

# WaxahachieNOW

M A G A Z I N E

MAY 2026



## Tribal Men

Scott Hudson leads a group aligned on more than fitness

Also inside ...

Scavenger Hunt

Featured Business  
**AR Air Conditioning & Heating, LLC**

**Cinco de Mayo Recipes**

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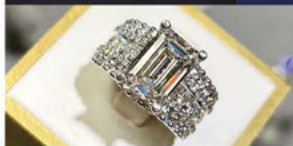
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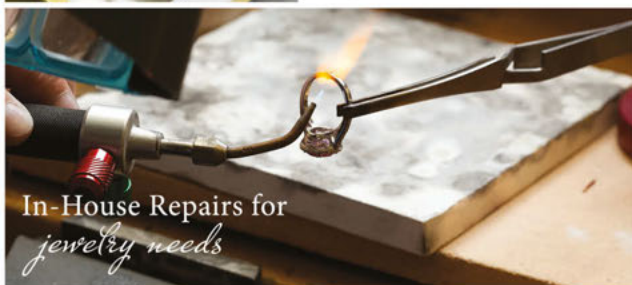


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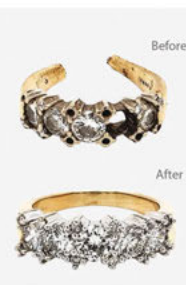


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## ON THE COVER

Local men exercise their bodies and their faith.

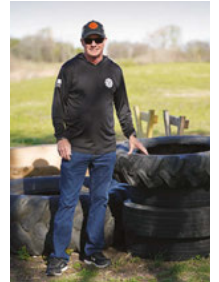


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# TRIBAL MEN

— By Adam Walker



*Hachie Tribe is one local chapter of a national organization called Men's Alliance. Scott "Nomad" Hudson is the current tribal leader. "Hachie Tribe was the 29th local chapter of Men's Alliance established in the U.S., and there are now approximately 400 tribes nationwide," Scott revealed. "When a tribe grows too large, we start a new tribe. We had 22 guys today. This tribe has spawned seven others within 15 miles of here that all started from this one."*

Scott found Hachie Tribe at a point in his life when he was searching. "I'm 63 years old. I had gone to church all my life, but I was asking if Jesus was real or not. I didn't know. I'd never read the Bible. I started researching apologetics. That's when I read something about Men's Alliance and the fact that a group was meeting here, on The Avenue's website. Right after that, I was out walking in my neighborhood, and I met Sensei. He told me about Hachie Tribe and invited me to come the next Saturday. I've only missed three Saturdays since then!"

Scott considers himself an outdoors person. "I'm from New Mexico. Growing up, I was always outside, and I love camp fires. The devotionals spoke to me. I kept coming because of the concept, getting me to be tribal, rugged and real. Because isolation is fatal. Men of all ages, from all walks of life, sit around the fire as comrades and support each other in times of need. It gives me joy. I look forward to every workout as soon as this one's over. It means a lot to be around this group of men. Everyone goes through different things, but it's all kind of the same stuff. Being in this group has developed my Christian faith so much. Now I'm focused on my faith, my wife and my family."

Hachie Tribe is a group of local men who meet on Saturday mornings for an intense outdoor workout, followed by a devotional time, sharing and bonding around a fire pit. "The workout is designed by a different guy each time, so it's never the same. The goal is to make it hard enough that an NFL running back would know he'd done a workout. But any guy can modify the workout however he needs to, because our No. 1 rule is 'Don't die.' And rule number 11 is 'Modify as necessary.'" The tribe maintains a cache of workout implements — large cinder blocks, massive tires, sledgehammers and such — near their fire pit in the field behind The Avenue Church. Each week's workout designer combines those with variations of push-ups, squats, wall sits, centipedes



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and other bodyweight exercises with endless variation and creativity. Hachie Tribe starts at 7:00 a.m. "We always start on time and end on time. That's another one of the rules. The workout lasts 30 minutes. Then there's a short business meeting, and one of the guys leads us in a devotional. We end at 8:00. There's another tribe, Gideon Tribe, that meets here on Wednesday evenings," Scott said.

The tribes of Men's Alliance are open to any man age 13 or older. The youngest guy currently in Hachie Tribe is 16. Some of the guys are in their 50s, 60s or 70s. "After you've come three times, you've shown staying power. Then you can get your call sign," Scott explained. "A lot of the guys here, I really have to think to remember their names because we use the call signs so much." Scott's call sign is Nomad. Other guys in Hachie Tribe go by Boudin, Lure, TAC, Guide, Sensei or Odin. You don't choose your call sign — the tribe

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does. "You get one veto, but after that, whatever the tribe chooses, that's your call sign. You're stuck with it. There's a ceremony. You stand on one of the tires, recite the motto, "Tribal, Rugged, Real" and Proverbs 27:17. Then you tell us about yourself, and the tribe chooses your call sign."

Each tribe has a leader who's responsible for the group as a whole. He's assisted by a workout chief who assigns the guy to design the next workout, a fire chief who chooses the guys to build the fires and a devotion chief who lines up the guys who will speak at each meeting.

The workouts are about shared struggle. "We often divide into two groups and compete against the other group. If someone in your group is struggling to do his push-ups, you can do extras to finish them for him. Or if you can't run, walk as fast as you can, and one of the guys who likes running will tag you and finish your lap while you head back to start the next round

of the workout. When I design a workout, I always do teams. I like the competition, and smaller groups make it easier to orient. I also like to have lots of push-ups and planks, so today's workout was great for me. I'm totally opposed to running! Sensei can't do a lot of the workouts, so he spends the time walking around the pond."

The men of Hachie Tribe are committed to each other. "We're out here every week, regardless of the weather, but we're not stupid. We'd call it off for lightning. If you're a man who's looking for camaraderie and shared experience and want to get out of isolation, regardless of where you are in your Christian walk, or even if you're not a Christian, maybe Men's Alliance is for you. This is a men's organization based on Christianity, but we've got guys in the group who used to say they were atheists. Every man is welcome. If you want to have fun and find meaningful connections with other men, come." **NOW**



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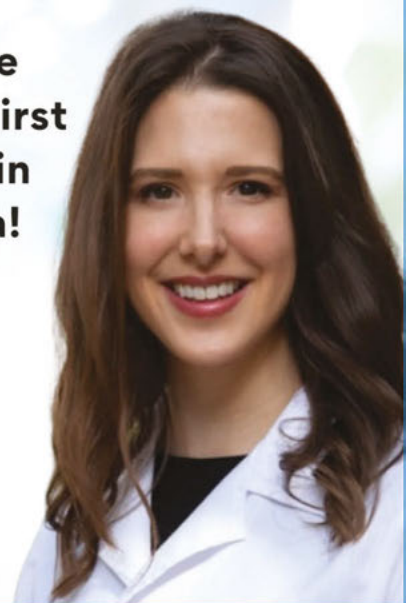
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approach to business. As active members of the community, the Walkers emphasize straightforward service, upfront pricing and quality workmanship. These are values that are highlighted on the company's official website.

"We sold our Dallas-based company, Walker A/C, to come to Ellis County and provide the same great, honest and loyal service that we always have," Richard Walker said. "We treat your home as if it was our home."

AR Air Conditioning & Heating provides a full range of residential and commercial HVAC services, including air conditioning, heating, exhaust systems, duct cleaning, sales and new installations. The company serves Waxahachie and surrounding areas, focusing on keeping homes and businesses comfortable year-round.

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With deep roots in the region and a focus on reliability, AR Air Conditioning & Heating continues to be a trusted option for local homeowners and businesses seeking straightforward, professional HVAC service in Ellis County. As a fourth-generation family-owned business, the company’s long-standing commitment to quality workmanship and customer care ensures it will remain a dependable presence in the community for years to come. **NOW**



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## Zoomed In: Jesse Lopez

By Adam Walker

Coach Jesse Lopez was finishing another practice with the Waxahachie Indians baseball team. "I've been the head coach for four years now. We just had practice. We had to work on some things, so the guys are kind of acting out," he said while instructing some of the guys to settle down. "Our season runs from January 16 to the playoff tournaments in June. Right now we're 22-2. We have eight more district games and one non-district game in the regular season. We're doing pretty well this season, so something would have to go really wrong for us not to make the playoffs. Those run for six weeks, from April to June." Coach Lopez turned his attention back to redirecting the energies of high-spirited teenage boys.



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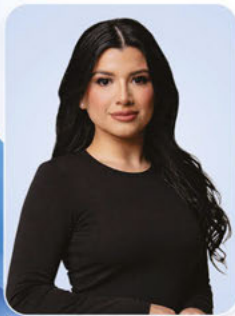
Elaina Hernandez takes Julez for a romp at Wags-a-hachie Dog Park.



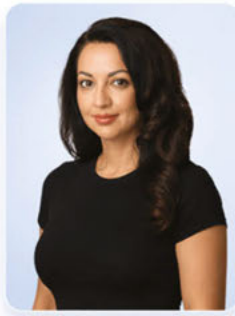
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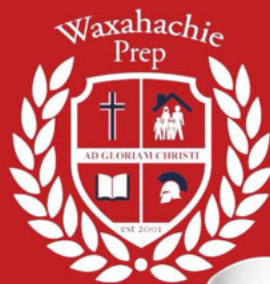
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## Zoomed In: Marilyn and Bill Nash

By Adam Walker

Marilyn and Bill Nash spent a windy afternoon in the Butterfly Garden behind the Farmers Market. "I'm one of the Master Gardeners responsible for this garden," Marilyn explained. "My husband does a lot of the irrigation work for us."

"We spent a lot of time removing bamboo," Bill added. "It grows along the creek right there. It sends out underground runners as big around as my finger. The stuff was sprouting all over. In fact, there's one we missed." He stooped to deal with the offending shoot.

"We try to have only native plants in the Butterfly Garden," Marilyn explained. "It encourages the butterflies and other pollinators to visit. That species of salvia was recently identified by a Master Gardener who found it on a man's grave and named it for him."



Madelyn Browning teaches art lessons to elementary and junior high students.



Rick Moscicki, Maimie Reyna, Judy Nienhuesser, Pat Middlebrooks and Rich Fuchs volunteer for AARP tax help at the Senior Center.



Santana and AJ Suarez play chess.



Vicki Kokoruda, Marva Cooke, Roaine Dyess and Janice England play 42 at Fresh.



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While Cinco de Mayo (the commemoration of Mexico's victory over French forces at the Battle of Puebla in 1862) is a relatively minor holiday in Mexico, it has become a vibrant celebration of Mexican culture and cuisine in the United States. These authentic recipes showcase the bold flavors that make Mexican food so beloved around the world. **NOW**

## Homemade Guacamole

- 4 ripe avocados
- 1 lime, juiced
- 1/2 tsp. salt
- 1/2 cup onion, diced
- 3 Tbsp. fresh cilantro, chopped
- 2 Roma tomatoes, diced
- 1 tsp. minced garlic
- 1 jalapeño pepper, minced
- 1 pinch ground black pepper

1. Cut the avocados in half. Remove the pits; scoop the flesh into a mixing bowl. Mash with a fork until the desired consistency is reached, leaving some chunks for texture.
2. Immediately add the lime juice and salt, stirring to prevent browning.
3. Fold in the onions and cilantro; mix well.
4. Add the tomatoes, garlic and jalapeños; stir gently to combine.
5. Season with black pepper; adjust the salt to taste. Serve immediately with warm tortilla chips.

## Chicken Tacos With Fresh Salsa

- 2 lbs. boneless chicken breasts
- 2 Tbsp. olive oil

- 1 tsp. chili powder
- 1 tsp. cumin
- 1/2 tsp. paprika
- 1/2 tsp. garlic powder
- 1/2 tsp. salt
- 4 medium tomatoes, diced
- 1/2 cup white onion, chopped
- 1/4 cup fresh cilantro, chopped
- 1 jalapeño, seeded and minced
- 2 Tbsp. lime juice
- 1/2 tsp. salt
- 12 corn tortillas
- 1 cup lettuce, shredded
- 1 cup queso fresco, crumbled

1. Brush the chicken breasts with the olive oil on both sides.
2. In a small bowl, combine the spices; rub the spice mixture generously over the chicken.
3. Grill or pan-sear the chicken over medium-high heat for 6-7 minutes per side until cooked through.
4. While the chicken cooks, prepare the salsa by combining the tomatoes, onions, cilantro and jalapeños in a bowl.
5. Stir in the lime juice and salt; mix well.
6. Once the chicken is done, let it rest for 5 minutes before slicing into thin strips.
7. Warm the corn tortillas in a dry skillet or over an open flame until pliable and slightly charred.

8. Assemble the tacos by layering sliced chicken onto each tortilla and topping with fresh salsa, shredded lettuce and queso fresco.

## Mexican Cinnamon Ice Cream

- 2 cups heavy cream
- 1 cup whole milk
- 3/4 cup granulated sugar
- 2 cinnamon sticks
- 4 large egg yolks
- 1 tsp. vanilla extract
- 1/2 tsp. ground cinnamon

1. In a saucepan, heat the cream, milk, sugar and cinnamon sticks over medium heat until steaming.
2. Remove from heat; let steep for 30 minutes, then remove the cinnamon sticks.
3. Whisk the egg yolks in a bowl. Slowly add the warm cream mixture while whisking constantly.
4. Return to the saucepan; cook over low heat, stirring constantly, until thickened.
5. Stir in the vanilla extract and ground cinnamon; chill completely.
6. Churn in an ice cream maker according to the manufacturer's instructions. Freeze until firm.



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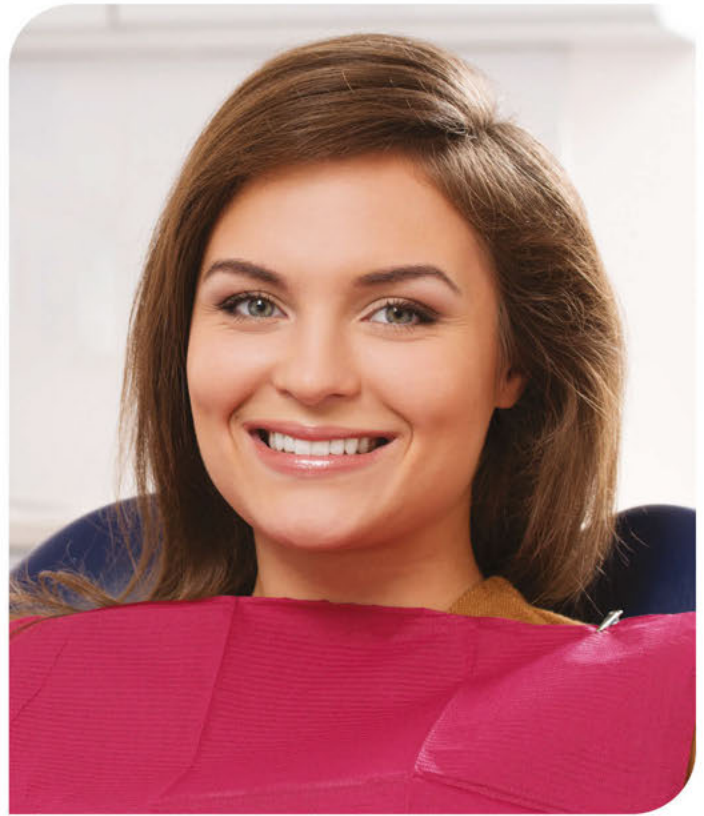


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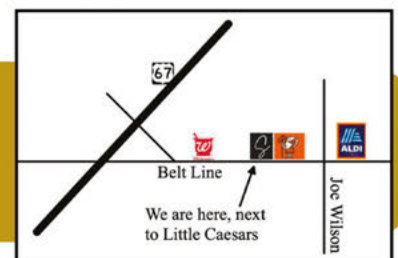
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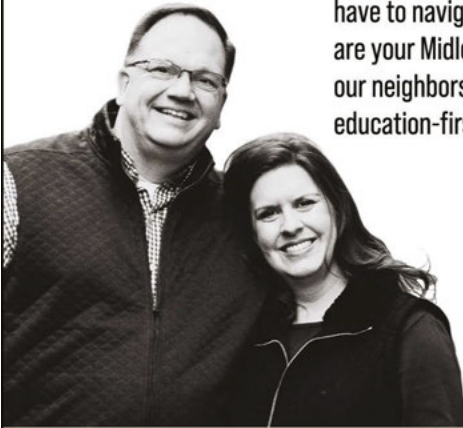


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