WaxahachieN

JULY 2021 Forty Years of Service When Bishop Bacy makes a promise, he keeps it Discover Cycling Sean and Stephani **Butler love the trails** in Ellis County Also inside: In the Kitchen With Adrienne Tucker **Texas Vein Experts**

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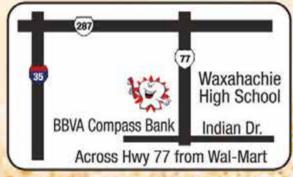
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Bishop Bacy's motto is love, trust and let God be the jury.

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ON THE COVER

The Bacy family is dedicated to serving God and the community.

Photo by Kobbi R. Blair.

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EDITOR'S NOTE

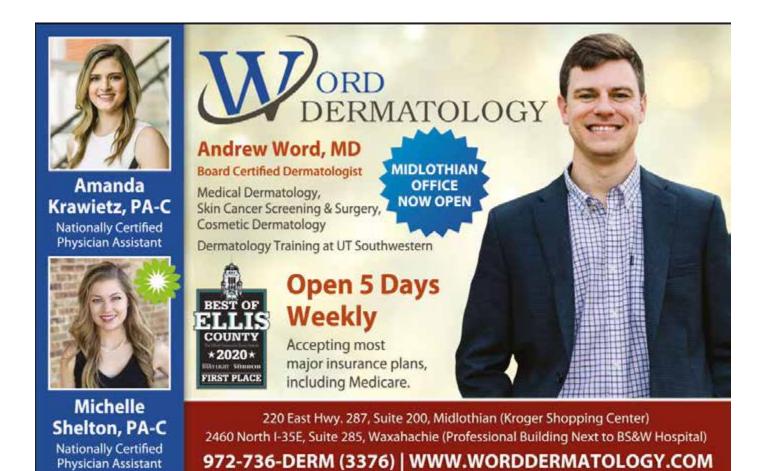
July is a great month for reconnecting ...

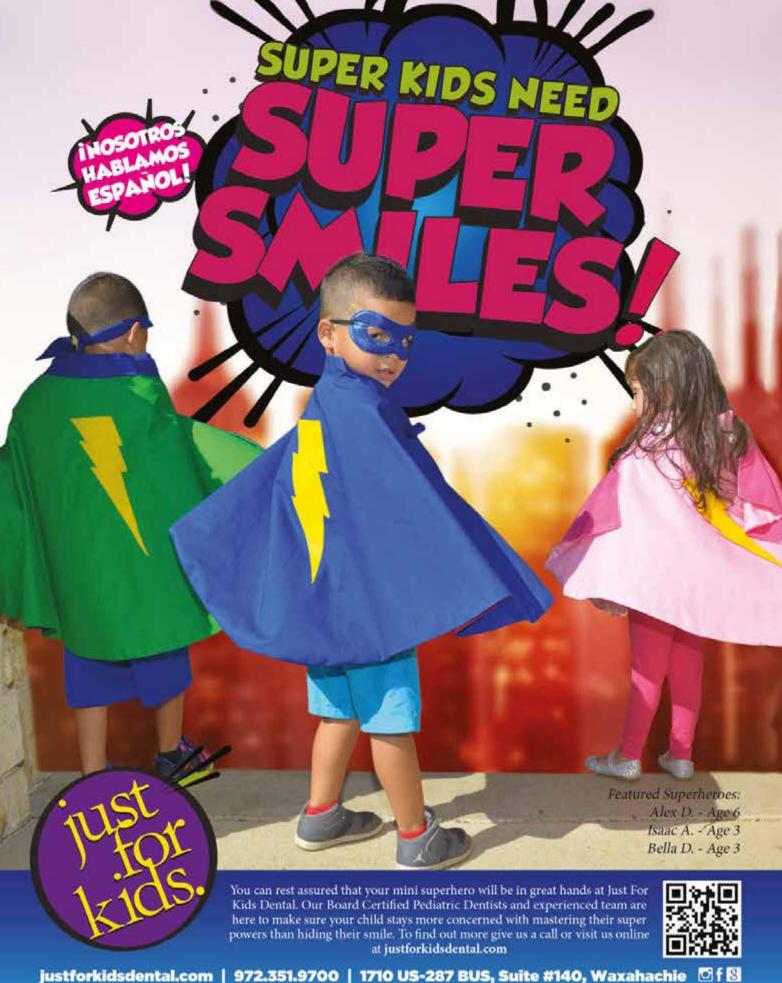
Recently, I went to Fredericksburg, Virginia, to visit my aunt, Janice, whom I had not seen since she moved away from Waxahachie 30 years ago. I suppose life just got too busy. Yet, even after all those years, it felt like we still knew each other perfectly. We had so much fun talking about old times, like holidays we had shared and funny things that had happened during them. I spent six days with her, and we never ran out of things to talk about. I shared my last 30 years with her, and she shared hers with me. We laughed, cried and ate lots of great food.

When I was 15, after a big family Thanksgiving meal, Janice asked me to ride with her to Galveston, where she grew up, and visit her family. We talked and laughed and listened to music the whole trip. When we arrived at her family's house, she made a special effort to see that I had a good time. Even though I was only 10 years younger than her, she took good care of me and really made me feel special. She even took me to the theater to see the movie du jour, which was Jaws. Not a great movie to see when one is visiting the ocean! Needless to say, I stayed out of the ocean for the rest of the trip.

If you have a loved one you have not seen in a very long time, I would urge you to reach out. It ended up being a wonderful experience for me.

Take care of the love you have, my fellow Waxahachians!





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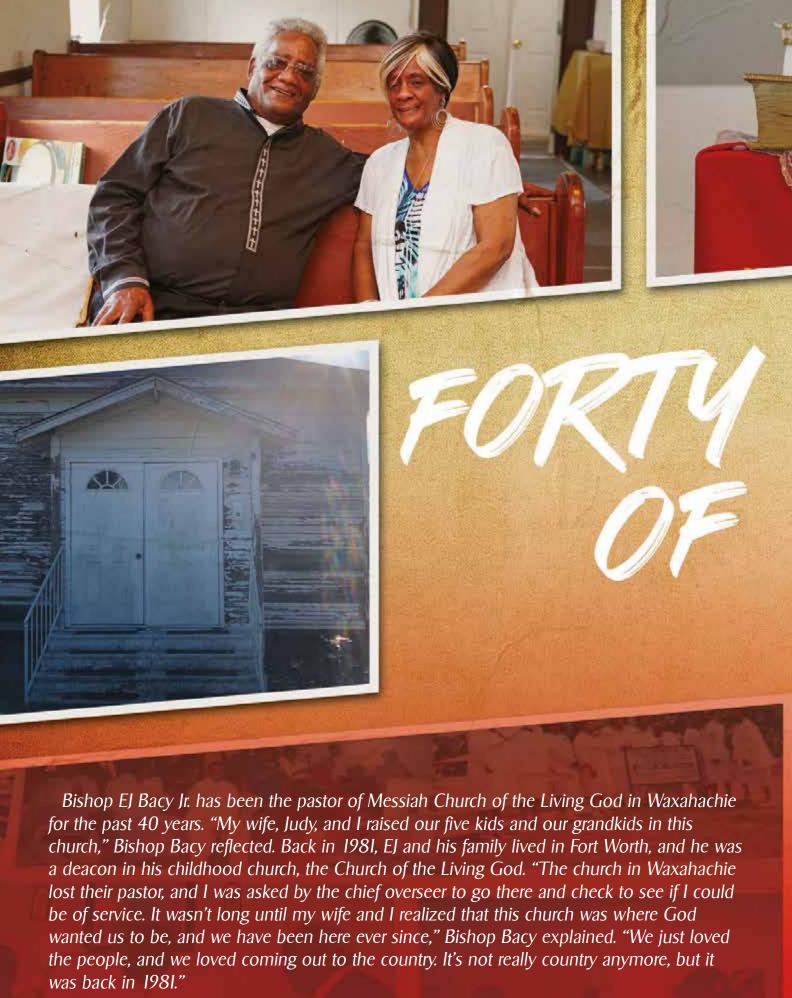
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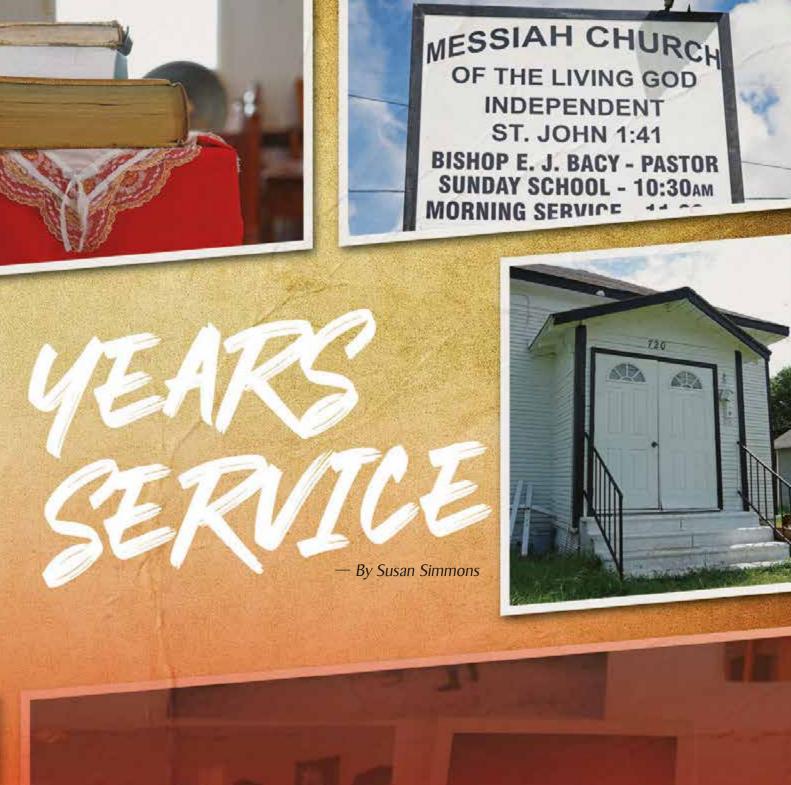


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Pastoring the church was never a paid job for Bishop Bacy. "I didn't charge them anything. There was no contract. I just came and did what I could do. I didn't need any money because I had a job. I was a truck driver for the city of Fort Worth for many years before I retired," he said. "I just thought this work would help me get my soul right with God — I figured I owed it to Him."

"Bishop Bacy is a preacher and a teacher," said Missionary Connie Rice, a woman who has attended the church since the mid-1970s. "He talks to the people and helps them find their way."

There were only about five members when Bishop Bacy and his wife, Missionary Judy Bacy, arrived at the ministry. "The membership began to increase when my husband began preaching," Judy shared. "We just took it one day at a time and helped people when we could. We also began to have gatherings where we would invite everyone around and have a big barbecue. My husband cooked all the meat, and the ladies made all the side dishes. We never charged for the food because that is against the rules of the church. There is no buying or selling in our church. Politics of any kind are also strictly forbidden."

Over the years, Bishop Bacy renovated several areas of the old church. "When we first came, the bathrooms were on the back porch, and the congregation had to go outside to get to them. We brought the back porch inside the church because I didn't like the women to have to go outside like that," Bishop Bacy explained. Last year, the Rotary Club of Waxahachie gathered volunteers



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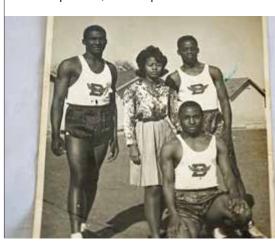


and restored many areas of the historic, 100-year-old church. They replaced rotting boards, painted and took down a large tree that was failing. "I am so grateful," Bishop Bacy said. "I was afraid that tree was going to come down on top of the church."

Marilyn Jackson is the church secretary. "I have been coming to this church for over 40 years. I grew up in Waxahachie and graduated in the Class of 1969. We were the first class with black students to graduate at T.C. Wilemon after the end of segregation. I moved to Cedar Hill a few years back, but I still come home, with my daughter, Ulonda, and go to church with Bishop Bacy and his family and all my other church sisters and brothers every Sunday," Marilyn said. "It has always been, and still is, a family church, a spiritual church where we all learn to get along just like family."

Bishop Bacy has been a deep thinker and a strong-minded man since he was very young. "Even though my mother raised me up in the church, when I got in high school, I decided I didn't want to be involved with it anymore. I got in the streets and told God that I didn't respect what the churches were doing. Then, a few years after Judy and I were married, I was cleaning my gun, and it accidentally went off. The bullet hit Judy in her shoulder while she was holding our baby boy," Bishop Bacy said.

That night in the hospital is when Bishop Bacy began listening to God again. "I went home and tried some other churches, but, eventually, I went back to my home church. Then they sent us to this place in Waxahachie. I don't believe in playing with God. I made a promise, and I kept it."





The role of women in the church has always been important. Whenever a month has five Sundays in it, the women control the Sunday Services with the first lady taking the lead. "That is the way it has been done throughout our history," Missionary Judy said. "Also, as the first lady of the church, I am in charge of ministering to the women and giving them advice."

Bishop Bacy confirmed that his wife does a wonderful job ministering to the ladies at the church. "And she has always been my sweetheart," he said with a twinkle in his eye. "We have known each other since we were little children. Then 55 years ago, we were married. She has always lived a life of service and devotion in accordance to God's teachings. In our church, women should talk up and say what they think. Everybody has a voice."

The Bacys' son, Elder Joel Bacy, is ministering at the church and has been preaching part time for the past 15 years, along with Minister Rodney Cook. "I teach the young deacons about running the church, so that when I die, they will know what to do," Bishop Bacy explained.

As he ponders over the things he has learned in life, Bishop Bacy enjoys remembering when he was a Texas state track star in high school. "I ran the half mile in 159.2, the mile in 4.30 minutes and the guarter mile in 40 seconds flat. I won the gold medal," he said happily. "Everything I have done in my life, I have enjoyed. When I was young, I thought running the streets was it, but I eventually learned that Sunday church beats it all. Sunday is my favorite day. My motto is love, trust and let God be the jury." NOW





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Stephani moved to Texas to marry her husband. Sean Butler, in 2018, "Sean loves cycling, but at first, I wasn't interested in trying it," Stephani shared. "I had been on a weightloss journey for four years, and the gym was something I had to do for my health. Honestly, my favorite hobby was reading, and I couldn't picture myself on a bike. But after a while, when I saw how much Sean loved cycling and how good it was for him, both physically and emotionally, I mentioned to him one day that I might want to try it."

"I remember the moment perfectly," Sean said with a smile. "I could just tell she had something on her mind, and then she said, 'I think I want to start riding a bike."

"You don't say that to him unless you mean it, because he took me to buy a bike that day!" Stephani laughed. "I literally fell in love with cycling. I went from a beginner who had not been on a bike in 13 years to riding a 26-mile journey within three months."

Stephani is quick to point out the benefit of having Sean teach and train her for cycling. "He is a wonderful teacher. He is so great at giving advice on how to ride and adjust the gears, and he taught me about taking on nutrition and keeping hydrated during the ride. I would try to do a 20-mile ride without eating, and once I began consuming a small amount while riding, I didn't feel so depleted and headachy afterwards," she explained.

"She didn't know anything about bikes or cycling," Sean said. "I taught her about airing up the tires, adjusting the gears, good road practices and nutrition and hydration. It has been such a blessing to our family. We love to ride together out in the country of Ellis County and just take in all the beauty God has provided."

Ellis County offers a treasure trove of beautiful, peaceful routes for all levels of cyclists. Sean has created many routes on the cycling app called RidewithGPS. Cyclists can download the app and follow one of his routes and know exactly how far they are riding and what to expect along the way.

"Back in the '90s when I began cycling, we didn't have anything like a GPS app. I began cycling because I had injuries from playing football. I was surprised when I realized how large the cycling community is and all it has to offer. It really did replace so much in my life at the time," Sean shared.

In May 2020, Stephani and Sean bought their new home in Waxahachie. "We moved from Mansfield where there are several cycling groups," Stephani said. "With COVID going on, we especially felt the need in the community for a cycling group that caters to beginners, as well as advanced cyclers. That's why we decided to create the Red Maple Riders Cycling Group."

The group meets every Saturday morning between March 6 and December 11. Stephani and Sean park their RV just south of Waxahachie at the place where the routes begin. Riders can choose which route they want to ride that day, sometimes with others and sometimes alone. Sean goes with beginner riders and teaches them all they need to know. Somebody is always based at the RV to answer any calls from riders who might need help with anything.

"Cycling has really become a part of my identity," Stephani shared. "It has given me a whole community of like-minded people for friendship and camaraderie. Once we are all back from our rides, we sit around the RV and drink our Gatorade and trade tips and war stories. It is so much fun, and even though it has replaced my gym visits, I still got under prebaby weight in just four months!"

The routes Sean has created range from 12 to 75 miles and include all levels of difficulty with options of straight roads, hilly roads and gravel roads. All the routes are accessed by GPS. "The one thing all my routes in Ellis County have in common," Sean said, "is that they are filled with the sounds of nature. As I ride, I can hear the cows and the horses, and I pray a lot. It is a full mind/ body experience." NOW







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In 2019 while I was pregnant with my son Remington, postpartum depression hit me hard while also trying to come to terms that I was going to be a single mom. After having my son, my PPD was just getting worse. While he was in the NICU, I found myself eating so many things that weren't healthy. Trying to juggle a newborn while also taking care of myself was impossible. I developed the worst eating habits. I was beyond over trying to hide the 30 pounds I gained while pregnant. Feeling beyond miserable trying to love my "new body", I tried so many diet plans, but nothing ever seemed to work. I found myself getting frustrated. I didn't want to hate the way I looked anymore, judge, or even point out everything I disliked about my body.

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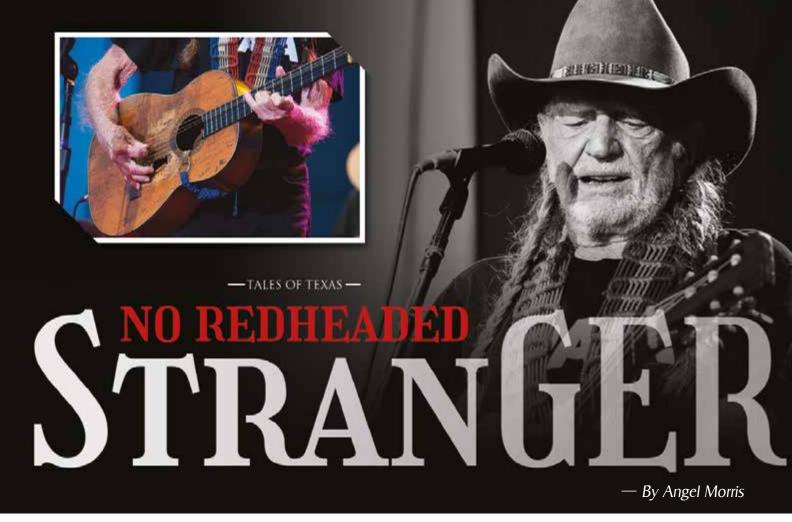
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If you live in Texas but not under a rock, you no doubt have heard the name Willie Nelson, if not also his numerous charttopping country hits. One of the most recognized crooners in country music, Willie marked his 88th birthday this year.

Born April 29, 1933, in Abbott, Texas, Willie Hugh Nelson grew up not only to be a musician, but also an actor and activist. He received his first guitar at age 6 and sold his first song for \$50.

As a teen, Willie performed with Bud Fletcher and the Texans in area honky-tonks. He played the local circuit until graduation in 1950, when he enlisted in the U.S. Air Force. Chronic back problems led to an honorable discharge within a year, and Willie enrolled in Baylor University's farming program.

Working as a disc jockey, Willie's heart was still in music. He ultimately abandoned his studies, leaving Waco for Nashville. He first gained recognition in his 30s, writing notable songs such as "Crazy" for Patsy Cline and "Night Life" for Ray Price. By the 1970s, a series of original releases saw little commercial success but resulted in a loyal fan base. He partnered with country star Waylon Jennings, and the duo developed a genre best known as "outlaw country," mimicking Willie's own lifestyle.

1970 was also the year Willie's Tennessee home burned down, but that loss was Texas' gain. He moved back to Texas and became a staple of Austin's burgeoning music scene.

Willie's first two albums following his Texas return did not chart well, and his bandana-wearing, braided-hair persona belied his professional skill as a performer. 1975 would change that, when Willie's ironically titled album, Redheaded Stranger, made him a stranger to no one.

Songs like "Blue Eyes Crying in the Rain" crossed over from country to pop charts, and it was said that Willie appealed to vast audiences by blending not just country and pop, but also blues, folk, jazz, swing and more. "Blue Eyes Crying in the Rain" would be his first No. 1 hit, earning a GRAMMY Award for best country vocal performance.

In 1978, Willie would take home the GRAMMY for best country vocal performance by a duo with Waylon Jennings on "Mammas Don't Let Your Babies Grow Up to Be Cowboys," and his cover of "Georgia On My Mind" earned him a second "best country vocal" GRAMMY.

To further show his diversity, Willie took to the big screen in 1979's The Electric Horseman, earning an Academy Award nomination for best original song with "On the Road Again." From 1980 to 2018, he held some 48 additional roles in TV and film, including the screen adaptation of Redheaded Stranger in which he played the Reverend Julian Shay.

In 1982, another best country vocal performance GRAMMY was his with "Always on My Mind." Then "To All the Girls I've Loved Before" — Willie's duet with Julio Iglesias — resulted in international acclaim. In 1985. Willie again partnered with Waylon lennings, along with Johnny Cash and Kris Kristofferson, to form the country group, the Highwaymen, which went on to some commercial success.

In 1985, Willie partnered with performers Neil Young and John Cougar Mellencamp for the first Farm Aid concert, raising nearly \$10 million to help family farmers keep their land. The program continues to assist farmers and led to Willie's induction into the National Agricultural Hall of Fame.

Willie is known for his animal activism and being a proponent of green fuel. He has also long touted the benefits of cannabis, and his company, Willie's Reserve, has grown and sold marijuana products in states where it is legal since 2015.

Because of his well-recognized, laidback persona, Willie has often been called on for cameos such as that in 1999's Austin Powers: The Spy Who Shagged Me and larger roles like Uncle Jesse in 2005's The Dukes of Hazzard. He also voiced himself in cameo appearances on popular animated shows such as The Simpsons and King of the Hill.

Living the lyrics of his songs, Willie developed a reputation as a bit of an outlaw and landed himself in trouble a few times in his life. But loyal fans of the beloved Texan helped him through those times.

Willie continues to tour and perform to a variety of acclaim, including a 2008 GRAMMY for the single "Lost Highway," performed with Ray Price, the singer for whom Willie had penned one of his earliest successful songs. He has collaborated with the likes of Cyndi Lauper, Sheryl Crow and Snoop Dogg in more recent years, and his career totals 94 studio albums including solos, collaborations, compilations and soundtracks. NOW

Sources:

- I. Allmusic.com
- 2. Biography.com
- 3. IMDb.com
- 4. Time.com









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Zoomed In:Maven Navarro

By Susan Simmons

This WHS Senior 2022 won third place in the Texas State Editorial Writing Competition. She had already captured first in district and regional competitions for both editorial writing and headline writing. "I want to attend UT to double major in Spanish and journalism," Maven explained. "Eventually, I plan to be an immigration attorney, where I can make a real difference in people's lives." If motivation, skill and dedication are required, Maven will most certainly achieve her goals, and our world will be a better place because of her!



Daniel Smith, local high school art teacher and artist, displays several sculptures and paper artworks at Glenn's Warehouse Carpets Cultural Center.



Leah Kramer enjoys skating on a Saturday morning at the Ballpark!

Around Town



Teverick Boyd and Brianna Coats take their nephew, Ethan Holloway, to his baseball game. Welcome to Waxahachie!



Ryan Matthews, from Two Forks Market Garden, sells his homegrown veggies, flowers and hand-thrown pottery.



Ray Rodriquez volunteers at the Optimist Youth Center. Kudos to Ray!



Westin Herrell and Joel Jurkash spend a Saturday morning volunteering with Miracle League Baseball. Kudos to these Gen Z'ers!



Elizabeth Martinez, a coffee connoisseur, sells coffee at the Waxahachie Farmers Market with the help of her husband, Gabriel.



Chantil Piper and her family gather together to sell delicious baked goods at the Waxahachie Farmers Market!





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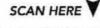


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Texas Vein **Experts**

- By Susan Simmons

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Hours: Call for an appointment, or visit the website.

Texas Vein Experts offers a solution to the painful and dangerous symptoms of leg ache, restlessness, soreness and swelling due to vein disease. The company was started in 2013 in Denton, Texas, by chief medical director, Dr. Scott Powell, who is one of the most experienced venous insufficiency doctors in the country. Dr. Powell has performed more than 13,000 venous procedures and is a front runner with the newest techniques and technology.

Since 2013, Dr. Powell has opened nine more locations and personally trained a doctor in his methods and procedures to

help more patients with venous disease. The Waxahachie location opened in 2020, and Dr. Powell trained Dr. Denny Thomas to head the location. Dr. Thomas was an ER doctor for several years in Oklahoma before choosing to return to his home state of Texas to be closer to his family. Since being mentored by Dr. Powell, Dr. Thomas has fallen in love with helping his patients with venous disease. "It is very rewarding to see someone who has come in with so much pain that they can't even stand at their son's wedding, and then after they are treated, to see the big change in their quality of life," Dr. Thomas shared.

TEXAS VEIN EXPERTS

Texas Vein Experts sees patients who are experiencing pain in their legs, who have trouble sitting or standing for an extended period of time because their legs begin to swell or ache or people who have varicose veins. "Varicose veins are not normal," Dr. Thomas explained. "They are always a result of bigger issues underneath. If a person has varicose veins, they should have them checked even if they are not experiencing symptoms. Catching venous disease early is so important

because it prevents the eventual blood clots and ulcers that often appear if left untreated."

Texas Vein Experts performs an ultrasound in the office to diagnose what is going on deep in the legs. They can see if a vein is broken, and if the blood flow is not working the way it should. They then use vein ablation to correct the problem. "Treatment is a simple 30- to 40-minute procedure," Rachell Sullivan said. She is a nurse practitioner and works closely with Dr. Thomas. "The patient is not sedated in any way for the treatment. It is not surgery. It leaves no permanent outside wound. It is similar to having blood drawn or getting an IV in some ways."

"IT IS VERY REWARDING
TO SEE SOMEONE WHO HAS
COME IN WITH SO MUCH
PAIN THAT THEY CAN'T
EVEN STAND AT THEIR
SON'S WEDDING, AND THEN
AFTER THEY ARE TREATED,
TO SEE THE BIG CHANGE IN
THEIR OUALITY OF LIFE."

Rachell Sullivan spent 13 years as a labor and delivery nurse at Parkland hospital in Dallas. "When I decided to go back to school and we studied venous disease, I thought it was so interesting that I decided to pursue working in the field. It is extremely rewarding to get to see the patients throughout the process. From the beginning when they are having all their symptoms, to treatment, to getting to see how their lives have been changed because of the treatments."

On a new patient's first office visit, an ultrasound is performed in the office and a plan of action is created. The procedure is usually covered by all major insurers, Medicare and Medicaid. "If a person has varicose veins, even with minimal symptoms, they should be checked for venous issues. If a person is having pain or swelling in their legs, difficulty standing or sitting for long periods of time, or restless legs at night, I urge them to be checked," Dr. Thomas said. "This is a progressive disease that is very treatable, especially when caught early."







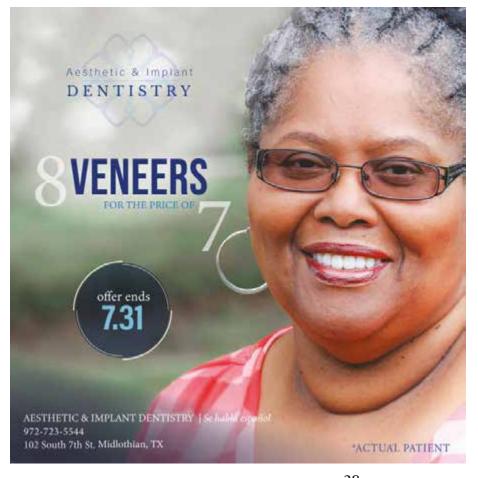
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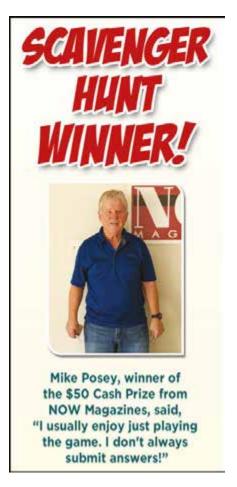
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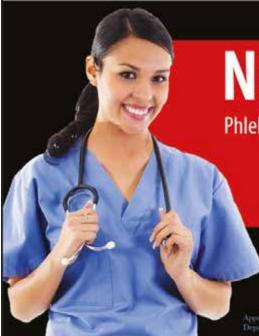


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The kitchen is Adrienne Tucker's happy place. "I have always loved to be in the kitchen, cooking with my mother and grandmothers. They are all great cooks, and they taught me many of their recipes," Adrienne shared. Adrienne also enjoys researching recipes online, and developing her own creations from her research. Food equals comfort for Adrienne, and comforting her family with a great meal is one of her favorite things to do. Grilling and down-home cooking are her most frequent choices of cuisine. However, she does enjoy occasionally exploring other types of gastronomy.

Adrienne started the Waxahachie Foodies Facebook page where foodies from all over the city get together and share pictures of their creations, recipes and favorite restaurant finds. Now

Coconut Meringue Pie

Mamaw Alexander's recipe.

Pie:

1 cup sugar

3 Tbsp. all-purpose flour

Pinch of salt

2 cups whole milk

3 well-beaten eggs (separated)

3/4 cup coconut

I tsp. vanilla

2 Tbsp. butter

Meringue:

3 egg whites

2 Tbsp. cold water

4 Tbsp. sugar

Coconut, for sprinkling

- **1.** For pie: Combine sugar, flour and salt.
- **2.** Add I cup milk; stir over low heat until heated. Add the second cup of milk
- **3.** Add egg yolks when the mixture begins to thicken; simmer until thick.

- 4. Add the coconut, vanilla and butter.
- **5.** Cool slightly; pour into a baked pie shell.
- **6.** For meringue: Beat the egg whites until pretty stiff. Add the cold water and sugar; beat until stiff.
- **7.** Spread over pie; sprinkle coconut on top.
- 8. Brown in a warm oven.

Mom's Cast-iron Meatloaf

This really is the original recipe my mother taught me to make, and it was my daughter, Emily's, favorite food!

2 lbs. ground beef

I can diced tomatoes, drained

I small onion, diced

I green bell pepper, diced

2 Tbsp. Worcestershire sauce

2 tsp. garlic power

2 tsp. black pepper

2 tsp. salt

I egg, beaten

6 Ritz crackers, crushed

Ketchup, to taste (your choice of brand)

- **1.** Mix everything together, except for the ketchup.
- 2. Pour the mixture into a large, cast-iron pan; mold into the middle, leaving some space between the edge of the pan and the mixture.
- **3.** Drizzle your favorite ketchup on top. Bake at 375 F for 45 minutes.

Vanilla Almond Shortbread

This is my own recipe taken from a basic shortbread recipe.

Aluminum foil Nonstick spray 1 1/2 cups, plus 2 Tbsp. sugar (divided use) 3/4 cup butter, melted 2 large eggs 1 1/2 cups all-purpose flour

1/2 tsp. salt

1 tsp. vanilla extract 1/2 cup sliced almonds with skins on

- **1.** Line a 9x13-inch baking dish with aluminum foil. Spray the foil with cooking spray.
- 2. In a large mixing bowl, stir together the 1 1/2 cups sugar, butter and eggs.
- 3. In another bowl, whisk the flour and salt together.
- 4. Combine the ingredients in the two bowls. Add the vanilla extract.
- **5.** Pour the batter into the baking dish; top with the sliced almonds and remaining sugar.
- **6.** Bake until slightly brown on top, about 35-40 minutes.
- **7.** Cool the shortbread in the baking dish. When cool, use the foil to lift the shortbread from the dish.
- **8.** Cut into squares; remove foil before serving.

Cheesy Chicken and Rice Casserole

2 Tbsp. butter

1/2 cup sweet onion, chopped

1/2 cup red bell pepper, chopped

2 cloves fresh garlic, finely chopped

2 cups chicken, shredded Salt, to taste

Pepper, to taste

1 Tbsp. flour

2 cups rice, cooked

I cup frozen peas

I cup chicken broth

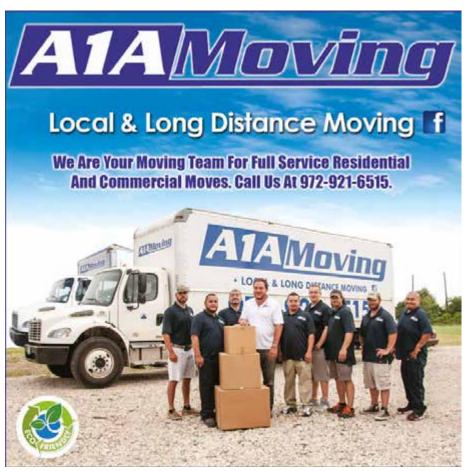
1/4 cup heavy cream

1 1/2 cups of Italian blend cheese, shredded (divided use)

Panko breadcrumbs, enough for a garnish (optional)

Parsley, to taste (optional)



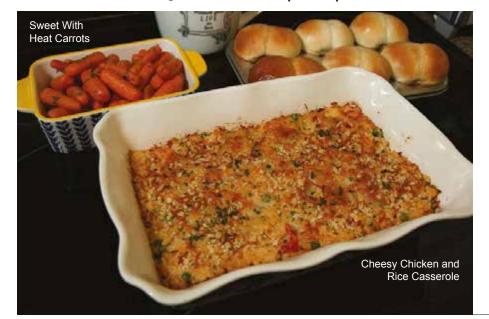


- **1.** In a large, deep skillet, sauté the butter, onion, bell pepper and garlic on medium heat for about 10 minutes, or until the onion is transparent.
- **2.** Add the chicken, salt, pepper and flour; mix well.
- **3.** Add the next four ingredients; mix well.
- 4. Add 1 cup of the cheese; mix well.
- **5.** If using an oven-safe skillet, you can bake the casserole in the skillet. Otherwise, transfer the mixture into a baking dish;

top with the remaining cheese. (If using the breadcrumbs and parsley, mix with the cheese before adding to the top.) Bake at 425 F for 15 minutes.

Nanny's Beans

- I large can baked beans (I use Bush's Original)
- I small onion, finely chopped
- 1 Tbsp. ketchup



1/2 Tbsp. mustardI tsp. brown sugarDash of saltDash of pepper2-3 strips bacon, cut into 3 pieces each

- 1. Preheat the oven to 350 F.
- **2.** In a baking dish, add all the ingredients, except the bacon; mix well.
- **3.** Lay the bacon strips on top. Bake for 45 minutes; enjoy!

Sweet With Heat Carrots

I created this recipe myself.

- 1 12-oz. bag baby carrots
- 1 cup ginger ale
- 2 Tbsp. butter
- 1/2 tsp. cayenne pepper (more or less, to taste)

Parsley, for garnish

- **1.** Add all ingredients, except the parsley, to a pot with a lid.
- **2.** Cook on medium heat, stirring occasionally, for about 25 minutes.
- **3.** Remove the lid; turn the heat to mediumhigh to reduce the ginger ale and make a glaze.
- **4.** Turn off the heat; garnish with parsley!





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

- Virginia Woolf













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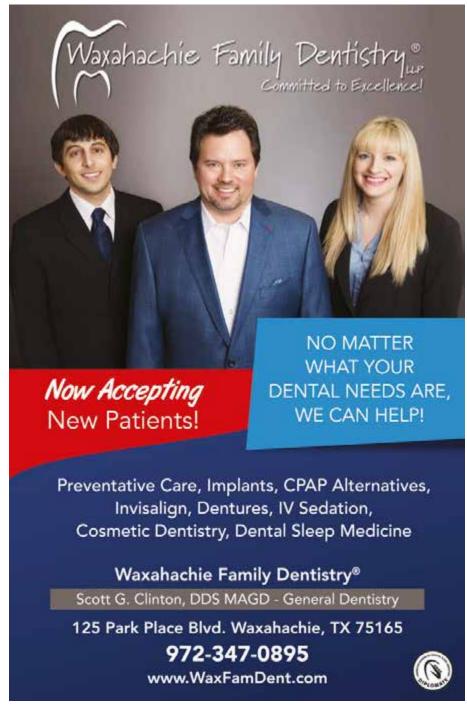
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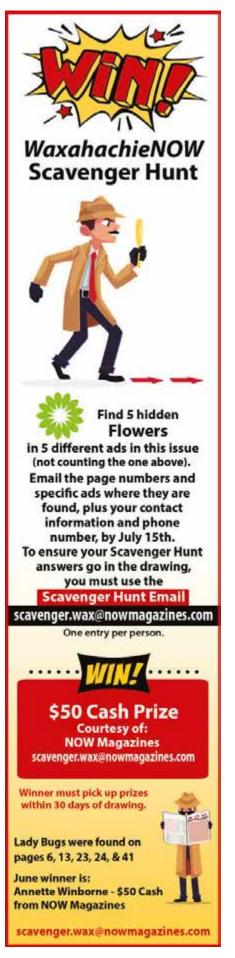
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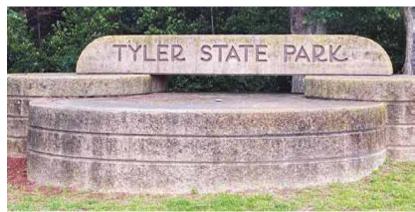












TravelNOW

Nearby Adventure

— By Susan Simmons

It's that time of year when we are all getting a little antsy for a vacation. Tyler, Texas, and its surrounding area is an ideal choice for a weekend trip, or longer, where families or couples can create delightful memories without a long car ride or plane trip. Tyler is only a couple-hour drive from the Metroplex and offers a plethora of fun and interesting things to see and do in an area filled with history, art, music, food, recreational opportunities and botanical wonders.

Camp Ford is located just 3 miles outside Tyler and easily captures the imagination of Civil War buffs and children alike. It was the largest Confederate POW camp west of the Mississippi. There is a short walking path with signs explaining about the camp and a cabin reconstruction that depicts life in the camp, which held captive more than 5,000

American Union soldiers. The park is open every day from dawn to dusk, and admission is free. If you enjoy picnicking, there is also a lovely, little shady picnic area in the park.

For those interested in learning about endangered wildlife, one of the best big cat sanctuaries in the U.S. is located just outside Tyler's city limits. The 150-acre preserve, Tiger Creek Wildlife Refuge, has been caring for and rehabilitating neglected and abandoned tigers for more than 25 years. Recently, the refuge expanded its reach to include other wild cats such as lions, cougars and servals, as well as large birds and other formerly homeless wild animals. Guided tours are given daily for those who want to learn more about saving these magnificent creatures.

No trip to Tyler would be complete without taking time to









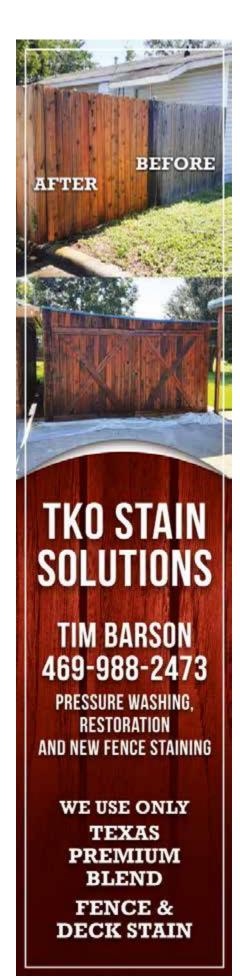
see the iconic Tyler Rose Gardens. At 14 acres, it is the largest rose garden in the United States. Walk along the paths, and enjoy row after row of beautiful roses, labeled to help visitors find a favorite variety to grow themselves. Spend time at the reflecting pools and peaceful water fountains, and learn about native plants and perennials in the beautifully landscaped, cottage-style Idea Garden.

For those adventurous souls, about 10 miles outside of Tyler is the opportunity to zipline! The company, New York, Texas ZipLine Adventures, has been in business for 10 years and offers zipline escapades for everyone over the age of 5. They offer a $1 \frac{1}{2}$ -hour or a 2-hour course, all set in the peaceful, scenic landscape of East Texas. Find out everything about them at goziptexas.com, or check them out on Facebook.

The choices for staying overnight in the Tyler area are endless. They have multitudes of hotels, bed-and-breakfasts, cottages, cabins and RV parks. The Tyler State Park is a true gem. It offers not only 83 campsites, but also five cabins and 28 screened shelters for rent. The park has something to do for every kind of nature lover. Bird blinds, mountain-bike trails, fishing piers, hiking trails, watercraft rentals and wildlife viewing are just some treasures found in this awesome state park.

It is easy to see that finding something amazing to do is not difficult in the Tyler area. It's the perfect choice for those who want to get away but don't want to spend a lot of time driving. Have fun! NOW

Photos by Susan Simmons.



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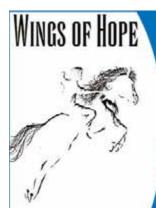
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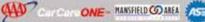
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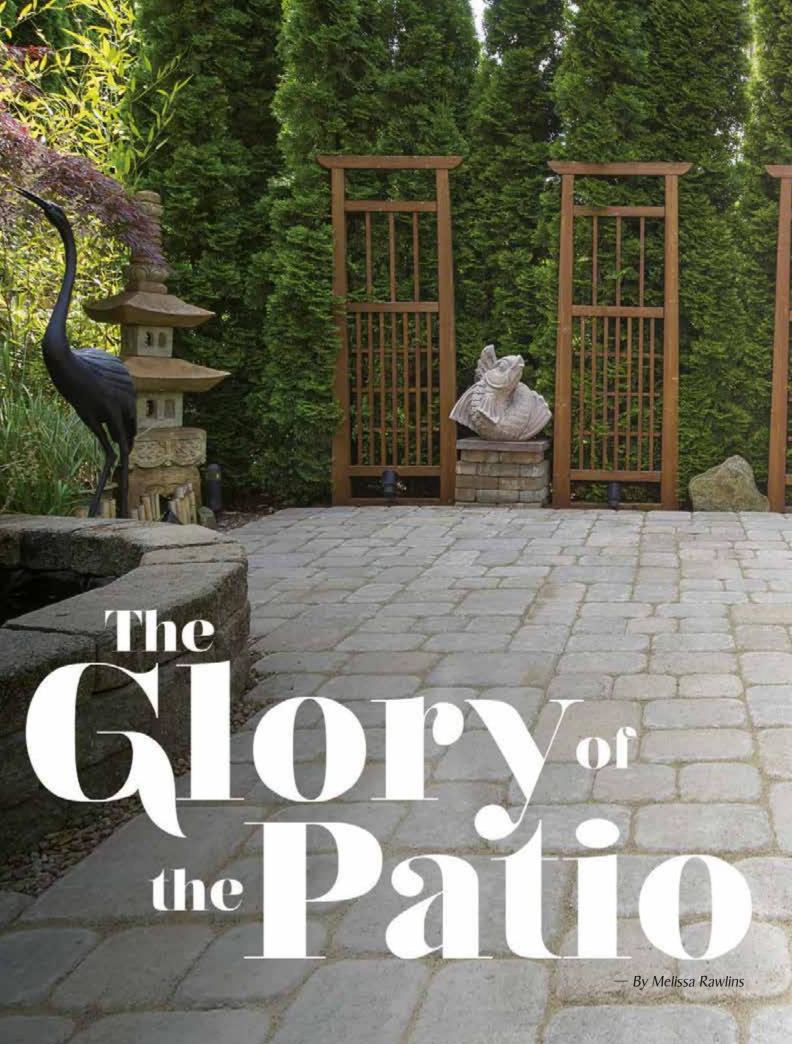
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If you're considering making your own backyard into an outdoor haven, you're following time-tested patterns set by hardworking people in every nation. In Texas, we use the Spanish term patio to indicate a simply civilized backyard. Combining definitions from dictionaries like Merriam-Webster. Cambridge and Collins, we find a patio to be an opento-the-sky courtyard area, outside a house, with a solid floor capable of supporting furniture and used in good weather for recreation, relaxing, lounging, dining or the like.

Depending upon the design of your home and its pre-existing landscaping, your dream patio may involve multiple seating areas connected by pathways. Or maybe, it will be just one great, big area that will become your family's favorite place to hang out whether the stars are twinkling or the sun is shining.

If your inner artist needs an outlet, challenge yourself to be a do-it-yourselfer. You will have a ball planning a patio. And the big ball we call Earth has provided you with an unlimited supply of resources to rearrange the look, feel and utility of your backyard.

Whether you desire a modern, straight-edge look; an old-fashioned, cobble-stone effect; or an all-natural,

wavy feel, you'll find the instructions and materials you need from local stone and rock suppliers, online garden stores and nationwide big-box businesses. Prepare to gather a sizable list of tools and materials:

- · gloves
- · 2x4x48-inch board
- · tape measure
- · level
- · rubber mallet
- · sand
- · pea gravel
- tamper or plate compactor, a machine that compresses gravel and different kinds of soils
- · rake
- · push broom
- · safety glasses
- · sunglasses
- · studs
- · garden hose
- · shovel
- · trowel
- · electrical conduit
- · wet tile saws and blades
- · ready mix concrete
- · garden stakes
- · masonry
- · mortar
- · knee pads
- · travertine, concrete or stone pavers

Though some might wish to scour the West Texas countryside to bring home red rock for making cottage-style walls, they're heavy, lumpy and ill-suited for laying a solid, flat patio. The best bet is buying pre-manufactured patio pavers made from concrete, which cost between \$8-\$20 per square foot.

Another option is using patio paver molds. They will keep your overall cost down. One mold runs between \$30-\$70, depending upon the complexity of the style you choose, and you'll invest only in raw concrete plus tools. Even novices can

pour home-mixed cement into molds that allow you to be übercreative, since you can add marbles, seashells or colors to your concrete.

There are even recycled rubber pavers available now, which make creativity limitless. Each textured, anti-slip panel can be cut to the size and shape you desire with a utility knife, and installation simply requires a rubber mallet because, in fact, you can use rubber pavers right on top of sod, and it's not recommended to use rubber pavers on sand or gravel, unlike the stone and cement pavers.

But if that more permanent, natural and even vintage look is what you want, then stone or cement is what you need. And that will take more effort. You'll have to remove about 6 inches of sod, and then level the ground, spread a 4-inch layer of gravel for the paver base and then a 1-inch layer of paver sand before you add the 2-inch-thick patio pavers.

Sound like a lot of toil? In fact, Rudyard Kipling spoke of such labor in his poem "The Glory of the Garden," first published in 1911:

And when your back stops aching and your hands begin to harden,

You will find yourself a partner In the Glory of the Garden.

Oh, Adam was a gardener, and God who made him sees

That half a proper gardener's work is done upon his knees,

So when your work is finished, you can wash your hands and pray

For the Glory of the Garden that it may not pass away! NOW









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13	1	t	H	14		T	\vdash	\vdash	t	+
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		36	+	+	\vdash		37	+	+	-

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Across

- 1 Honked
- 5 H's is 1, He's is 2, briefly
- 9 Linden tree
- 10 Aims pintos every which way
- 13 Amplify
- 15 Racket
- 16 Bon --- (witty remark)
- 17 Bovine bellow
- 18 Bald --- egg
- 20 Sonny, Cher's former partner
- 21 Betelguese is one, and Sirius, and Vega, and ...
- 23 Former Yankees' shortstop Jeter
- 24 Prominent personal comment article
- 25 90 degrees from rank
- 26 Basketball whistleblower
- 27 Graduation month for many
- 28 Needed by everyone, and anything in disrepair
- 31 Mundane
- 34 Shake awake
- 35 Guns won't fire without it
- 36 Military refectory
- 37 Obligation

Medium

Down

- 1 Ran off the margin
- 2 Julie Andrews film, "Darling ---"
- 3 Come out of
- 4 "Oh, what a tangled --- we weave" (Walter Scott)
- 5 Barbecue garment
- 6 Perfectiv
- 7 Little louse
- 8 From the top
- 11 Odds ending, often
- 12 Derisive gesture
- 14 Five star General --- Bradley
- 19 Winter depression
- 20 Sound intensity unit
- 21 It comes from the heart
- 22 Third Reich architect
- 23 Impression
- 25 Overload blows them
- 27 Zooey's "New Girl" role
- 29 Innocent child
- 30 Congeal
- 32 Feel remorse
- 33 Admirably up to date

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Solutions on page 52

Easy

Sudoku Puzzle

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

 8
 9
 8

 3
 7
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 4
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 6
 3
 2
 4

 5
 4
 1
 1
 1

 6
 7
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 5
 9

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Solutions on page 52



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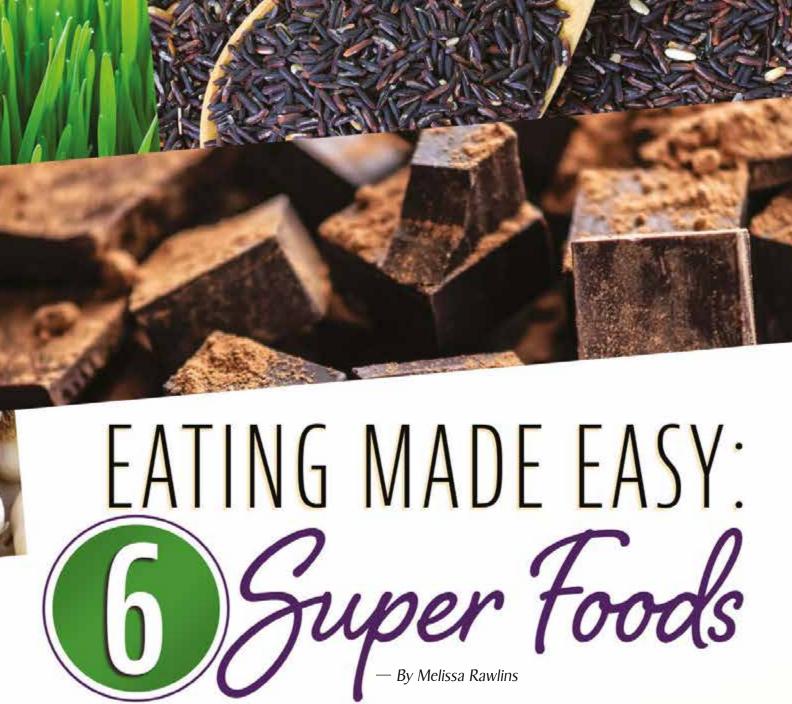


With a little research, it's easy to make a list of all the necessary vitamins and minerals to take into your body every day. Scientists recommend 23 specific elements in regular doses to keep a human body healthy. Since it's most fun to get that vital nutrition from food, try eating a daily dose of eggs, greens, lentils and tuna. Though commonplace, they're honest-to-goodness super foods that show up repeatedly as best sources of most of those 23 vitamins and minerals.

Here are a few of our favorite, more glamorous, super foods:

Walnuts simply taste great, but most people consider them holiday foods. It would behoove us to eat them daily, since they provide vitamin E for healthy organs, as well as essential fatty acids, selenium and iodine to improve memory, alleviate irritability and prevent dementia. And their vitamin B levels promote reproductive health in both men and women.

Acaí berries, known as "beauty berries," are rich in antioxidants, which serve to protect the body from free radicals that break down cellular function. Acaí berries are hearthealthy, since they contain fatty acids 3, 6, 7 and 9. The juice complements walnuts in a smoothie, and is a tastier alternative to fish oil, wouldn't you say?



Purple or black rice is an "heirloom" grain, rich in fiber and naturally gluten-free. High in anthocyanins, a powerful class of phytonutrients, this ancient source of all 22 amino acids also provides the simple sugars every cell in the body needs to function as originally designed. Regulating blood sugar levels, boosting cognitive function, lowering cholesterol, maintaining a healthy heart, improving digestive health and reducing inflammation never tasted so good.

Garlic is an herb, a medicine and a prebiotic. This means it feeds the probiotics living in healthy guts. As a medicine, garlic stimulates the immune system, removes plaque buildup in arteries, lowers blood pressure and acts as a natural antibiotic. As an herb, garlic makes other foods taste better and, therefore, is a perfect salt substitute.

Dark chocolate is, like garlic, a prebiotic. It also provides heart-healthy benefits, like garlic. It contains fiber, iron and other necessary minerals, which together improve blood circulation to the brain and body. Unlike garlic, dark chocolate requires sugar and sometimes cream to taste exceptional and, therefore, must be used in moderation.

Wheatgrass promotes detoxification and healthy living, while it minimizes fatigue. Containing eight essential amino acids, antioxidants, blood-building chlorophyll and vitamins A, C and E, as well as iron, magnesium and calcium, this grass is best when juiced, and a little goes a long way.

7/1, 7/12 and 7/22

Mosquito Spraying:

The city of Waxahachie Animal Services will be spraying for mosquitoes from 9:00 p.m.-5:00 a.m. For more information. contact Terri Muniz at (469) 309-4150 or email tmuniz@waxahachiepd.org.

7/3

23rd Annual Crape Myrtle Parade & Fireworks: Hometown Independence Parade: 10:00 a.m., starts

on College St., heads north to Marvin Ave., turns west on Marvin, heads north on Brown St. and ends at Lumpkins Stadium parking lot. **Spectacular H-E-B Fireworks Show:** 9:15 p.m. Tune your radio to KEBC 1390 AM during fireworks show for special broadcast of patriotic music. Same location as always, 1300 block of Brown Street. Lumpkins Stadium parking lot will be open to park and watch.

7/12 - 7/14

Junior Police Academy:

Our mission is to foster positive interaction between the police, students and parents, while providing youth a glimpse into law enforcement. Held by the Waxahachie Police Department. Free. Limited number of spots. 8:30 a.m.-2.30 p.m.

To register your child or for more information, email Officer O.T. Glidewell at oglidewell@waxahachiepd.org.

7/13 and 7/16

Mosaic Animal Prints:

Use our supplies to create a beautiful mosaic of an animal. Ages 5-12. Free. 10:30-11:30 a.m., Sim's Library, 515 W. Main St. Registration required at https://www.simslib.org/register.

Tuesdays

Movie Mornings:

Movies are rated G — designed for a fun family morning at the library! Free. Join us in the Lyceum upstairs. 10:30 a.m.-noon, Sim's Library, 515 W. Main St.

Saturdays

Waxahachie Downtown Farmers Market:

Offering a variety of items, including locally grown fruits and vegetables, eggs, fresh baked goods, honey, cheese, jams, jellies, salsas, locally raised beef and pork, grains, plants, jewelry, clothing and home decor items. Free. 8:00 a.m.-1:00 p.m. rain or shine. The market has moved to a new and wonderful location at 701 Howard Road.

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







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Crossword Sudoku Solutions

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				15 E	16 M	1	L			
17A	18L	19p	20	N	E		21 E	22 M	23 M	24 Y
S S	Α	U	D	1	Α	26 R	Α	В	1	Α
27 A	P	S	Е		28 D	1	s	Α	R	М
			29 A	βP	E	S				
310	32 ^N	33C	L	E		34 E	35 L	³⁶ E	37 G	³⁸ Y
39 F	Α	U	L	Т		⁴⁰ T	0	S	Ε	E
10	В	E	Y	s		42 ₀	N	Т	0	P

Easy

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

Medium

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





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