rice.

Cheddar Bay Biscuits

8 Tbsp. cold, unsalted butter, plus
2 Tbsp. melted (divided use)
2 cups all-purpose flour
2 tsp. baking powder
1 tsp. baking soda
1/2 tsp. fine sea salt, plus a pinch
1/2 tsp. garlic powder
2/3 cup cheddar cheese, freshly grated
1 Tbsp. Italian parsley, freshly minced
1 cup buttermilk

1. Preheat the oven to 400 F; line 2 sheet pans with either parchment paper or silicone baking mats.
2. Cut 8 Tbsp. of cold butter into tiny cubes; set aside until ready to use.
3. In a large mixing bowl, whisk together the flour, baking powder, baking soda, salt and garlic powder. Using a pastry blender, cut the cubed butter into the dry ingredients until the mixture resembles coarse, small peas.
4. Stir in the cheddar and parsley. Then, using a sturdy spoon, stir in the buttermilk just until the dough comes together. Do not overmix.
5. Drop large, heaping spoonfuls of dough (about 2-3 Tbsp. worth — we use an ice cream scoop) onto the sheet pans, spacing each 2 inches apart. Bake for about 13 minutes, or until cooked through and golden brown.
6. Once the biscuits have finished baking, brush them with the melted butter; serve and enjoy.

Chili

2 lbs. ground beef
1 29-oz. can tomato sauce
1 29-oz. can kidney beans, undrained
1 29-oz. can pinto beans, undrained
1 29-oz. can diced tomatoes, undrained
1 onion, diced
1 jalapeño, diced
2 stalks celery, chopped
1 bell pepper, chopped
1 Tbsp. cumin
1/2 cup chili powder
1 tsp. pepper
2 tsp. salt
1 cup water
1 Tbsp. butter

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1. Brown the beef; drain the fat.
2. Add all the ingredients, except for the butter; simmer for 2 hours, stirring occasionally.
3. Add the butter, allowing it to melt, right before serving.

Broccoli Cheese Soup

Sauce:

- 1/2 cup butter
- 6 Tbsp. flour
- 2 cups milk
- 4 oz. cream cheese
- 8 oz. Velveeta

Soup:

- 3 cups water
- 2 chicken bouillon cubes
- 8 cups broccoli, chopped
- 3/4 cup onion, diced
- 1 cup cheddar cheese, grated

1. For sauce: Melt the butter over medium heat.
2. Once melted, add the flour; whisk until there are no lumps.
3. Whisk in the milk, stirring constantly. As it begins to boil, add cream cheese and Velveeta. Stir until creamy; set aside.
4. For soup: Boil the water and chicken bouillon cubes.

5. Add the broccoli and onions. Boil for 10-12 minutes, or until the water is mostly evaporated.
6. Reduce the heat; add the sauce to the broccoli and water. Stir until combined; simmer for 15-20 minutes, stirring frequently.
7. After simmering, add shredded cheddar; stir to combine.

Sausage Pasta

- 8 oz. penne pasta, cooked per package directions
- 1 pkg. smoked sausage (I used skinless.)

- 2 cups heavy cream
- 2 tsp. Cajun seasoning
- 1/2 cup Parmesan cheese, grated

1. Cook the pasta; set aside.
2. Cut the sausage in small slices; sauté in a pan over medium-high heat.
3. Once the sausage is done, add cream and seasoning. Stir until combined and the mixture comes to a boil.
4. Reduce heat; add pasta and Parmesan cheese.
5. Stir to combine; remove from heat. It will thicken within 2 minutes after you take it off the heat.



Seafood Gumbo



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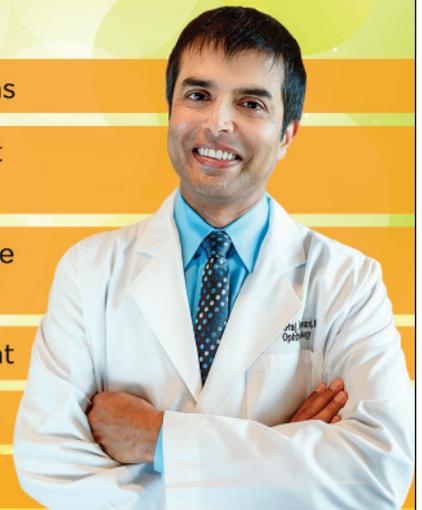
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Fractures in the ankle can differ in severity. The least severe breaks are called avulsion fractures, in which a small piece of bone has been pulled off. The most severe ankle fractures are shattering-type breaks in the tibia or fibula, the two bones extending from the knee to the ankle.

Most ankle fractures happen when the ankle has rolled either inward or outward. Any number of mishaps can cause an ankle fracture, such as slipping and falling, stepping off a curb the wrong way, being in a motorcycle or car accident or having an incident in sports.

The typical symptoms of a fractured ankle are severe pain and significant swelling. You may or may not be able to bear weight on the affected foot. One myth about

fractures is that you will hear a crack or a pop. This is simply not true — no noise is heard with a broken bone. Some people think they have an ankle sprain, when in actuality, they have an ankle fracture — or in some cases they may have both. It's important to seek emergency medical care right away.

When you go to the emergency room, make sure that X-rays are taken to determine whether you have a fracture. It's also important that you receive a follow-up referral to a foot and ankle surgeon, who will evaluate your ankle thoroughly and discuss your treatment. Sometimes, additional imaging tests are needed. If your bone is broken in two or more places, you will likely need surgery. If your bone is broken in one area only, you may or may not need surgery, depending on the severity of your injury. Many ankle fractures are placed in a cast or a removable CAM boot to keep the bone immobile while it heals. Typically, the cast is worn for two months with some of that time being kept non-weight bearing, either with crutches or a rolling scooter. At that time, you may or may not need physical therapy. Although these fractures can be scary, with proper follow up and care, you can overcome them. **NOW**

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Heart envelopes were found
 on pages 4, 21, 28, 31, 34

February winner is:
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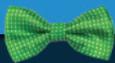


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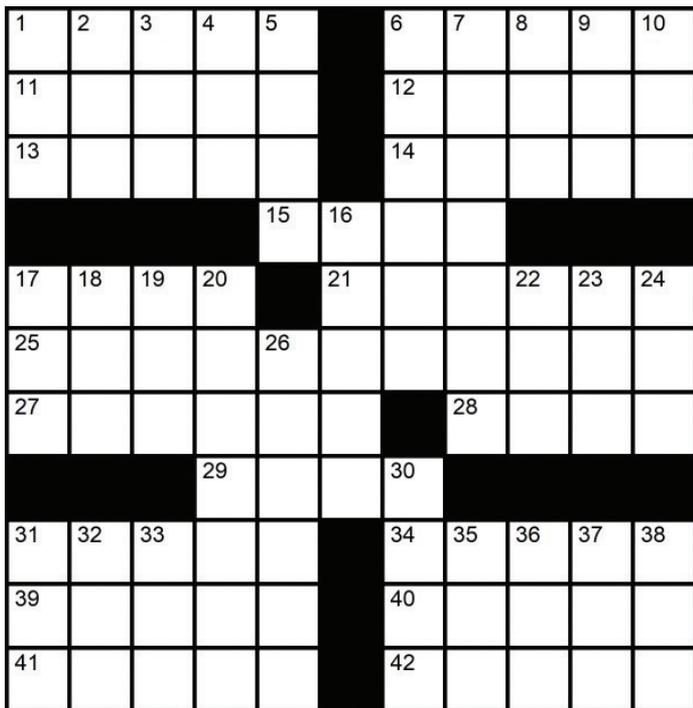
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Crossword Puzzle



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Across

- 1 Arm and a leg
- 6 --- Capped Romance (36 Crazyfists)
- 11 Egg producer
- 12 Uncle Tom's creator
- 13 Childe Harold author
- 14 Doesn't possess
- 15 Blacken
- 17 Tex. neighbor
- 21 "The --- File" (Frederick Forsyth)
- 25 Sailor's jacket, maybe
- 27 With sharp side first
- 28 Bloodsucker
- 29 Heavy blow
- 31 Contempt
- 34 Has become rancid
- 39 Like Muzak
- 40 Donald Duck's nephew
- 41 Rowdy ---, an early Clint Eastwood role
- 42 Descriptive record

Down

- 1 High shot
- 2 Excellent tree climber
- 3 Besmirch
- 4 Fraternity man, briefly
- 5 Harmony
- 6 Slightly
- 7 Eye impolitely
- 8 Discouraging words
- 9 "My --- Private Idaho" (1991 film)
- 10 Freshly painted
- 16 They're locked in battle
- 17 Have creditors
- 18 Little goat
- 19 Very cold fuel
- 20 Aim of every undergraduate
- 22 Snow runner
- 23 Fraction of a min.
- 24 Ancient boat
- 26 Bounces
- 30 Top gear for a house
- 31 Spot
- 32 Preceded by the O S S
- 33 Plump
- 35 One kind of offspring
- 36 Unfashionable
- 37 Cone producer
- 38 Visionary

Solutions on page 44

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Sudoku Puzzle

Easy

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

Medium

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

Crosswordsite.com Ltd

Solutions on page 44

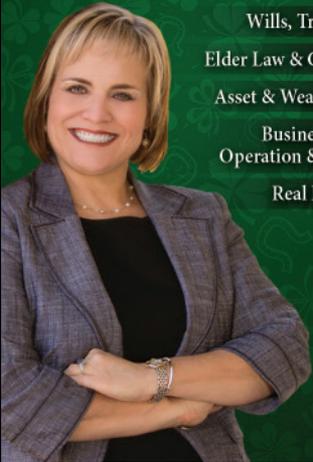
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Happy St. Patrick's Day

MARCH

Due to COVID-19, some events may have been cancelled or rescheduled while we were at press. Check with individual organizations or your city or Chamber websites to verify dates and times.

3/4

Annual Daddy Daughter Dance:

Must purchase tickets prior to event at www.waxahachieciviccenter.org or during regular business hours at the Civic Center. \$20 per person. 6:00 p.m.-9:00 p.m., Waxahachie Civic Center, 2000 Civic Center Lane. For more information, call (469) 309-4040.

3/19-3/21

Ink Masters Tattoo Show:

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For more information, go to <https://www.worldtattooevents.com/ink-masters-tattoo-show-waxahachie/> or on Instagram @inkmasterstatooshow.

3/19-3/28

Tulipalooza:

This is a 10-day charity event featuring live music, food trucks, vendors and U-Pick-Em Tulip Field. 10:00 a.m.-7:00 p.m., Waxahachie Civic Center, 2000 Civic Center Lane. For more information, visit <https://tulipalooza.org/>.

3/23-4/8

Historical Walk to Wellness:

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3/26-3/27

Nitro Madness at the Metroplex:

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3/26-4/4

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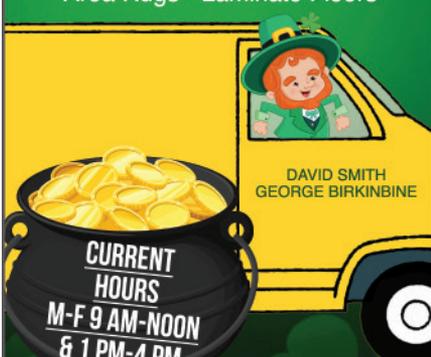
Submissions are welcome and published as space allows. Send your current event details to susan.simmons@nowmagazines.com.

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Crossword - Sudoku Solutions

1	L	2	I	3	M	4	B	5	S	6	A	7	S	8	N	9	O	10	W
11	O	V	A	R	Y	12	S	T	O	W	E								
13	B	Y	R	O	N	14	H	A	S	N	T								
						15	C	H	A	R									
17	O	K	L	A	21	O	D	E	S	S	A								
25	W	I	N	D	26	B	R	E	A	K	E	R							
27	E	D	G	E	O	N	28	T	I	C	K								
						29	G	U	S	30	T								
31	S	C	O	R	N	34	I	S	O	F	F								
39	P	I	P	E	D	40	L	O	U	I	E								
41	Y	A	T	E	S	42	E	N	T	R	Y								

Easy

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

Medium

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

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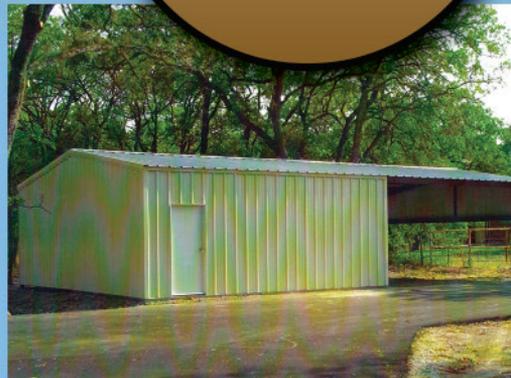
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