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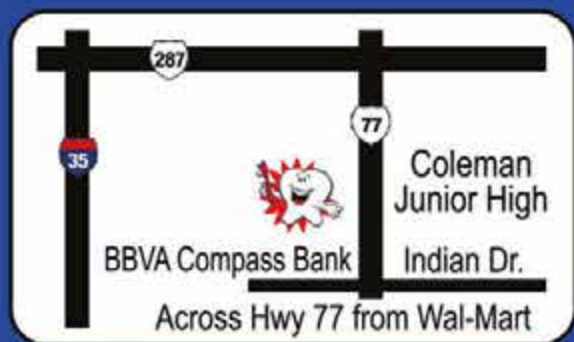
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Waxahachie Editor, Adam Walker
Office Assistant, Kristin Bato
Writers, Virginia Riddle
Susan Simmons . Bill Smith
Editors/Proofreaders, Rachel Rich
Virginia Riddle

GRAPHICS AND DESIGN

Creative Director, Chris McCalla
Artists, Kristin Bato . Martha Macias
Anthony Sarmienta . Jennifer Spence

PHOTOGRAPHY

Photography Director, Chris McCalla
Photographers, Kobbi R. Blair
Shane Kirkpatrick

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Subscriptions are available at the rate of \$35 per year or \$3.50 per issue. Subscriptions should be sent to: NOW Magazines, P.O. Box 1071, Waxahachie, TX 75168. For advertising rates or editorial correspondence, call (972) 937-8447 or visit www.nowmagazines.com.

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EDITOR'S NOTE



Adam

Adam Walker
WaxahachieNOW Editor
adam.walker@nowmagazines.com
(469) 285-2008

The Founding Fathers ...

There's a lot of talk about these men around this time every year. But what do we really know about who they were? There isn't total agreement on exactly who should or shouldn't be included in this group, so let's just look at the men who signed the Declaration of Independence. No one can argue that *they* don't belong!

There were 56 men who signed the Declaration of Independence. Only a handful of their names are famous: Benjamin Franklin, Thomas Jefferson, John Hancock, John Adams, Samuel Adams. George Washington is not one of the signers.

Eight of them were immigrants, and 18 were the sons of immigrants. Almost all were Christians, 49 Protestants and 1 Catholic. The other six were religious.

Seventeen were homeschooled. Over half went to university, law school or medical school.

There were a lot of lawyers — 27 of them — and 13 merchants. There was a shoemaker, a carpenter, two ministers, a musician, a couple of professors, four doctors and four scientists. Some of them had three or four different careers. Only one was a professional politician. Nine had apprenticed to a working-class trade. At least a third of them owned slaves.

Two of them never married, while 17 were widowers who had remarried. And Benjamin Franklin had a common law wife.

At the signing of the Declaration, 23 were veterans of previous wars. Nine more later served in the Revolutionary army. Five were captured and tortured by the British. Nine died in the war. Two lost their sons, and two more had sons captured. At least a dozen of them had their houses burned or pillaged.

They were men who paid high prices for American independence. And we owe them much ...

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Stitch by Stitch

— By Adam Walker

Grandma's quilt may be a treasured family heirloom. But if all your associations with quilts are historical, you're missing the vibrant community of modern quilters. The Creative Quilters Guild of Ellis Country is keeping this ancient art alive and blazing new trails in the creative use of cloth.

Victoria Spears is the current president of the guild. "I was there at the beginning. Two women from Midlothian said, 'You know what? We need a group.' So they went around all the towns, putting up fliers in all the fabric shops, asking for people interested in starting a quilting group. They were hoping for five or six people. Over 40 women showed up. There were so many people that I was sitting on the floor in the other room! We couldn't hear, so we were passing word back and forth. A clipboard was circulating asking, 'Do you want to be on the board?' I put my name down. Last year, the guild had a big celebration in January, for our 20th year. We invited people who used to be members but had moved away. It was a huge birthday party. This year is our 21st."





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Quilting and your typical quilter have changed a bit over the years. “When I started, probably 90 percent of quilters started out sewing clothes, but hardly anyone does that anymore,” Victoria said. “Now, a lot of our new members are learning to sew as quilters. Debby Ray, one of our members, just taught a beginning quilting class, and I know we’ll do that again. We want to promote the art of quilting through education and training. We want to preserve the history of quilting and serve the community through our charity activities.”

Karen Hudgin is the program director for the group. “I arrange speakers for our group meetings. We try to have different kinds of speakers,” Karen said. “One time we might have a weaver, or someone who teaches about the history of the color blue. One gal from Waxahachie has an alpaca farm. She brought yarn and taught punch needle. Another gal makes quilts out of old wedding dresses. We had a local author who wrote a murder mystery set at a quilt show!”

Karen is a newer member of the guild. “I joined just before COVID. I’ve sewn all my life. I made all my girls’ prom dresses, dresses for banquets and graduation. I got into quilting when one of my daughters took a class at church. She came home and said, ‘You never told me I needed a sewing machine!’ I finished the project for her, and I’ve been quilting ever since. Knowing how to sew helps, but it isn’t a prerequisite. You build skills as you learn. You pick up tips to make the process easier. I do a lot of kits, because I’m not good at choosing colors. One queen-size quilt was on point, so all diamonds. Each diamond was eight triangles, and it was all




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blues. I used Post-It Notes to label each piece. When I got to the bottom, it wasn't even, and I couldn't figure out why. It turns out, I had two pieces in sideways. Those triangles looked like they were the same on all sides, but they weren't exactly the same. I had to tear them out and redo it!"

One of Victoria's favorite quilt projects was a tribute to the Nancy Drew novels of her youth. "I found this cloth printed with the old book covers. The covers aren't squares, so I had to mathematically alter my pattern, so each panel was the size of a cover. I spent a year combing the U.S. looking for just the pieces of fabric that I needed for that one. The fabric for the borders had to be just the right colors and patterns to remind me of the time period. Then I made a table runner of the same cloth for a librarian friend." That's true friendship.

"Our annual quilt show is called In the Zen Garden this year," Victoria informed. "The show is named for one of the quilts we'll be auctioning off, called *Zen Garden*. We're the largest quilt show between Dallas and Austin. We'll have 23 vendors at the show this year, which is at the SOKOL hall in Ennis, the one on TX 34. I don't know the final count, but there will be over 100 quilts on display. A couple of years ago, I borrowed my neighbor's 14-year-old son to help set up the show. My husband said he was looking around at the quilts and said, 'You know, it's kind of like an art show.' He comes every year now. We had over 500 people last year, from Ellis County and beyond, even other countries!" **NOW**

Editor's Note: This year's show will be held July 19-20, 9:00 a.m.-4:00 p.m. It only costs \$10, and men and children are free.



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EXPERIENCE THE *Spirit*

— By Virginia Riddle

It's almost dusk in summertime. A slight breeze, refreshing after a hot day, begins to whip around the scrub brush of Palo Duro Canyon State Park's rock walls. Spotlights dance along the park amphitheater's natural backdrop searching frantically. Hooves pound with increasing intensity. The spotlights converge on a lone rider, leaning forward to urge on her galloping horse crossing a 600-foot narrow ledge. Reins in her left hand, she holds proudly and steadily in her right hand a Texas flag fluttering fully. The crowd rises, whoops and claps, while musicians strike up the overture. Texas Outdoor Musical has begun to the delight of another full house.

Since 1965, this story of Texas Panhandle Comanches, led by Chief Quanah Parker; ranchers, such as Colonel Charles Goodnight, co-owner of the famed JA Ranch and co-founder of the Goodnight-Loving Trail; and other settlers such as sheep herders

and farmers has been told through well-known, loved songs, dances and state-of-the-art sound and lighting effects. There were struggles as those cultural groups converged in the late 1800s, along with celebrations, death, the coming of the railroad and politics with those legislator folks down in Austin. There's humor, tears, courtships and drama.

The idea for this legendary production was hatched in 1960 when Margaret Harper, a Canyon ISD piano teacher and author, read a story in *Reader's Digest* about Paul Green, a Pulitzer prize-winning playwright of regional themed plays, screenplays, poetry and musical dramas. She contacted Green with information about the beauty of the canyon and the drama of the land's history. By the next year, Mrs. Harper had founded the Texas Panhandle Heritage Foundation, which funded through donations from area residents a very interested Paul Green to journey to the High Plains with the intent to write the saga. The Pioneer Amphitheater was carved out of the wall of sandstone, siltstone shale and caliche color shades; moveable sets, sound and light boards were installed; and, as the saying goes, the rest has become part of the area's history and hospitality. Financing for the production comes from ticket and concession sales, as well as underwriting that still comes from area foundations, individuals and businesses.

Over 60 actors, singers and dancers in colorful and authentic period costumes have brought Paul Green's script to life each season for 58 years to a nightly, nearly always sold-out audience. Either as part of the warm-up or as the audience is reseated after intermission, a cast member comes out and asks members of the audience to declare their hometowns. It's an amazing time of discovery, since many have come from far away international locations to share this experience. The cast and crew, which include sound, lighting, choreography and set design folks, as

well as electricians, wardrobe, horse wranglers for the equine performers and instrumentalists, have come from far and wide to audition, rehearse and perform. A "Who's Who" listing of the cast and crew members is part of the provided program. West Texas A&M University provides housing and much of the administrative and hospitality staff. All ages and ethnicities are represented, and Native American actors and singers speak and sing in their ancestral languages.

Tickets include admission to the park during preshow hours, and audience members are warmly welcomed by park rangers at the park's entrance. Palo Duro Canyon's history is told at the Visitor Center and along the drive through the park. Theater goers can explore the beauty of this second largest canyon in the United States on hikes and birdwatches, or they can prearrange an overnight camping site or cabin. A chuck wagon barbecue and canyon outfitter horseback rides can be arranged separately to add to the "flavor" of the Texas experience.

Thunder echoes in the canyon as lightning flashes along the wall in one of the scenes. Sometimes the rain becomes very real, and unless there is a major threat, the show, in true theatrical tradition, still goes on. Audiences get a real experience of how quickly the summertime High Plains weather changed for the Native American peoples who made the canyon their home for centuries and for the pioneers who later settled there.

The show ends with a bang. Patriotic fireworks resound for several minutes throughout the canyon. Cast members await the departing audience and pose for group photos, ending the evening with, "Thank y'all for coming!" NOW

Sources:

1. Texas Outdoor Musical program, Texas Panhandle Heritage Foundation, Inc., 2023.

2. Texas State Historical Association, Harper, Margaret Pease, www.tshaonline.org.

3. Texas Outdoor Musical, www.texas-show.com.

Photos by TEXAS Outdoor Musical official photographer Jim Livingston. www.jimlivingstonart.com.



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Zoomed In: Heather Stiles

By Adam Walker

Heather Stiles has written a new picture book to encourage kids to develop perseverance. "My book is called *Sprout Puts in the Practice*," Heather informed. Kids need to practice if they want to become good at sports, music or any number of things in life. Heather's book is designed to help them see that. She shared, "I'm here at the Sims Library today, talking to parents and kids about my book."

Heather knows something about putting in the practice, as she teaches swimming and water safety. It's important for people to understand that drowning is the number one cause of death in children under age 4. Unfortunately deaths by drowning are on the rise, and 40 million people in the United States do not know how to swim.



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Iris Gabriel and her granddaughter, Alicia, take a play break at Getzendaner Park.

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BusinessNOW

Arabella of Red Oak Assisted Living

— By Susan Simmons

Arabella of Red Oak Assisted Living

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(469) 565-0313

Facebook: <https://www.facebook.com/ArabellaOfRedOakSeniorLiving>

Ellis County's best kept secret is Arabella of Red Oak, a 5-star senior living community with lifestyle choices for everyone 55 years and older. From the Independent Living option, to the Assisted-Living option, and the Memory Care option, they have the ideal place to get the most out of one's retirement and golden years.

The Independent Living option at Arabella of Red Oak is for



those who want to enjoy their retirement in a resort-style environment without the responsibilities of maintaining a home. These are beautiful, fully appointed residences with services that allow you the time you need to do the things you truly love. Weekly housekeeping, trash disposal, dining on demand with chef-prepared meals, laundry, landscaping and a maintenance-free abode are only a few of the amenities enjoyed by the residents in their Independent Living community.

For those who need some support, the **Assisted Living** community offers a robust activities program, along with passionate care services. The Assisted-Living option empowers residents to enjoy every moment of life. The focus is to customize the residents care, so everyone receives the precise balance between care and independence that they want and need. A full-time nurse; medication management; housekeeping; laundry service; scheduled transportation service; on-site physical therapy; and as-needed, personalized assistance with bathing, dressing, grooming, transferring and incontinence are only some of the services offered at Arabella's Assisted-Living community. Simply knowing that the

loving and dedicated staff are available 24/7 gives residents and their families peace of mind and freedom from worry.

Memory Care in The Cottage at Arabella of Red Oak is designed to provide the good life in increments of the present moment for Alzheimer's and dementia care residents — moments filled with happiness, kindness, purposefulness and laughter, the kind of small, pleasurable moments that make life worth living. The number of rooms available in The Cottage is low, and the staff per resident ratios are high, so residents receive the warmest, most attentive and compassionate care possible. The Cottage has a home-like ambience, which enables residents to feel like they matter and are important to their caring, close-knit community. A specifically designed program for the Memory Care Cottage is called My Legacy. This program addresses one of the greatest challenges facing those affected by memory loss — an increased lack of involvement in daily activities. This program promotes engagement, participation and connectivity in the everyday living of memory care residents.

Arabella of Red Oak puts the living in senior living with its signature Passion Program. Passion is what drives them to serve seniors with a higher level of care and the best quality of life possible. The My Wellness program ensures the residents and their families can assess an Electronic Medication Administration Record at all times. The My Food program at Arabella of Red Oak is about much more than just nutrition. Food is experienced on many levels, from upscale, passion-filled meals to themed dinners, birthday meals, weekly chef features and community signature dishes. At Arabella, the My Activities program celebrates stories, memories and milestones, while exceeding daily care expectations for health and wellness needs through activities that are stimulating, engaging and entertaining.

If you are about to retire, or have been thinking of downsizing, call and schedule your in-person or virtual tour today. Arabella is open and accepting new move-ins now. If you have found yourself or your loved one in need of daily life assistance, or if you have a loved one in need of memory care, Arabella is the perfect answer to your needs. Choose Arabella of Red Oak for a peaceful, country setting for senior living near the excitement of Dallas. It really is a fabulous community! **NOW**



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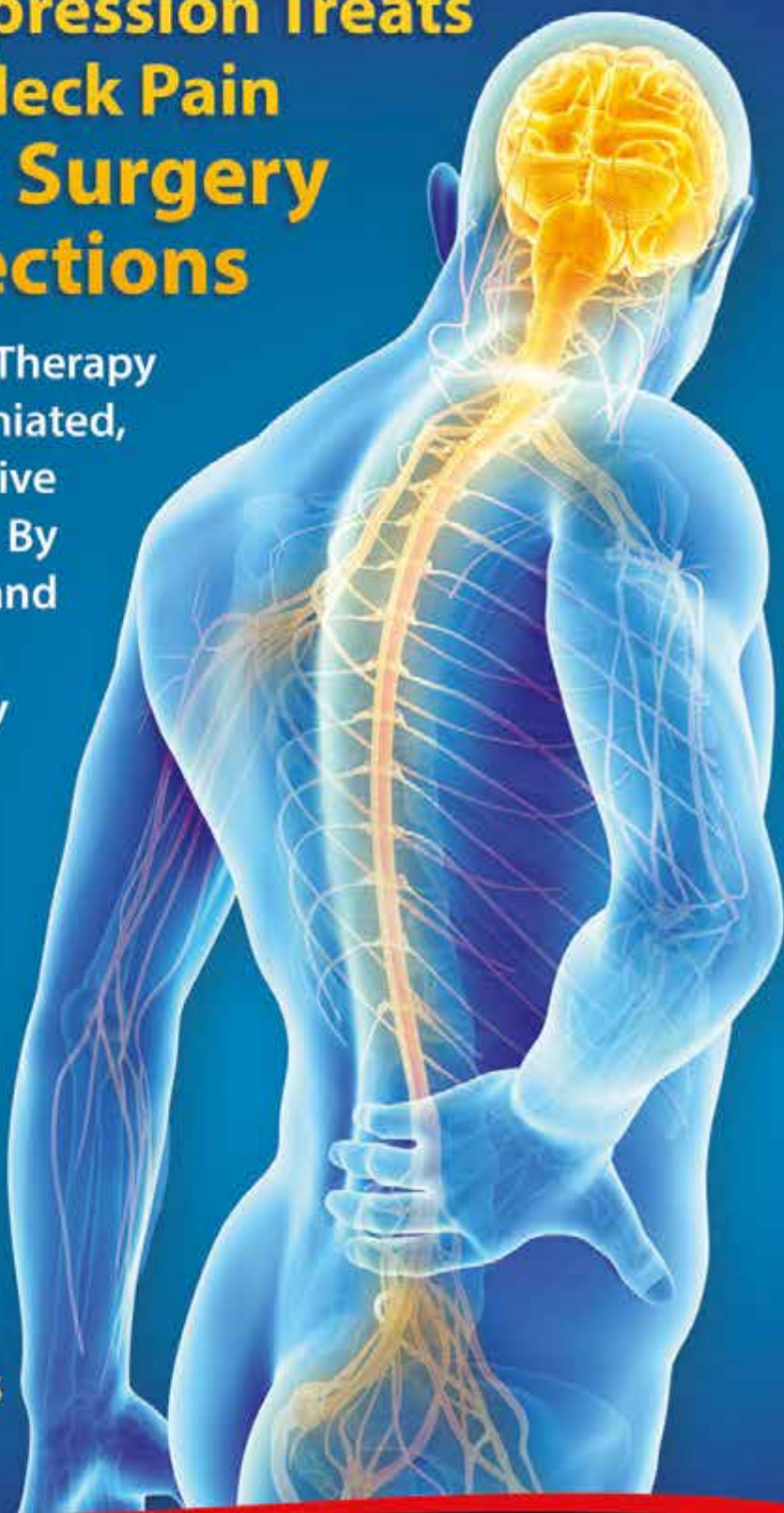
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CookingNOW
In the Kitchen With
VERONICA WILLIAMS

— By Adam Walker

Now a great cook, influenced by her Puerto Rican *abuelita* (grandmother), Veronica Williams has war stories about her early cooking attempts. “My sister, Angie, and I were home alone. She decided to make an egg to eat. As we chatted amidst the whirring sound of the microwave, the resounding ‘ding’ stopped us mid-giggle. She opened the microwave, and grabbed the bowl with the egg wobbling in the middle. She asked how long to let it cool. As I began to answer, she leaned over the bowl, looking squarely into the eye of the egg, and BOOM-SPLAT — it *exploded* all over us. It was in our hair, on our socks, the ceiling, *everywhere!* We hurried to clean it all up before Mom came home, but we were cleaning egg shrapnel for weeks!” **NOW**

Pickled Yuca (Yuca en Escabeche)

1 lb. yuca chunks, fresh or frozen
2/3 cup extra-virgin olive oil
1 large red onion, sliced
2-3 cloves garlic, minced
1 bay leaf
4 Tbsp. white vinegar

2 Tbsp. green pimento stuffed olives,
sliced or whole
2 Tbsp. sliced pimiento (optional)
Goya Adobo All-Purpose Seasoning
With Pepper, to taste

1. Bring a large pot of generously salted water to a boil. Add the yuca, ensuring it is completely submerged. Return to a boil;

reduce the heat and simmer until fork tender. When the yuca starts to split and lose its opaque color, drain; let it cool slightly. Remove the woody spine from each yuca center; discard the spine. Set aside in a large bowl.

2. In a medium pan over low heat, gently simmer the olive oil and sliced onions until the onions are softened but not browned, about 5 minutes. Add the garlic, bay leaf and vinegar; simmer for an additional minute. Remove from heat.

3. To the yuca, add the cooked oil mixture, green olives and sliced pimientos, if using.

4. Season with the Adobo seasoning or additional vinegar, to taste. Allow the flavors to meld by letting the yuca pickle for at least 1 hour before serving. Serve cold or room temperature.

Anti-Inflammatory Juice

4 carrots
1 1-inch slice pineapple, peeled

2-inch piece turmeric
Pinch black pepper

1. Process all ingredients, excluding the black pepper, through a juicer. Alternatively, use a blender and strain using a fine sieve.
2. Add the black pepper; stir and enjoy!

Chicken Fricassee

- 1 Tbsp. olive oil
- 2 1/2 lbs. chicken pieces, washed and dried
- 1 onion, chopped
- 2 cloves garlic, chopped
- 1 green bell pepper, deseeded and chopped
- 1 red bell pepper, deseeded and chopped
- 1 orange bell pepper, deseeded and chopped
- 1 small handful cilantro, chopped (divided use)
- 1 tsp. dried oregano
- 1 tsp. capers
- 1 tsp. caper brine
- 1/2 cup tomato sauce
- 2 bay leaves
- 3 1/2 tsp. salt
- 1 chicken or vegetable bouillon cube
- 2 1/2 cups water
- 1 lb. sweet potatoes, peeled and cubed

1. In a large, heavy pot, over moderate heat, heat the olive oil; quickly brown the chicken pieces for 2-3 minutes. Remove from heat; set the chicken aside.

2. In the same pot with the chicken remnants, add the onions, garlic, bell peppers and 2/3 of the cilantro. Sauté until the onions become translucent. Add the oregano, capers with brine, tomato sauce, bay leaves, salt, bouillon cube and water. Mix well to combine, scraping any flavorful bits from the bottom of the pot.

3. Once the temperature rises, add the sweet potatoes and the chicken back into the pot, along with any juices. Bring the mixture to a rapid boil. Reduce the heat. Cover; simmer for 45 minutes.

4. Adjust the seasoning. Uncover; allow the sauce to thicken to your preferred consistency.

Simple Dark Chocolate Mousse

- 1 13.5-oz. can coconut milk
- 150 g. dark chocolate, broken into pieces
- 4 blackberries
- 2 strawberries

1. In a small pot, bring the coconut milk to a gentle simmer; remove from heat. Add the chocolate to the milk; stir until completely melted and well incorporated.

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Lemon and Herb Salmon

2. Pour the mixture into glasses; refrigerate until set, ideally overnight.
3. To serve, chop the berries and garnish the mousse with them.

Kale Salad

Dressing:

- 1/2 cup olive oil
- 2 Tbsp. fresh lemon juice
- 2 Tbsp. apple cider vinegar
- 2 Tbsp. real maple syrup
- 1 1/2 tsp. Dijon mustard
- Salt, to taste
- Ground pepper, to taste

Salad:

- 1 lb. curly kale (about 2 large bunches)
- 1/3 cup red onion, thinly sliced
- 1 1/2 cups blueberries
- 1 large Granny Smith apple, julienned
- 1 medium carrot, shredded
- 3/4 cup unsalted slivered almonds, toasted
- 3/4 cup feta cheese crumbles

1. *For dressing:* In a small mixing bowl, whisk together all ingredients. Allow the dressing to meld in the refrigerator while preparing the rest of the salad.
2. *For salad:* In batches, remove the kale leaves from the thick ribs. Thoroughly rinse; dry well, using a salad spinner, if available. Gather the kale together; slice thinly into ribbons.
3. In a large bowl, add the kale and the remaining ingredients. Whisk the dressing to reincorporate; pour it over the salad. Toss well to evenly coat.

Lemon and Herb Salmon

- 1 2-lb. salmon fillet
- Olive oil, to taste
- 2 garlic cloves, minced
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1 tsp. Italian seasoning

- 1/2 tsp. ground paprika
- 3/4 tsp. salt
- Ground black pepper, to taste
- 3 Tbsp. butter

1. Preheat the oven to 375 F.
2. Line a large baking sheet with foil. Lay the salmon fillet, skin side down, on the baking sheet. Drizzle with olive oil, ensuring it's fully and evenly coated. Spread the minced garlic over the fillet. Generously sprinkle the seasonings over the fillet. Divide the butter into 3 pats, placing them on the fish.
3. Bake for 15-25 minutes, depending on your preferred level of doneness. Remove it from the oven; let it rest for 5 minutes before serving.

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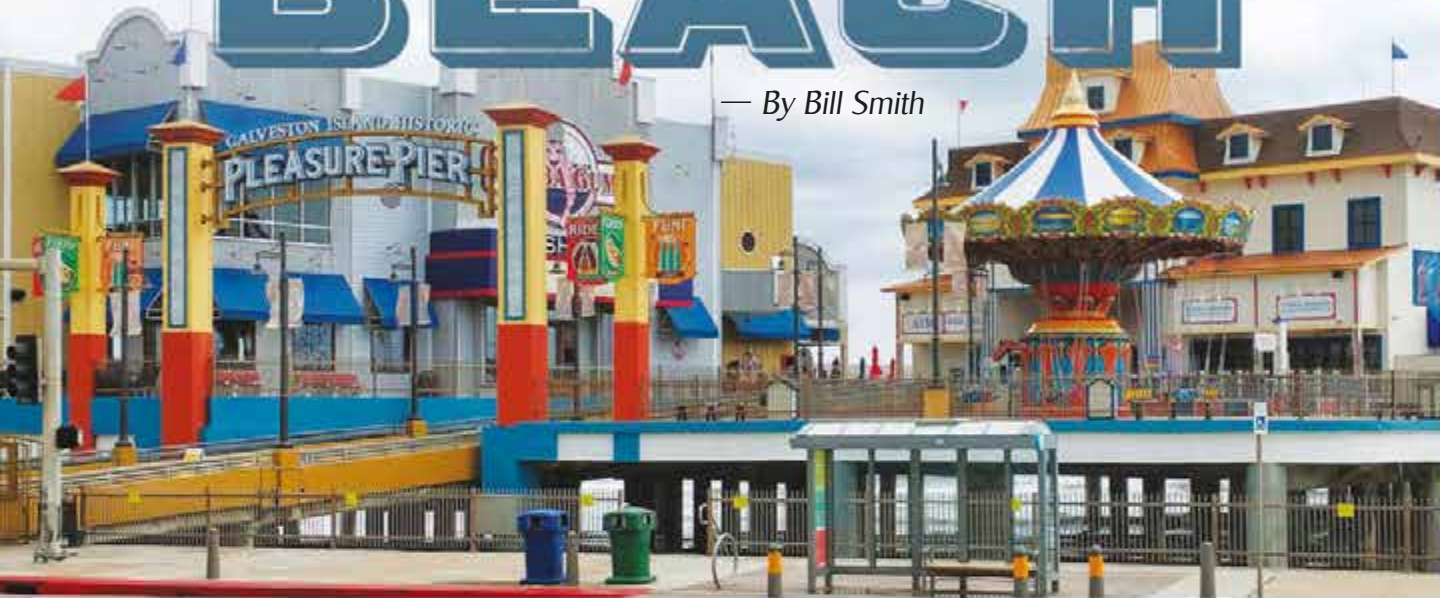
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GETAWAY TO THE TEXAS BEACH

— By Bill Smith



“I still hear your sea waves crashing” is a line from the song “Galveston,” which was written by Jimmy Webb and made famous by Glen Campbell. You will immediately recognize the relaxing sound of the waves as they crash into the seawall on a windy day on Galveston Island. The historic seawall was constructed shortly after the devastating hurricane of 1900 and proved its worth just a few years later when an even stronger storm hit the island but did far less damage.

While the original seawall was just over 3 miles long, today it spans more than 10 miles and invites tourists to visit the beaches, restaurants, hotels, souvenir shops and amusements that the island offers its guests. A diner cannot go wrong ordering seafood on the coast, and Gaido’s Restaurant has been a favorite in Galveston since 1911. The beautiful dining rooms are meticulously appointed, but there is also a casual atmosphere that makes your party feel at home. Another choice for dining on the seawall is Fish Tales, and it is conveniently located just across Seawall Boulevard

from the Galveston Island Historic Pleasure Pier.

The Pleasure Pier offers dining, rides and amusements for all ages. The Bubba Gump Shrimp Co. has restaurant-style dining, but there is also traditional carnival food on the pier. Funnel cakes, hamburgers, hot dogs, turkey legs and just about any beverage you seek is probably available.

Galveston Island is much more than sand and surf. Travel just a few blocks north from the seawall, and you’ll find yourself surrounded by beautiful homes from decades, even a century, past. Some of the old homes boast plaques on the front porches that acknowledge the hurricanes they have survived. Many are restored to their original splendor. Perhaps the most notable are the Bishop’s Palace and the Moody Mansion. Both homes survived the 1900 hurricane, and the restorations and maintenance are breathtaking. Self-guided tours with audio from your own cell phone are available with your admission.

The Strand is a famous street in Galveston that was once known as the “Wall Street of the Southwest.” Today the name “The Strand” has come to mean the entire historic downtown and includes museums, ice cream parlors, candy shops, pubs, grills, restaurants and gift shops.

Just a little farther to the north and you reach Galveston Harbor. Great cruise ships gather their guests for ports of call from the harbor. Pier 22 features dining at Fisherman’s Wharf, as well as a tour of the 1877 Tall Ship *ELISSA*. The *ELISSA* has been restored and continues to sail today, but it spends most of its time in the harbor for visitors to tour



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at their leisure. Another attraction is a one-hour boat tour of the harbor that passes by the Ocean Star Offshore Drilling Rig & Museum, Seawolf Park, the dry dock where the *Battleship Texas* is being restored and the wreckage of the *S.S. Selma*, a concrete tanker built in Mobile, Alabama, in 1919. She was scuttled in her final resting place in 1922. On the harbor tour, be on the lookout for dolphins that populate the area.

Accommodations in Galveston are varied and plentiful. Galveston Island State Park has been completely renovated since hurricane Ike passed through and has room for everything from tents to motor homes. Beach houses are plentiful, as are motels and hotels from familiar chains to luxury suites.

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1. www.visitgalveston.com.
2. www.pleasurepier.com.
3. www.downtowngalveston.org.



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WHAT'S COOKIN' IN KITCHEN TRENDS

— By Angel Morris

If a Google search or social media crawl isn't enough to inspire your kitchen remodel plans, the National Kitchen and Bath Association releases a trend report that anticipates the next three years' styles toward colors and finishes. Its findings are based on responses from some 630 participants including designers, contractors, architects, remodelers and other industry professionals.

It's latest report — released in the fall of 2023 — suggests an interest in low-maintenance designs, greater focus on sustainability and an emphasis on the kitchen island as the focal point of the home. Bright white kitchens, so trendy in recent years, are giving way to creamier whites, as well as wood tones. Warmer, more colorful spaces are on the rise, with green being the “it” color for kitchens in the coming years.

In cabinetry, natural wood is back, emphasizing connection to the outdoors and nature-inspired design. The wood choice du jour are lighter shades, like alder, maple and white oak, but warmer tones are seeing a return to popularity, too. To break up a sea of wood tones, however, painted kitchen islands remain on trend. Here, homeowners have their pick of warm, earthy tones, or cools like blue and gray. Black is

seeing a surge of popularity for islands, but also for cabinets and even walls!

Good news for homeowners, many styles of cabinet faces are trending, from modern and contemporary to mid-century or Scandinavian designs. This means if you want to change the look of your kitchen, it may not necessitate cabinet replacement. Refinishing and re-staining may save you thousands in this area of a kitchen makeover.

While hardware-free, push-to-open cabinetry is hot, gold-finished knobs and pulls in brushed, matte or satin, followed closely by stainless steel or black choices, are also on trend. Changing your hardware is another affordable way to impact the look of your kitchen with low investment.

Countertop replacement is where a good portion of many kitchen makeover budgets may go. Quartz continues to be the overwhelming choice of designers, but granite, stone, marble and quartzite are also in the running, with colors leaning lighter than cabinetry. A popular backsplash trend is the continuous slab over individual tiles.

Most TV makeover shows cannot remodel a kitchen without emphasizing the beauty and usefulness of an island. They are often used as not just prep space, but include dine-in seating — often replacing the breakfast nook and kitchen table altogether — and provide ample storage.

Storage is of key importance in the kitchen makeovers of today. Drawers are deep, and there are lots of them. Floor-to-ceiling cabinets and appliance cabinets help keep

counters uncluttered. If you have the budget and the space, butler's pantries keep everything out of sight, placing prep space and appliances behind your main kitchen, which becomes more of a gathering and eating space for you, your family and guests.

The designated mini bar space — popular in the 1980s — gets an update, with many kitchen remodels including designated beverage areas such as coffee or smoothie bars, mini wine fridges or a well-stocked spirits cabinet.

NKBA's report shows an interest in "well-curated lighting," and designers suggest that light choices don't stop at the ceiling. Remember under-cabinet lighting, pendants over islands and bars and even wall sconces to layer lighting around the space. Natural light is perhaps the biggest trend, another nod to bringing nature indoors. Homeowners can achieve this by increasing the size of windows or, more affordably, removing heavy blinds in exchange for decorative window films or shades that only cover the lower half of windows.

As is the case in most industries, sustainability is on-topic for kitchens, too. Homeowners remodeling kitchens have a plethora of environmentally conscious materials and energy-efficient appliances from which to choose. At the very least, one can consider donating anything from a kitchen makeover they will no longer use ... cabinets that are undamaged, working appliances, lighting, hardware, even the kitchen table can go to another home to increase the lifespan of these materials. And just because your style is changing, doesn't mean these things can't update someone else's space.

Whether you have a champagne or beer budget, various kitchen trends can be achieved. The most important factor in a stylish kitchen space is whether or not it creates the environment you want to share, which is likely warm and welcoming ... with whatever counters, cabinets and lighting that bring that feeling to life for you. **NOW**

Sources:

1. <https://kb.nkba.org/research/2024-kitchen-trends-report/>.
2. <https://www.realsimple.com/kitchen-trends-2024-8348184>.

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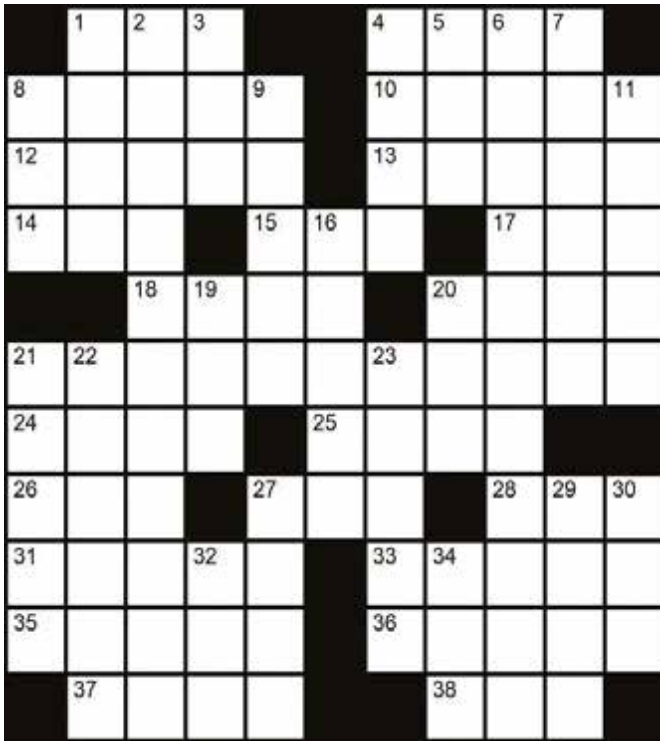
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Across

- 1 "... we there yet?"
- 4 Fall short
- 8 Bit of color
- 10 Veep disgraced in 1973
- 12 Capital of Jordan
- 13 Shingle material
- 14 Menlo Park initials
- 15 Superlative ending
- 17 Fiancé's last words?
- 18 Like a lamb
- 20 Where Gretel shoved the witch
- 21 Teenager's occupation
- 24 Concerning, in legalese
- 25 Nervous twitches
- 26 Viral gene material
- 27 Exploit
- 28 Pronunciation guide
- 31 Beach formations
- 33 "Dead Poets Society" actor - Williams
- 35 Plunders
- 36 Huffy
- 37 Ogle
- 38 Course launch site?

Down

- 1 Michigan college
- 2 Recognition
- 3 Federal cultural exchange organization
- 4 It's not fiction
- 5 Subdivision of an epoch
- 6 Ibis lived in chaos, as recited in the Pledge of Allegiance
- 7 Heavy
- 8 Trainer's target
- 9 Prayer supports?
- 11 Off base
- 16 Short satires
- 19 Scrutinize
- 20 One way to trade stock
- 21 Shuttlecocks
- 22 Once-a-year publication
- 23 Rows
- 27 Former Red giant?
- 29 Medieval weapon
- 30 "Unsafe At ... Speed" (Ralph Nader book)
- 32 Duke Ellington, initially
- 34 "Shool"

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

Medium

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

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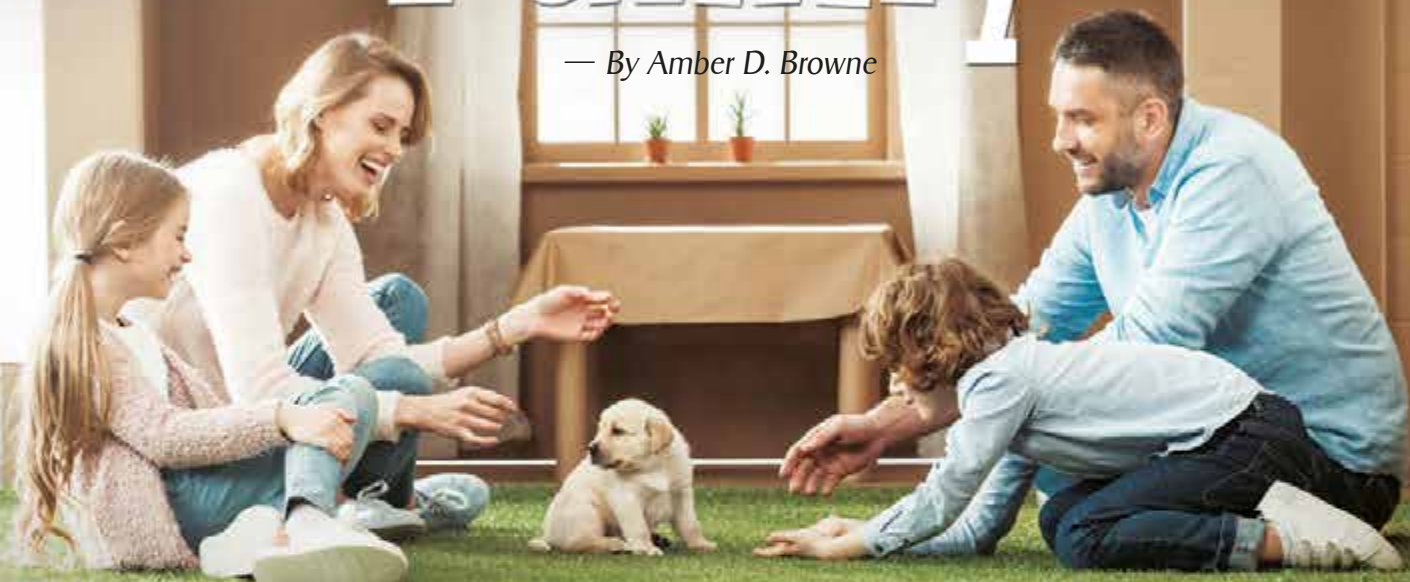


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Fido for the Family

— By Amber D. Browne



For most couples with little ones, a pet is a necessity. Dogs provide hours of playtime for children, teach responsibility and offer unconditional love and companionship. But which dog breeds are best for children? The answer varies for each family depending on multiple factors including yard space, allergies and the child's age, among other things.

Soon-to-be dog owners with large, enclosed yards could choose more energetic breeds, since the dog has plenty of outdoor room for exercise. According to the American Kennel Club, the Labrador Retriever is friendly and active, and as America's most popular breed, fits well with families. The Golden Retriever is obedient and devoted to its owner. Because of its patience, the breed does well with young children. The Beagle is also known to be great with children. The breed enjoys companionship, and its playful demeanor will provide hours of entertainment.

Apartment renters or homeowners with limited yard space could decide to add a smaller breed to the family. Small-to medium-sized breeds include the Bulldog, which is a patient pup, and the Bull Terrier. The Bull Terrier can be mischievous, but was bred to be a companion dog and is good with older children. Another popular breed for families is the Poodle. With multiple sizes available, a miniature Poodle might be an option for families living in an apartment.

Because it is hypoallergenic, the Poodle is one breed better fit for families suffering with allergies. Another breed for allergy sufferers is the Soft Coated Wheaten Terrier, which has a happy disposition and is a devoted companion. Depending on the age of the child, parents must decide if a puppy or mature dog would be the perfect fit for the family. Puppies need to be trained, but the dog will grow and mature along with the child. An older dog will most likely have some training and can provide several years of companionship for an older child. As the child ages, he or she can take on more responsibilities when caring for the pup. Younger children can help brush, feed and water the dog. Older children can walk the dog or even bake fresh puppy treats in the kitchen.

Whether parents decide to purchase or adopt the pup, they must do their research. Most adoption or rescue agencies know the breed or have an idea of the breeds if the animal is mixed. Whatever the case, families should look for a calm and friendly temperament, how the breed might interact with other pets, research possible health problems and determine if the dog will incur grooming expenses. Although adding a furry family member to the pack is a big responsibility, the memories made with children and adults alike are unforgettable. **NOW**

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7/4

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7/20

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7/27

Waldo Party:

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