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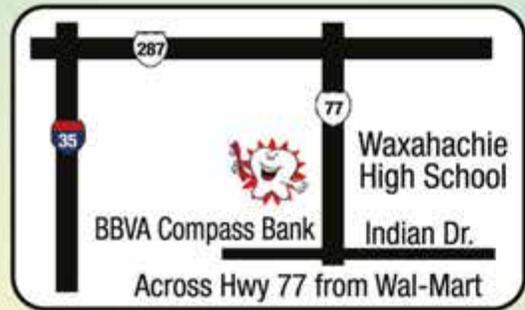
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ON THE COVER

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Photo by
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EDITOR'S NOTE



Joy

Joy Horn
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Hello, sun-kissed noses and warm sunsets . . .

The first day of spring has come and gone, and with the warmth of the season comes a sense of renewal. With the emergence of green, the sprouting flowers and the feeling of aliveness that seems to pervade the atmosphere, it's hard not to smile in the face of Eastertide. Those egg hunts are just around the corner.

Many people feel a new beginning in January, but I feel it when my old plants die back, and the new foliage begins to sprout. With new leaves comes new beginnings, new possibilities, new adventures awaiting — a clean slate from which to start. As I grow with each changing season, each year brings a new awareness of the world around me. This year, I intend to focus on simplicity and gratitude for all the blessings of my life: the pitter-patter of feet down the hallway, goodnight kisses, playing in the mud with my toddler and all the small things in life that make it worth living.

About four years ago, my husband and I started growing tomatoes. After that first good year of fresh salsa, we have been hooked ever since and have expanded our garden to include a variety of fresh veggies. This year, we planted lettuce, tomatoes, peppers, squash, carrots, okra and kale. I look forward to the look on my son's face when he gets to rip up carrots from the ground, or when he finds a good worm while digging in the dirt.

Best wishes to you all!

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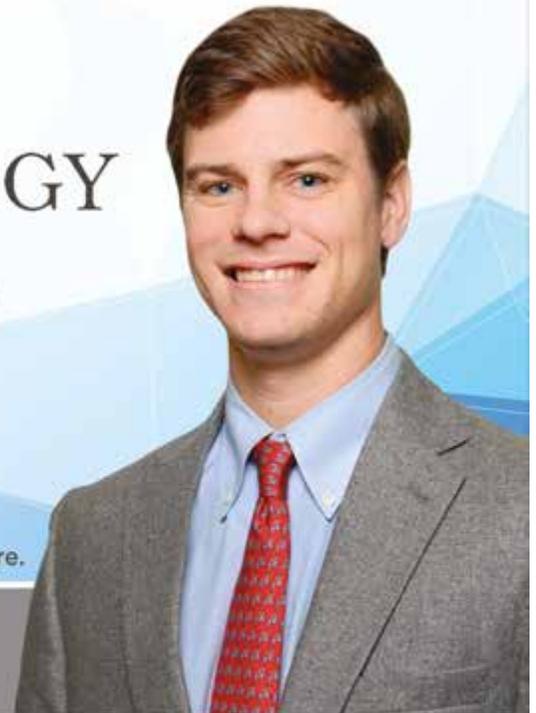


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A GAME FOR EVERYONE

— By Derek Jones

Mason Marchbanks and his dad, Joe, were looking for a cheap, easy activity they could enjoy together when they stumbled upon golf. This game, however, did not involve driving small golf balls through the air. Instead, it involved sailing small discs toward a target. Mason and his dad discovered the game of disc golf and were hooked. “The game is so simple anyone can play,” Mason explained. “The discs are inexpensive, and it’s free to play. Fun and cheap, what can be better than that?” he said with a laugh.

Although it has been three years since Mason and his dad discovered disc golf, Mason has continued to work on improving his game. “The great thing about disc golf is it’s so simple anyone can start playing, and yet, there is a craft involved that never stops challenging a player,” Mason stated. He is committed to becoming a better player as he has sought to improve his rankings at the tournament level. “I love going out for casual play, but I also thrive on the competitive side of the sport,” he shared.

A love for disc golf really began with Mason’s introduction to the tournament scene. “There was a mini tournament being held in Waxahachie, where players all chip in a little money to serve as prize money, course maintenance money and a pot for a hole-in-one,” he explained. “I discovered I really enjoyed this aspect of playing, but I also discovered there is a whole community of competitive players who are all so helpful and inviting.”

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Mason did well at the mini tournament, and was ready to move on to something larger. He entered the Second Annual Waxahachie Open and won his age division. He smiled, "When I won, I knew I was hooked."

Part of disc golf's allure is accessibility. The game is played in a similar fashion to regular golf, with players attempting to land their disc in a basket in as few throws as possible. "Most holes are par 3, and you want to land your disc in the basket in three throws or fewer," he explained. "Players stand in the tee box just like golf and throw the disc, attempting to keep it in the fairway."

How close one gets to the basket determines which disc the player uses. "Once you get close enough to the target, you then attempt to land your disc in the basket with your putter," he shared. The Professional Disc Golf Association is the governing body of the sport, and its website lists the rules and regulations, as well as where to find disc golf courses.

The discs, available in a wide variety of colors, are the most important equipment needed to play. Each is designed with a different purpose in mind. Discs are divided into three categories: putter, mid-range and driver with each operating in a similar fashion to golf clubs. "Each of these classes of discs are then divided into speed, glide, turn and fade based on a numbering scale," he stated. "It can get complex for those who are into competitive play, as I usually carry around 18 to 20 discs with me when I'm at a tournament."





Not to overwhelm anyone, Mason quickly added, "But to get started, you really only need the three basic discs, and a starter set can be bought for as little as \$20."

Mason clarified another element which makes disc golf so accessible. "DFW has a large amount of disc golf courses to choose from." Mason discovered the sport of disc golf at Waxahachie's Brown/Singleton Park and still practices there whenever he gets the chance. "Anyone should go out to Brown/Singleton Park and give it a try," he encouraged. "It's a really nice beginner-friendly course, which also offers challenges for advanced players." As with other disc golf courses, it is free to play. "Bring a couple of friends to play, as well," he added, "because disc golf is a great social activity."

In the pursuit of becoming a better player, Mason practices year-round. "It gets cold in North Texas, but living in Waxahachie is great because you can pretty much play throughout the year," he said. "Well, it's also very windy here, and that definitely adds another element of difficulty to the game sometimes," he added with a laugh. Mason, however, is not one to let the elements deter him. During the cold winter months of December through February, he continues to practice. "Unless there is ice, I'll dress warm and keep practicing and playing," he shared with a smile.

Mason enjoys playing in tournaments and traveling to different courses. "A goal of mine is to one day compete on the Disc Golf Pro Tour," he shared. As to anyone considering following in his footsteps and giving disc golf a try, Mason encouraged, "There is nothing like watching that disc slice through the air on the trajectory you have chosen for it. It's just an amazing feeling." **NOW**

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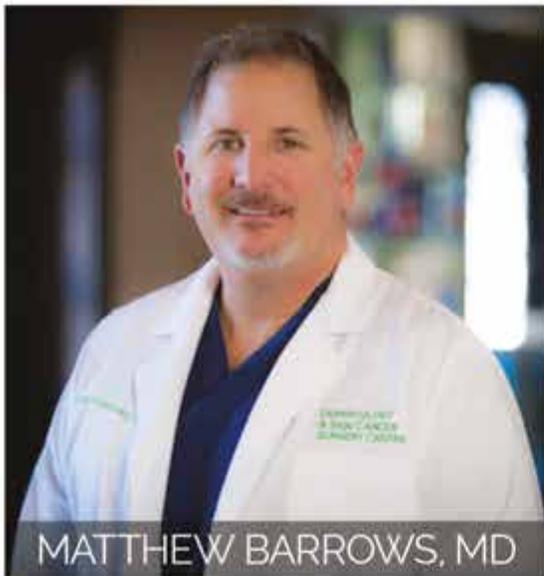
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Special Calling

— By Angel Morris



Daymark Living opened in Waxahachie last fall to serve adults with intellectual and developmental disabilities. Daymark Living Director of Community Life Dr. Molly Denny explained that the neighborhood, located at 818 Cantrell Street, provides housing, recreation, learning and employment opportunities on its 40-acre campus. “The community was conceived, designed and built for people with IDD. It’s the first of its kind in North Texas,” Molly said.

Founded by John Poston, whose 23-year-old son, Michael, has Down syndrome, Daymark Living serves adults with IDD whose choices were otherwise limited beyond high school. Prior to Daymark, John founded The Rise School of Dallas, specializing in early intervention for children with special needs.

Molly, who earned a communication sciences and disorders undergraduate degree from Baylor University and a master’s degree from Texas Woman’s University in child development, met John while working at The Rise School. She worked there for 10 years, while completing a doctorate in the family science department at TWU. “From the time I was a young child, this has been a calling on my life,” Molly explained. “I became intrigued by the dynamics of families with special needs members and completed my



dissertation on the importance of early intervention for kids with special needs.”

After The Rise School, Molly served as a parent liaison and behavior specialist for Texarkana ISD, until her path crossed John’s again. “I attended a Rise School function and asked John how Michael was doing. He had recently graduated from high school and was missing his peer group,” Molly recalled. “That’s when John told me about his idea to build a community and asked if I’d consider being a director if he followed through with the plan.”

John did follow through, and Daymark came to fruition, prepared to serve as many as 202 residents. Amenities,



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Social events range from fitness clubs, game and movie nights to book clubs, poetry presentations and dances. Enrichment classes, athletic activities and external excursions round out how Daymark assists residents with personal growth. “I’m here to help families during what can be a very important time of transition. But my hope is that once they visit Daymark, they leave confident that we are here to serve their loved ones well,” Molly described. “Daymark Living also works with other organizations to find jobs by partnering with the city, Chamber and local business owners. This sense of independence and contribution to the community will help our residents thrive.”





Giving Daymark Living residents even greater joy is resident facility dog, Yoshi, a 3-year-old Labrador/Golden Retriever mix. Daymark is the first IDD facility in Texas selected by the group, Canine Companions for Independence, to receive a trained facility pet.

Yoshi trained for 18 months and came to Daymark knowing 45 commands ranging from turning lights on/off to opening refrigerator doors and closing cabinets. "I spent two weeks training with Yoshi at CCI in Irving to learn all that she knew. Her job is to provide a sense of comfort and motivation to the residents, and she does it really well," Molly said.

At home, Yoshi is the family pet to Molly and her husband, Kenneth Denny, and their daughters, Paige, Em, Mia and Emmie. Serving those with special needs is a family affair, with Kenneth employing IDD adults at his Waxahachie print shop, and the girls volunteering with the special needs group at their church, The Avenue. "It's been the girls' way of life, and we receive much more than we could ever give."

One's own home, time with peers and a community pet are opportunities provided by Daymark Living. A round-the-clock staff makes semi-independent living a reality for IDD adults and is an answer to Molly's lifelong calling. "It has been very rewarding to be part of Daymark's development and getting to know a community that has been so incredibly welcoming," Molly expressed. "At the end of the day, I don't have a product to show customers. What I have is relationships with families who know I care about their loved ones." **NOW**

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BusinessNOW

Metal Mart

— By Sandra Strong

Metal Mart

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metalmart03@mcelroymetal.com

Hours: Monday-Friday: 8:00 a.m.-5:00 p.m.

Metal Mart has earned a reputation for quality, both in craftsmanship and customer service, since opening its doors in 1986. What began as a retail factory outlet for material manufactured by their parent company, McElroy Metal Mill, located in Bossier City, Louisiana, has grown to include 44 current Metal Mart locations in Texas, Arkansas, Louisiana, Colorado and New Mexico.

Metal Mart opened for business in Waxahachie in July as the third location of the 44. As a retailer of metal building



materials, Metal Mart specializes in metal roofing, metal buildings, carports, patio covers and other construction projects that use steel as a key component. Their product line includes metal roofing and sliding panels, purlins, wide-flange beams, square and rectangular tubing, metal trusses, insulation, walk doors, ridge vents, skylights, rollup doors, fasteners, pipe flashing, sealants, tools, structural steel, hardware and a large selection of accessories.

“We carry a complete line of bolt-together, pre-engineered metal buildings,” said Clif Loveless, general manager in charge of all Metal Mart operations. “Our company-owned fabrication shop allows us to offer custom buildings designed specifically to meet the customer’s size and engineering requirements, with some of the shortest lead times in the industry.”

“We have a sheet metal fabrication shop on location with the latest electronic fabricating equipment capable of shearing and bending 10-foot material,” explained Waxahachie Metal

Mart store manager, C.J. Sparger. “We stock bare galvalume, plus 14 colors of flat sheets. We offer fast service, with most trim orders available in 24 hours or less.”

As a geographically diversified company, Metal Mart prides itself in selling to contractors, do-it-yourselfers, farmers, ranchers, schools, municipalities and service companies. No customer is too large or too small for C.J. and his staff. “We are open to the public,” C.J. added. “We also offer free price quotes and technical assistance. There is no minimum order for any of our materials.”

McElroy Metal Mill is a family-owned business. After 55-plus years, it is one of the oldest and largest privately owned metal component manufacturers in the United States. Clif, a lifelong Waxahachie resident and the first store manager for the Waxahachie location, believes the company’s people-friendly, laid-back business approach offers a unique atmosphere conducive to long-term employment. “The average tenure for store managers is 12 years,” he stated. “We have several who have been with Metal Mart for well over 20 years.” Clif has been with the company for 32 years.

John Baker is the area manager for the Waxahachie location. He resides in Wichita Falls, Texas, and has been with the company for 24 years. John managed the Wichita Falls location before his promotion to area manager.

Senior Assistant Manager Duke Ostrander is a WHS graduate and began his journey with Metal Mart in 1995. Over the years, Duke has worked in numerous locations within the company as a fill-in and has also trained many new employees. “He is known as our goodwill ambassador for all of his good deeds over the years,” Clif added.

C.J. is a native of DeLeon, Texas, a Tarleton State University graduate and has been with the company for 19 years. Before moving to Waxahachie to take over the managerial duties, he worked for Metal Mart facilities in Bryan, Texas, and Gonzales, Louisiana. He is very knowledgeable about the products he represents. “Working for Metal Mart is fun,” he shared. “It’s gratifying to see projects come to fruition.” **NOW**



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Zoomed In:

Ruth Wilkins and Joy Gilleland By Joy Horn

Sisters Ruth Wilkins and Joy Gilleland have fun spending time together each week. You can see them out and about on a lunch date to IHOP, going shopping around town or just hanging out to chat. Ruth enjoys art, and Joy loves to garden. They both grew up on a farm on the outskirts of town, and their father traveled to Ellis County on foot. "Daddy walked all the way here from Arkansas when he was 5 years old because there wasn't enough room in the wagon for him," Ruth explained. "His job was to collect the firewood each night, so my grandmother could cook dinner."



Reyna Martinez and Blanche Vasquez serve up ice cream and smiles at Braum's.



Daniel Coffee trains Jessica Bryant with boxing drills at Gold's Gym.



The Waxahachie Chamber and Buffalo Creek Dental celebrate their grand opening and cut the ribbon.



NOW Magazines advertising sales staff meets at the new Waxahachie Police Station conference room.



Members of SWAGG Programs recognize White Rhino's participation in last year's Angel Tree project.



Billy Tom Fulton and Mike Garrett have fun cutting up and showing off their Model A cars.



Crafty Mom Boutique holds a ribbon cutting and open house downtown.



Jennifer Taylor and Saundra Townley of Bristol Hospice join Ellis County's October Alzheimer walk coordinators, Brittany Thomas and Haley Hanson, for a volunteer kick-off event at Cork & Keg.

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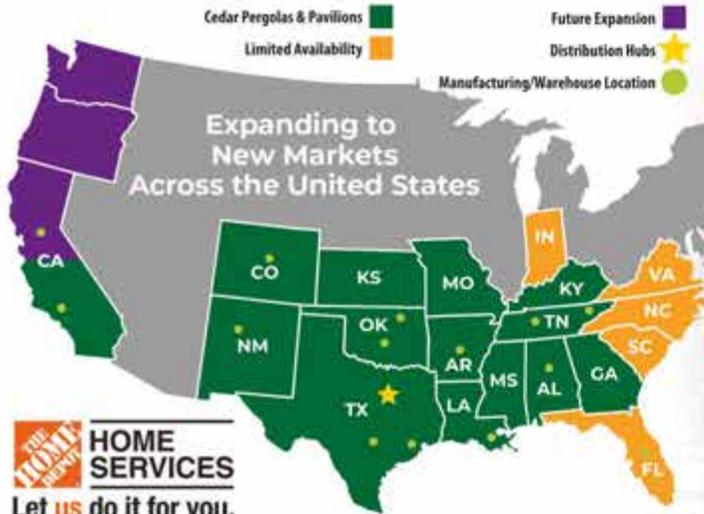
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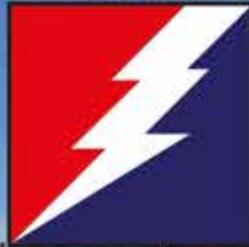
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CookingNOW
In the Kitchen With
ASHLEIGH DOMKOWSKI
 — By Sandra Strong

Ashleigh Domkowski loves making a mess in the kitchen. “I think it shows that I’m being more creative with my cooking,” she said, “while also having fun.” She cooks because it gives her a sense of personal expression. “I can make a dish however I want, whether it be sweet or sour, spicy or mild. It’s my choice, and I like having those options.”

She is currently enrolled in the culinary program at Waxahachie High School where the new kitchen offers a fantastic atmosphere in which to learn. “I have amazing teachers,” Ashleigh stated. “I have definitely learned a lot from them in the past few months.” Ashleigh has prepared meals for many fellow students. “I have also had the pleasure of serving our awesome football teams before their games,” she said. “It was super awesome!” **NOW**

Game Day Dip

- 2 lbs. ground lean beef
- 1 10-oz. can Extra Hot Ro-Tel
- 1 24-oz. jar Pace Picante Sauce, hot
- 1 10-oz. can green chili sauce
- 1 bunch green onions, chopped small
- 1 Tbsp. Worcestershire sauce
- Salt and pepper, to taste
- 4 lbs. Velveeta cheese

1. Brown the meat in a large skillet. Break

meat into fine pieces with a fork while browning. Drain grease, if necessary.

2. Add all remaining ingredients, except for the cheese; bring to a low boil. Keep well stirred to keep the mixture from sticking.

3. Transfer the mixture to a Crock-Pot; set Crock-Pot on high.

4. Cut cheese into 1-inch cubes to facilitate easier melting. Add cheese to the Crock-Pot; stir while melting. When cheese is completely melted, turn the temperature to low.

5. If you’re not going to use it soon, the dip can be stored in the refrigerator.

Nana’s Deviled Eggs

- 12 hard-boiled eggs
- Mayonnaise, to taste
- Sweet relish, to taste
- Paprika, to taste

1. Peel shells from the eggs. Cut eggs in half; scoop out the yolks. Put yolks in a bowl.

2. Add mayonnaise and relish to the yolks, making sure to mix slowly; taste often before replacing the mixture back into the egg white halves. Sprinkle with paprika.

Chicken Casserole

- 2 22-oz. pkgs. frozen chicken breasts
- 2 12-oz. bags frozen broccoli florets
- 4 cups rice
- 2 boxes Stove Top Stuffing
- 4 10.5-oz. cans cream of chicken soup
- 1 32-oz. bag grated cheese (divided use)

1. Cook chicken, broccoli, rice and stuffing separately. Put in a large casserole dish. Add the soup and half of the cheese, making sure to mix thoroughly.

2. Add remaining cheese to the top before covering the casserole with aluminum foil.

3. Bake at 350 F for 35 minutes. Allow to cool for 10 minutes prior to serving.

Nana's Yams

6 large yams or sweet potatoes
1/2 cup butter, melted
2 cups brown sugar
1 tsp. vanilla
1 10-oz. pkg. mini marshmallows

1. Peel and cut potatoes into pieces. Boil potatoes for 45 minutes; drain.

2. Put potatoes into a bowl; mash the potatoes.

3. Add all the remaining ingredients, except the marshmallows; mix well.

4. Pour mixture into a baking pan. Spread the marshmallows all over the top of the potatoes; bake at 350 F for 30-45 minutes.

Fruit Salad

2 14-oz. cans Eagle Brand Milk
2 15-oz. cans fruit cocktail
1 10-oz. jar cherries
2 bananas, sliced

1. Boil milk for 1 hour in a pan of water on low heat, like a double boiler.

2. Drain all fruit; mix with cooled milk.

3. Add bananas when ready to serve.

Cornbread Dressing

3 pkgs. cornbread mix
4 10.5-oz. cans cream of chicken soup
1 cup white onions, diced
2 cups milk

1. Cook the cornbread per package directions. Remove from oven; let cool.

2. Crumble the cornbread; mix thoroughly with all the remaining ingredients.

3. Bake in a pan at 350 F for 45 minutes; remove from oven. Stir thoroughly; return to oven for an additional 45 minutes.

Lemon/Lime Ice Box Pie

2 boxes Philadelphia Cream Cheese
2 14-oz. cans Eagle Brand Milk
1 tsp. vanilla
2/3 cup real lemon or lime juice
2 graham cracker piecrusts or 18 mini graham cracker piecrusts



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Nana's Deviled Eggs

1. Mix cream cheese and milk together; add vanilla. Pour lemon/lime juice in last to help set the pie.
2. Pour mixture into the piecrusts immediately. Chill in the refrigerator overnight.

Almond Bark Trail Mix

- 3 cups salted pretzels
- 3 cups each cinnamon, honey and chocolate Chex cereal

- 2 2.5-oz. bags popcorn
- 1 23-oz. bag M&Ms candy
- 1 24-oz. pkg. white almond bark

1. Pour pretzels, cereals, popcorn and M&Ms into a large mixing bowl.
2. Break up almond bark; place pieces into a bowl. Microwave for 90 seconds, taking out several times to stir to ensure it doesn't burn, if necessary. Heat another 15 seconds to make sure it's nice and creamy.
3. Drizzle the melted chocolate over the dry mixture, mixing as you drizzle to coat all of the mix. Once fully coated, spread on a cookie sheet; let cool.
4. Once cooled, break into pieces; store in an airtight container. This recipe does not need to be refrigerated.

To search for more great recipes from any of the 10 NOW Magazines publications, visit www.nowmagazines.com.



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WHAT IS OSTEOARTHRITIS (OA)?

Osteoarthritis, also known as degenerative joint disease, is the most common type of arthritis. In Osteoarthritis, the surface layer of cartilage breaks down and wears away. This allows the bones under the cartilage to rub together resulting in pain, swelling and loss of motion of the joint. Although in some people it progresses quickly, in most individuals joint damage develops gradually over years.

HOW DOES THIS TREATMENT WORK?

Advanced live motion sonography allows us to pinpoint problem areas with extreme accuracy. We prepare and introduce regenerative tissues into your knee (or other affected joint) and the healing process begins. Stem cells are the building blocks of nearly any tissue type, i.e. are multipotent, and support soft tissue supplementation and possible regrowth! This treatment also quickly reduces pain, inflammation and swelling of the joint. Most patients describe the treatment as getting a shot at the doctor's office and report little pain or discomfort.

WHAT ACTUALLY IS A STEM CELL?

Stem cells (also called mesenchymal cells) have the exceptional ability to take on the behavior and characteristics of their surrounding cells. As such, following a stem cell knee repair procedure, the injected cells may become specialized for the knee and, over time, may help to regenerate the damaged cartilage and other tissue. Results will vary among patients, but many report experiencing pain relief in as little as one week. You have probably recently seen many professional athletes in the news using stem cells to regenerate their bodies following a sports injury (including Super Bowl champion Peyton Manning). Stem Cell Therapy for joint repair is used for acute and chronic injuries, knee meniscal tears, loss of knee joint cartilage and to stop the progression of degenerative arthritis.

WHEN WILL I FEEL RESULTS?

Most people feel better as quickly as one week and can begin enjoying everyday activities within a few days following the treatment. Healing and regeneration continue for several months afterwards, further recovering more function in the joint and supporting tissues.

IS IT AFFORDABLE?

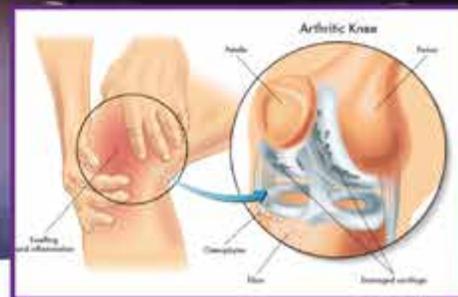
Yes. Our clinic has made stem cell treatments affordable and within reach of most people. Imagine eliminating the need to wear a knee brace or the dependency on antiinflammatories or opioids.

WHO IS A GOOD CANDIDATE FOR THIS TREATMENT?

Do you wake up with knee pain? Does your knee pain keep you from certain activities? Have you been told you need a knee replacement? Are you active and sometimes suffer from sore knees? Do you take medications for knee pain? Do you have difficulty going up and down stairs due to knee pain? Are you considering surgery to alleviate knee pain? Have you tried everything to get rid of knee pain with no success? If you answered yes to any of these questions, you are ready to apply to see if you are an eligible patient candidate at Complete Health Medical Center.

HOW DO I KNOW THAT THIS IS RIGHT FOR ME?

In many cases, regenerative medicine is a solution for knee pain. Our medical staff will give you an honest and fair evaluation of your particular knee pain. We are pleased to announce that we have opened up our schedule and we are now accepting new patients. Take the next step by learning more at our free seminar.



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One cannot think well, love well, sleep well, if one has not dined well.
- Virginia Woolf



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TravelNOW

Perfect Mix

— 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 *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 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.

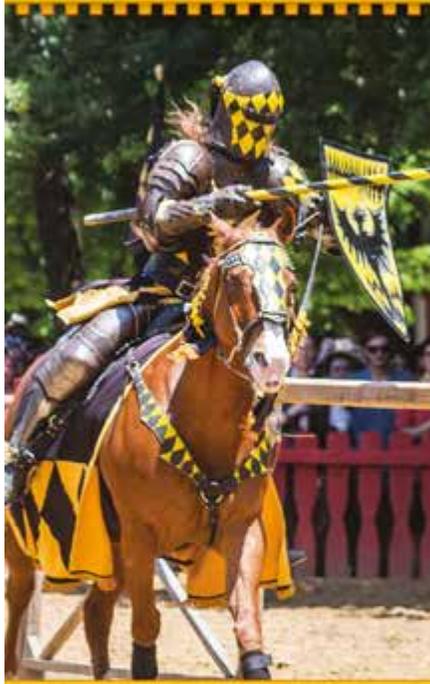
On the wild side, the Abilene Zoo has 16 acres housing more than 1,000 animals, representing 250 species. Located at Nelson Park, there is also a splash area for warmer months and a park resembling a historic fort for fun beyond the zoo.

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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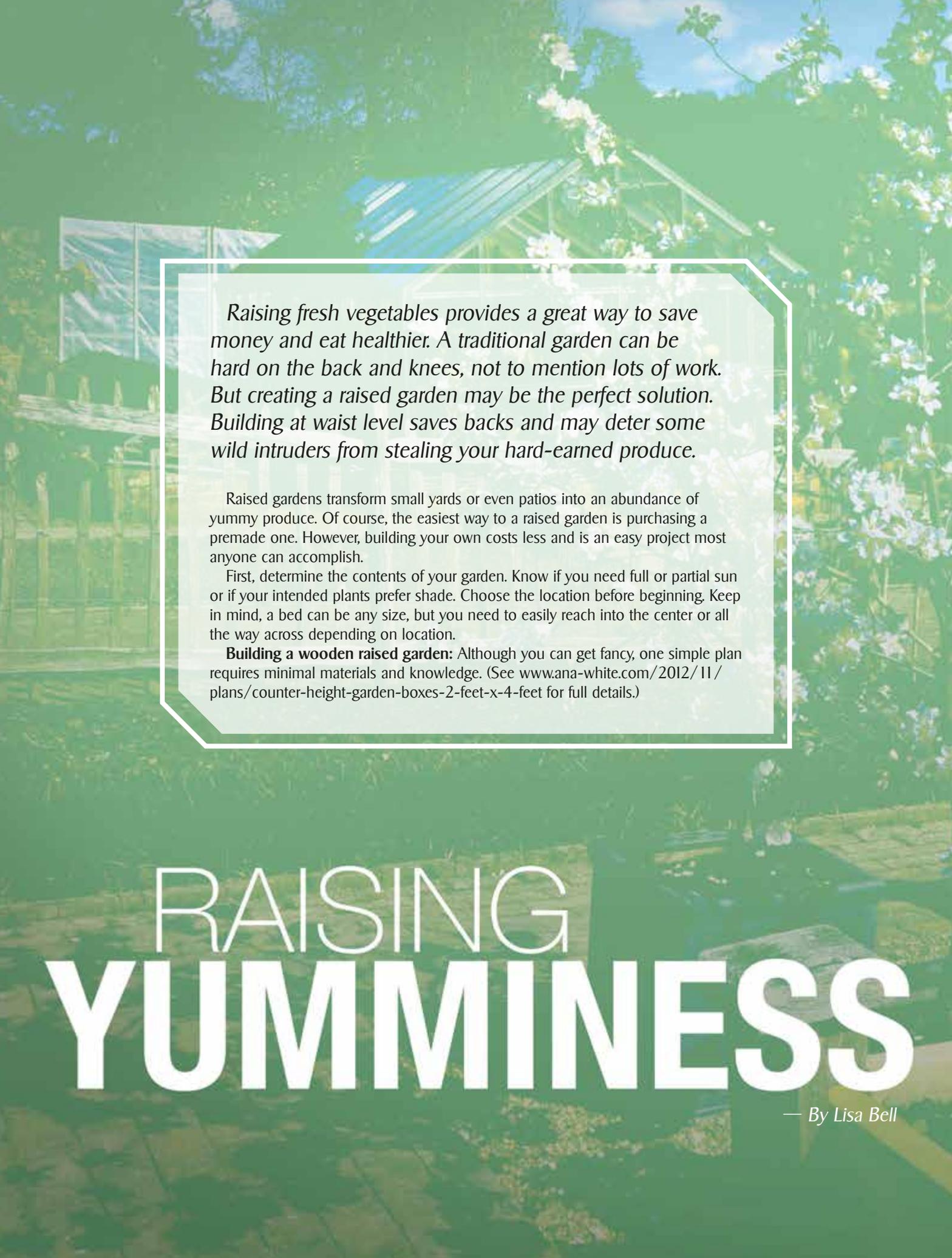
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Raising fresh vegetables provides a great way to save money and eat healthier. A traditional garden can be hard on the back and knees, not to mention lots of work. But creating a raised garden may be the perfect solution. Building at waist level saves 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 for full details.)

RAISING YUMMINESS

— By Lisa Bell





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Purchase the following materials: 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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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/raised-beds-basics/
www.diy-natural.com/lasagna-gardening

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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.

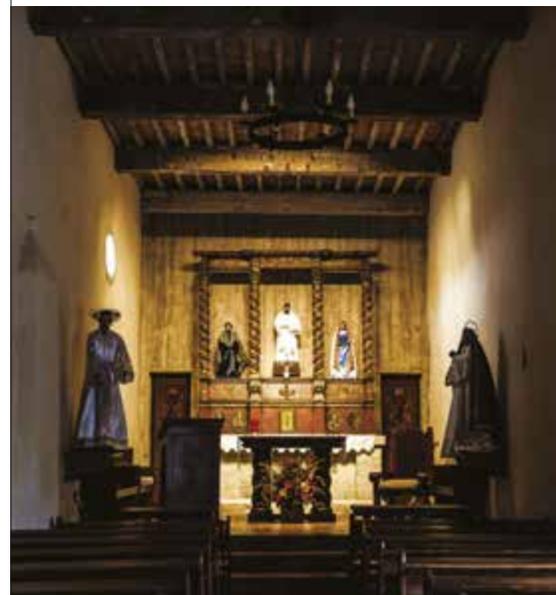
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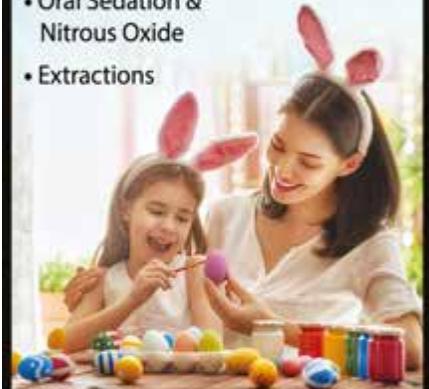
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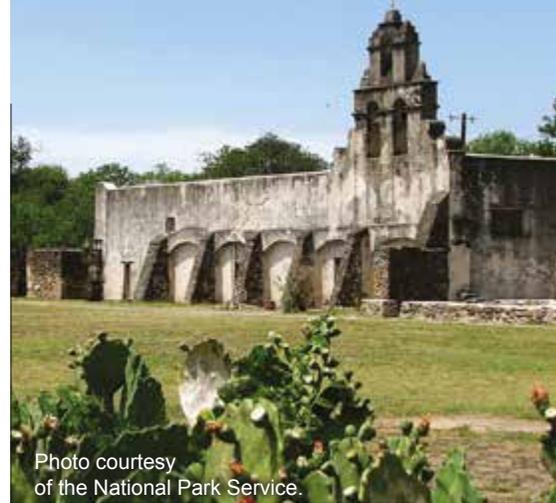


Photo courtesy of the National Park Service.

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:

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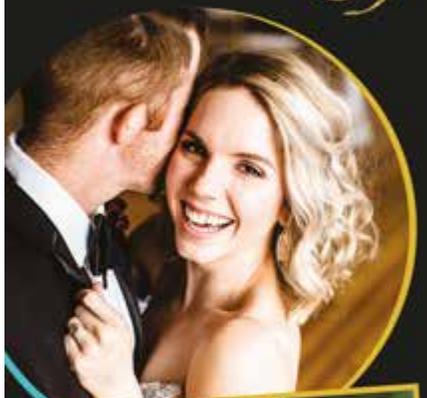
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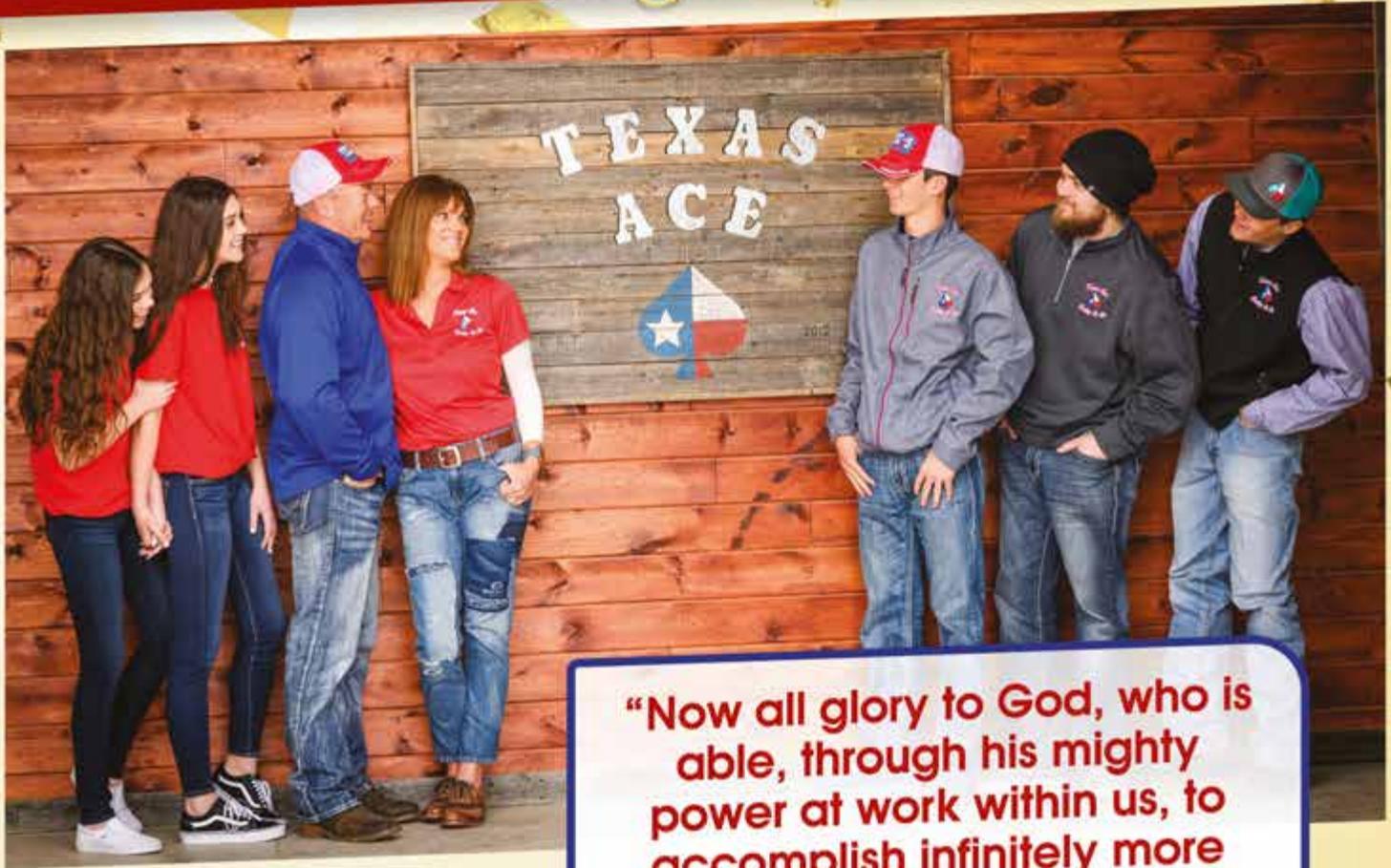
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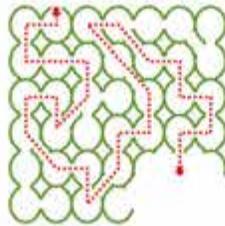
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Kids' Fun Pages

Enter the maze, find all the eggs, get to the basket.



ANSWER:



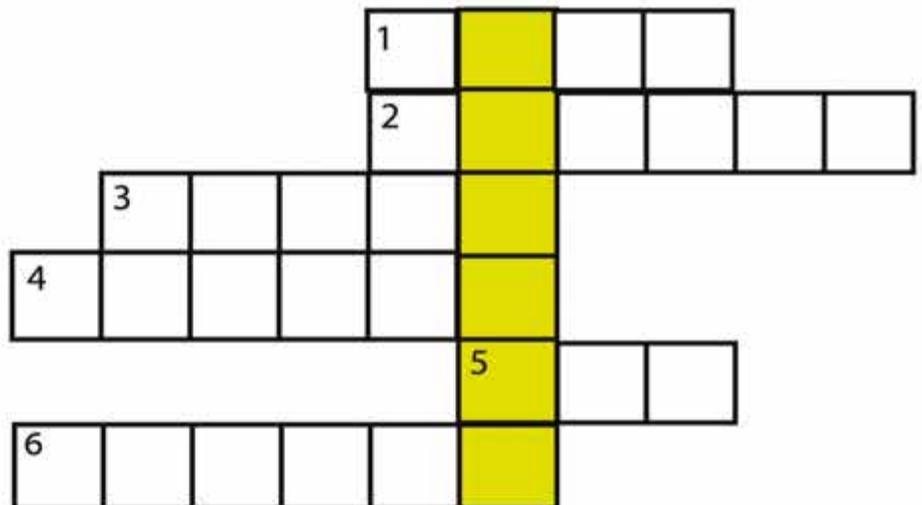
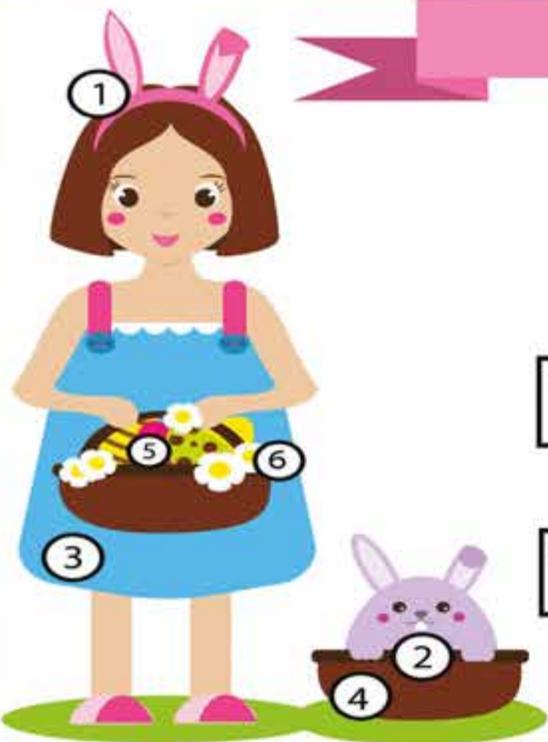
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Can you spot the right eggshell fragment for each egg?



ANSWER: 2-1, 4-9, 5-3, 6-8, 7-12, 14-10, 15-11, 16-13

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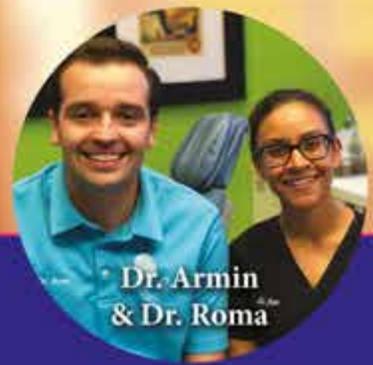


Answer: 1-ears; 2-rabbit; 3-dress; 4-basket; 5-egg; 6-flower

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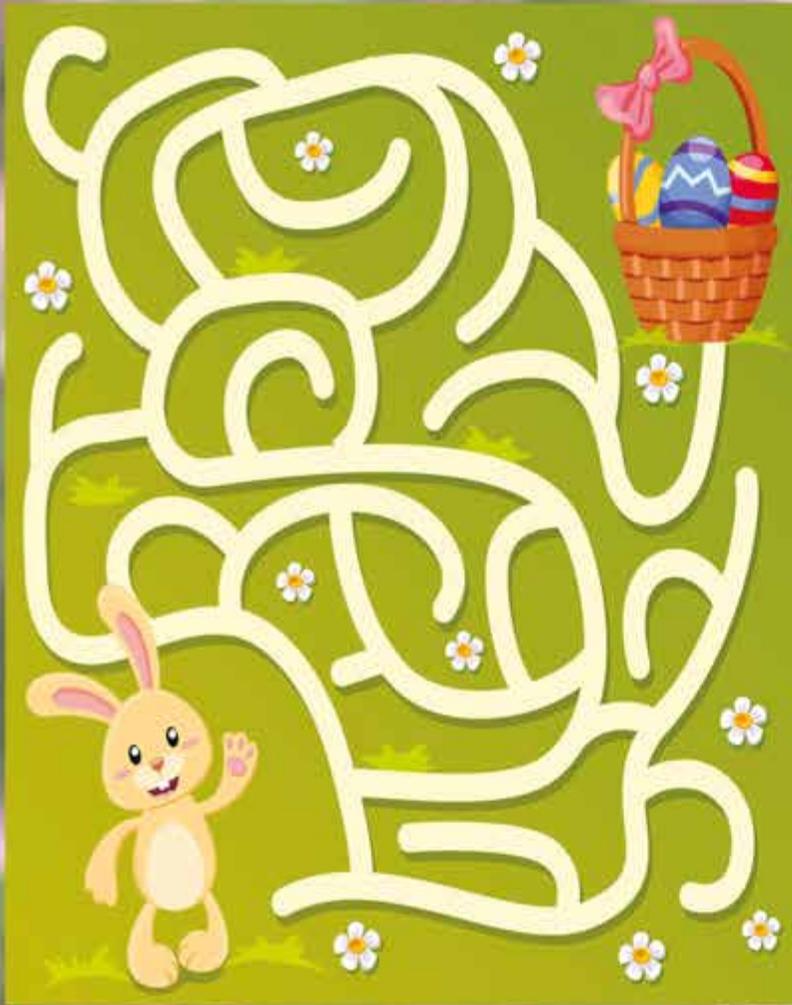


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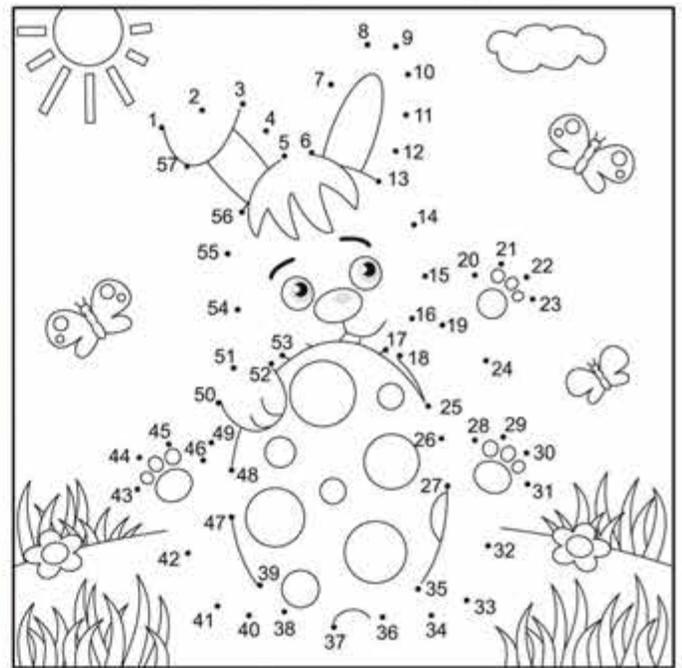
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Draw a line from dot number 1 to dot number 2, then from dot number 2 to dot number 3, 3 to 4, and so on. Continue to join the dots until you have connected all the numbered dots. Then color the picture!



ANSWER:



G	K	F	L	O	W	E	R	L
N	U	G	S	O	P	T	X	Z
I	H	R	E	T	S	A	E	U
R	B	V	N	A	G	P	C	N
P	M	E	L	B	H	R	O	N
S	P	H	G	H	U	N	T	Y
N	H	B	A	S	K	E	T	P
B	Q	K	D	O	I	B	W	O
W	O	C	H	I	C	K	E	N

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EGG
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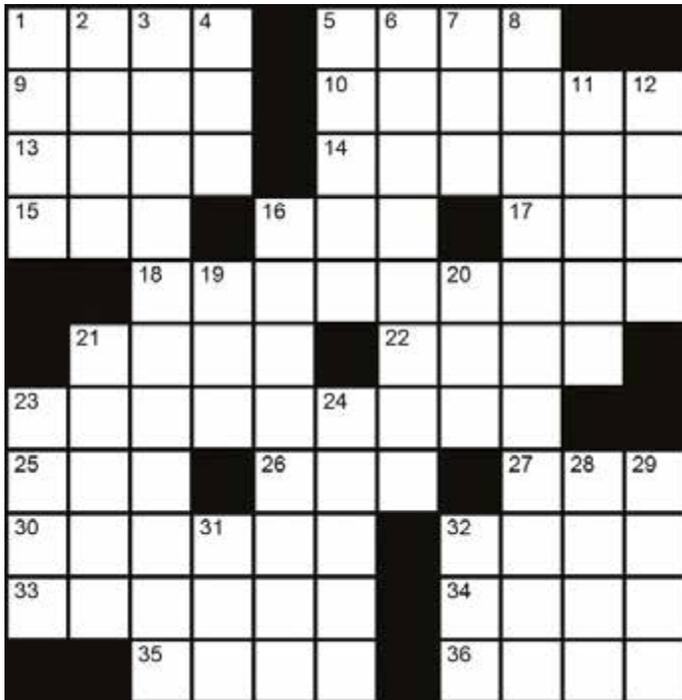
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Crossword Puzzle



Across

- 1 Mountains
- 5 Set one back
- 9 Inamorato
- 10 Discord
- 13 Barely cooked
- 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 "Vamoosel"
- 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

Medium

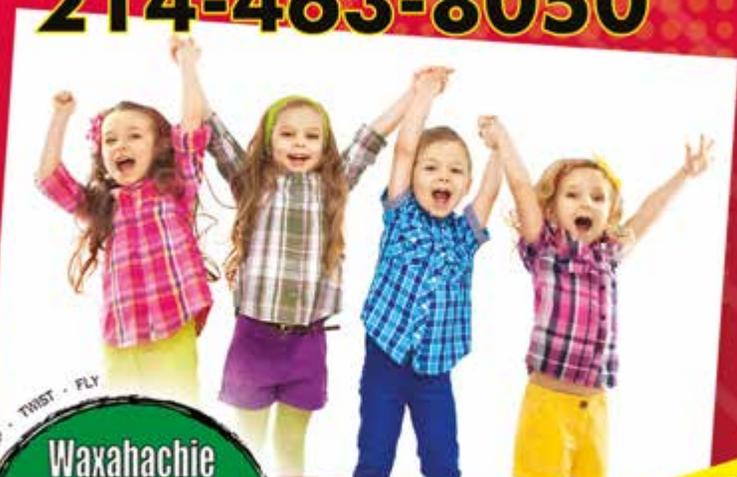
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Crosswordsite.com Ltd

Solutions on page 60

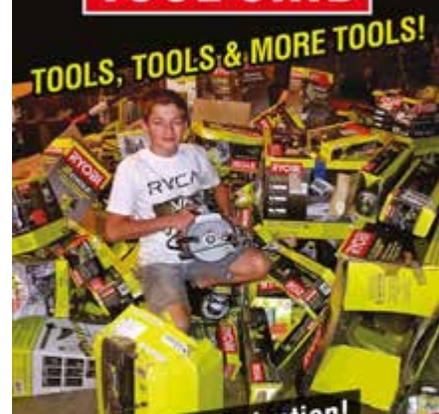
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Before



After



Before



After



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Amanda is an Escrow Officer with more than 6 years of experience in the title industry, including residential, commercial and land transactions. Prior to starting her title career, Amanda worked as a Communications Specialist for a large national airline. A native North Texan, Amanda graduated from the University of Texas at Arlington with a Bachelor in Communication (Journalism) and Minor in English. In her free time, Amanda loves spending time with her husband, helping him with his tree company, their two spoiled German Shepherds, two daughters and three precious grand-babies.

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HELLO Spring!

APRIL

4/6

2019 Mutt Strut:

Presented by Street to Sheets Animal Rescue, the event will include a dog walk, games, contests, a kid zone and live entertainment. \$20 per dog. 9:00 a.m.-2:00 p.m., Getzendaner Park.

4/11

Irrigation: How to Cut Your Water Bill in Half:

Ellis County Master Gardeners present this Lighthouse for Learning workshop, Waxahachie High School, 3001 US Hwy. 287 Bypass. For information, call Melissa Cobb director of Partners in Education (972) 923-4631.

4/25

The Wonderful Women in Waxahachie All-girls Camping Night:

Bring your camper (old or new), tent, car, etc., and enjoy a night under the stars. Many campers will be getting creative and "glamming up" their camping accommodations. Getzendaner Park. See more details on the Facebook page: Wonderful Women in Waxahachie 2019 Official Event Page.

4/26

Ray Wylie Hubbard Concert:
The Texas singer and songwriter legend and Dallas native will

be playing country music at the Chautauqua from 7:00-9:00 p.m., Getzendaner Park. See <http://www.crossroadssoftx.com> for tickets.

4/27

Impact Communities "Take it to the Box":

On the DEA's Take it Back Day, find out where to safely dispose of your old medications. 10:00 a.m.-2:00 p.m. For details, visit www.therxdropbox.com.

4/28

Prairie Wildlife and Wildflower Adventure:

Enjoy an afternoon outside learning about plants, flowers and wildlife at the beautiful Ellis County Rural Heritage Farm. The event is family-friendly and admission is free. See www.ruralheritagefarm.org for more details.

5/3-5/4

Waxahachie Cinco De Mayo Festival:

Live music, food trucks, a car show, bounce houses and fun for all the family. **Friday:** 5:00-11:00 p.m.; **Saturday:** 11:00 a.m.-11:00 p.m., 100 W. Main Waxahachie, TX 75165.

Second Mondays

Ellis County Veterans Networking:

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

First and Fourth Mondays

Avenue Moms:

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

Fourth Mondays

Texas Master Naturalists Indian Trails Chapter:

6:00 p.m., First United Methodist Church, Waxahachie. The program begins at 7:00 p.m. www.txmn.org/indiantrail.

Creative Quilters Guild of Ellis County Meeting:

Social time: 6:30-7:00 p.m.; program: 7:00-8:00 p.m., Waxahachie Bible Church, 621 N. Grand Ave. www.elliscountyquilters.com for more information.

Tuesdays

Lariat Bridge Club:

6:30 p.m., Boy Scout Cabin, 1139 Brown St. Shari at weatherscf@yahoo.com or call (505) 270-4017.

GriefShare Meeting:

4:00 and 6:30 p.m., Cowboy

Church of Ellis County in the Youth Center Kindergarten Room. Call (972) 935-9801 or visit www.cowboyfaith.org.

Second Tuesdays

Ellis County Republicans Monthly Meeting:

7:00 p.m., Ellis County GOP Headquarters, 610 Water St. (972) 923-9383.

Wednesdays

DivorceCare:

DivorceCare for Kids ages 5-12 meet at the same time, as well as childcare for younger children. 6:30-8:00 p.m., First United Methodist Church of Midlothian, Family Life Center, 800 S. 9th St., Midlothian. (972) 775-3993.

Thursdays

Genealogy Research Assistance:

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

Junior Master Gardeners Club:

Club is for children ages 5-12. If you have an interest in gardening, come for gardening-related activities and help maintain the



4/25-4/28

Crossroads of Texas Film and Music Festival:

Celebrate the best Texas-made films and music. Tickets run from \$10-\$125. Chautauqua auditorium at Getzendaner Park. See www.crossroadsoftx.com for more information.

Sims Library garden. 3:45-4:45 p.m., Sims Library.

Ellis County Bible Study Fellowship Satellite Class:

This is a nondenominational Bible study class. 6:30 p.m., Waxahachie Bible Church, 621 N. Grand Ave. Lou Archibald at (214) 850-5303.

First and Third Thursdays

Ellis County HEALS:

They are helping those who have lost a loved one to suicide. 6:30-8:00 p.m., 408 Water St.

elliscountyheals@gmail.com or on Facebook.

Last Thursdays

Marine Corps League, Detachment 1452 Meeting:

All active, retired or former Marines, Navy chaplains or corpsmen are welcome. 7:30 p.m., Refiner's Fire Church, 1611 W. Ennis Ave., Ennis. (214) 803-4954.

Fridays

Business Networking International Meeting:

8:00-9:30 a.m., LaQuinta, 311 Stadium Dr. (469) 222-9160.

Story Time at Sims Library:

presented by the Jr. Service League for children 3 and older. In addition to reading books, children will participate in a craft and receive a snack. 10:00-11:00 a.m., (972) 937-2671.

First Saturdays

Books and Brew:

Author Talk Series. Hear authors read from their books, have a book signed and learn about the creative process. The local Starbucks will provide

free coffee, and attendees are encouraged to bring their lunch. Event is free and open to the public. Noon, Sims Library, 515 W. Main St.

Third Saturdays

Texas Democratic Women of Ellis County:

3rd Saturday of every month except December. 4:00 p.m., Ellis County Democratic HG, 215 E. Main St.

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

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Crossword - Sudoku Solutions

1	A	2	L	3	P	4	S	5	C	6	O	7	S	8	T				
9	B	E	A	10	U	N	R	E	11	S	12	T							
13	R	A	R	E	14	B	L	A	N	C	O								
15	A	K	A		16	S	A	17	N	O	W								
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		21	E	R	I	C		22	F	A	S	T							
23	P	R	O	D	24	U	C	E	R	S									
25	O	N	O		26	R	O	W		27	H	28	29	S					
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		35	R	A	Y	S			38	U	S	E	D						

Easy

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

Medium

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

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