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APRIL 2019

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special needs  
cheerleaders

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## ON THE COVER

*Crystal Wells just returned from coaching cheerleaders at the Special Olympics World Games.*

**Photo by**  
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# EDITOR'S NOTE



*Angel*

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*April is here!*

Never mind this month's notorious income tax deadline on the 15th, my spirits are lifted by all else April brings. There are the holidays: Good Friday, April 19th and Easter on the 21st, not to mention a great excuse to get outside on Earth Day on the 22nd. Then there are days to celebrate siblings, pets and the ever-important administrative professionals — mark your calendar for the 24th, bosses!

April is even willing to provide a holiday for "All Fools" on April 1st. There is nothing my heart welcomes more than laughter, and a good-natured prank on April Fool's Day doesn't bother me. Of course, some folks are easier to trick than others.

The website, hoaxes.org, developed a list of the Top 100 April Fool's Day Hoaxes of All Time, and I'd like to think most of us wouldn't have fallen for any of them. Like when Taco Bell Corporation took out a full-page ad in several major newspapers announcing it had bought the Liberty Bell, and you guessed it, was renaming it the Taco Liberty Bell. According to hoaxes.org, hundreds fell for the prank, calling Philadelphia's National Historic Park in outrage. Within hours, Taco Bell announced it was all in jest, which may have further burned the callers!

I got a chuckle out of some of the other notable hoaxes, including President Nixon announcing he would seek re-election in the '90s by promising, "I never did anything wrong, and I won't do it again," in audio clips from an impersonator. Then there was YouTube "Rick-rolling" the Internet in the early 2000s. If you haven't heard of Rick-rolling, tap [HERE](#) to learn more.

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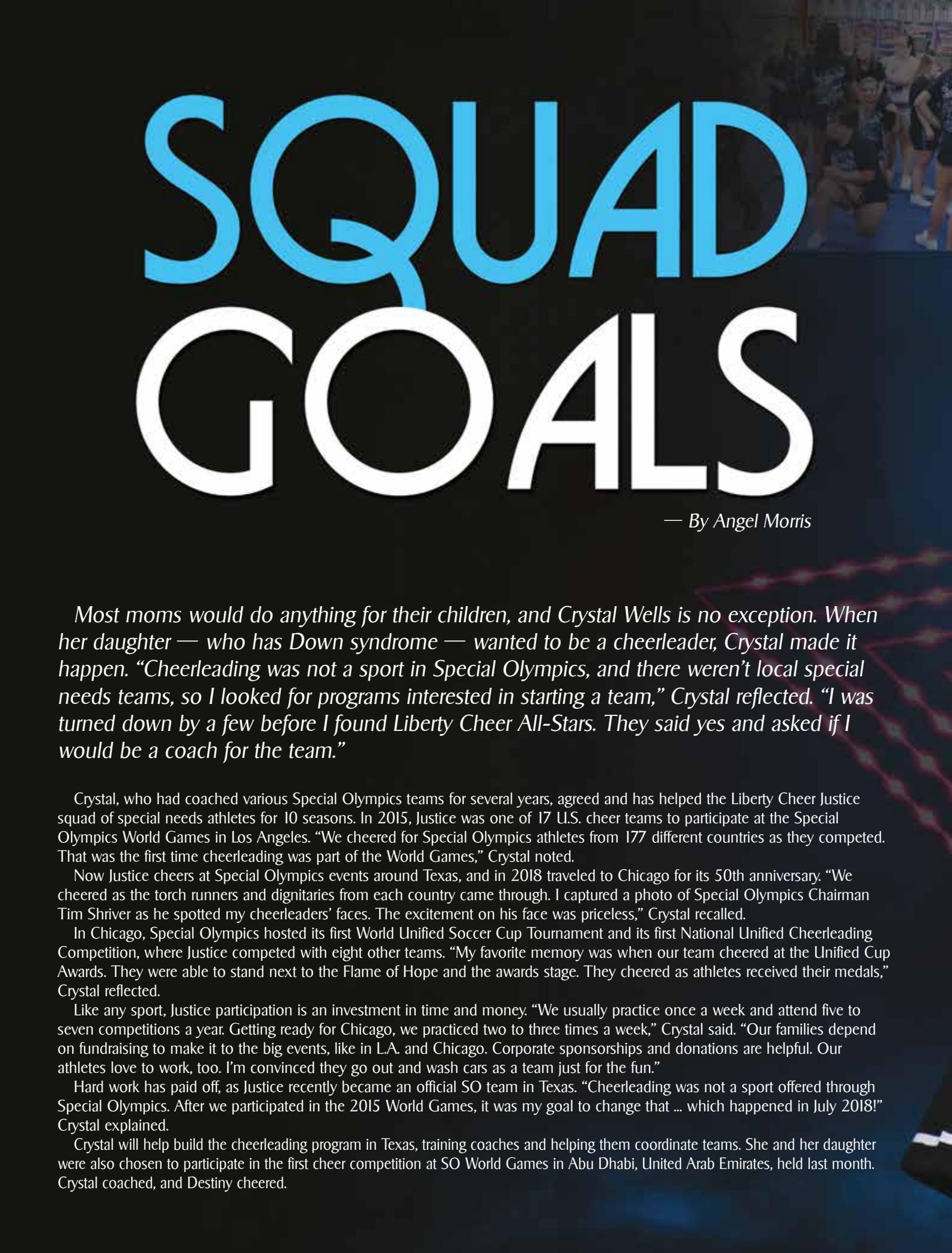
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# SQUAD GOALS

— By Angel Morris

*Most moms would do anything for their children, and Crystal Wells is no exception. When her daughter — who has Down syndrome — wanted to be a cheerleader, Crystal made it happen. “Cheerleading was not a sport in Special Olympics, and there weren’t local special needs teams, so I looked for programs interested in starting a team,” Crystal reflected. “I was turned down by a few before I found Liberty Cheer All-Stars. They said yes and asked if I would be a coach for the team.”*

Crystal, who had coached various Special Olympics teams for several years, agreed and has helped the Liberty Cheer Justice squad of special needs athletes for 10 seasons. In 2015, Justice was one of 17 U.S. cheer teams to participate at the Special Olympics World Games in Los Angeles. “We cheered for Special Olympics athletes from 177 different countries as they competed. That was the first time cheerleading was part of the World Games,” Crystal noted.

Now Justice cheers at Special Olympics events around Texas, and in 2018 traveled to Chicago for its 50th anniversary. “We cheered as the torch runners and dignitaries from each country came through. I captured a photo of Special Olympics Chairman Tim Shriver as he spotted my cheerleaders’ faces. The excitement on his face was priceless,” Crystal recalled.

In Chicago, Special Olympics hosted its first World Unified Soccer Cup Tournament and its first National Unified Cheerleading Competition, where Justice competed with eight other teams. “My favorite memory was when our team cheered at the Unified Cup Awards. They were able to stand next to the Flame of Hope and the awards stage. They cheered as athletes received their medals,” Crystal reflected.

Like any sport, Justice participation is an investment in time and money. “We usually practice once a week and attend five to seven competitions a year. Getting ready for Chicago, we practiced two to three times a week,” Crystal said. “Our families depend on fundraising to make it to the big events, like in L.A. and Chicago. Corporate sponsorships and donations are helpful. Our athletes love to work, too. I’m convinced they go out and wash cars as a team just for the fun.”

Hard work has paid off, as Justice recently became an official SO team in Texas. “Cheerleading was not a sport offered through Special Olympics. After we participated in the 2015 World Games, it was my goal to change that ... which happened in July 2018!” Crystal explained.

Crystal will help build the cheerleading program in Texas, training coaches and helping them coordinate teams. She and her daughter were also chosen to participate in the first cheer competition at SO World Games in Abu Dhabi, United Arab Emirates, held last month. Crystal coached, and Destiny cheered.



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The chances of the mom-daughter team participating together is unique. “Typically, athletes and coaches are chosen through applications and lotteries and often arrive at events without ever having met. It’s remarkable how God’s perfect timing allowed things to work out that way,” Crystal expressed.

Justice currently includes boys and girls, some with special needs and some without, ranging from age 8 to 24. Participants are eligible at age 5. “We build a new team and routine every year. We lose some athletes and have new ones join,” Crystal noted. “We have open registration at the gym every spring, but parents are welcome to bring their child any time to try a class.”

During practices, participants learn many of the same skills as other Liberty Cheer teams. “I always say there is nothing they can’t do. They can build level 1 and 2 stunts, pyramids and even do straight-ride basket tosses,” Crystal said.

Justice benefits participants’ physical and emotional health. “Our team provides a year-round program stressing fitness and skill development, and I see boosts in self-confidence and self-esteem. It gives members a place to belong among their peers and opens a door to build friendships. They might not have that opportunity anywhere else,” Crystal noted.

Volunteers with the squad benefit, as well. “Knowledge removes the fear that might keep a person from standing up to a bully or starting a conversation with someone who appears different,” Crystal said. “Several volunteers have chosen





careers serving children with disabilities. One is actually a special ed teacher in the area and has one of my cheerleaders as a student.”

Perseverance is a lifelong skill learned by Justice participants. “We’ve had athletes get sick on competition day and not be able to perform, forcing us to make changes in the routine minutes before we competed,” Crystal recalled. “They’ve never failed to pull through and wow the crowd.”

While Justice athletes face unique challenges, their grit pays off. “Many of them have health issues that keep them from coming to every practice. That’s hard on the team when trying to learn a new routine,” Crystal admitted. “Some have low self-esteem and have trouble putting forth what they’re capable of. That challenge always has the biggest reward.”

For Crystal, the rewards are sweet, too. “They love me. That’s the best part,” Crystal said with a smile. “I have a front-row seat to see the joy on their faces after nailing a routine in front of 1,000 people. Sometimes, I get lucky and get to watch them grow up and be awesome in their adult lives.”

Herself a member of pep squad while in school, Crystal is a 20-year Midlothian resident. She loves to travel, but says family takes up most her time. “We have five children, all with their own activities that I get to drive them to. Our two boys are grown but still live in town, and one has babies of his own for me to dote on.”

Ultimately, Crystal said the community is vital in Justice’s continued success. “I’ve always advocated for inclusion for people with special needs. That is the best thing their community can offer,” she advised. “Treat them the way you would like your children treated — with love, acceptance and patience.” **NOW**

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# Hope Anchors the Soul

— By Angel Morris

While one can appreciate all the benefits Midlothian has to offer, Dr. Lisa M. Rainey is aware the city, like all places, also has residents whose souls need encouragement. As executive director of The Anchor Home, a Christ-centered home for women in crisis, Lisa tries to bring hope to those facing struggles. “At first glance, Midlothian does not seem like a community with this type of need, however with a closer look, one can see the need is there,” Lisa noted.

The Anchor Home was founded in 2015 to provide displaced women assistance and a safe place to call home as they learn to follow a path toward self-sufficiency. The nonprofit organization partners with other like-minded groups to provide housing, nutrition, adult education, financial literacy and more.





"My professional and personal experiences have taught me to lead with a dedication to people first."

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“The women who seek our help may be recovering from unemployment, poverty, divorce or the death of a spouse, among other crises. They are seeking lifelong change and self-sufficiency. We hope we can help them find and follow that path,” Lisa said.

According to The Anchor Home leaders, Lisa brings a unique combination of dedication, passion and forward thinking to the program. “She possesses a gift for connecting with and inspiring people,” Ben Condray, assistant pastor at FBC Midlothian and board president, said. “She is an amazing asset to our community and to the women we seek to serve.”

Currently located in Waxahachie at 3080 West 287 Bypass near Midlothian, The Anchor Home’s dream is ultimately to provide safe housing to displaced women. Twelve women have been served in its short time in existence. Although The Anchor Home is young, the goal is to serve as much as possible as it grows.

“Land is being acquired and funds are being raised to create a facility in Midlothian and perhaps another in Waxahachie,” Ben explained. “Just a few months ago, our executive director assisted a woman who had nowhere to go and nowhere to turn, find a job and an apartment and furnishings. That’s the heart of what we want to do, but we are looking forward to the day we can do so much more for many more. We want every woman in crisis to have options.”

Moving to Midlothian with her husband, Daniel, in May 2017, Lisa quickly plugged into the community. “During a Bible study I met The Anchor Home’s founder, Ann Hollub. As Ann talked about this ministry, I sensed this was an opportunity to serve with a Christ-centered heart,” Lisa recalled. “When Ann asked me to apply for the position of executive director, I sensed God confirming the call on my heart to serve in this area.”

Daniel, who loves Midlothian’s small-town environment, enthusiastically supported Lisa’s acceptance of a role that seems tailor-made for her. Lisa’s Ph.D. in urban education, her consultancy to the Tennessee Department of Education and her two years as executive director for Teach Plus

Memphis — an organization focusing on teacher development and education policy — will serve her well as she helps develop curriculum for the women The Anchor Home will serve.

“My professional and personal experiences have taught me to lead with a dedication to people first. Further, I love God, and I know He loves me and because of that love, every program, training document and outreach of The Anchor Home will be grounded in God’s love for His people,” Lisa stressed.



Lisa attends Bethlehem Baptist Church of Mansfield; is a member of Delta Sigma Theta Sorority, Inc. — Southwest Dallas County Alumnae; Dallas (TX) Chapter of the Links, Inc.; and enjoys reading, writing and traveling. She makes time for fitness training and is a member of Midlothian Atlet Sports. All these experiences better enable her to help women set goals and strive to improve their lives.

Besides her interests and extensive background in education, Lisa said she has a heart for women in the throes of crises. “I fully believe God has a purpose for suffering and a reward for our faithfulness,” she said. “Like the song [“It Is Well with My Soul” by Horatio Spafford] says, we can encourage others that, despite circumstances, it can be well with their soul.” **NOW**

*Editor’s Note: For more information, call (972) 646-0776 or visit the website at [www.theanchorhome.org](http://www.theanchorhome.org).*



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really means. This, of course, is the foundation upon which he has built his Midlothian-based company.

Driven by the desire for more, Jory launched Texas Ace Heating & Air on April 1, 2012, using his grandmother's computer and his bedroom as his office. After the first year, he finally moved his office from the bedroom into his first commercial building, just beyond the railroad tracks at the corner of Bryant and Avenue E. Jory stated, "I started with a truck and just myself, and the next thing I knew, I had several employees and a well-rounded company."

After the third year, he expanded and moved again and now owns half a dozen commercial buildings within Midlothian. His signature red, white and blue "U Got 'Em" trucks can be seen throughout Texas, in surrounding states and as far North as West Virginia. "Coming up on our seventh anniversary, Texas Ace continues to set new industry trends and records that, frankly, aren't seen in the HVAC business," Jory said.

Despite the accolades and awards, you won't find any plaques on the walls, or framed honors lining the company halls — rather, you will find all of those neatly tucked away in his office drawers. While he is very proud of all the success Texas Ace continues to have, he doesn't want to become distracted by it. His focus has always been, and remains, the customer. "We have the reputation that we are going to do it right and won't cut any corners," Jory noted. "Our reputation is everything, and that's why we strive for 100-percent customer satisfaction."

*"Coming up on our seventh anniversary, Texas Ace continues to set new industry trends and records that, frankly, aren't seen in the HVAC business."*

It's hard to say just where this passion for service and customer care come from, but likely navigating the intricacies of parenting five children with his wife, Teresa, has held great influence. Raising three boys and twin girls certainly has provided all the context clues and familial fodder one might need to learn little things like: how to laugh at yourself, how to poke fun without hurting someone's feelings and how to lose with dignity and grace. Of course, it was also the perfect backdrop to teach patience, persistence and teamwork.

Jory continues to build a business incorporating these same tried-and-true values. He has worked diligently to build a company culture that is rich in both freedom and accountability. He claims to have handpicked each employee, surrounding himself with the absolute best in each of their respective roles. "I can't say enough about them. We have really built the A-team, because we make sure we do it right. We'll go to the ends of the earth for our employees and our customers." And, Jory is quick to give credit first to God, and then his family for their sacrifices and ongoing support, and then to each of his employees for the company's ongoing success.

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Jackson Carter earns the UIL 5A State Champion wrestling title in his weight class.

## Zoomed In: By Angel Morris Alissa Velasquez and Aimee Price

Alissa Velasquez and mom, Aimee Price, spent a day enjoying downtown, joined by Aimee's other children, Charlotte and Elliot Steffins. "The weather outside was beautiful, so we took advantage of it, starting at the cabin downtown. We were celebrating Alissa's four years since being diagnosed with type 1 diabetes by getting some keto cupcakes at Creations Bakery," Aimee explained.

At Creations, they discovered a "Midlothian Rocks" painted rock, then explored the new city dog park with their Schnauzer, Harvey. The family ended its exploration of the city watching the Heritage High School production, *Newsies*. "The dog park was really fun. It's so great that we have it," Aimee said. "And the play was awesome! It was Charlotte's first musical to participate in, and we all loved it."



Kim Moss and Casey Nelson show off some of the many awards won by Destination Imagination teams at Regionals.



Jersey Mike's cuts the ribbon at its grand opening.



MHS cheerleaders place first in National Semi-finals and 10th at the UCA National High School Cheerleading Championship.



Angela and Tommy Ewton, of Midlothian Plumbing, enjoy a night out with local business members.



MHS Coach Kevin Reed is named Texas LII 5A Wrestling Coach of the Year.



Troop 2567 used some of its Girl Scout cookie money to purchase flowers for MidTowne Assisted Living residents.



Cherise Burnett, left, and Barry Moore, right, join Ellis County's October Alzheimer walk coordinators, Haley Hanson and Brittany Thomas, for a volunteer kick-off event at Cork & Keg.



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A native of Grand Prairie, TX, Maggard entered the title industry in 1999. She started as a receptionist and quickly advanced to Escrow Assistant. Jennifer has been a resident of Mansfield since 2000 and a licensed Escrow Officer for nearly 20 years. She handles a variety of escrow transactions and takes pride in helping her clients navigate the closing process. In her free time, Jennifer and her husband, Heath, enjoy spending time with their children – Taylor, Hayley and Camden – and three Pomeranian pups. Jennifer also loves to travel any chance she can get. A die-hard Dallas Cowboys fan, she especially enjoys attending sporting events and concerts.

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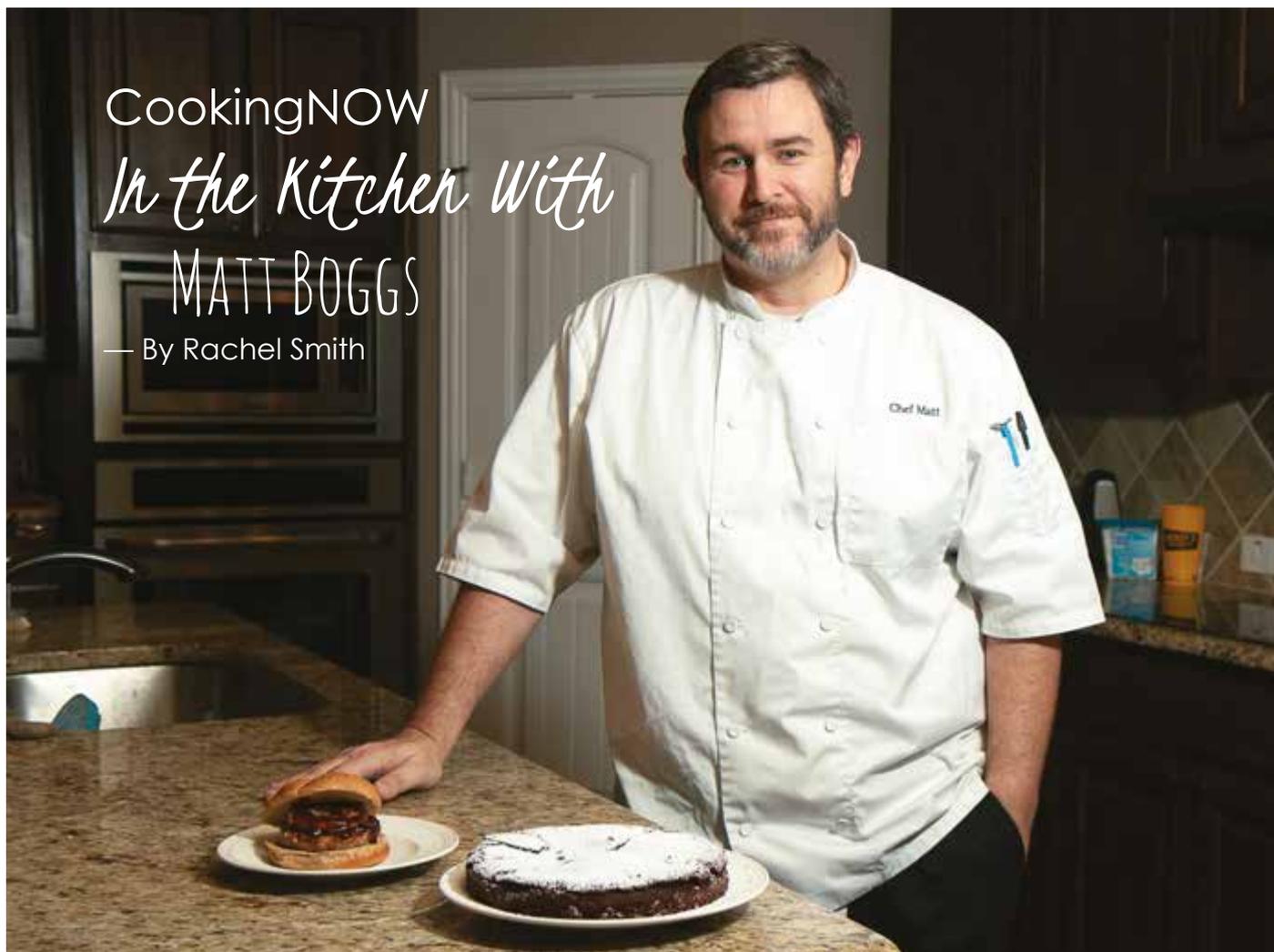


# CookingNOW

## *In the Kitchen With*

### MATT BOGGS

— By Rachel Smith



Matt Boggs experienced trials and triumphs through the years as a chef. Like the night a theater production and ball game took place near the restaurant where he worked, resulting in 200 reservations and a lot of pressure for Matt and his fellow chefs. “That night, though, we all found what we were capable of, as we didn’t get a single complaint. Those are the good times,” he admitted.

A graduate of California School of Culinary Arts, Matt gained firsthand experience in the art of cooking. “Cooking is a place in our minds and hearts that we can tap into, paint a picture and have it represented on the canvass of a plate. ... That’s the whole reason I enjoy cooking. It expresses who we are.” **NOW**

### Vanilla Ice Cream Base

- 1 Tbsp. vanilla bean paste (or scrape one whole vanilla bean)**
- 10 oz. granulated sugar**
- 10 egg yolks**
- 1 qt. half-and-half**

1. In a metal or glass mixing bowl, combine vanilla and granulated sugar; stir.
2. Using a wire whisk, add egg yolks to

sugar mix; whip until well incorporated and color has lightened to a pale hue.

3. With medium-low heat, begin warming half-and-half in a sauce pot until it reaches 100 F. Add a few Tbsp. of half-and-half to the egg mixture; whisk it in, slowly adding more to temper the egg mixture until all liquid is incorporated. Continue stirring.
4. Place mixing bowl over a pot of gently boiling water; continuing to stir egg mixture. As it begins to cook, it will thicken up. This

can take about 20 minutes if done properly. Once it can coat the back of a spoon, draw your finger across the spoon. If liquid doesn’t run down past the line, it is done.

5. Put the bowl in an ice bath; stir more to cool down. Transfer to an air-tight container when cool; store overnight.
6. The next day, use ice cream maker set on churn. Transfer to a container with an air-tight lid; cover and store in the freezer.

### Flourless Chocolate Cake

- 16 oz. chocolate chips**
- 16 oz. unsalted butter**
- 3 cups granulated sugar**
- 2 cups cocoa powder**
- 12 eggs**

1. Place chocolate and butter in a glass or metal bowl. Place bowl on top of a pot of simmering water.
2. In a separate bowl, combine sugar and cocoa powder until mixed together; whisk eggs into sugar mix until completely incorporated.

3. Once chocolate and butter have fully melted, whisk into egg mixture; do not overbeat.
4. Bake it or store it, covered and sealed, in the refrigerator for a few days. Having it chilled will let you use a portion scoop to evenly distribute it.
5. If baking right away, spray pan; line with parchment paper and spray paper. (Ramekins also work great for this.) Bake in 350 F oven for roughly 16-20 minutes, or longer. Check cake to make sure it is cooked by sticking a knife or cake tester in it. If it's not clean, bake in short spurts until cooked.
6. Note: Each oven and cooking vessel require testing. I don't recommend cupcake pans. Cake pans or ramekins work best. I recommend either a great chocolate sauce, or a crème anglaise (the previous ice cream base works great), or even a mixed berry sauce.

### Dad's Chili

- 1 onion, diced
- 2 Tbsp. unsalted butter
- 4 lbs. ground beef
- 4 cloves garlic, finely minced
- Kosher salt, to taste
- Black pepper, to taste
- Paprika, to taste
- Cayenne pepper, to taste
- Chili powder, to taste
- 1 26-oz. can red beans
- 1 26-oz. can black beans
- 1 26-oz. can butter beans
- 1 26-oz. can tomato sauce

1. In a large stock pot, sauté onion for 2 minutes in butter.
2. Add ground beef and garlic. Stir to break beef up; mix in seasonings. When beef is cooked, taste to make sure it is done correctly. It should be a little spicy, but carry the essence of chili.
3. Add beans and sauce. Reduce heat to low; let simmer for 1 to 2 hours to allow flavors to mingle. Best served over honey-infused cornbread or with a good helping of your favorite cheese.

### Pork Belly Sliders

- Brine:*
- 1/2 cup salt
  - 1/2 cup sugar
  - 1/4 cup apple cider vinegar
  - 1/2 gal. hot water
  - 3 bay leaves
  - 1 large stalk rosemary
  - 1/2 gal. ice
  - Cold water, to taste (optional)

- Pork Belly:*
- 1-2 lbs. whole pork belly

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**Kosher salt, to taste**  
**Cracked black pepper, to taste**  
**Hawaiian slider rolls**

*Optional Toppings:*

**Dijon mustard**  
**Teriyaki sauce**  
**Barbecue sauce**  
**Korean barbecue sauce**

- 1.** For brine: A day before cooking, make brine by combining salt, sugar and apple cider vinegar; stir.
- 2.** Add hot water to dissolve sugar and salt. Add bay leaves and rosemary; add ice. Add cold water, if needed, to make 1 full gallon of brine. Submerge pork belly in brine overnight.
- 3.** For pork belly: The next day, remove pork from brine; pat dry with paper towels.
- 4.** Place an oven-safe container filled with water in the side of the oven (this helps promote steam); turn oven to 200 F.
- 5.** Sprinkle kosher salt and cracked black pepper atop pork belly. Place in oven-safe tray or pan with at least a 1/2-inch lip. Place in oven, being careful not to hit the container of water. Bake 5-6 hours, or until tender. It's a low, slow process.
- 6.** When nice and tender, remove from oven; place on the counter. Let sit for 20 minutes.

**7.** Remove from cooking tray; place on cutting board. With a sharp knife, cut pork belly into 1/3-inch to 1/2-inch thick strips about 2 inches long.

**8.** Place pork on slider roll or bun; top with suggested toppings of your choice.

## Island Turkey Burger

**2 lbs. ground turkey**  
**1 whole egg**  
**1/2 cup Panko breadcrumbs**  
**1 pineapple, sliced and cored**  
**Red onions, thinly sliced**



**Your favorite teriyaki sauce**  
**(room temperature)**  
**Whole wheat burger bun**

- 1.** In a mixing bowl, combine ground turkey, egg and Panko breadcrumbs. Form into patties, pressing firmly together. Grill until internal temperature is 155 F.
- 2.** While turkey is cooking, grill pineapple on both sides, just enough to warm pineapple but not to where it falls apart, about 2 minutes on each side.
- 3.** On bottom half of bun, place cooked turkey burger, pineapple slice and red onions. Drizzle with sauce; add top bun.

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- Virginia Woolf



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— By Lisa Bell



*What began in 1881 as a T&P Railroad stop, Abilene, Texas, became so much more. Two to three hours from the Metroplex, Abilene is home to Dyess Air Force Base, three major universities/colleges, and one place where families can find adventure, history and art all rolled into one city.*

Designated as a state cultural art district, throughout the year opportunities abound for visitors. A favorite time to visit is early June when the Children's Art & Literacy

Festival runs for three days. Special events and activities allow children of all ages to enjoy favorite literature and try their hands at art. From the Storybook Parade to children's artists, costume contests and much more, this weekend brings books to life.

But any time of the year, Abilene features multiple places children adore. In fact, on October 17, 2018,



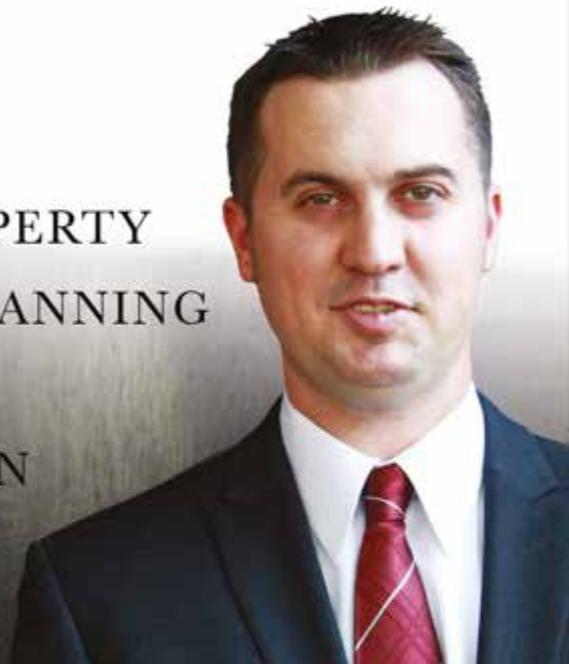
Abilene received the distinguished title of Storybook Capital of America. With 24 sculptures around town and new ones added annually, kids get to pose beside favorite characters cast in bronze. With an audio storybook tour and adventure guide, families have fun in the downtown area finding Dr. Seuss favorites as well as figures from other books, including the infamous



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No, David. In the Adamson-Spalding Storybook Garden, kittens, dinosaurs, Stuart Little, Marcel and Wilfred, Charlotte and Wilbur, plus others wait for visitors of all ages. These statues evoke memories of favorite nursery rhymes and beloved tales.

In addition to the sculptures, don't miss the National Center for Children's Illustrated Literature. The museum celebrates the artistic achievements of children's book authors. During exhibits, they also offer free art activities for kids and their parents.

The Grace Museum and Center for Contemporary Arts are wonderful places where families enjoy a variety of art. At the Grace, one floor also houses historic scenes depicting life over decades. And a children's area allows the entire family to enjoy this culturally rich environment. While the artist displays vary, the children's area remains static. With an oversized Operation game and a musical wall, everyone can have fun interacting together.

Live theater is also big in Abilene, some of it designed around the tastes of younger audiences. The perfect way to introduce children to ballet, live performances and old movie hits can be found in the city while adults can also appreciate events offered for them.

The historic Paramount Theatre is only one venue in Abilene. The fully restored 1930's theater still has a ceiling decorated with stars. During the early years, the stage and curtains allowed live performances and the giant screens welcomed in movies. For a time, the

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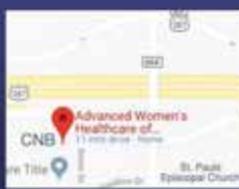


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theater changed to the hotspot for new movie releases. Today, they provide space for live theater, speakers and performances, as well as showing family films and classic movies. The building alone is an adventure that takes you back to a simpler time in history.

And Abilene has lots of history. The former T&P Train Depot now houses the Abilene Convention and Visitors Bureau. Part of the Texas fort trails, you can visit old Fort Phantom and Buffalo Gap Historic Village. For an extra treat, take in Frontier Texas where modern technology meets yesteryear and holographic figures help make history real. Learn about Texas in a unique way not soon forgotten.

On the wild side, the Abilene Zoo has 16 acres housing more than 1,000 animals, representing 250 species. Located at Nelson Park, there is also a splash area for warmer months and a park resembling a historic fort for fun beyond the zoo.



When in Abilene, local eateries and venues offer a great place to host events. The Mill and Soda District are two of many that welcome visitors. But the people of Abilene enjoy sharing the history and modern mix of art, culture and community. Some say the prettiest women live in Abilene. True or not, it's definitely a nearby destination you don't want to miss. **NOW**

Photos by Lisa Bell.

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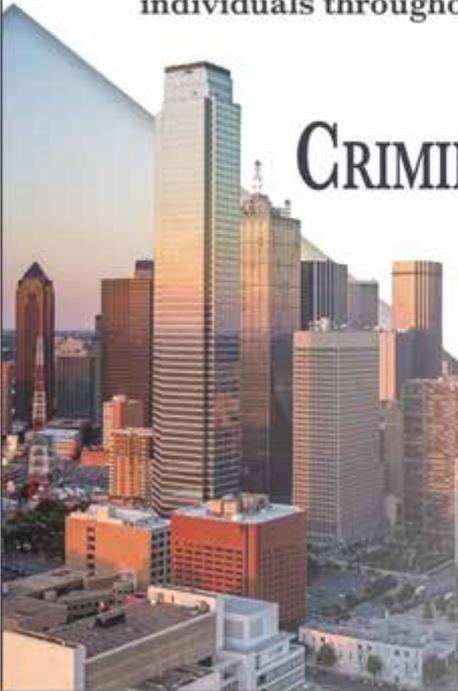
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*Raising fresh vegetables provides a great way to save money and eat healthier. A traditional garden can be hard on the back and knees, not to mention lots of work. But creating a raised garden may be the perfect solution. Building at waist level saves backs and may deter some wild intruders from stealing your hard-earned produce.*

Raised gardens transform small yards or even patios into an abundance of yummy produce. Of course, the easiest way to a raised garden is purchasing a premade one. However, building your own costs less and is an easy project most anyone can accomplish.

First, determine the contents of your garden. Know if you need full or partial sun or if your intended plants prefer shade. Choose the location before beginning. Keep in mind, a bed can be any size, but you need to easily reach into the center or all the way across depending on location.

**Building a wooden raised garden:** Although you can get fancy, one simple plan requires minimal materials and knowledge. (See [www.ana-white.com/2012/11/plans/counter-height-garden-boxes-2-feet-x-4-feet](http://www.ana-white.com/2012/11/plans/counter-height-garden-boxes-2-feet-x-4-feet) for full details.)

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— By Lisa Bell



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2 – 4x4x12 fir or cedar posts (pine can be used, but fir or cedar are more weather resistant), 2 – 1x8x8 cedar boards, 2 – 1x3x8 cedar boards, 1 roll of 1/4-inch hardware cloth (50x24), 16 – 2-inch 14-20 hex bolts, 16 washers, 16 threaded inserts, and 12 – 1 1/2- to 2-inch brass or galvanized screws.

Cut the wood for legs and sides. (Note: if you don't have a saw and miter box, local home improvement stores may make the cuts for you.) *For legs:* cut the 4x4's into four 32-inch legs. *For sides:* cut one of the 1x8x8 into two 48-inch lengths. *For ends:* Cut one of the 1x8x8 into two 24-inch lengths. *For bottom slats:* cut the two 1x3x8 boards into six 24-inch lengths. Finally, cut the hardware cloth into a 24x50-inch rectangle.

Assemble the frame and use a staple gun to secure the hardware cloth. Then attach the slats with screws for support. Line with coconut cloth, old newspapers, compost or anything safe for soil but that keeps the dirt and plants in your new container.

**Choosing the right soils for your raised garden:** According to Gardener's Supply Company, for most situations use 60 percent topsoil, 30 percent compost and 10 percent potting soil. You can purchase or make your own compost, avoiding weedy or bacteria-producing materials. The mixture should fill the bed almost to the top. You can calculate the correct amount needed by multiplying length by width by depth of your bed.

**Watering your raised garden:** In a perfect world, an inch of rain each week would fall and water your plants. In the

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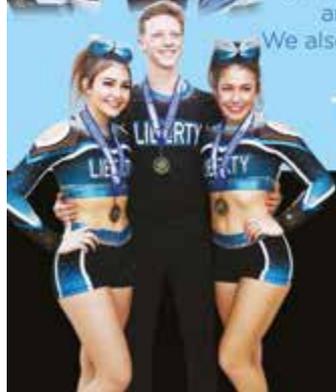
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real world, you must watch the soil. The easiest way to check is by sticking a finger deep into the soil. It should feel slightly damp, like a wrung-out sponge. Check at least once a week. A watering wand is a great way to get the water exactly where you want it. Of course, an old-fashioned watering can works well too if you don't mind refilling it as needed.

**Alternate raised bed materials:** If you aren't up to building a wooden frame, consider some alternatives. A galvanized tub of any size can be raised using concrete blocks. Round barrels or pallets can be elevated using an old table or other sturdy frame. Secure with screws or bolts/nuts.

Take a look around your house, shed, local antique stores, garage sales and flea markets. Use your imagination and creativity for something unique. Be cautious about painted materials though, because they can contain toxins.

**To fill a deeper bed, use lasagna gardening:** Over a layer of soil, add tree branches or cedar logs to take up space. Be sure to wet down well. For the next "green" layer, use veggie scraps, coffee grounds, eggs shells — basically anything you'd put in a compost pile or container. These will break down and add nutrients to your soil over time.

Your next layer consists of carbon-based material — straw, shredded newspaper, leaves, used napkins, paper towels, etc. Be sure to wet well after each layer. Alternate green and carbon-based layers. When you have about 6 to 12 inches left, put in your topsoil, compost and potting soil mixture. Plant your crop, and enjoy the fruits of your labor that didn't break your back. **NOW**

Sources: [www.gardeners.com/how-to/raisaded-beds-basics/](http://www.gardeners.com/how-to/raisaded-beds-basics/)  
[www.dynatural.com/lasagna-gardening](http://www.dynatural.com/lasagna-gardening)

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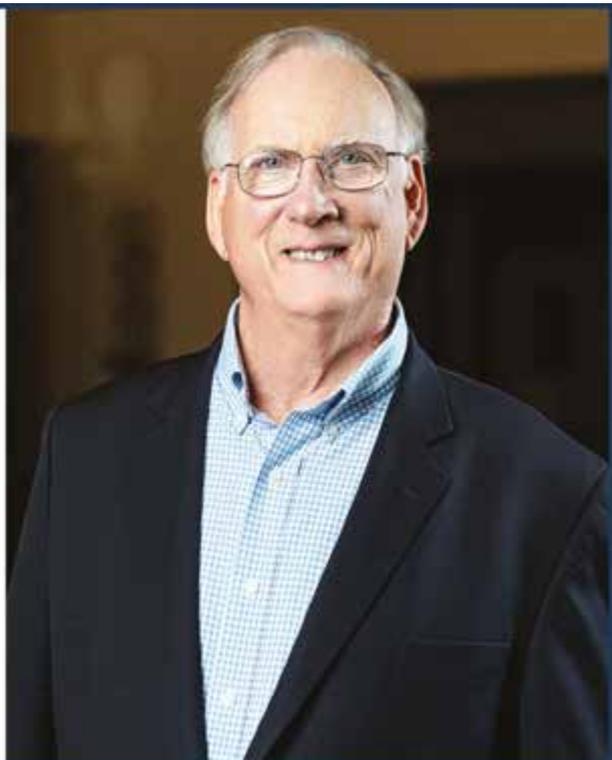
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TALES OF TEXAS

— SAN JUAN —

# Capistrano

— By Lisa Bell

*In San Antonio, Texas, five missions from the 18th century became the largest concentration of Catholic missions in North America. They stand today as a memorial to life of that era, but most of them still operate as active parishes of the Catholic Church. San Juan Capistrano, one of the five, has an interesting history.*

Originally founded on July 6, 1716, by Franciscan missionary Fray Isidro Félix de Espinosa, he named it San José de los Nazonis Mission. Located in East Texas, the mission stood in territory controlled by the Nazoni and Nadaco tribes. During a threat of French invasion in 1719, the mission was abandoned. But before long, Marqués de Aguayo and Father Espinosa reestablished it in the same location.

Unsuccessful in the attempts to serve the native tribes, anything transportable moved to the east bank of the San Antonio River, just 12 miles from the Alamo. On March 5, 1731, they reestablished and renamed the mission as San Juan Capistrano.

But the mission's adversity didn't end with the move. Plagued by epidemics of smallpox, measles and other European diseases, the native inhabitants suffered many deaths. They also contended with bands of raiding Apache and Comanche tribes, terrorizing them as they took shelter in the mission compound. From day to day, the inhabitants of the mission complex supported one another. Each of the missions within the chain had their own unique strengths. San Juan Capistrano boasted rich pastures and farmland. Yet it didn't progress as much as other missions. Exposure to frequent enemy attacks wore them down. The reported 3,500 sheep and nearly as many cattle strained the land allotment for this self-sustained community. Still, they continued producing crops and harvesting from orchards outside of the protective walls.

Photo courtesy of the National Park Service.





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When food became plentiful and the danger level from raids fell low, some of the natives left to hunt and gather food, returning to their previous way of life. Yet, the mission persevered and grew. By 1762, more than 200 natives resided at Mission San Juan. A granary, textile shops and houses made of adobe with thatched roofs all existed there.

Following ancient Middle Eastern and Roman practices, they used an irrigation system to water nearby lands where they grew food for the community. In most years, they harvested a surplus, selling it to the *presidio* (fortress) and nearby markets. By the middle of the 18th century, San Juan became a regional supplier of agricultural produce.

From 1750-1786, three church buildings graced the complex. The first stone church, built in 1756, served the community. But in 1762, with an increasing population, they built the second church. They started construction on an even larger church in 1775, but they never finished it. By 1786, the population declined, and with a lack of labor, half of the church remained unfinished.

The current church, which remains and operates today, was built between 1786 and 1791. On June 5, 1794, 26 parcels of land associated with the mission were distributed, and the mission became secularized on July 14, 1794.

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the early 1900s, regular worship returned to San Juan Capistrano under Father Francis Bouchu. Unfortunately, by 1908, they abandoned the mission again. But in 1934, as part of a public-works project, many of the original foundations were unearthed and eventually rebuilt.

Today, Mission San Juan Capistrano belongs to the National Park Service, which works with the San Antonio Conservation Society to maintain the complex. Regular worship takes place in the church with many parishioners being direct descendants of the original inhabitants.

The compound today serves as a reminder of the way native tribes and Spanish missionaries lived. Brought together by the common need for survival, they worked side-by-side, living in homes protected by a wall. Although San Juan Capistrano wasn't the strongest garrison, the people within banded against attacks.

The Yanaguana Trail at the mission spans a beautiful stretch of the San Antonio River. An oasis in the city, abundant wildlife and natural sounds transport visitors back to a time when people relied on the river and mission for life. A demonstration farm, fed by a historic acequia, remains as a tribute to the mission and its importance in 18th century Texas — a way of life we do well to remember. **NOW**

Sources:

1. Handbook of Texas Online, "San Juan Capistrano Mission," accessed January 04, 2019. [www.tshaonline.org/handbook/online/articles/uqs25](http://www.tshaonline.org/handbook/online/articles/uqs25).
2. San Antonio Missions National Historical Park, "Mission San Juan Capistrano," accessed January 04, 2019. [www.nps.gov/saan/planyourvisit/sanjuan.htm](http://www.nps.gov/saan/planyourvisit/sanjuan.htm).
3. A Texas Scrapbook, "San Antonio's Military Plaza," accessed January 04, 2019. [www.lsjunction.com/facts/missions.htm](http://www.lsjunction.com/facts/missions.htm).

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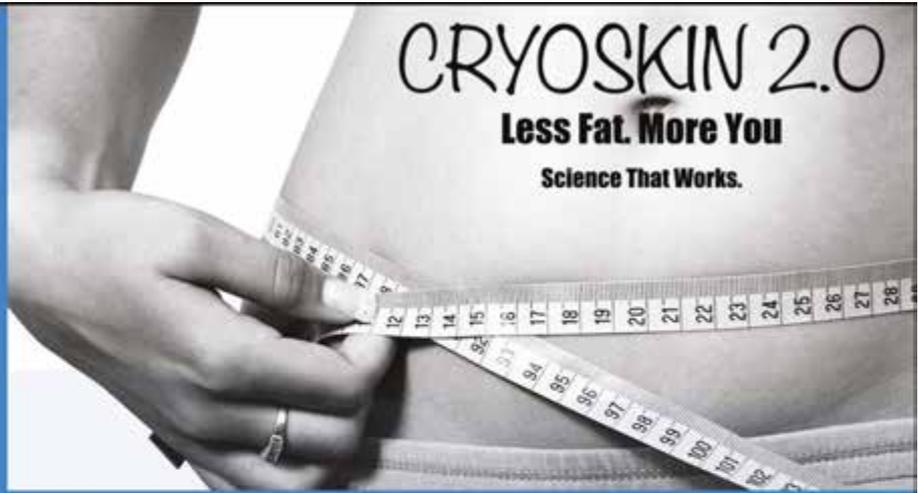
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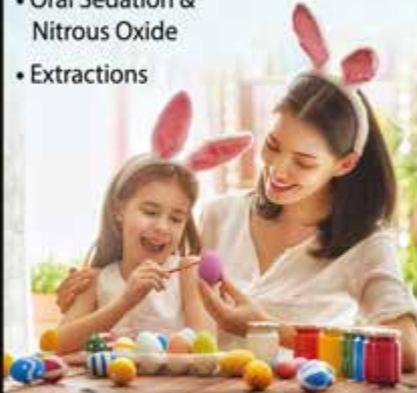
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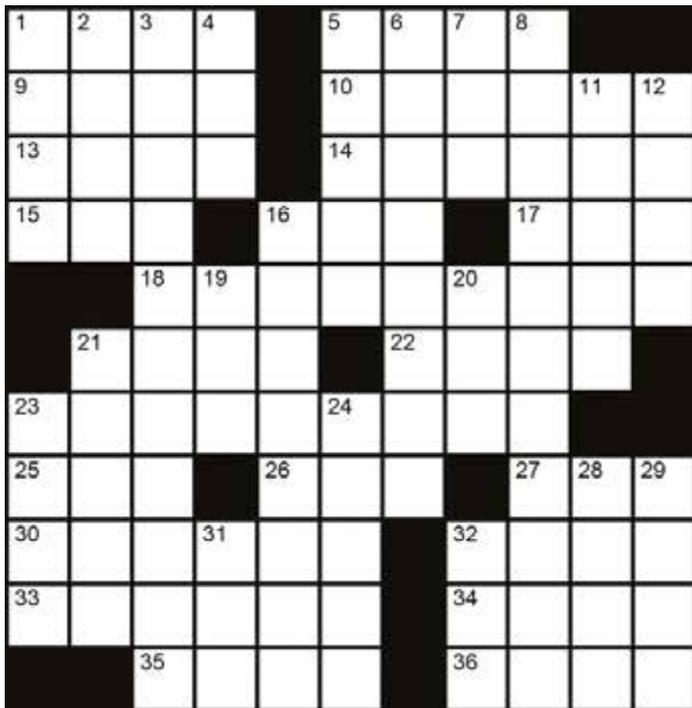
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- 9 Inamorato
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- 14 Westernmost Oregon cape
- 15 Alias
- 16 Speak
- 17 At the present time
- 18 Liberal magazine
- 21 Idle Monty Python comic
- 22 Swift
- 23 They'll make a play for you
- 25 Fifth Beatle?
- 26 Rank
- 27 Slugger's stat.
- 30 Muscular
- 32 Mattress feature
- 33 Sewer
- 34 Balladeer --- Seeger
- 35 Flatfish
- 36 Took advantage of

## Down

- 1 Siren in "East of Eden"
- 2 Escaping fluid
- 3 Jumpy guy?
- 4 Johnny Cash's boy
- 5 Type of cigar or sandwich
- 6 Not many
- 7 Mexican Mrs.
- 8 Wear for those who serve
- 11 "Vamoose!"
- 12 Itty-bitty city
- 16 Firmly
- 19 Took cover
- 20 Sailor
- 21 Sgt. Bilko
- 23 Blue matter
- 24 Ciphers
- 28 Religious practice
- 29 Snow vehicle
- 31 Smartphone forerunner
- 32 Chip

Solutions on page 60




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# Sudoku Puzzle

Easy

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

Medium

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

Solutions on page 60

Crosswordsite.com Ltd

**EASTER SUNDAY**  
**APRIL 21ST**

Come as you are & everyone is welcome to celebrate Easter with a Joyous Sunrise Service at the Shiloh Cemetery at 6:45 a.m. followed by a free community breakfast and Easter Worship at 11 a.m.

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# HELLO Spring!

## APRIL

4/6

### Mentors Care Aiming for Graduation Clay Shoot:

8:00 a.m.-1:00 p.m., Alpine Shooting Range, 5482 Shelby Rd., Fort Worth. [www.mentors.care](http://www.mentors.care).

### Kids Fishing Derby:

Ages 4-12. Times vary by age starting at 8:15 a.m., Midlothian Community Park pond, 3602 S. 14th St. [www.midlothian.tx.us](http://www.midlothian.tx.us).

### Mt. Peak Elementary PTO Auction:

5:30-6:30 p.m., 5201 FM 663. [mtpeakpto@gmail.com](mailto:mtpeakpto@gmail.com).

4/10

### Chamber Luncheon:

Enjoy a guest speaker while eating and networking. 11:30 a.m.-1:00 p.m., Midlothian Conference Center, 1 Community Circle.

4/13

### Easter Egg Hunt:

Ages 10 and under. 10:00 a.m., Midlothian Sports Complex softball fields, 1400 S. 14th St.



### Ellis County Children's Advocacy Center Gala:

6:30-11:00 p.m.,

Midlothian Conference Center,  
1 Community Circle.  
[ECCACgala@elliscountycac.org](mailto:ECCACgala@elliscountycac.org).

4/14

### Backyard Orphans Event:

Brunch, entertainment and outdoor activities. 1:00-6:00 p.m., TexPlex Park, 881 Miller Rd. [theevent.backyardorphans.org](http://theevent.backyardorphans.org).

4/27

### Founders Row

#### Wine & Arts Festival:

Arts, crafts and retail displays. 2:00-9:00 p.m., historic downtown. (972) 723-8600.

### First Mondays

#### Adult Evening Book Club:

6:30-7:45 p.m.,

A.H. Meadows Public Library,  
923 S. 9th St.  
(972) 775-3417

### Second Mondays

#### Ellis County

#### Veterans Networking:

Dinner and guest speaker. 6:00 p.m., IHOP, 1206 Dallas Hwy., Waxahachie. Jim McKeever (469) 258-7424.

### Second and Fourth Mondays

#### Rag-Tag Readers Book Club:

10:00 a.m.,  
A.H. Meadows Public Library,

923 S. 9th St.  
(972) 775-3417

### Third Mondays

#### Writers' Circle:

6:00 p.m., A.H. Meadows Public Library, 923 S. 9th St. [writerscirclemidlo@gmail.com](mailto:writerscirclemidlo@gmail.com).



### Tuesdays

#### Rotary Club Meetings:

Hear guest speakers and learn how Rotarians serve the community. Noon-1:00 p.m., Midlothian Civic Center, 224 S. 11th St.

### First Tuesdays

#### Midlothian Area Historical Society Meeting:

7:00 p.m., Community Room of CNB, 310 N. 9th St. Edwin Bateman (972) 743-2379.

### First and Third Tuesdays

#### Bluegrass Jam Session:

Everyone's invited to join in. Bring your instrument or simply relax and enjoy. 7:00 p.m.,

Lighthouse Coffee Bar,  
1404 N. 9th St.

### Wednesdays

#### DivorceCare:

6:30-8:00 p.m., First United Methodist Church Family Life Center, 800 S. 9th St. (972) 775-3993.

### Second Wednesdays

#### Infertility Support Group of Ellis County:

7:00-8:30 p.m., Gateway Church Midlothian, 555 N. Walnut Grove Rd. [amy@sarahs-laughter.com](mailto:amy@sarahs-laughter.com).

### Thursdays

#### Celebrate Recovery Meetings:

7:00-9:00 p.m., The Lighthouse Church, 1400 N. 9th St. [jason@dfwlighthouse.org](mailto:jason@dfwlighthouse.org).

### Fridays

#### Preschool Storytime:

Story, craft and snack provided. 11:00 a.m., A.H. Meadows Public Library, 923 S. 9th St. (972) 775-3417.

*Submissions are welcome and published as space allows. Send your event details to [angel.morris@nowmagazines.com](mailto:angel.morris@nowmagazines.com).*

# ANNUAL COMMUNITY FAMILY FUN DAY!

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www.polfc.org

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**EASTER SUNDAY SERVICE**  
Sunday, April 21st at 10:30am  
• Free Breakfast  
The Sunrise Cafe 9-10:15am  
• Free Family Photos 9-10:15am

**Regular Service**  
Sundays 10:30am  
Tuesday: Power Up  
Bible Study 7pm



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7 a.m. - 4 p.m. F



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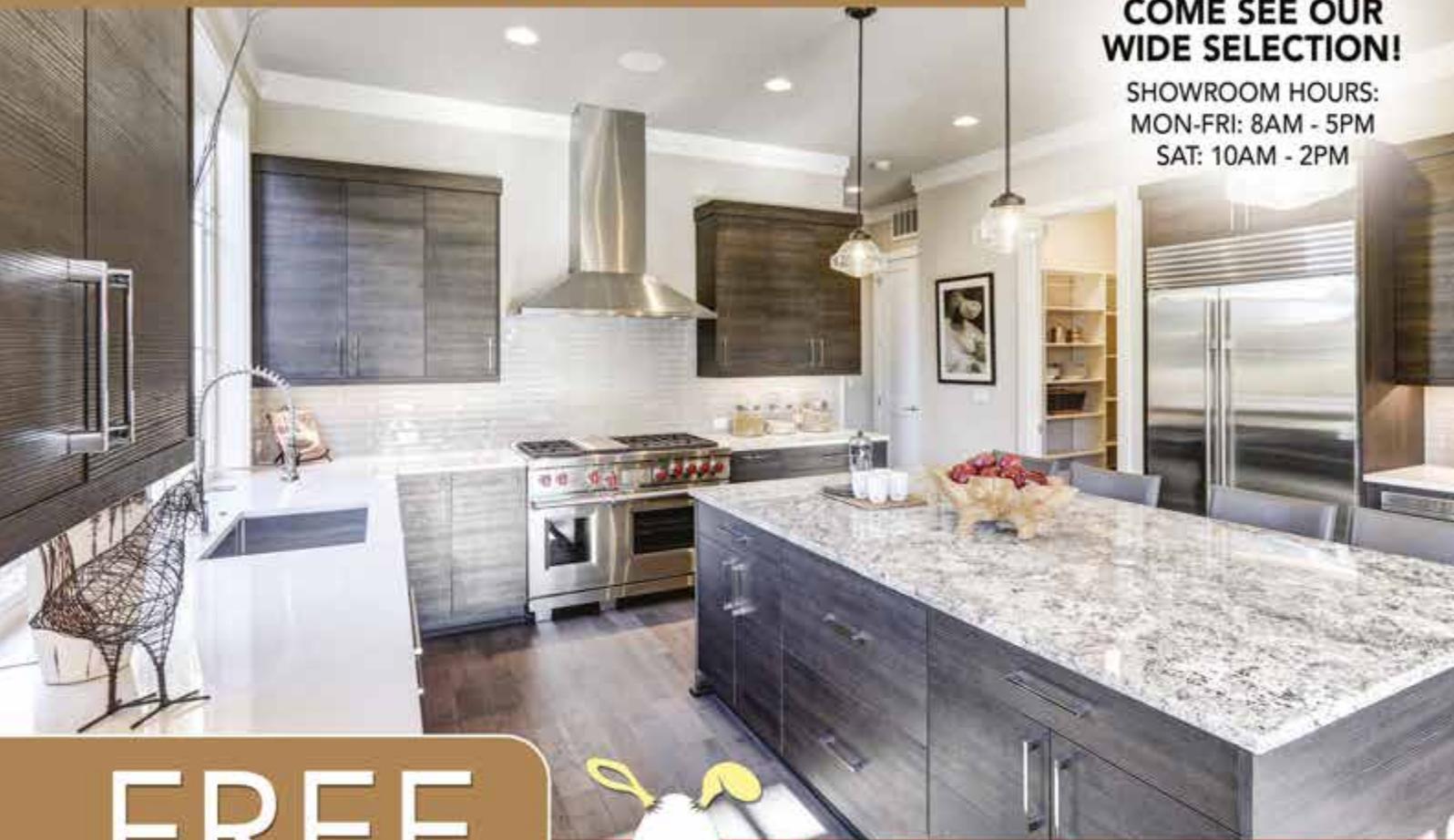


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# WHAT JESUS DIDN'T SAY

- JOIN US -

**EASTER MORNING**

8:15, 9:30, 11:00

[fbcmidlo.com/easter](http://fbcmidlo.com/easter)